

SCORES FOR MEN

School	Score
Hartnell College	199
CC of San Francisco	121
West Valley	111
College of San Mateo	93
Chabot College	83
San Jose City College	53
Foothill College	50
DeAnza College	42
Monterey Peninsula Colleg	3

SCORES FOR WOMEN

School	Score
Hartnell College	206
College of San Mateo	121
CC of San Francisco	106
DeAnza College	71
Chabot College	64
West Valley	61
Monterey Peninsula Colleg	31
San Jose City College	31
Foothill College	21

CONF. Results

Coast Conference

Track and Field Championships

West Valley College - Thursday Apr 24, 1997 to Saturday Apr 26, 1997

COMPLETE RESULTS FOR FINALS

100 Meter Dash Date

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
Wind Reading: 0.0			
Mike Ward	14 Hartnell	10.43	10
Gene Delai	13 West Valley	10.53	8
Maun Williams	14 CCSF	10.61	6
Varr Anderson	13 San Mateo	10.85	5
Erron Croskey	13 Foothill	11.02	4
erry Roquemore	13 CCSF	11.27	3
adul Sillah	14 West Valley	11.27	2
ohn West	14 CCSF	11.38	1
lly Bussey	14 West Valley	11.43	

Men's 800 Meter Run

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	TIME	PTS
1 Yonathan Asmerom	14 CCSF	1:56.37	10
2 Brandon Zeller	13 West Valley	1:57.19	8
3 Nick Tuttle	13 DeAnza	1:57.88	6
4 Steve Buelow	14 San Mateo	1:59.30	5
5 Taro Yamazaki	14 Foothill	2:00.83	4
6 J.P. Tchamourhan	13 San Mateo	2:01.69	3
7 Brent Conrad	13 DeAnza	2:02.61	2
8 Bryan Caulboy	14 Chabot	2:03.82	1
9 Atikum Wondaferow	14 CCSF	2:04.06	

200 Meter Dash

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
Wind Reading: 1.8			
Maun Williams	14 CCSF	20.78	10
Mike Ward	14 Hartnell	20.87	8
Varr Anderson	13 San Mateo	21.71	6
Erron Croskey	13 Foothill	21.94	5
e Flood	13 CCSF	22.08	4
ff Ray	13 Hartnell	22.36	3
rice Lumarque	13 West Valley	22.45	2
ck Ventura	13 San Jose	22.51	1
ohn West	14 CCSF	22.99	

Men's 1,500 Meter Run

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	TIME	PTS
1 Yonathan Asmerom	14 CCSF	3:56.33	10
2 Daniel Embaye	13 Chabot	3:57.99	8
3 Steve Moreno	14 Hartnell	3:59.34	6
4 Bryan Caulboy	14 Chabot	4:08.55	5
5 Jesus Enriquez	13 CCSF	4:10.34	4
6 Mike Scott	13 Chabot	4:10.65	3
7 Brent Conrad	13 DeAnza	4:13.55	2
8 Ricardo Dominguez	13 West Valley	4:16.30	1
9 Dominic Arroyo	13 Chabot	4:24.64	
10 Tim Reutter	13 Foothill	4:30.13	
11 Damon Meyer	13 Hartnell	4:31.03	

400 Meter Dash

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
ov Nakaunicina	13 West Valley	46.63	10
rek Prior	14 San Jose	47.40	8
hshaan Parks	14 DeAnza	48.29	6
ald Rayford	13 CCSF	48.59	5
niasi Babbitu	13 West Valley	48.86	4
ik Blevins	14 Chabot	50.00	3
ck Ventura	13 San Jose	50.31	2
is Jones	13 West Valley	50.74	1

Men's 3,000 Meter Steeplechase

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	TIME	PTS
1 George Jensen	13 San Mateo	9:48.10	10
2 Eduardo Avilla	14 West Valley	10:00.80	8
3 Dave Serafini	14 Hartnell	10:06.70	6
4 Dave Beals*	14 Hartnell	10:12.80	5
5 Alejandro Sapiens	13 West Valley	10:18.00	4
6 Bernard Bassil	13 San Mateo	10:30.20	3
7 Rudy Silva	14 DeAnza	10:48.80	2
8 Ivan Russo	13 DeAnza	11:24.70	1
9 Angaw Ambachew	13 CCSF	11:27.30	
10 Larry Fry	14 Monterey	11:27.80	
11 Ben Voight	13 San Mateo	12:10.70	

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West Valley College - Thursday Apr 24, 1997 to Saturday Apr 26, 1997

COMPLETE RESULTS FOR FINALS

5,000 Meter Run

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
Steve Moreno	14 Hartnell	15:52.83	10
George Jensen	13 San Mateo	15:57.64	8
Rodrigo Avilla	14 West Valley	15:59.01	6
Josh Small	14 Hartnell	16:09.79	5
Brian Dorgan	14 West Valley	16:11.32	4
Riguel Nuci	13 Hartnell	16:21.65	3
Thomas Garcia	13 Hartnell	16:22.61	2
Daniel Embaye	13 Chabot	16:30.37	1
Jesus Enriquez	13 CCSF	16:39.71	
Fletcher Lesley	13 CCSF	16:39.91	
Ferry Krohnfeldt	13 West Valley	17:22.57	
Randy Silva	14 DeAnza	17:38.44	
Dave Serafini	14 Hartnell	17:44.46	
Bernard Bassil	13 San Mateo	18:14.62	
Ngaw Ambachew	13 CCSF	18:21.03	
Jonathan Asmerom	14 CCSF	18:21.03	
Alejandro Sapiens	13 West Valley	18:45.35	
Larry Fry	14 Monterey	19:31.95	

10,000 Meter Run

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
Brian Dorgan	14 West Valley	34:00.23	10
Riguel Nuci	13 Hartnell	34:02.33	8
Fletcher Lesley	13 CCSF	34:45.62	6
Ferry Krohnfeldt	13 West Valley	36:03.41	5
Randy Jones	13 San Mateo	36:09.07	4
Larry Fry	14 Monterey	40:44.44	3
Aaron Valdez	13 DeAnza	46:30.72	2

110 Meter High Hurdles

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
James Beaver	13 Chabot	15.23	10
Chase Armer*	13 Hartnell	15.59	8
Charlie Shetter	13 Chabot	15.84	6
Mike Miyamoto*	13 Hartnell	16.94	5
Bernard Corpuz	14 Hartnell	17.10	4

Wind Reading: 0.8

Men's 400 Meter Int Hurdles

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	TIME	PTS
1 Charles Griffin	13 San Jose	54.71	10
2 Dave Grazian	13 Hartnell	55.38	8
3 James Beaver	13 Chabot	55.82	6
4 Damion Jackson	13 CCSF	57.89	5
5 Bernard Corpuz	14 Hartnell	59.27	4
6 Jeremy Murphy	13 Chabot	59.34	3
7 Leon Sullivan-Cook*	13 West Valley	1:00.11	2
8 Charlie Shetter	13 Chabot	1:01.19	1

Men's High Jump

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	MARK	PTS
1 Tony Johnson	13 West Valley	6'08.00"	2.03m 10
2 Charles Griffin	13 San Jose	6'06.00"	1.98m 8
3 Dave Beals*	14 Hartnell	6'04.00"	1.93m 6
4 Calvin Chanmany	14 CCSF	6'00.00"	1.83m 5
5 Brian Sgheiza	13 Hartnell	5'10.00"	1.78m 4
6 Mike Miyamoto*	13 Hartnell	5'08.00"	1.73m 3
7 Chase Armer*	13 Hartnell	5'04.00"	1.63m 2

Men's Pole Vault

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	MARK	PTS
1 Ryan Pereira	14 Hartnell	13'00.00"	3.96m 10
2 John Belicina	13 West Valley	12'06.00"	3.81m 8
3 Dave Beals*	14 Hartnell	11'00.00"	3.35m 6
4 Mike Miyamoto*	13 Hartnell	11'00.00"	3.35m 5
- Brian Sgheiza	13 Hartnell	NH	
- Calvin Chanmany	14 CCSF	NH	
- Chase Armer*	13 Hartnell	NH	

Men's Long Jump

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	MARK	PTS
Flight 1			
1 Kama Liu	14 Foothill	22'06.50"	NWI 6.87m 8
2 Anthony Ratcliff	13 CCSF	22'04.00"	NWI 6.81m 6
3 Jeff Ray	13 Hartnell	21'07.00"	NWI 6.58m 5
4 Damion Jackson	13 CCSF	20'05.00"	NWI 6.22m 3
5 Chris Martinez	14 Chabot	20'03.00"	NWI 6.17m 2
6 Dave Grazian	13 Hartnell	18'04.50"	NWI 5.60m
Flight 2			
1 JoJo Wright	14 San Jose	22'08.25"	NWI 6.92m 10
2 Cire Clark	13 DeAnza	20'05.50"	NWI 6.24m 4

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COMPLETE RESULTS FOR FINALS

's Long Jump (Continued)

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	MARK	PT
Marc Rocillo	13 San Mateo	19'11.00" NWI	6.07m 1
Shurmon Wilson	13 West Valley	19'05.00" NWI	5.92m
Matt Kaili	13 Foothill	18'06.00" NWI	5.64m
Robert Jones	13 Hartnell	17'08.00" NWI	5.38m
Erik Weathers	13 West Valley	17'07.50" NWI	5.37m

Men's Discus Throw

----- Finals Results - Tuesday 04/16/96 -----

PL	ATHLETE NAME	YR SCHOOL	MARK	PTS
Flight 1				
1	Keith Wohlwend	14 CCSF	153'03.00"	46.71m 10
2	Jon Paxton	14 Chabot	141'08.00"	43.18m 6
3	John Shaw	14 Hartnell	130'10.00"	39.88m 4
4	Gene Quiocho	13 San Mateo	126'03.00"	38.48m 2
5	Matt Young	13 Hartnell	124'08.00"	38.00m 1
6	Jesse Villasenor	14 Hartnell	116'03.00"	35.43m
7	Shawn Stewart	13 Hartnell	112'03.00"	34.21m
8	Carlos Chavez	13 San Mateo	90'08.00"	27.64m

's Triple Jump

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	MARK	P
Ron Scurlock	14 Chabot	47'05.00" NWI	14.45m 1
Anthony Ratcliff	13 CCSF	45'10.75" NWI	13.99m
Kama Liu	14 Foothill	43'08.00" NWI	13.31m
Brian Sgheiza	13 Hartnell	40'00.00" NWI	12.19m
Dave Beals*	14 Hartnell	39'05.00" NWI	12.01m
Robert Jones	13 Hartnell	38'11.00" NWI	11.86m
Marc Rocillo	13 San Mateo	36'04.25" NWI	11.08m
J P Kloniger	13 Foothill	36'00.00" NWI	10.97m

Flight 2

1	Dave Jackson	13 San Jose	142'05.00"	43.41m 8
2	Chris Schaeffer	13 DeAnza	141'06.00"	43.13m 5
3	Bobby Enosa	14 Foothill	124'02.00"	37.85m
4	Emiliano Ferrell	13 Hartnell	116'03.00"	35.43m
5	Robert Gardley	14 Foothill	107'04.00"	32.72m
6	Jay Chandler	13 Foothill	105'10.00"	32.26m
7	Mike Fraasch	14 DeAnza	102'03.00"	31.17m
8	Jeff Blankenship	13 DeAnza	100'03.00"	30.56m

Flight 3

1	Hosea Nelson	13 San Mateo	128'02.00"	39.07m 3
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's Shot Put

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	MARK	PTS
Flight 1			
Kevin Asher	13 San Mateo	47'01.25"	14.36m 10
Jon Paxton	14 Chabot	44'09.50"	13.65m 6
Keith Wohlwend	14 CCSF	44'06.25"	13.57m 4
Matt Young	13 Hartnell	42'10.00"	13.06m 2
John Shaw	14 Hartnell	40'10.25"	12.45m
Chris Schaeffer	13 DeAnza	35'05.50"	10.81m
Mike Fraasch	14 DeAnza	34'09.75"	10.61m
Jeff Blankenship	13 DeAnza	33'02.50"	10.12m
Jay Chandler	13 Foothill	31'01.00"	9.47m

Men's Javelin Throw

----- Finals Results - Tuesday 04/16/96 -----

PL	ATHLETE NAME	YR SCHOOL	MARK	PTS
Flight 1				
1	Soren Christensen	13 San Mateo	165'05.00"	50.42m 10
2	Keola Wilkins	13 Foothill	156'09.00"	47.78m 6
3	Chase Armer*	13 Hartnell	141'00.00"	42.98m 2
4	Winston Wong	14 San Mateo	135'01.00"	41.17m
5	Howard Cho	14 Chabot	134'02.00"	40.89m
6	Jeff Blankenship	13 DeAnza	110'06.00"	33.68m
7	Jay Chandler	13 Foothill	108'11.00"	33.20m
8	Carlos Chavez	13 San Mateo	79'00.00"	24.08m
Flight 2				
1	Damion Mills	13 Hartnell	157'01.00"	47.88m 8
2	Shawn Alverez	13 Foothill	147'02.00"	44.86m 5
3	Mike Fraasch	14 DeAnza	143'06.00"	43.74m 4
4	Chris Martinez	14 Chabot	141'02.00"	43.03m 3
5	Matt Kaili	13 Foothill	136'06.00"	41.61m 1
6	J P Kloniger	13 Foothill	134'00.00"	40.84m
7	Chris Schaeffer	13 DeAnza	125'03.00"	38.18m
8	Matt Young	13 Hartnell	119'02.00"	36.32m
9	Emiliano Ferrell	13 Hartnell	111'07.00"	34.01m

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Men's Hammer Throw

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	MARK	PTS
John Shaw	14 Hartnell	155'02.00"	47.29m 10
Winston Wong	14 San Mateo	139'07.00"	42.55m 8
Jesse Villasenor	14 Hartnell	133'01.00"	40.56m 6
Chris Schaeffer	13 DeAnza	129'08.00"	39.52m 5
Shawn Stewart	13 Hartnell	117'01.00"	35.69m 4
Keith Wohlwend	14 CCSF	115'05.00"	35.18m 3
Emiliano Ferrell	13 Hartnell	98'04.00"	29.97m 2
Scott Harvey	14 Hartnell	94'02.00"	28.70m 1
Carlos Chavez	13 San Mateo	90'01.00"	27.46m
Mike Fraasch	14 DeAnza	FOUL	

Women's 200 Meter Dash

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	TIME	PTS
Wind Reading: 1.5			
1 Danielle Jones	13 Chabot	24.92	10
2 Phoenicia Holly*	13 Hartnell	25.95	8
3 Kirstie Ott	13 San Mateo	26.46	6
4 Liz Morton	14 West Valley	26.72	5
5 Deann Lockridge	13 CCSF	26.77	4
6 Erica Barragan	14 Hartnell	27.05	3
7 Natina Guidicatti*	14 DeAnza	27.39	2
8 Sara Budroe	13 West Valley	27.46	1
9 Jackie Baza	13 San Mateo	27.75	

Men's 4x100 Meter Relay

----- Finals Results - Tuesday 04/16/96 -----

RELAY	AFFILIATION	TIME	PTS
1 WVC	West Valley	41.08	10
2 CCSF	CC of San Francisco	41.30	8
3 HART	Hartnell College	41.81	6
4 CHA	Chabot College	43.30	5
5 FHC	Foothill College	44.12	4

Women's 400 Meter Dash

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	TIME	PTS
1 Heather Keithly	14 Hartnell	58.69	10
2 Kirstie Ott	13 San Mateo	1:00.02	8
3 Liz Morton	14 West Valley	1:00.85	6
4 Michelle Rummelhart	13 San Mateo	1:02.91	5
5 Erica Barragan	14 Hartnell	1:02.91	4
6 Jackie Baza	13 San Mateo	1:03.42	3
7 Laura Ngo	13 DeAnza	1:05.61	2

Men's 4x400 Meter Relay

----- Finals Results - Tuesday 04/16/96 -----

RELAY	AFFILIATION	TIME	PTS
1 CCSF	CC of San Francisco	3:12.36	10
2 WVC	West Valley	3:13.41	8
3 SJCC	San Jose City College	3:15.24	6
4 HART	Hartnell College	3:17.06	5
5 CHA	Chabot College	3:18.02	4
6 DAC	DeAnza College	3:23.97	3
7 CSM	College of San Mateo	3:34.35	2

Women's 800 Meter Run

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	TIME	PTS
1 Darcy Lewis	14 San Mateo	2:18.55	10
2 Joanna Peshkoff	13 Hartnell	2:18.67	8
3 Lydia Berlage	13 West Valley	2:20.28	6
4 Lisa Renteria	13 West Valley	2:25.22	5
5 Denise Rummelhart	14 San Mateo	2:26.10	4
6 Sara Grell	13 Chabot	2:26.36	3
7 Anniken Iversen	13 West Valley	2:33.49	2
8 Michelle Rummelhart	13 San Mateo	2:39.40	1
9 Monica Munoz	13 DeAnza	2:51.32	

Men's 100 Meter Dash

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
Wind Reading: 2.5			
Danielle Jones	13 Chabot	12.29	10
Phoenicia Holly*	13 Hartnell	12.48	8
Tanya Jackson	13 CCSF	12.74	6
Denean Garrett	13 CCSF	13.01	5
Ghenna Sherrills	14 Monterey	13.10	4
Sara Budroe	13 West Valley	13.18	3
Aisha McGowan	13 DeAnza	13.39	2
Yvett Hegedus	13 Foothill	13.84	1

Women's 1,500 Meter Run

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	TIME	PTS
1 Darcy Lewis	14 San Mateo	4:46.94	10
2 Lisa Renteria	13 West Valley	4:49.01	8
3 BZ Churchman	14 CCSF	4:53.24	6
4 Joanna Peshkoff	13 Hartnell	4:55.54	5
5 Martha Gomez	13 Hartnell	4:57.24	4

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COMPLETE RESULTS FOR FINALS

Men's 1,500 Meter Run (Continued)

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
Anniken Iversen	13 West Valley	5:01.15	3
Denise Rummelhart	14 San Mateo	5:16.14	2
Andrea Johnson	14 Chabot	5:26.90	1
Monica Munoz	13 DeAnza	6:30.81	
Lucy Wong	13 CCSF	7:21.81	

Women's 100 Meter Low Hurdles (Continued)

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	TIME	PTS
2 Deann Lockridge	13 CCSF	15.72	8
3 Tanya Jackson	13 CCSF	15.80	6
4 Renee Ostertag	13 San Mateo	16.19	5
5 Alisha Reynolds*	14 Hartnell	16.70	4
6 Mary Eala*	13 Hartnell	16.78	3
7 Alex Chua	13 Foothill	16.88	2
8 Lisa Clancy	13 Chabot	18.16	1
9 Janine Casey	13 San Mateo	20.36	

Men's 3,000 Meter Run

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
Deborah Bleisch	13 West Valley	11:32.79	10
Andrea Johnson	14 Chabot	11:40.52	8
Melisa Monahan	14 DeAnza	13:14.08	6

Women's 400 Meter Low Hurdles

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	TIME	PTS
1 Monique Dale	14 CCSF	1:05.67	10
2 Denean Garrett	13 CCSF	1:07.48	8
3 Natina Guidicatti*	14 DeAnza	1:08.92	6
4 Alisha Reynolds*	14 Hartnell	1:11.36	5
5 Tanya Jackson	13 CCSF	1:19.63	4
6 Mary Eala*	13 Hartnell	1:21.27	3
7 Janine Casey	13 San Mateo	1:28.05	2

Men's 5,000 Meter Run

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
BZ Churchman	14 CCSF	19:11.63	10
Martha Gomez	13 Hartnell	19:51.47	8
Becky Mello	14 Monterey	19:52.44	6
Cathy Ahern	13 Chabot	20:22.89	5
Beth Gower	13 West Valley	21:04.17	4
Briana Blair	13 Monterey	21:54.64	3
Cathy Wiseman	14 West Valley	22:53.98	2
Balbina Perez	13 Hartnell	22:59.44	1
Marcella Guerriero	14 DeAnza	23:22.65	
Melisa Monahan	14 DeAnza	24:13.60	
Crystal Groth	13 DeAnza	28:34.93	
Lucy Wong	13 CCSF	31:31.22	

Women's High Jump

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	MARK	PTS
1 Mary Eala*	13 Hartnell	5'03.00"	1.60m 10
2 Phoenicia Holly*	13 Hartnell	5'00.00"	1.52m 8
3 Nitsha Norman	13 Foothill	4'08.00"	1.42m 6
4 Preschice Carter	13 Hartnell	4'08.00"	1.42m 5
5 Allison Roberson	13 Hartnell	4'06.00"	1.37m 4
6 Alisha Reynolds*	14 Hartnell	4'04.00"	1.32m 3

Men's 10,000 Meter Run

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
Becky Mello	14 Monterey	41:39.67	10
Briana Blair	13 Monterey	47:17.85	8
Cathy Wiseman	14 West Valley	48:16.48	6
Marcella Guerriero	14 DeAnza	49:17.11	5

Women's Long Jump

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	MARK	PTS
1 Phoenicia Holly*	13 Hartnell	16'09.50"	NWI 5.12m 10
2 Denean Garrett	13 CCSF	16'09.00"	NWI 5.11m 8
3 Mary Eala*	13 Hartnell	16'05.00"	NWI 5.00m 6
4 Alisha Reynolds*	14 Hartnell	16'01.50"	NWI 4.91m 5
5 Alex Chua	13 Foothill	15'05.00"	NWI 4.70m 4
6 Monique Dale	14 CCSF	15'04.00"	NWI 4.67m 3
7 Preschice Carter	13 Hartnell	15'03.00"	NWI 4.65m 2
8 Allison Roberson	13 Hartnell	14'06.00"	NWI 4.42m 1

Men's 100 Meter Low Hurdles

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	TIME	PTS
Alisha McGowan	13 DeAnza	15.59	10

Wind Reading: 2.6

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Men's Triple Jump

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	MARK	P
Shisha Reynolds*	14 Hartnell	35'07.00"	NWI 10.85m 1
onique Dale	14 CCSF	35'05.00"	NWI 10.80m
lex Chua	13 Foothill	34'09.50"	NWI 10.60m
ary Eala*	13 Hartnell	33'10.50"	NWI 10.33m
oenicia Holly*	13 Hartnell	33'10.00"	NWI 10.31m
reschice Carter	13 Hartnell	33'10.00"	NWI 10.31m
llison Roberson	13 Hartnell	32'00.50"	NWI 9.77m 2

Women's Hammer Throw

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	MARK	PTS
1 Rebecca Morrison	14 San Mateo	160'07.00"	48.95m 10
2 Brooke Aderman	14 Chabot	139'08.00"	42.57m 8
3 Azar Khoshkbarlle	13 San Jose	117'05.00"	35.79m 6
4 Lisa Anaya	13 Hartnell	116'11.00"	35.64m 5
5 Becky Loggins	14 Chabot	116'01.00"	35.38m 4
6 Rashida Grainger	14 Hartnell	91'09.00"	27.97m 3
7 Jennifer Lloyd	14 DeAnza	91'05.00"	27.86m 2
8 Dony Vloo	13 DeAnza	83'08.00"	25.50m 1

Men's Shot Put

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	MARK	PTS
Rebecca Morrison	14 San Mateo	42'08.25"	13.01m 10
avatau Ponahou	13 CCSF	36'07.50"	11.16m 8
ony Vloo	13 DeAnza	36'05.00"	11.10m 6
zar Khoshkbarlle	13 San Jose	36'00.00"	10.97m 5
ackie Hotchkiss	13 San Jose	34'05.50"	10.50m 4
irsten Kelter	14 San Jose	33'02.00"	10.11m 3
ennifer Lloyd	14 DeAnza	32'09.00"	9.98m 2
vett Hegedus	13 Foothill	29'05.75"	8.99m 1

Women's 4x100 Meter Relay

----- Finals Results - Tuesday 04/16/96 -----

PLACE RELAY	AFFILIATION	TIME	PTS
1	CCSF	CC of San Francisco	48.92 10
2	HART	Hartnell College	49.14 8
3	CSM	College of San Mateo	51.08 6
-	DAC	DeAnza College	DQ

Men's Discus Throw

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	MARK	PTS
Rebecca Morrison	14 San Mateo	136'08.00"	41.66m 10
ackie Hotchkiss	13 San Jose	129'10.00"	39.57m 8
ennifer Lloyd	14 DeAnza	121'02.00"	36.93m 6
irsten Kelter	14 San Jose	113'06.00"	34.59m 5
cky Loggins	14 Chabot	107'08.00"	32.82m 4
ony Vloo	13 DeAnza	105'01.00"	32.03m 3
avatau Ponahou	13 CCSF	103'03.00"	31.47m 2
vett Hegedus	13 Foothill	98'09.00"	30.10m 1
zar Khoshkbarlle	13 San Jose	96'02.00"	29.31m
ay Duncan	13 Chabot	50'04.00"	15.34m

Women's 4x400 Meter Relay

----- Finals Results - Tuesday 04/16/96 -----

PLACE RELAY	AFFILIATION	TIME	PTS
1	HART	Hartnell College	4:03.81 10
2	CSM	College of San Mateo	4:10.80 8
3	DAC	DeAnza College	4:42.00 6
-	CCSF	CC of San Francisco	DQ

Men's Javelin Throw

----- Finals Results - Tuesday 04/16/96 -----

ATHLETE NAME	YR SCHOOL	MARK	PTS
Rashida Grainger	14 Hartnell	120'04.00"	36.68m 10
ennifer Lloyd	14 DeAnza	118'02.00"	36.02m 8
Rebecca Morrison	14 San Mateo	117'04.00"	35.76m 6
enee Ostertag	13 San Mateo	102'02.00"	31.14m 5
ony Vloo	13 DeAnza	87'04.00"	26.62m 4
oenicia Holly*	13 Hartnell	76'03.00"	23.24m 3
enise Rummelhart	14 San Mateo	71'07.00"	21.82m 2

Women's Pole Vault

----- Finals Results - Tuesday 04/16/96 -----

PL ATHLETE NAME	YR SCHOOL	MARK	PTS
1 Anna Woods	13 Hartnell	9'06.00"	2.90m 10
2 Kathya Baltadano	13 San Mateo	9'00.00"	2.74m 8
3 Lisa Clancy	13 Chabot	7'06.00"	2.29m 6
4 Mary Eala*	13 Hartnell	7'06.00"	2.29m 5
5 Tara Clancy	13 Chabot	6'00.00"	1.83m 4
-	Natina Guidicatti*	14 DeAnza	NH