

# MEN

## CALIFORNIA COMMUNITY COLLEGE TRACK AND FIELD LEADERS

Final Reports to May 22, 2000 - Compiled by Fred Baer (JC Athletic Bureau), Bob Rush (NorCal), Don-Earle Turnbull (SouCal)  
 CCC Track Coaches Assn. Publicity (F.Baer), Box 5401, San Mateo 94402; Phone (650) 345-4114; Fax 650-593-5973

**ATHLETE**                      **YR COLLEGE**                      **MARK**    **WIND**    **DATE**

### Men's 100 Meters

Justin Anderson		Cerritos	10.21	nwi	5/13
		(10.25 +0.7 5/20)			
Jean-Olivier Zirignon	SO	Riverside	10.31	nwi	4/29
		(10.39 +0.7 5/20)			
Paul Jones		Mt.San Antonio	10.35	nwi	5/13
Michael Mitchell		Mt.San Antonio	10.38	nwi	4/6
Mike Lipscomb		Mt.San Antonio	10.41	nwi	4/6
Monty Clopton		Riverside	10.47	nwi	4/1
Marshall Johnson		Riverside	10.49	nwi	2/26
Luiz Mello	FR	Santa Rosa	10.50		
Paul Jones		Mt.San Antonio	10.50	nwi	5/6
		(10.51 +1.9 4/29)			
James Johnson	FR	Sequoias	10.54		

### Men's 200 Meters

Michael Mitchell		Mt.San Antonio	20.59	+0.2	5/20
Chris Hughes	FR	Contra Costa	20.97	+0.2	5/20
Mike Lipscomb		Mt.San Antonio	21.05	-0.1	4/29
Jean-Oliver Zirignon	SO	Riverside	21.09	+2.8	4/29
Haddow Weatherbone		Long Beach	21.10	nwi	5/6
		(21.28 -0.1 4/29)			
Paul Jones		Mt.San Antonio	21.17	-0.1	4/29
Luiz Mello	FR	Santa Rosa	21.21	+0.2	5/20
Marshall Johnson		Riverside	21.22	nwi	2/26
Mike Akili	FR	Cuyamaca	21.34	+2.8	4/29
Josh Norman	FR	Fresno	21.35		
James Johnson	FR	Sequoias	21.36		

### Men's 400 Meter Dash

Brian Vernon		Long Beach	46.13		5/20
Kevin McDonald		Mt.San Antonio	46.30		5/20
Ernesto Salinas	SO	Hartnell	46.31		5/20
Leslie Ford		Long Beach	46.61		4/29
Michael Mitchell		Mt.San Antonio	47.14		3/18
Tyrone Ward	SO	Hartnell	47.43		
Lorenzo Parham	FR	Merritt	47.45		5/12
Raheem Barnes		Long Beach	47.46		4/29
Blaine Bussey		Long Beach	47.50		4/29
David Bisek		Mt.San Antonio	47.59		4/29
Ricco Brown	FR	Chabot	47.83		5/20
David Patterson	SO	Modesto	47.98		5/12
Derek Brown		Cerritos	48.10		4/6
Terron Franklin		San Diego Mesa	48.12		5/13
Willie Henderson	SO	Delta	48.33		4/12
EJ Andrews	SO	CC SFrancisco	48.34		5/12

### Men's 800 Meters

Kevin Elliott		El Camino	1:49.80		4/6
Phil Tabor	FR	American River	1:51.19		5/12
Roosevelt Cook		Mt.San Antonio	1:51.60		5/20
Brian Vernon		Long Beach	1:51.85		4/29
Darrell Tozier	SO	San Mateo	1:52.09		5/12
Ernesto Salinas		Hartnell	1:52.11		4/8
Daniel Hart		Glendale	1:52.8		3/10
Anton Gasparik	SO	Foothill	1:53.25		5/20
Ryan Preston	SO	Chabot	1:53.42		
Mohamed Aden	FR	San Diego Mesa	1:53.62		3/26
Bryon Lamorandier	SO	Cuyamaca	1:53.67		4/8

### Men's 1,500 Meters

Irving Moreno		Riverside	3:50.7		3/18
Bryon Lamorandier	SO	Cuyamaca	3:52.67		5/13
Kevin Elliott		El Camino	3:53.62		4/1
Roosevelt Cook		Mt.San Antonio	3:54.16		5/13
Mohamed Aden		San Diego Mesa	3:55.15		5/13
Jules Villanueva	SO	West Valley	3:55.72		
Ryan Preston	SO	Chabot	3:56.50		
Roosevelt Cook		Mt.San Antonio	3:56.51		3/25
Rick Turner	SO	Sequoias	3:57.05		5/12
Manuel Lopez		Los Angeles CC	3:57.05		5/13
Sergio Reyes		Cuesta	3:57.6		3/18
Andre Young		Santa Barbara	3:58.05		4/29
Jose Palacios		Sequoias	3:58.32		5/20
Leo Balderas	SO	San Jose	3:58.49		5/6
Rick Turner	SO	Sequoias	3:58.88		4/29-

### Men's 3,000 Meter Steeplechase

Gabe Hernandez	SO	S.Bernardino V	9:04.00		5/6
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Jorge Banuelos		Glendale	9:04.28		5/6
Jacob Mills	SO	Sierra	9:25.03		
Alex Murcio	FR	S.Bernardino V	9:33.8		4/29
Lucas Neubaer	SO	Santa Ana	9:36.0		4/29
Chris Monschelli	SO	Orange Coast	9:35.74		5/13
Courtney Morris		SD Mesa	9:37.12		5/13
Chris Bayne	FR	Riverside	9:37.37		5/13
Jose Magana	FR	Orange Coast	9:37.9		4/29
B.J. Hipskind		Ventura	9:40.33		5/13
Albar Inzunza	SO	S.Bernardino V	9:41.0		4/29
Danny Keener	FR	Fullerton	9:42.88		3/18
George Wemenga	SO	Sequoias	9:43.60		

### Men's 5,000 Meters

Gabriel Hernandez	SO	S.BernardinoV	14:21.00		4/8
Albar Inzunza	SO	S.BernardinoV	14:36.69		4/8
Alez Maruislo		S.BernardinoV	14:53.56		4/8
Jose Perezchia		Bakersfield	14:55.58		4/29
Alejandro Lemus		Glendale	14:57.09		4/14
Leo Balderas	SO	San Jose	14:59.42		5/12
Jules Villanueva	SO	West Valley	15:03.90		
Jose Herrera		Santa Ana	15:05.12		5/13
Sergio Reyes		Cuesta	15:07.53		5/20

### Men's 10,000 Meters

Sergio Reyes		Cuesta	30:56.2		5/13
Gabriel Hernandez	SO	S.BernardinoV	30:56.4		5/13
Enrique Guerrero		SDMesa	31:18.70		
Juan Sanchez	SO	Orange Coast	31:31.3		5/13
Albar Inzunza		S.BernardinoV	31:32.8		5/13
Jose Perezchia		Bakersfield	31:35.11		4/25
Trevor Marca	SO	West Valley	31:40.90		
Leo Balderas	SO	San Jose	32:00.10		
Alejandro Lemus		Glendale	32:02.81		4/25
Brian Spangenberg		Canyons	32:03.2		5/13
Jose Herrera		Santa Ana	32:08.57		5/19
Ben Sanchez	FR	Sequoias	32:18.90		
Marco Arriaga		Glendale	32:35.4		5/13
Sergio Reyes		Cuesta	32:37.4		4/25
Eduardo Diaz		Glendale	32:37.8		4/25
Steve Nunez	FR	Diablo Valley	32:37.90		
Ryan Riemer	FR	American River	32:40.47		

### Men's 110 Meter High Hurdles

Dominique Degrammont		Long Beach	13.82	ok	5/20
Nicholas Wade		Long Beach	13.84	ok	5/20
Rico Hatter		Long Beach	14.27	ok	5/20
Raymond Wells	SO	SD Mesa	14.52	ok	5/20
Jim Starling	SO	Sequoias	14.57		
Jesse White	FR	Fresno	14.60		---
Ben Clark		Delta	14.63	ok	5/20
Carl Olsson	FR	Orange Coast	14.68	+3.7	4/29
Shomori Williams		Mt.San Antonio	14.77	nwi	5/13
Dustin Hollins		San Diego Mesa	14.79	nwi	5/6
Brian Brodgon	FR	Modesto	14.80		
Shingo Suzumura		Golden West	14.82	nwi	5/13

### Men's 400 Meter Hurdles

Keith Davis		El Camino	51.67		4/29
Tyrone Ward	SO	Hartnell	51.80		5/20
Shomari Williams		Mt.San Antonio	52.36		4/29
Rico Hatter		Long Beach	52.41		4/29
Clayton Wilks		Mt.San Antonio	52.39		5/20
David Moreno	SO	Yuba	53.00		
Mick Ray		Bakersfield	53.12		4/29
Ben Clark	FR	Delta	53.27		5/12
Richard Jordon		Moorpark	53.49		5/13
Robert Garcia		East LA	53.53		5/20
Mike Doll	SO	Shasta	53.60		5/12&5/20
Nicholas Wade		Long Beach	53.89		3/10
John Walker		Cuesta	53.91		4/29

nwi = no wind info available - please submit (Secondary marks, with wind readings, are listed in parentheses.)  
 Submit missing performance DATES.

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## Men's High Jump

Matt Primous	FR	Santa Ana	7-0	5/13
Wan Tat Yung		Mt. San Antonio	6-10 ½	4/29
Chris Haynes		El Camino	6-10 ½	4/29
Justin May	FR	Shasta	6-10	4/20
Robert Fuentes	SO	Santa Ana	6-10	5/13&5/20
Jeremy Jackson		Moorpark	6-8 ½	4/7
Justin May	FR	Shasta	6-8 ½	
Ben Parton		Victor Valley	6-8	4/7
Gabe Zarate	FR	Fresno	6-8	
Bryan Reese		Saddleback	6-8	5/13

## Men's Pole Vault

Giovani Lanaro		Mt. San Antonio	16-7	5/20
Jimmy Radford		Mt. San Antonio	16-6	3/25&5/13
Erick Knight	SO	Hartnell	16-3	
Dan Churchill		Long Beach	16-1	5/20
Justin Miller	SO	Delta	15-8	
Dethsy Bounlung		San Diego Mesa	15-7	2/17
Eldwin Chappell	FR	Modesto	15-7	5/20
Steven Taelen		Orange Coast	15-7	5/20
Troy Becker		Orange Coast	15-6	4/1
			(7 at 15-0)	

## Men's Long Jump

Jairus Ellis		Citrus	24-9 ¾	nwi 3/10
Michael Mitchell		Mt. San Antonio	24-9 ½	nwi 5/13
Fred Jackson	SO	San Jose	24-4 ½	
Darrell Lewis	FR	Santa Rosa	24-1 ½	ok 5/19
Dereck Anderson		Cerritos	24-1	ok 5/19
Tyrone Ward	SO	Hartnell	24-0	ok 5/19
Ray Carmel		Moorpark	23-11 ½	nwi 5/6
Matt Primous		Santa Ana	23-10	nwi 4/8
Erick Knight	SO	Hartnell	23-9	
Adrian Dilley	SO	San Mateo	23-2	

## Men's Triple Jump

Terrell Wooten		Mt. San Antonio	52-0 ¾	ok 5/20
Drapper Rivers		Long Beach	50-5 ½	nwi 5/13
Rajan Montero		Long Beach	50-2	ok 5/20
Kyrah Ayers	SO	Contra Costa	49-7 ¾	ok 5/20
Matt Prious		Santa Ana	48-8	nwi 2/26
C. J. Jones		Golden West	48-7 ½	nwi 3/26
Joseph Delahunt		Mt. San Antonio	48-4	ok 5/20
Erick Knight		Hartnell	47-2	+0.8 5/6
Damon Gaston		San Jose	47-1 ¾	ok 5/20
Jacob Montgomery		Hancock	47-1	nwi 3/10
Kevin Richards		Antelope Val	47-0 ¾	nwi 3/10

## Men's Shot Put

Mike Prestridge		Bakersfield	53-10	5/13
Skyler McKnight		Santa Monica	52-7	4/29
Vill Makihele		San Diego Mesa	52-0 ¾	4/14
Josh Robb		Shasta	51-10 ¾	5/12
Marcus Matheney	SO	Redwoods	51-5	5/13
Juan Columbie	SO	Golden West	51-3 ¾	
Jeffrey Holder		Citrus	49-7 ¾	4/14
Vetto Cerrato	SO	Delta	49-6 ½	5/12
Sam Uai	SO	Santa Ana	49-4	5/20
Kris Brown		Santa Monica	48-7	5/13
Denver Guillory	FR	Santa Rosa	47-10	

## Men's Discus Throw

Cheyne Murray	SO	San Mateo	172-9	4/8
Ben Fogel	SO	San Mateo	166-7	
Serge Doh	SO	Riverside	169-2	5/6
Bryan Harris	FR	Delta	162-1	5/20
Villi Makihele		San Diego Mesa	160-2	3/18
Brandon Goldstein	SO	San Jose	158-4	
Jeff Engstrom	FR	Sequoias	157-10	
Jeff Passamani	FR	Hartnell	158-8	5/6
Mike Prestridge		Bakersfield	155-3	5/20
Richard Brizil	SO	Fresno	154-7	
Matt Hennessy	SO	Marin	151-1	5/6
Kyle Kersh		Mt. San Antonio	150-6	5/20
Josh Robb	FR	Shasta	149-0	5/6
Robert Rubio	SO	Modesto	148-11	--
Marcus Matheney	SO	Redwoods	148-9	--

## Men's Javelin Throw

Ben Fogel	SO	San Mateo	211-2	
Gabe Scarpelli	SO	DeAnza	196-5	
Peter Imperial	SO	San Jose	195-6	
Kyle Kersh		Mt. San Antonio	192-2	4/14
Kevin Francis	SO	Golden West	190-11	4/28
Erick Knight	SO	Hartnell	187-0	
Luke Dunbar		Golden West	186-3	3/18
Jarrold Stewart	SO	Hartnell	186-8	5/19
Ryan Smith		Canyons	186-4	5/19
Richard Price	FR	Orange Coast	184-6	4/28
Weldon Dethridge	SO	Mendocino	184-1	4/29
John Stewart		Citrus	183-7	5/13
Jarrold Stewart	SO	Hartnell	182-8	5/12
James Oathout	FR	S. Bernardino	182-8	4/28

## Men's Hammer Throw

Robert Rubio	SO	Modesto	185-0	5/19
Mike Prestridge		Bakersfield	178-10	4/14
Brandon Goldstein	SO	San Jose	178-8	
Anthony Martinez		Bakersfield	171-0	2/26
Jacob Curtiss	SO	Modesto	169-7	--
Aron Crawford	SO	Delta	168-6	--
Arnaldo Cueto		Bakersfield	162-4	5/19
Jeff Passamani	FR	Hartnell	159-8	5/19
Zach Reeves	SO	Sierra	158-8	
Evan Roze		San Diego Mesa	156-10	5/6
Denver Guillory	FR	Santa Rosa	152-9	
Nick Lewis		Moorpark	151-10	4/1

## Men's 4x100 Meter Relay

Mt. San Antonio	39.63	5/20	Cerritos	39.87	5/20
Riverside	40.10	5/20	Fresno	40.52	5/20
Contra Costa	40.65	5/20	Long Beach	40.67	5/20
Moorpark	41.05	5/20	West L. Angeles	41.23	4/19
Chabot	41.42	5/12	Bakersfield	41.48	4/29
Butte	41.59	5/12	SJoaquin Delta	41.60	
Sequoias	41.85		Modesto	41.93	5/12

## Men's 4x400 Meter Relay

Long Beach	3:07.33	4/16			
Mt. San Antonio	3:08.79	5/13	Bakersfield	3:10.83	5/20
SJoaquin Delta	3:12.19	5/20	Hartnell	3:12.61	5/12
El Camino	3:13.68	3/10	Moorpark	3:13.77	5/13
Moorpark	3:14.04	5/20	Cerritos	3:14.06	3/18
Fresno	3:14.20	5/20	Chabot	3:14.57	5/20
S. Francisco	3:15.27				

## Men's Decathlon

Erick Knight	SO	Hartnell	6909	5/19
Benji Chamberlain	SO	Siskiyou	6561	4/19
Shelton Davis	SO	Santa Ana	6725	5/29
		6525 3/29:	(11.32, 6.45, 11.44, 1.97, 49.81; 15.98, 27.36, 3.24, 48.80, 4:31.12)	
Scott Carlton		Mt. SAC	6355	5/19
Andrew Phillips		Cerritos	6250	5/29
		6031 3/29:	(11.71, 6.78, 10.83, 1.70, 54.03; 17.67, 28.96, 4.04, 51.52, 4:52.62)	
Justin Miller	SO	Delta	6247	5/19
Aaron Thompson		Canyons	6116	5/19
Hans Magelssen	SO	Modesto	5891	5/19
Hassan Maleki		Mt. SAC	5816	3/29
Christian Crosby	FR	Delta	5754	5/19
Brandon Gardner		Cuesta	5672	3/29
Vincent Boatright	FR	Chabot	5599	4/19

# Women

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ATHLETE	YR	COLLEGE	MARK	WIND	DATE
<b>Women's 100 Meters (CC record 11.23)</b>					
Natasha Mayers		LA Southwest	11.29	nwi	4/8
			(11.31 +1.9	4/29)	
Krista Groves	FR	Long Beach	11.46	+1.9	4/29
Terica Ned	FR	Riverside	11.84	+1.7	4/29
Tami Wallace		Mt. SAC	11.87	nwi	4/6
			(12.00	ok 5/20)	
Tiffany Freow	FR	SD Mesa	11.93	+1.7	4/29
Tanisha Cole		Cerritos	11.97	nwi	4/6
Denise Peters		Hancock	11.99	+1.0	5/20
Anita McCullum	FR	San Francisco	12.04	+1.0	5/20
Astrid Nasaar		Mt. SAC	12.05	nwi	4/6
<b>Women's 200 Meters (CC record 22.91)</b>					
Natasha Mayers		LA Southwest	23.36	+0.2	4/29
Tami Wallace		Mt. SAC	24.36	nwi	5/6
			(24.37 +0.2	4/29 & 24.37 +0.0	5/20)
Krista Groves	FR	Long Beach	24.39	nwi	5/6
			(24.56 +0.2	4/29)	
Terica Ned		Riverside	24.62	+1.8	4/29
Denise Peters		Hancock	24.77	+0.0	5/20
Seniek Saavedra	FR	Contra Costa	25.14	+1.1	5/6
Odiri Pinnock		Contra Costa	25.20	+0.0	5/20
Astrid Nasaar		Mt. SAC	25.22	+0.0	5/20
Tiffany Freow	FR	SD Mesa	25.23	+1.8	4/29
Sharita Reed	FR	Sacramento	25.24	--	
Withers		Long Beach	25.25	nwi	3/10
Denniece Cuthbert	FR	Chabot	25.29	+1.1	5/6
Tanisha Cole		Cerritos	25.34	+0.2	4/29
Maggie Escudero	FR	Cuyamaca	25.40	nwi	4/8
<b>Women's 400 Meters (50.92)</b>					
Denniece Cuthbert	FR	Chabot	55.96		5/12
Kasaundra Perkins		SBernardinoV	56.88		4/1
Seniek Saavedra	FR	Contra Costa	56.62		5/12
Melanie King	SO	Sacramento	57.34		5/12
Sharita Reed	FR	Sacramento	57.44		5/12
Karen Rich	FR	Modesto	58.06		
Anna Cockroft		Mt. SAC	58.19		5/13
Eve Whitworth		West LA	58.20		5/13
Jennifer Burkhalter		Mt. SAC	58.29		4/29
Casey Holman		Bakersfield	58.61		5/13
June Martinez		Cerritos	58.66		5/13
Diana Hayden		Santa Barbara	58.69		3/25
<b>Women's 800 Meters (2:01.92)</b>					
Jennifer Burkhalter		Mt. SAC	2:15.00		3/10
Shannon Rhetta		West LA	2:15.37		5/13
Heidette Santin		Santa Monica	2:18.33		3/18
Kasaundra Perkins	FR	S.Bernardino	2:19.18		4/29
Pam Roque		Santa Ana	2:19.29		5/20
Aisha Harris		Cerritos	2:19.29		5/20
Stacy Esquivel	SO	Sequoias	2:19.49		5/20
Deborah Bleisch	SO	West Valley	2:20.27		5/12
Michele Wilkinson		Los AngelesCC	2:20.36		5/20
Jenny Atkinson		El Camino	2:20.42		5/6
Heather Shurtleff	FR	Orange Coast	2:20.5		3/10
Allison Webb		Mt. SAC	2:21.07		3/25
Melissa McBain		Moorpark	2:21.26		4/29
Zoila Gomez	SO	Orange Coast	2:21.47		4/1
Niki Lafreniere	SO	Santa Rosa	2:21.48		
Morgan Rounkles	FR	Cuyamaca	2:22.09		4/29
<b>Women's 1,500 Meters (4:17.82)</b>					
Melissa McBain		Moorpark	4:40.39		5/20
Zoila Gomez	SO	Orange Coast	4:44.93		3/26
Jenny Wood		Mt. SAC	4:45.69		5/13
Heather Shurtleff	FR	Orange Coast	4:47.91		4/29
Maria Iraheta		Santa Monica	4:49.46		5/13
Stacy Esquivel	SO	Sequoias	4:49.97		
Deborah Bleisch	SO	West Valley	4:50.56		
Francisca Flores		Santa Ana	4:50.96		5/13
Morgan Rounkles	FR	Cuyamaca	4:51.12		4/29
Heather Shurtleff		Orange Coast	4:51.63		5/13
Heidelle Santin		Santa Monica	4:51.65		3/25
Melinda Flores		Cuesta	4:52.16		5/13
Niki Lafreniere	SO	Santa Rosa	4:54.20		
Bernice Carbajal	SO	Orange Coast	4:54.3		4/14
<b>Women's 3,000 Meters (9:13.0)</b>					
Zoila Gomez	SO	Orange Coast	10:13.32		4/14
Kim Lorimer		Glendale	10:28.44		4/14

Heather Shurtleff		Orange Coast	10:36.0		4/14	
Jenny Wood		Mt. SAC	10:43.17		4/14	
Melissa McBain		Moorpark	10:45.73		4/29	
Kara Walker		Mt. SAC	10:47.47		4/14	
Maria Herrera		LA Valley	10:48.8		2/26	
Silavy Sin		Paadena	10:49.10		3/25	
Nancy Moulton		Canyons	10:50.60		5/20	
Bernice Carbajal	SO	Orange Coast	10:51.0		2/26	
Melinda Flores		Cuesta	10:51.47		5/13	
Heather Lozano		Mt. SAC	10:54.32		4/29	
Megan Stone	SO	Amer. River	10:54.48			
Stacy Esquivel	SO	Sequoias	10:54.98			
<b>Women's 5,000 Meters (15:52.5)</b>						
Zoila Gomez	SO	Orange Coast	17:39.87		4/14	
Kathy Lenno	SO	Hartnell	18:06.16		4/29	
Bernice Carbajal	SO	Orange Coast	18:08.31		5/13	
Genene Gerry		Moorpark	18:34.56		4/14	
Kim Lorimer		Glendale	18:35.70		4/1	
Rebekah Harmér		West Valley	18:37.87		4/29	
Maria Herrera		LA Valley	18:48.10		3/24	
Melina Brambila	FR	Sequoias	18:48.60			
<b>Women's 10,000 Meters (35:20.88)</b>						
Zoila Gomez	SO	Orange Coast	36:27.06		5/6	
Kathy Lenno	SO	Hartnell	37:35.9		5/6	
Bernice Carbajal	SO	Orange Coast	37:44.0		5/19	
Jeanene Gerry		Moorpark	37:59.86		5/6	
Maria Herrera		LA Valley	38:54.7		3/24	
Rebekah Harmer		West Valley	39:31.80		4/27	
Melina Brambila	FR	Sequoias	39:44.80			
Lavy Sin		Pasadena	39:51.01		5/6	
Nancy Lopez		Glendale	39:56.04		5/6	
Olivia Tellez		SD Mesa	40:04.81		5/6	
Kim Lorimer		Glendale	40:09.41		4/25	
Karen Lotich		Mt. SAC	40:58.01		5/6	
Elsa Ortega	SO	Orange Coast	40:58.70		4/28	
Aurea Santana		Pasadena	41:18.22		5/6	
Cristal Hernandez	FR	Santa Ana	41:55.60		4/28	
Tirza Watts		Fullerton	42:00.0		5/6	
Char Jensen		Ventura	42:10.0		5/6	
<b>Women's 100 Meter Hurdles (13.13)</b>						
Maggie Escudero	FR	Cuyamaca	14.06	nwi	5/13	
			(14.19	+1.2	5/20)	
Mia Davis		Mt. SAC	14.47	+1.2	5/20	
Christina Proctor		Pasadena	14.61	nwi	5/13	
			(14.68	+1.2	5/20)	
Monique Anderson		Long Beach	14.91	+1.2	5/20	
Kinchen Tan	SO	San Francisco	14.98	+1.2	5/20	
Justina Jupiter	SO	SD Mesa	15.08	nwi	5/13	
			(15.11	+1.4	4/29)	
Monique McClure		El Camino	15.15	nwi	4/6	
Antares Vice		Cerritos	15.25	nwi	5/13	
Amber Price		Golden West	15.41	nwi	5/6	
Chereda Blair	FR	Riverside	15.44	nwi	5/13	
Amber Price	FR	Riverside	15.47	nwi	5/13	
Susanna Wall	FR	Delta	15.51	+0.9	5/6	
Alicia Ross		West LA	15.59	nwi	4/29	
Bianca Guzman		Pasadena	15.61	+0.2	4/29	
Jennifer Bell		Bakersfield	15.65	nwi	4/1	
Rachel McDonald	FR	Chabot	15.72	+1.0	4/29	
<b>W 4x100m Relay (rec. 43.83)</b>						
S. Francisco		46.96	5/20	Mt. SAC	46.99	5/20
Long Beach		47.67	5/20	Cerritos	48.39	4/1
West LA		48.41	5/20	De Anza	48.72	5/20
C. Costa		48.75	5/12	Riverside	49.18	4/8
Sacramento		49.38		Pasadena	49.50	5/20
Fullerton		49.70	5/13	Amer. River	49.97	5/12
SBernardino		50.00	5/13	Moorpark	50.48	4/6
<b>W 4x400 Meter Relay (CC record 3:30.66)</b>						
West LA		3:51.88	5/20			
Cerritos		3:52.14	5/20	Mt. SAC	3:52.68	5/13
Sacramento		3:55.31	5/20	Long Beach	3:56.68	5/13
De Anza		4:00.38	5/20	Pasadena	4:01.71	5/13
Modesto		4:05.19	5/20	Chabot	4:05.25	5/12
SBernardino		4:05.54	5/13	Ventura	4:06.34	5/13
El Camino		4:06.54	5/13	Moorpark	4:06.72	5/13
SD Mesa		4:11.24	4/29	C. Costa	4:11.40	
Santa Ana		4:12.02	4/29	Amer. River	4:13.57	5/12
Cuesta		4:15.04	3/18	Bakersfield	4:15.22	5/1
San Mateo		4:16.09	5/12	Ventura	4:16.31	3/18

# CALIFORNIA COMMUNITY COLLEGE TRACK AND FIELD LEADERS

FINAL reports to May 22, 2000 - Compiled by Fred Baer (JC Athletic Bureau), Bob Rush (NorCal), Don-Earle Turnbull (SouCal)  
 CCC Track Coaches Assn. Publicity (F. Baer), Box 5401, San Mateo 94402; Phone (650) 345-4114; Fax 650-593-5973

## Women's 400 Meter Hurdles (56.92)

Monique Anderson		Long Beach	61.85	5/20
Jennifer Johnston	SO	West Valley	64.07	5/12
Mia Davis		Mt. SAC	63.75	5/20
Kinchen Tan	SO	San Francisco	63.86	5/20
Justina Jupiter	SO	SD Mesa	64.72	3/18
Susanna Wall	FR	Delta	64.90	5/12
Erin Stewart		Bakersfield	65.25	4/29
Alicia Ross		West LA	66.16	4/29
Joy Dougherty		Moorpark	66.32	5/13
Monica Correa	FR	Santa Ana	66.34	5/13
Lina Pimentel		West Valley	66.58	5/12
Cherron Sonnier		Riverside	66.76	5/13
Stephanie Jzyk	FR	Diablo Valley	67.09	5/6
Lina Pimentel	FR	West Valley	67.10	5/6

## Women's High Jump (6-0)

Leslie Higginson		Long Beach	5-9	5/20
Jenny Beltran		Mt. SAC	5-8	3/10&4/29
Ameerah Omar		Mt. SAC	5-6	4/6
Porschia Baker		Long Beach	5-4½	4/8
Amanda Fossen	SO	Reedley	5-4	
Rachel McDonald	FR	Chabot	5-4	
Tee Noble		Ventura	5-4	5/13
Melissa Villasana	FR	Reedley	5-3	--
Amber Price	FR	Golden West	5-3	4/8
Ileah Jackson	FR	Shasta	5-2½	--
Veronica Singh		Cerritos	5-2½	4/29
Antares Vice		Cerritos	5-2½	4/29

## Women's Pole Vault (CC rec. 11-6; 12-0½ pend.)

Amanda Sweeten	SO	Delta	12-3	---
<i>(CC record; old 11-6, Shelly Hill, Modesto, 1998)</i>				
Vanessa Yebra	SO	Hartnell	12-0	5/19
Susanna Kassab		Citrus	11-6	5/13&5/19
Kesika Englebrekson	FR	Cuyamaca	11-6	5/19
Shawna Peterman		Cuesta	11-0	3/25
Nicole Hansen	SO	Orange Coast	11-0	4/28
Bergann Montes	SO	Modesto	11-0	5/6
Dawn Davorak		Antelope Vly	11-0	5/19
Crystal Marks	FR	Shasta	10-6	4/5/12
Sarah Harcrow	SO	Modesto	10-6	
Susanna Kassab		Citrus	10-6	4/29
Teri Hermen		Long Beach	10-6	5/13&5/19

## Women's Long Jump (CC record 21-10 ¾)

Terica Ned	FR	Riverside	19-1 ½	nwi 2/26
Karen Ota		Rio Hondo	19-0 ½	nwi 4/1
Paola Leyva		Mt. SAC	18-8 ½	nwi 5/19
Quina Starr	FR	Fullerton	18-8	nwi 4/28
Niesha Williams		West LA	18-3 ¾	nwi 4/14
Dorothy Jenkins	FR	Cuyamaca	18-2	nwi 4/8
Diana Hayden		Santa Barbara	18-0	nwi 4/14
Wakako Kamiyo		Pasadena	18-0 ½	ok 5/19
Macklin Harris	FR	Shasta	17-11 ¾	-0.9 5/12
Inga Prasetyo	FR	DeAnza	17-11 ½	-1.4 5/12
Stephanie Parmer		Sequoias	17-9 ½	ok 5/19

## Women's Triple Jump (CC record 44-2)

Paula Leyva		Mt. SAC	40-10 ¼	nwi 3/25
			(40-8 ¼ ok 5/20)	
Antares Vice		Cerritos	39-3 ¾	ok 5/20
Porschia Baker		Long Beach	39-1 ¾	nwi 3/3
Stephanie Parmer	FR	Sequoias	37-7	nwi 5/12
			(36-5, ok, 5/20)	
Sarah Muilenberg		Long Beach	37-3 ¾	ok 5/20
Andrea Kincaid	FR	San Francisco	36-9 ½	
Inge Prasetyo	FR	DeAnza	36-7 ¾	ok 5/20
Ika Eliashvili		Moorpark	36-5 ¾	nwi 3/25
Jennifer Mattice		Cuesta	36-5 ¾	nwi 4/7
			(35-11 ¾, ok, 5/20)	
Ericka Wilson		West LA	36-3 ¾	nwi 4/29
Shelya Jones		Pasadena	36-2 ¾	nwi 4/29
Tee Noble		Ventura	36-0 ¾	nwi 5/13
Rachel McDonald	FR	Chabot	35-11 ½	
Dorothy Jenkins	FR	Cuyamaca	35-8 ¾	nwi 4/29
Niesha Williams		West LA	35-7 ¾	nwi 2/26
Annie Pearson	SO	Amer. River	35-10	nwi 5/12
Amber Price	FR	Golden West	35-5 ¾	nwi 4/29

## Women's Shot Put (CC record 55-3 ¾)

Amy Thiel		Moorpark	49-6	4/29
Angela Foster		Moorpark	45-10 ½	2/26
Amanda Harvey		Bakersfield	45-3 ½	2/17

Monique McClure		El Camino	43-10 ¼	5/13
Laura Tave		Citrus	42-0	5/6
Marnie Perry		Bakersfield	41-1	4/29
Susan Back		LA Valley	40-7 ½	5/13
Cheyenne Price		Santa Monica	40-6	3/3
Kym Washington	SO	Sequoias	40-4	5/20
Jenn Santos	SO	Foothill	40-2	4/29
Megan Kessler		Pasadena	40-2	

## Women's Discus Throw (CC record 181-2)

Amy Thiel		Moorpark	166-1	3/26
Malalka Stirrup	FR	Cuyamaca	154-5	3/25
Angela Foster		Moorpark	152-11	3/18
Malaika Ryan		Cuyamaca	145-1	3/10
Tia Desoto	FR	Santa Rosa	144-5	
Amanda Harvey		Bakersfield	145-11	5/20
Cheyenne Price		Santa Monica	143-7	5/6
Marnie Perry		Bakersfield	139-10	4/1
Meagan Kessler		Pasadena	139-4	5/20
Lisa Krauter		Fresno	137-4	5/6
Sara Allsop		Long Beach	138-5	5/13
Natasha Pomele		Ventura	136-6	3/25
Monique Reed	FR	Butte	138-4	5/20
Kym Washington	SO	Sequoias	134-10	5/20
Cat Carlson	SO	Sierra	134-3	5/12

## Women's Javelin Throw (CC record 184-1)

Monique McClure		El Camino	139-9	5/19
Susan Back		LA Valley	133-3	5/13&5/19
Maggie Escudero	FR	Cuyamaca	128-6	5/19
Elizabeth Brown	SO	Amer. River	128-3	
Rose Ballesteros		Citrus	127-9	2/26
Katie Kubanis	FR	Mendocino	127-6	
Heather Hunt		Bakersfield	122-7	4/7
Maryn Ciarelli	FR	Golden West	121-8	3/26
Lauren McDannel		Orange Coast	120-10	3/3
Meagan Kessler		Pasadena	121-8	5/19
Rosie Figueroa	FR	Hartnell	119-6	4/24
Christine Fleming		Riverside	118-11	5/19
Brandie Dressel	FR	Sacramento	118-4	5/12
Antoinette Thomas	FR	Amer. River	117-10	5/12
Jaleh Donaldson	SO	DeAnza	117-10	
Keri Guillemmin	FR	Fresno	116-11	

## Women's Hammer Throw (CC record 172-4)

Angela Foster		Moorpark	185-0	5/6
<i>(CC record; old 172-4, Erin Hartzigsen, Ricks, 1997)</i>				
Amy Thiel		Moorpark	184-9	5/19
Amanda Harvey		Bakersfield	166-11	5/6
Tia Desoto	FR	Santa Rosa	156-7	--
Kym Washington	SO	Sequoias	150-11	
Marnie Perry		Bakersfield	150-3	5/6
Tammy Concepcion	SO	Chabot	148-8	5/12
Carolyn Abney		Bakersfield	146-11	5/6
Cam Carroll	FR	San Mateo	145-7	5/6
Malnika Stirrup	FR	Cuyamaca	144-3	4/8
Rose Ballesteros		Citrus	139-9	4/29
Lisa Rosales		Ventura	139-5	5/6
Alexandria Chavoya	SO	Santa Ana	139-3	4/1

## Women's Heptathlon (CC record 5687)

Monique McClure		El Camino	4639(1)	3/29-30:
<i>(15.24, 1.45, 12.83, 27.34, 5.03, 38.24, 2:32.51)</i>				
Maggie Escudero		Cuyamaca	4423(2)	3/29-30:
<i>(14.74, 1.42, 9.74, 25.74, 5.01, 37.32, 2:46.26)</i>				
Jenny Beltran		Mt. SAC	4439(1)	5/19-20
			4196(3)	3/29-30:
<i>(16.54, 1.69, 8.96, 26.74, 5.11, 20.82, 2:36.30)</i>				
Ileah Jackson	FR	Shasta	4379(2)	5/19-20...
			4103(1)	4/19-20
Amber Price		Golden West	4041(4)	5/19-20...
			3813(4)	3/29-03:
<i>(16.04, 1.57, 8.67, 28.34, 4.59, 22.86, 2:40.82)</i>				
Kinchen Tan	SO	S. Francisco	3861(2)	4/19-20
Erin Stewart		Bakersfield	3856(5)	5/19-20...
			3808(5)	3/29-30
Dorothy Jenkins		Cuyamaca	3792(6)	3/29-30
Wakako Kamiyo		Pasadena	3785(7)	3/29-30
Amanda Fossen	SO	Reedley	3781(6)	5/19-20...
			3659(3)	4/19-20
Jennifer Bell		Bakersfield	3746(8)	3/29-30
Haley Ciborowski		Cuyamaca	3701(9)	3/29-30

Nwi = no wind info; also submit missing performance DATES.