

## Foothill Conference Championships 2009

April 17-24, 2009 | San Bernardino Valley - San Bernardino, CA

Events: [100](#) [200](#) [400](#) [800](#) [1500](#) [5000](#) [10,000](#) [100H](#) [400H](#) [3000S](#) [4x100](#) [4x400](#) [HJ](#) [PV](#) [LJ](#) [TJ](#) [SP](#) [DT](#) [HT](#) [JT](#) [Hep](#)

Filter by Team ▼

### Women's 100 Meters Finals

W: +0.0

PL	NAME	YEAR	TEAM	TIME	SC
1	Yasmina Taketa	Freshman	San Diego Mesa	12.65	10
2	Brialonna Turner	Freshman	Southwestern	12.79	8
3	Tierra Hunt	Freshman	Cuyamaca	12.85	6
4	Melissa Rene	Sophomore	San Bernardino Valley	12.98	5
5	Clemesha Butler	Freshman	Antelope Valley	13.39	4
6	Disha Hall	Freshman	Southwestern	13.42	3
7	Michelle Burley	Sophomore	San Bernardino Valley	13.62	2
8	Bonnie Ayala	Freshman	Southwestern	14.2	1

### Women's 100 Meters Preliminaries

Top 1

PL	NAME	YEAR	TEAM	TIME
1	Yasmina Taketa	Freshman	San Diego Mesa	12.56
2	Brialonna Turner	Freshman	Southwestern	12.98
3	Melissa Rene	Sophomore	San Bernardino Valley	12.79
4	Michelle Burley	Sophomore	San Bernardino Valley	13.09
5	Tierra Hunt	Freshman	Cuyamaca	13.18
6	Disha Hall	Freshman	Southwestern	13.34
6	Bonnie Ayala	Freshman	Southwestern	13.34
8	Clemesha Butler	Freshman	Antelope Valley	13.59
9	Dominique Horton	Freshman	Chaffey	13.76
10	Lauren Bennett	Freshman	Chaffey	13.86
11	Eniola Jose	Sophomore	San Diego Mesa	13.91
11	Lanette Holmes	Freshman	Antelope Valley	13.91
13	Jasmine Rios	Freshman	Palomar	14.13
14	Tavisha Jones	Freshman	San Bernardino Valley	14.69
15	Irasema Garcia De Alba	Freshman	Southwestern	14.91
16	Sharlene Chiong	Freshman	Palomar	15.27
17	Raquel Lopez	Freshman	Southwestern	16.43

#### Women's 100 Meters Preliminaries Heat 1

W: +0.0

PL	NAME	YEAR	TEAM	TIME
1	Yasmina Taketa	Freshman	San Diego Mesa	12.56
3	Melissa Rene	Sophomore	San Bernardino Valley	12.79
6	Disha Hall	Freshman	Southwestern	13.34
6	Bonnie Ayala	Freshman	Southwestern	13.34
9	Dominique Horton	Freshman	Chaffey	13.76
11	Lanette Holmes	Freshman	Antelope Valley	13.91
13	Jasmine Rios	Freshman	Palomar	14.13
17	Raquel Lopez	Freshman	Southwestern	16.43

#### Women's 100 Meters Preliminaries Heat 2

W: +0.0

PL	NAME	YEAR	TEAM	TIME
2	Brialonna Turner	Freshman	Southwestern	12.98
4	Michelle Burley	Sophomore	San Bernardino Valley	13.09
5	Tierra Hunt	Freshman	Cuyamaca	13.18
8	Clemesha Butler	Freshman	Antelope Valley	13.59
10	Lauren Bennett	Freshman	Chaffey	13.86
11	Eniola Jose	Sophomore	San Diego Mesa	13.91
14	Tavisha Jones	Freshman	San Bernardino Valley	14.69
15	Irasema Garcia De Alba	Freshman	Southwestern	14.91
16	Sharlene Chiong	Freshman	Palomar	15.27

## Women's 200 Meters Finals

W: +0.0

PL	NAME	YEAR	TEAM	TIME	SC
1	Melissa Rene	Sophomore	San Bernardino Valley	25.54	10
2	Chantell Clark	Freshman	San Diego Mesa	25.75	8
3	DaQuvia Winslett	Freshman	San Bernardino Valley	26.16	6
4	Michelle Burley	Sophomore	San Bernardino Valley	26.23	5
5	Bonnie Ayala	Freshman	Southwestern	26.56	4
6	Airica Morgan	Sophomore	Palomar	26.94	3
7	Brialonna Turner	Freshman	Southwestern	27.05	2
8	Jessica Carter	Sophomore	San Bernardino Valley	27.32	1

## Women's 200 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Melissa Rene	Sophomore	San Bernardino Valley	26.1
2	Jessica Carter	Sophomore	San Bernardino Valley	26.12
3	Chantell Clark	Freshman	San Diego Mesa	26.72
4	DaQuvia Winslett	Freshman	San Bernardino Valley	27.01
5	Brialonna Turner	Freshman	Southwestern	27.
6	Bonnie Ayala	Freshman	Southwestern	27.09
7	Michelle Burley	Sophomore	San Bernardino Valley	27.13
8	Airica Morgan	Sophomore	Palomar	27.18
9	Disha Hall	Freshman	Southwestern	27.65
10	Clemesha Butler	Freshman	Antelope Valley	27.81
11	Diane Warren	Freshman	Chaffey	27.86
12	Sade Burrel	Sophomore	Cuyamaca	28.32
13	Jessica Rosa	Freshman	Chaffey	28.34
14	Lanette Holmes	Freshman	Antelope Valley	28.44
15	Tierra Hunt	Freshman	Cuyamaca	28.53
16	Maricela Moreno	Freshman	Rio Hondo	29.42
17	Domique Horton	Freshman	Chaffey	29.52
18	Jasmine Rios	Freshman	Palomar	29.55
19	Lauren Bennett	Freshman	Chaffey	29.73
20	Irasema Garcia De Alba	Freshman	Southwestern	31.47
21	Tavisha Jones	Freshman	San Bernardino Valley	32.01
22	Lizette Guzman	Freshman	Rio Hondo	32.4
23	Anavil Reyes	Freshman	Rio Hondo	32.83
24	Yanese Belden	Freshman	Rio Hondo	33.65
25	Brianna Quintero	Freshman	Rio Hondo	34.92

### Women's 200 Meters Preliminaries Heat 1

W: +0.0

PL	NAME	YEAR	TEAM	TIME
4	DaQuvia Winslett	Freshman	San Bernardino Valley	27.01
9	Disha Hall	Freshman	Southwestern	27.65
15	Tierra Hunt	Freshman	Cuyamaca	28.53
19	Lauren Bennett	Freshman	Chaffey	29.73
25	Brianna Quintero	Freshman	Rio Hondo	34.92

### Women's 200 Meters Preliminaries Heat 2

W: +0.0

PL	NAME	YEAR	TEAM	TIME
1	Melissa Rene	Sophomore	San Bernardino Valley	26.1
8	Airica Morgan	Sophomore	Palomar	27.18
10	Clemesha Butler	Freshman	Antelope Valley	27.81
14	Lanette Holmes	Freshman	Antelope Valley	28.44
18	Jasmine Rios	Freshman	Palomar	29.55
24	Yanese Belden	Freshman	Rio Hondo	33.65

### Women's 200 Meters Preliminaries Heat 3

W: +0.0


PL	NAME	YEAR	TEAM	TIME
2	Jessica Carter	Sophomore	San Bernardino Valley	26.12
5	Brialonna Turner	Freshman	Southwestern	27.
11	Diane Warren	Freshman	Chaffey	27.86
13	Jessica Rosa	Freshman	Chaffey	28.34
16	Maricela Moreno	Freshman	Rio Hondo	29.42
22	Lizette Guzman	Freshman	Rio Hondo	32.4

### Women's 200 Meters Preliminaries Heat 4

W: +0.0


PL	NAME	YEAR	TEAM	TIME
3	Chantell Clark	Freshman	San Diego Mesa	26.72
6	Bonnie Ayala	Freshman	Southwestern	27.09
7	Michelle Burley	Sophomore	San Bernardino Valley	27.13
12	Sade Burrel	Sophomore	Cuyamaca	28.32
17	Domique Horton	Freshman	Chaffey	29.52
20	Irasema Garcia De Alba	Freshman	Southwestern	31.47
21	Tavisha Jones	Freshman	San Bernardino Valley	32.01
23	Anavil Reyes	Freshman	Rio Hondo	32.83

## Women's 400 Meters Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Michelle Burley	Sophomore	San Bernardino Valley	58.79	10
2	Jessica Carter	Sophomore	San Bernardino Valley	58.99	8
3	Melissa Rene	Sophomore	San Bernardino Valley	59.82	6
4	Bonnie Ayala	Freshman	Southwestern	59.99	5
5	Chantell Clark	Freshman	San Diego Mesa	1:01.41	4
6	Diane Warren	Freshman	Chaffey	1:01.44	3
7	Sade Burrel	Sophomore	Cuyamaca	1:01.5	2
8	Shameka Alexander	Freshman	Antelope Valley	1:01.61	1
9	DaQuvia Winslett	Freshman	San Bernardino Valley	1:02.59	-

## Women's 400 Meters Preliminaries

 Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Michelle Burley	Sophomore	San Bernardino Valley	59.72
2	Bonnie Ayala	Freshman	Southwestern	59.85
3	Jessica Carter	Sophomore	San Bernardino Valley	59.98
4	Shameka Alexander	Freshman	Antelope Valley	1:00.89
5	Chantell Clark	Freshman	San Diego Mesa	1:01.05
6	Melissa Rene	Sophomore	San Bernardino Valley	1:01.07
7	Diane Warren	Freshman	Chaffey	1:01.48
8	Sade Burrel	Sophomore	Cuyamaca	1:02.33
9	DaQuvia Winslett	Freshman	San Bernardino Valley	1:02.79
10	Airica Morgan	Sophomore	Palomar	1:03.02
11	Kristina Medal	Sophomore	Antelope Valley	1:05.58
12	Sheraina Moon	Freshman	San Diego Mesa	1:07.32
13	Maricela Moreno	Freshman	Rio Hondo	1:07.49
14	Vanessa Cabrera	Freshman	Rio Hondo	1:10.03
15	Anavil Reyes	Freshman	Rio Hondo	1:11.28
16	Lizette Guzman	Freshman	Rio Hondo	1:11.52
17	Tavisha Jones	Freshman	San Bernardino Valley	1:14.99
18	Brianna Quintero	Freshman	Rio Hondo	1:16.26
19	Yanese Belden	Freshman	Rio Hondo	1:24.96
	Lianna Quintero	Freshman	Rio Hondo	NT
	Jennifer Mangus	Freshman	Antelope Valley	NT

### Women's 400 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
3	Jessica Carter	Sophomore	San Bernardino Valley	59.98
6	Melissa Rene	Sophomore	San Bernardino Valley	1:01.07
10	Airica Morgan	Sophomore	Palomar	1:03.02
12	Sheraina Moon	Freshman	San Diego Mesa	1:07.32
14	Vanessa Cabrera	Freshman	Rio Hondo	1:10.03
17	Tavisha Jones	Freshman	San Bernardino Valley	1:14.99
	Jennifer Mangus	Freshman	Antelope Valley	NT

### Women's 400 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Michelle Burley	Sophomore	San Bernardino Valley	59.72
4	Shameka Alexander	Freshman	Antelope Valley	1:00.89
7	Diane Warren	Freshman	Chaffey	1:01.48
11	Kristina Medal	Sophomore	Antelope Valley	1:05.58
13	Maricela Moreno	Freshman	Rio Hondo	1:07.49
15	Anavil Reyes	Freshman	Rio Hondo	1:11.28
	Lianna Quintero	Freshman	Rio Hondo	NT

### Women's 400 Meters Preliminaries Heat 3

PL	NAME	YEAR	TEAM	TIME
2	Bonnie Ayala	Freshman	Southwestern	59.85
5	Chantell Clark	Freshman	San Diego Mesa	1:01.05
8	Sade Burrel	Sophomore	Cuyamaca	1:02.33
9	DaQuvia Winslett	Freshman	San Bernardino Valley	1:02.79
16	Lizette Guzman	Freshman	Rio Hondo	1:11.52
18	Brianna Quintero	Freshman	Rio Hondo	1:16.26
19	Yanese Belden	Freshman	Rio Hondo	1:24.96

## Women's 800 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Laquita Garland	Freshman	Palomar	2:25.67	10
2	Monicah Jepkemboi	Freshman	Southwestern	2:27.04	8
3	Stephanie Cook	Sophomore	Cuyamaca	2:30.55	6
4	Monica Carrillo	Sophomore	Southwestern	2:32.3	5
5	Karla Atencio	Sophomore	Southwestern	2:32.88	4
6	Sarah Staube	Freshman	Cuyamaca	2:33.1	3
7	Liliana Inlestra	Freshman	Palomar	2:39.26	2
8	ana nabor	Sophomore	Palomar	2:40.27	1
9	Kristina Farmer	Freshman	Palomar	2:40.93	-

## Women's 800 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Laquita Garland	Freshman	Palomar	2:27.42
2	Monicah Jepkemboi	Freshman	Southwestern	2:31.6
3	Stephanie Cook	Sophomore	Cuyamaca	2:29.85
4	Monica Carrillo	Sophomore	Southwestern	2:32.08
5	Sarah Staube	Freshman	Cuyamaca	2:32.34
6	Liliana Inlestra	Freshman	Palomar	2:34.72
7	Karla Atencio	Sophomore	Southwestern	2:34.87
8	ana nabor	Sophomore	Palomar	2:34.95
9	Kristina Farmer	Freshman	Palomar	2:36.02
10	Jessyca Henman	Freshman	San Diego Mesa	2:37.18
11	Jewell Marleaux	Freshman	Antelope Valley	2:38.93
12	Kalodiah Toma	Freshman	Cuyamaca	2:52.77
13	Megan Haskins	Freshman	Cuyamaca	2:58.77
14	Michaela Chilton	Freshman	Antelope Valley	3:07.97

### Women's 800 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Monicah Jepkemboi	Freshman	Southwestern	2:31.6
4	Monica Carrillo	Sophomore	Southwestern	2:32.08
5	Sarah Staube	Freshman	Cuyamaca	2:32.34
8	ana nabor	Sophomore	Palomar	2:34.95
9	Kristina Farmer	Freshman	Palomar	2:36.02
11	Jewell Marleaux	Freshman	Antelope Valley	2:38.93
12	Kalodiah Toma	Freshman	Cuyamaca	2:52.77

### Women's 800 Meters Preliminaries Heat 2


PL	NAME	YEAR	TEAM	TIME
1	Laquita Garland	Freshman	Palomar	2:27.42
3	Stephanie Cook	Sophomore	Cuyamaca	2:29.85
6	Liliana Inlestra	Freshman	Palomar	2:34.72
7	Karla Atencio	Sophomore	Southwestern	2:34.87
10	Jessyca Henman	Freshman	San Diego Mesa	2:37.18
13	Megan Haskins	Freshman	Cuyamaca	2:58.77
14	Michaela Chilton	Freshman	Antelope Valley	3:07.97

## Women's 1500 Meters

Top ↑


PL	NAME	YEAR	TEAM	TIME	SC
1	Karla Atencio	Sophomore	Southwestern	5:01.76	10
2	Sarah Staube	Freshman	Cuyamaca	5:02.23	8
3	Monica Carrillo	Sophomore	Southwestern	5:04.12	6
4	Michelle Thompson	Freshman	San Diego Mesa	5:05.71	5
5	Aubriele Rowe	Sophomore	Palomar	5:06.39	4
6	Stephanie Cook	Sophomore	Cuyamaca	5:07.09	3
7	Melissa Olmos	Sophomore	Antelope Valley	5:11.2	2
8	Liliana Inlestra	Freshman	Palomar	5:28.48	1
9	Jessyca Henman	Freshman	San Diego Mesa	5:29.3	-
10	Selena Sepulveda	Sophomore	San Bernardino Valley	5:38.31	-
11	ana nabor	Sophomore	Palomar	5:47.81	-
12	Samantha Alvarez	Sophomore	San Diego Mesa	6:01.76	-

## Women's 5000 Meters

 Top ↑


PL	NAME	YEAR	TEAM	TIME	SC
1	Samantha Espindola	Sophomore	San Diego Mesa	18:37.4	10
2	Karla Atencio	Sophomore	Southwestern	18:45.45	8
3	Monica Carrillo	Sophomore	Southwestern	18:54.55	6
4	Michelle Thompson	Freshman	San Diego Mesa	19:06.88	5
5	Melissa Cortes	Freshman	Rio Hondo	19:20.11	4
6	Ashley Huizar	Freshman	Rio Hondo	19:21.46	3
7	Melissa Olmos	Sophomore	Antelope Valley	19:58.45	2
8	Sonia Flores	Freshman	Rio Hondo	20:45.01	1
9	Alison Patterson	Sophomore	Palomar	21:31.56	-
10	Ashley Martinez	Freshman	Rio Hondo	21:54.41	-
11	Alicia Gard-Kaminkow	Freshman	Palomar	22:54.74	-
12	Samantha Alvarez	Sophomore	San Diego Mesa	23:39.7	-
	Monicah Jepkemboi	Freshman	Southwestern	NT	-

## Women's 10,000 Meters

 Top ↑


PL	NAME	YEAR	TEAM	TIME	SC
1	Samantha Espindola	Sophomore	San Diego Mesa	41:26.53	10
2	Karla Atencio	Sophomore	Southwestern	42:01.92	8
3	Monica Carrillo	Sophomore	Southwestern	42:31.19	6
4	Ashley Huizar	Freshman	Rio Hondo	43:09.24	5
5	Melissa Cortes	Freshman	Rio Hondo	43:28.58	4
6	Alison Patterson	Sophomore	Palomar	44:21.98	3
7	Sonia Flores	Freshman	Rio Hondo	44:59.16	2
8	Ashley Martinez	Freshman	Rio Hondo	46:39.93	1
9	Alicia Gard-Kaminkow	Freshman	Palomar	50:51.06	-
	Monicah Jepkemboi	Freshman	Southwestern	NT	-

## Women's 100 Hurdles Finals

 W: +0.0

PL	NAME	YEAR	TEAM	TIME	SC
1	Brialonna Turner	Freshman	Southwestern	15.81	10
2	Pia Coleman	Sophomore	Southwestern	15.9	8
3	Tanisha Taylor	Sophomore	Palomar	15.95	6
4	Adriana Paz	Freshman	Palomar	17.21	5
5	Margret Powell	Freshman	Cuyamaca	17.6	4
6	Angelica Lawrence	Sophomore	San Diego Mesa	17.63	3
7	Tanisha Oates	Freshman	Chaffey	17.75	2
8	Sibella Salazar	Sophomore	Antelope Valley	17.85	1
9	Pegine Gray	Freshman	Antelope Valley	18.26	-

## Women's 100 Hurdles Preliminaries

 Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Pia Coleman	Sophomore	Southwestern	16.05
2	Brialonna Turner	Freshman	Southwestern	16.08
3	Tanisha Taylor	Sophomore	Palomar	16.26
4	Adriana Paz	Freshman	Palomar	16.85
5	Margret Powell	Freshman	Cuyamaca	17.37
6	Tanisha Oates	Freshman	Chaffey	17.4
7	Sibella Salazar	Sophomore	Antelope Valley	17.63
8	Angelica Lawrence	Sophomore	San Diego Mesa	17.8
9	Pegine Gray	Freshman	Antelope Valley	18.57
10	Geornisha Epps	Freshman	Cuyamaca	18.89
11	Britni Coleman	Freshman	Southwestern	19.35
12	Raquel Lopez	Freshman	Southwestern	25.6
	Sarah Cooper	Freshman	Southwestern	NT

## Women's 100 Hurdles Preliminaries Heat 1

W: +0.0

PL	NAME	YEAR	TEAM	TIME
2	Brialonna Turner	Freshman	Southwestern	16.08
4	Adriana Paz	Freshman	Palomar	16.85
5	Margret Powell	Freshman	Cuyamaca	17.37
6	Tanisha Oates	Freshman	Chaffey	17.4
10	Geornisha Epps	Freshman	Cuyamaca	18.89
12	Raquel Lopez	Freshman	Southwestern	25.6
	Sarah Cooper	Freshman	Southwestern	NT

## Women's 100 Hurdles Preliminaries Heat 2

W: +0.0

PL	NAME	YEAR	TEAM	TIME
1	Pia Coleman	Sophomore	Southwestern	16.05
3	Tanesha Taylor	Sophomore	Palomar	16.26
7	Sibella Salazar	Sophomore	Antelope Valley	17.63
8	Angelica Lawrence	Sophomore	San Diego Mesa	17.8
9	Pegine Gray	Freshman	Antelope Valley	18.57
11	Britni Coleman	Freshman	Southwestern	19.35

## Women's 400 Hurdles

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Adriana Paz	Freshman	Palomar	1:06.5	10
2	Geornisha Epps	Freshman	Cuyamaca	1:09.65	8
3	Pia Coleman	Sophomore	Southwestern	1:11.5	6
4	Sibella Salazar	Sophomore	Antelope Valley	1:11.92	5
5	Jessica Carter	Sophomore	San Bernardino Valley	1:12.98	4
6	Pegine Gray	Freshman	Antelope Valley	1:16.02	3
7	Britni Coleman	Freshman	Southwestern	1:17.36	2

## Women's 3000 Steeplechase

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Kristina Farmer	Freshman	Palomar	13:12.82	10
2	Monicah Jepkemboi	Freshman	Southwestern	13:15.34	8

## Women's 4 x 100 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	San Bernardino Valley		48.36	10
2	San Diego Mesa		50.11	8
3	Palomar		50.94	6
4	Antelope Valley		51.71	5
5	Cuyamaca		52.06	4
6	Chaffey		52.19	3
0	Southwestern		NT	-

## Women's 4 x 400 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	San Bernardino Valley		4:03.12	10
2	Palomar		4:10.63	8
3	San Diego Mesa		4:14.62	6
4	Southwestern		4:14.95	5
5	Cuyamaca		4:18.94	4
6	Antelope Valley		4:21.96	3
7	Rio Hondo		4:30.39	2

## Women's High Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Jessica Rosa	Freshman	Chaffey	5' 2"	1.57m	10
2	Tanesha Taylor	Sophomore	Palomar	4' 10"	1.47m	8
3	Margret Powell	Freshman	Cuyamaca	4' 8"	1.42m	6
4	Disha Hall	Freshman	Southwestern	4' 6"	1.37m	5
5	Tanisha Oates	Freshman	Chaffey	4' 6"	1.37m	3.5
5	Pia Coleman	Sophomore	Southwestern	4' 6"	1.37m	3.5
7	Brialonna Turner	Freshman	Southwestern	4' 6"	1.37m	2
8	Laquita Garland	Freshman	Palomar	4' 4"	1.32m	1
	Sarah Cooper	Freshman	Southwestern	NH	NH	-
	Adriana Paz	Freshman	Palomar	NH	NH	-
	Airica Morgan	Sophomore	Palomar	NH	NH	-

### Women's High Jump Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
3	Margret Powell	Freshman	Cuyamaca	4' 8"	1.42m	6
4	Disha Hall	Freshman	Southwestern	4' 6"	1.37m	5
7	Brialonna Turner	Freshman	Southwestern	4' 6"	1.37m	2

### Women's High Jump Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Jessica Rosa	Freshman	Chaffey	5' 2"	1.57m	10
2	Tanisha Taylor	Sophomore	Palomar	4' 10"	1.47m	8
5	Tanisha Oates	Freshman	Chaffey	4' 6"	1.37m	3.5
5	Pia Coleman	Sophomore	Southwestern	4' 6"	1.37m	3.5
8	Laquita Garland	Freshman	Palomar	4' 4"	1.32m	1
	Sarah Cooper	Freshman	Southwestern	NH	NH	-
	Adriana Paz	Freshman	Palomar	NH	NH	-
	Airica Morgan	Sophomore	Palomar	NH	NH	-

### Women's Pole Vault

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Braelynn Ochs	Freshman	Cuyamaca	9' 8"	2.94m	10
2	Megan Ruise	Freshman	Cuyamaca	6' 7"	2.00m	8
3	Raquel Lopez	Freshman	Southwestern	6' 0.75"	1.84m	5
3	Kari Hubert	Freshman	Cuyamaca	6' 0.75"	1.84m	5
3	Nicole Cajunco	Freshman	Cuyamaca	6' 0.75"	1.84m	5
	Sarah Cooper	Freshman	Southwestern	NH	NH	-
	Lauren Casper	Freshman	Antelope Valley	NH	NH	-

### Women's Long Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Yasmina Taketa	Freshman	San Diego Mesa	17' 7"	5.35m	10
2	Disha Hall	Freshman	Southwestern	17' 6"	5.33m	8
3	Eniola Jose	Sophomore	San Diego Mesa	16' 3.25"	4.95m	6
4	Adriana Paz	Freshman	Palomar	15' 11.5"	4.86m	5
5	Laquita Garland	Freshman	Palomar	15' 2"	4.62m	4
6	Margret Powell	Freshman	Cuyamaca	15' 1"	4.59m	3
7	Tanisha Taylor	Sophomore	Palomar	15' 0.75"	4.59m	2
8	Airica Morgan	Sophomore	Palomar	14' 11"	4.54m	1
9	Kristina Medal	Sophomore	Antelope Valley	14' 11"	4.54m	-
10	Pia Coleman	Sophomore	Southwestern	14' 5"	4.39m	-
11	Michelle Burley	Sophomore	San Bernardino Valley	13' 4.75"	4.08m	-
12	Sharlene Chiong	Freshman	Palomar	12' 8.75"	3.87m	-

### Women's Long Jump Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Yasmina Taketa	Freshman	San Diego Mesa	17' 7"	5.35m	10
2	Disha Hall	Freshman	Southwestern	17' 6"	5.33m	8
3	Eniola Jose	Sophomore	San Diego Mesa	16' 3.25"	4.95m	6
4	Adriana Paz	Freshman	Palomar	15' 11.5"	4.86m	5
5	Laquita Garland	Freshman	Palomar	15' 2"	4.62m	4
8	Airica Morgan	Sophomore	Palomar	14' 11"	4.54m	1
9	Kristina Medal	Sophomore	Antelope Valley	14' 11"	4.54m	-
10	Pia Coleman	Sophomore	Southwestern	14' 5"	4.39m	-
11	Michelle Burley	Sophomore	San Bernardino Valley	13' 4.75"	4.08m	-

### Women's Long Jump Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
6	Margret Powell	Freshman	Cuyamaca	15' 1"	4.59m	3
7	Tanisha Taylor	Sophomore	Palomar	15' 0.75"	4.59m	2
12	Sharlene Chiong	Freshman	Palomar	12' 8.75"	3.87m	-

### Women's Triple Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Eniola Jose	Sophomore	San Diego Mesa	35' 10"	10.92m	10
2	Disha Hall	Freshman	Southwestern	34' 5.5"	10.50m	8
3	Pia Coleman	Sophomore	Southwestern	32' 9.25"	9.98m	6
4	Margret Powell	Freshman	Cuyamaca	31' 2.5"	9.51m	5
5	Brialonna Turner	Freshman	Southwestern	29' 8.5"	9.05m	4
6	Britni Coleman	Freshman	Southwestern	29' 7"	9.01m	3
7	Amanda Holley	Sophomore	Cuyamaca	27' 10"	8.48m	2
8	Sharlene Chiong	Freshman	Palomar	27' 2.25"	8.28m	1

## Women's Shot Put

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Kiara Sherman	Freshman	Palomar	38' 3.5"	11.67m	10
2	Ta'ase Fesuiai	Sophomore	Palomar	35' 11.5"	10.96m	8
3	Chelsea Staub	Freshman	Cuyamaca	35' 2.5"	10.73m	6
4	Pia Coleman	Sophomore	Southwestern	29' 10"	9.09m	5
5	Lashandra Jenkins	Freshman	Chaffey	29' 8"	9.04m	4
6	Shanise Manning	Freshman	Chaffey	28' 4.25"	8.64m	3
7	Alejandra Viramontes	Freshman	San Bernardino Valley	27' 4"	8.33m	2
8	Chelsey Stefan	Freshman	Southwestern	25' 6"	7.77m	1
9	Jessica Applebaum	Freshman	Cuyamaca	24' 5.5"	7.45m	-
	Sarah Cooper	Freshman	Southwestern	NM	NM	-

### Women's Shot Put Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
6	Shanise Manning	Freshman	Chaffey	28' 4.25"	8.64m	3
9	Jessica Applebaum	Freshman	Cuyamaca	24' 5.5"	7.45m	-
	Sarah Cooper	Freshman	Southwestern	NM	NM	-

### Women's Shot Put Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Kiara Sherman	Freshman	Palomar	38' 3.5"	11.67m	10
2	Ta'ase Fesuiai	Sophomore	Palomar	35' 11.5"	10.96m	8
3	Chelsea Staub	Freshman	Cuyamaca	35' 2.5"	10.73m	6
4	Pia Coleman	Sophomore	Southwestern	29' 10"	9.09m	5
5	Lashandra Jenkins	Freshman	Chaffey	29' 8"	9.04m	4
7	Alejandra Viramontes	Freshman	San Bernardino Valley	27' 4"	8.33m	2
8	Chelsey Stefan	Freshman	Southwestern	25' 6"	7.77m	1

## Women's Discus

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Chelsea Staub	Freshman	Cuyamaca	114' 7"	34.92m	10
2	Kiara Sherman	Freshman	Palomar	108' 2"	32.96m	8
3	Chelsey Stefan	Freshman	Southwestern	103' 10"	31.64m	6
4	Lashandra Jenkins	Freshman	Chaffey	101' 6"	30.93m	5
5	Alejandra Viramontes	Freshman	San Bernardino Valley	96' 6"	29.41m	4
6	Lindsey Bravo	Sophomore	San Diego Mesa	95' 5"	29.08m	3
7	Ta'ase Fesuiai	Sophomore	Palomar	87' 5"	26.64m	2
8	Jessica Applebaum	Freshman	Cuyamaca	76' 3"	23.24m	1
9	Shanise Manning	Freshman	Chaffey	67' 8"	20.62m	-

### Women's Discus Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Chelsea Staub	Freshman	Cuyamaca	114' 7"	34.92m	10
2	Kiara Sherman	Freshman	Palomar	108' 2"	32.96m	8
3	Chelsey Stefan	Freshman	Southwestern	103' 10"	31.64m	6
4	Lashandra Jenkins	Freshman	Chaffey	101' 6"	30.93m	5
5	Alejandra Viramontes	Freshman	San Bernardino Valley	96' 6"	29.41m	4
6	Lindsey Bravo	Sophomore	San Diego Mesa	95' 5"	29.08m	3
7	Ta'ase Fesuiai	Sophomore	Palomar	87' 5"	26.64m	2

### Women's Discus Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
8	Jessica Applebaum	Freshman	Cuyamaca	76' 3"	23.24m	1
9	Shanise Manning	Freshman	Chaffey	67' 8"	20.62m	-

## Women's Hammer

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Chelsea Staub	Freshman	Cuyamaca	124' 6"	37.94m	10
2	Lindsey Bravo	Sophomore	San Diego Mesa	92' 2"	28.09m	8
3	Ta'ase Fesuiai	Sophomore	Palomar	87' 0"	26.51m	6
4	Jessica Applebaum	Freshman	Cuyamaca	84' 7"	25.78m	5
5	Kiara Sherman	Freshman	Palomar	84' 5"	25.73m	4
6	Chelsey Stefan	Freshman	Southwestern	76' 1"	23.19m	3



## Women's Javelin

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Chelsea Staub	Freshman	Cuyamaca	115' 7"	35.22m	10
2	Kiara Sherman	Freshman	Palomar	91' 10"	27.99m	8
3	Laquita Garland	Freshman	Palomar	89' 11"	27.40m	6
4	Ta'ase Fesuiai	Sophomore	Palomar	89' 0"	27.12m	5
5	Pia Coleman	Sophomore	Southwestern	83' 3"	25.37m	4
6	Jessica Applebaum	Freshman	Cuyamaca	81' 6.5"	24.85m	3
7	Amanda Holley	Sophomore	Cuyamaca	71' 8.75"	21.86m	2
8	Tanesha Taylor	Sophomore	Palomar	69' 7"	21.20m	1
9	Alison Rosillo	Sophomore	Southwestern	60' 5.5"	18.42m	-
10	Chelsey Stefan	Freshman	Southwestern	58' 2"	17.72m	-
	Sarah Cooper	Freshman	Southwestern	NM	NM	-
	Gina Nawab	Freshman	San Diego Mesa	NM	NM	-
	Lindsey Bravo	Sophomore	San Diego Mesa	NM	NM	-
	Alejandra Viramontes	Freshman	San Bernardino Valley	NM	NM	-

### Women's Javelin Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
5	Pia Coleman	Sophomore	Southwestern	83' 3"	25.37m	4
6	Jessica Applebaum	Freshman	Cuyamaca	81' 6.5"	24.85m	3
9	Alison Rosillo	Sophomore	Southwestern	60' 5.5"	18.42m	-
	Gina Nawab	Freshman	San Diego Mesa	NM	NM	-
	Alejandra Viramontes	Freshman	San Bernardino Valley	NM	NM	-

### Women's Javelin Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Chelsea Staub	Freshman	Cuyamaca	115' 7"	35.22m	10
2	Kiara Sherman	Freshman	Palomar	91' 10"	27.99m	8
3	Laquita Garland	Freshman	Palomar	89' 11"	27.40m	6
4	Ta'ase Fesuiai	Sophomore	Palomar	89' 0"	27.12m	5
7	Amanda Holley	Sophomore	Cuyamaca	71' 8.75"	21.86m	2
8	Tanesha Taylor	Sophomore	Palomar	69' 7"	21.20m	1
10	Chelsey Stefan	Freshman	Southwestern	58' 2"	17.72m	-
	Sarah Cooper	Freshman	Southwestern	NM	NM	-
	Lindsey Bravo	Sophomore	San Diego Mesa	NM	NM	-

## Women's Heptathlon

Top ↑

PL	NAME	YEAR	TEAM	POINTS	SC
1	Sarah Cooper	Freshman	Southwestern	3204	10
2	Adriana Paz	Freshman	Palomar	3130	8
3	Airica Morgan	Sophomore	Palomar	3129	6
4	Laquita Garland	Freshman	Palomar	2991	5
5	Pia Coleman	Sophomore	Southwestern	2876	4
6	Michelle Burley	Sophomore	San Bernardino Valley	2757	3
7	Jessica Carter	Sophomore	San Bernardino Valley	2561	2
8	Kristina Farmer	Freshman	Palomar	2420	1
9	Amanda Holley	Sophomore	Cuyamaca	1615	-

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## Foothill Conference Championships 2009

April 17-24, 2009 | San Bernardino Valley - San Bernardino, CA

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### Men's 100 Meters Finals

W: +0.0

PL	NAME	YEAR	TEAM	TIME	SC
1	Jamere Franklin	Sophomore	Chaffey	10.98	10
2	Elliot Taylor	Freshman	Southwestern	11.08	8
3	Michael Tarver	Sophomore	Cuyamaca	11.22	6
4	Ruben Enriquez	Freshman	Cuyamaca	11.31	5
5	Alex Thompson	Sophomore	Southwestern	11.39	4
6	Mikio Bryan	Freshman	Chaffey	11.4	3
7	Fells Fredrick	Freshman	Cuyamaca	11.42	2
8	Joshua Howard	Freshman	Southwestern	12.13	1
	Curtis Mitchell	Sophomore	Southwestern	NT	-

### Men's 100 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Jamere Franklin	Sophomore	Chaffey	10.76
2	Curtis Mitchell	Sophomore	Southwestern	10.97
3	Joshua Howard	Freshman	Southwestern	11.22
4	Michael Tarver	Sophomore	Cuyamaca	11.09
5	Ruben Enriquez	Freshman	Cuyamaca	11.15
6	Mikio Bryan	Freshman	Chaffey	11.27
7	Elliot Taylor	Freshman	Southwestern	11.31
8	Alex Thompson	Sophomore	Southwestern	11.46
9	Fells Fredrick	Freshman	Cuyamaca	11.57
10	Charlie Smith	Freshman	San Diego Mesa	11.57
11	Dexter Reed	Freshman	San Bernardino Valley	11.64
12	Falstaff Hawkins	Freshman	Antelope Valley	11.67
13	Marvin Wright	Freshman	Southwestern	11.78
14	Emmanuel Fosu	Freshman	Chaffey	11.79
15	Marquis Jefferson	Freshman	Antelope Valley	11.91
16	Kristin James	Freshman	San Bernardino Valley	11.97
17	Cecil Williams	Freshman	San Bernardino Valley	12.47
18	Steve Isiah	Freshman	San Bernardino Valley	12.52

#### Men's 100 Meters Preliminaries Heat 1

W: +0.0

PL	NAME	YEAR	TEAM	TIME
2	Curtis Mitchell	Sophomore	Southwestern	10.97
9	Fells Fredrick	Freshman	Cuyamaca	11.57
12	Falstaff Hawkins	Freshman	Antelope Valley	11.67
13	Marvin Wright	Freshman	Southwestern	11.78
15	Marquis Jefferson	Freshman	Antelope Valley	11.91
18	Steve Isiah	Freshman	San Bernardino Valley	12.52

#### Men's 100 Meters Preliminaries Heat 2

W: +0.0

PL	NAME	YEAR	TEAM	TIME
1	Jamere Franklin	Sophomore	Chaffey	10.76
4	Michael Tarver	Sophomore	Cuyamaca	11.09
5	Ruben Enriquez	Freshman	Cuyamaca	11.15
6	Mikio Bryan	Freshman	Chaffey	11.27
11	Dexter Reed	Freshman	San Bernardino Valley	11.64
14	Emmanuel Fosu	Freshman	Chaffey	11.79
17	Cecil Williams	Freshman	San Bernardino Valley	12.47

## Men's 100 Meters Preliminaries Heat 3

W: +0.0

PL	NAME	YEAR	TEAM	TIME
3	Joshua Howard	Freshman	Southwestern	11.22
7	Elliot Taylor	Freshman	Southwestern	11.31
8	Alex Thompson	Sophomore	Southwestern	11.46
10	Charlie Smith	Freshman	San Diego Mesa	11.57
16	Kristin James	Freshman	San Bernardino Valley	11.97

## Men's 200 Meters Finals

W: +0.0

PL	NAME	YEAR	TEAM	TIME	SC
1	Curtis Mitchell	Sophomore	Southwestern	21.29	10
2	Eric Russell	Freshman	Cuyamaca	22.07	8
3	Michael Curry	Freshman	Chaffey	22.22	6
4	Michael Tarver	Sophomore	Cuyamaca	22.3	5
5	Stephon Bolden	Freshman	Southwestern	22.32	4
6	Louis Ward	Sophomore	Cuyamaca	22.44	3
7	Dwayne Booker	Freshman	San Bernardino Valley	22.46	2
8	Jamere Franklin	Sophomore	Chaffey	24.69	1

## Men's 200 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Curtis Mitchell	Sophomore	Southwestern	21.45
2	Joshua Howard	Freshman	Southwestern	22.14
3	Dwayne Booker	Freshman	San Bernardino Valley	22.23
3	Jamere Franklin	Sophomore	Chaffey	22.23
5	Michael Tarver	Sophomore	Cuyamaca	22.66
6	Eric Russell	Freshman	Cuyamaca	22.44
7	Michael Curry	Freshman	Chaffey	22.65
8	Stephon Bolden	Freshman	Southwestern	22.66
9	Louis Ward	Sophomore	Cuyamaca	22.68
10	Alex Thompson	Sophomore	Southwestern	22.77
11	Elliot Taylor	Freshman	Southwestern	22.78
12	Fells Fredrick	Freshman	Cuyamaca	22.96
13	Ifeanyi Nnoruka	Freshman	Chaffey	22.98
14	Falstaff Hawkins	Freshman	Antelope Valley	23.02
15	Ruben Enriquez	Freshman	Cuyamaca	23.19
16	Mikio Bryan	Freshman	Chaffey	23.21
17	Kenyon Morris	Freshman	San Diego Mesa	23.23
18	Dion Roberts	Freshman	Rio Hondo	23.62
19	Marvin Wright	Freshman	Southwestern	23.65
20	David Hernandez	Freshman	Southwestern	23.67
21	Dexter Reed	Freshman	San Bernardino Valley	23.83
22	Marquis Jefferson	Freshman	Antelope Valley	23.88
23	Elijah McDaniel	Freshman	Cuyamaca	24.11
24	DeShea Miller	Freshman	San Bernardino Valley	24.22
25	Emmanuel Fosu	Freshman	Chaffey	24.38
26	Oscar Saldivar	Freshman	Rio Hondo	24.71
27	Justin Wright	Freshman	Rio Hondo	24.82
28	Roy Masangkay	Freshman	Rio Hondo	25.02
29	Steve Isiah	Freshman	San Bernardino Valley	25.32
30	Cecil Williams	Freshman	San Bernardino Valley	25.85
31	Gustavo Aveleno	Freshman	Rio Hondo	26.03
32	Jarrod Wendt	Freshman	Chaffey	26.44
33	Andreas Leal	Freshman	Southwestern	35.2

## Men's 200 Meters Preliminaries Heat 1

W: +0.0

PL	NAME	YEAR	TEAM	TIME
1	Curtis Mitchell	Sophomore	Southwestern	21.45
12	Fells Fredrick	Freshman	Cuyamaca	22.96
16	Mikio Bryan	Freshman	Chaffey	23.21
17	Kenyon Morris	Freshman	San Diego Mesa	23.23
20	David Hernandez	Freshman	Southwestern	23.67
22	Marquis Jefferson	Freshman	Antelope Valley	23.88
30	Cecil Williams	Freshman	San Bernardino Valley	25.85

## Men's 200 Meters Preliminaries Heat 2

W: +0.0

PL	NAME	YEAR	TEAM	TIME
2	Joshua Howard	Freshman	Southwestern	22.14
9	Louis Ward	Sophomore	Cuyamaca	22.68
10	Alex Thompson	Sophomore	Southwestern	22.77
18	Dion Roberts	Freshman	Rio Hondo	23.62
23	Elijah McDaniel	Freshman	Cuyamaca	24.11
31	Gustavo Aveleno	Freshman	Rio Hondo	26.03

## Men's 200 Meters Preliminaries Heat 3

W: +0.0

PL	NAME	YEAR	TEAM	TIME
3	Jamere Franklin	Sophomore	Chaffey	22.23
6	Eric Russell	Freshman	Cuyamaca	22.44
7	Michael Curry	Freshman	Chaffey	22.65
24	DeShea Miller	Freshman	San Bernardino Valley	24.22
26	Oscar Saldivar	Freshman	Rio Hondo	24.71
28	Roy Masangkay	Freshman	Rio Hondo	25.02
32	Jarrod Wendt	Freshman	Chaffey	26.44

## Men's 200 Meters Preliminaries Heat 4

W: +0.0


PL	NAME	YEAR	TEAM	TIME
3	Dwayne Booker	Freshman	San Bernardino Valley	22.23
8	Stephon Bolden	Freshman	Southwestern	22.66
13	Ifeanyi Nnoruka	Freshman	Chaffey	22.98
19	Marvin Wright	Freshman	Southwestern	23.65
25	Emmanuel Fosu	Freshman	Chaffey	24.38
29	Steve Isiah	Freshman	San Bernardino Valley	25.32
33	Andreas Leal	Freshman	Southwestern	35.2

## Men's 200 Meters Preliminaries Heat 5

W: +0.0

PL	NAME	YEAR	TEAM	TIME
5	Michael Tarver	Sophomore	Cuyamaca	22.66
11	Elliot Taylor	Freshman	Southwestern	22.78
14	Falstaff Hawkins	Freshman	Antelope Valley	23.02
15	Ruben Enriquez	Freshman	Cuyamaca	23.19
21	Dexter Reed	Freshman	San Bernardino Valley	23.83
27	Justin Wright	Freshman	Rio Hondo	24.82

## Men's 400 Meters Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Eddie Russ	Sophomore	Antelope Valley	47.54	10
2	Dwayne Booker	Freshman	San Bernardino Valley	48.34	8
3	Louis Ward	Sophomore	Cuyamaca	49.42	6
4	Ifeanyi Nnoruka	Freshman	Chaffey	49.98	5
5	Eric Russell	Freshman	Cuyamaca	50.8	4
6	Stephon Bolden	Freshman	Southwestern	51.09	3
7	Andrew Williams	Sophomore	Cuyamaca	52.39	2
8	Richard Carey	Freshman	Southwestern	52.79	1
9	David Hernandez	Freshman	Southwestern	52.92	-

## Men's 400 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Eddie Russ	Sophomore	Antelope Valley	47.94
2	Eric Russell	Freshman	Cuyamaca	48.7
3	Dwayne Booker	Freshman	San Bernardino Valley	48.97
4	Louis Ward	Sophomore	Cuyamaca	49.19
5	Ifeanyi Nnoruka	Freshman	Chaffey	49.52
6	Stephon Bolden	Freshman	Southwestern	50.45
7	Andrew Williams	Sophomore	Cuyamaca	50.94
8	Richard Carey	Freshman	Southwestern	51.3
9	David Hernandez	Freshman	Southwestern	51.57
10	DeShea Miller	Freshman	San Bernardino Valley	51.7
11	Dion Roberts	Freshman	Rio Hondo	51.81
12	Emmit Henderson	Freshman	Southwestern	51.91
13	DeForrest Brown	Freshman	Cuyamaca	52.43
14	Damien Smith	Freshman	Cuyamaca	52.79
15	Stanley Hughes	Freshman	Antelope Valley	52.99
16	Julien James	Freshman	San Bernardino Valley	53.36
17	Justin Smith	Freshman	Chaffey	53.49
18	Roy Masangkay	Freshman	Rio Hondo	54.26
19	Duprese Barnett	Freshman	Antelope Valley	54.69
20	Oscar Saldivar	Freshman	Rio Hondo	54.94
21	Gustavo Aveleno	Freshman	Rio Hondo	57.58
22	Nathan Martinez	Freshman	Rio Hondo	1:01.66

### Men's 400 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Eric Russell	Freshman	Cuyamaca	48.7
4	Louis Ward	Sophomore	Cuyamaca	49.19
7	Andrew Williams	Sophomore	Cuyamaca	50.94
8	Richard Carey	Freshman	Southwestern	51.3
9	David Hernandez	Freshman	Southwestern	51.57
17	Justin Smith	Freshman	Chaffey	53.49
18	Roy Masangkay	Freshman	Rio Hondo	54.26

### Men's 400 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Eddie Russ	Sophomore	Antelope Valley	47.94
5	Ifeanyi Nnoruka	Freshman	Chaffey	49.52
11	Dion Roberts	Freshman	Rio Hondo	51.81
15	Stanley Hughes	Freshman	Antelope Valley	52.99
19	Duprese Barnett	Freshman	Antelope Valley	54.69
20	Oscar Saldivar	Freshman	Rio Hondo	54.94
21	Gustavo Aveleno	Freshman	Rio Hondo	57.58

### Men's 400 Meters Preliminaries Heat 3

PL	NAME	YEAR	TEAM	TIME
3	Dwayne Booker	Freshman	San Bernardino Valley	48.97
6	Stephon Bolden	Freshman	Southwestern	50.45
10	DeShea Miller	Freshman	San Bernardino Valley	51.7
12	Emmit Henderson	Freshman	Southwestern	51.91
13	DeForrest Brown	Freshman	Cuyamaca	52.43
14	Damien Smith	Freshman	Cuyamaca	52.79
16	Julien James	Freshman	San Bernardino Valley	53.36
22	Nathan Martinez	Freshman	Rio Hondo	1:01.66

## Men's 800 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Jason Amador	Sophomore	San Bernardino Valley	1:57.51	10
2	Ronell El-Amin	Sophomore	San Bernardino Valley	1:58.74	8
3	Chris Ertz	Freshman	Cuyamaca	1:59.01	6
4	Kris Knerr	Freshman	Antelope Valley	2:00.32	5
5	Andrew Rodriguez	Freshman	Rio Hondo	2:02.22	4
6	Jose Espeleta	Freshman	Antelope Valley	2:02.39	3
7	Michael Capeau	Sophomore	San Diego Mesa	2:05.03	2
8	Abraham Goche	Freshman	Rio Hondo	2:05.74	1
9	Manuel Gutierrez	Freshman	San Bernardino Valley	2:09.94	-

## Men's 800 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Ronell El-Amin	Sophomore	San Bernardino Valley	1:59.2
2	Jason Amador	Sophomore	San Bernardino Valley	1:59.72
3	Chris Ertz	Freshman	Cuyamaca	2:00.37
4	Kris Knerr	Freshman	Antelope Valley	2:00.61
5	Jose Espeleta	Freshman	Antelope Valley	2:00.98
6	Andrew Rodriguez	Freshman	Rio Hondo	2:04.76
7	Manuel Gutierrez	Freshman	San Bernardino Valley	2:01.1
8	Connor Betancourt	Freshman	San Diego Mesa	2:01.9
9	Abraham Goche	Freshman	Rio Hondo	2:03.18
10	Michael Capeau	Sophomore	San Diego Mesa	2:03.71
11	Gabriel Estrada	Sophomore	Chaffey	2:03.83
12	Tucker Bass	Sophomore	San Diego Mesa	2:05.51
13	Eli Ladezma	Freshman	Southwestern	2:05.81
14	Mike Miller	Freshman	Antelope Valley	2:06.73
15	Daniel Santos	Freshman	Rio Hondo	2:07.25
16	Julien James	Freshman	San Bernardino Valley	2:11.61
17	Alexander Oleata	Freshman	Southwestern	2:12.25
18	Jeremy Holman	Freshman	Southwestern	2:13.31
19	Jonathan Naylor	Freshman	Rio Hondo	2:16.19

### Men's 800 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Jason Amador	Sophomore	San Bernardino Valley	1:59.72
6	Andrew Rodriguez	Freshman	Rio Hondo	2:04.76
12	Tucker Bass	Sophomore	San Diego Mesa	2:05.51
15	Daniel Santos	Freshman	Rio Hondo	2:07.25
16	Julien James	Freshman	San Bernardino Valley	2:11.61
17	Alexander Oleata	Freshman	Southwestern	2:12.25

### Men's 800 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
3	Chris Ertz	Freshman	Cuyamaca	2:00.37
5	Jose Espeleta	Freshman	Antelope Valley	2:00.98
7	Manuel Gutierrez	Freshman	San Bernardino Valley	2:01.1
8	Connor Betancourt	Freshman	San Diego Mesa	2:01.9
10	Michael Capeau	Sophomore	San Diego Mesa	2:03.71
13	Eli Ladezma	Freshman	Southwestern	2:05.81
18	Jeremy Holman	Freshman	Southwestern	2:13.31

### Men's 800 Meters Preliminaries Heat 3

PL	NAME	YEAR	TEAM	TIME
1	Ronell El-Amin	Sophomore	San Bernardino Valley	1:59.2
4	Kris Knerr	Freshman	Antelope Valley	2:00.61
9	Abraham Goche	Freshman	Rio Hondo	2:03.18
11	Gabriel Estrada	Sophomore	Chaffey	2:03.83
14	Mike Miller	Freshman	Antelope Valley	2:06.73
19	Jonathan Naylor	Freshman	Rio Hondo	2:16.19

## Men's 1500 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Carlos Perez	Sophomore	San Bernardino Valley	4:04.02	10
2	Ronell El-Amin	Sophomore	San Bernardino Valley	4:06.88	8
3	Connor Betancourt	Freshman	San Diego Mesa	4:08.09	6
4	Abraham Goche	Freshman	Rio Hondo	4:11.72	5
5	John McDonough	Freshman	Rio Hondo	4:13.04	4
6	Gabriel Estrada	Sophomore	Chaffey	4:17.48	3
7	Eli Ladezma	Freshman	Southwestern	4:21.1	2
8	Chris Cardova	Sophomore	San Bernardino Valley	4:28.4	1
9	Jeremy Holman	Freshman	Southwestern	4:40.49	-
10	Jonathan Naylor	Freshman	Rio Hondo	4:41.12	-
11	Daniel Lopez	Freshman	Southwestern	5:13.34	-

### Men's 5000 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Muluken Beressa	Sophomore	San Diego Mesa	15:16.56	10
2	Ruben Martinez	Freshman	Rio Hondo	15:34.7	8
3	Manuel Bueno	Sophomore	San Bernardino Valley	15:45.81	6
4	Art Parra	Freshman	San Bernardino Valley	15:48.01	5
5	Bernardo Bahena	Sophomore	San Diego Mesa	15:56.92	4
6	Barrett Tilley	Sophomore	San Diego Mesa	16:00.51	3
7	Jose Lara	Sophomore	San Bernardino Valley	16:10.38	2
8	Jose Ibarra	Freshman	Rio Hondo	16:28.27	1
9	Ankur Joshi	Freshman	San Bernardino Valley	16:32.02	-
10	Josiah Downer	Freshman	Antelope Valley	16:32.31	-
11	John McDonough	Freshman	Rio Hondo	16:40.07	-
12	Ryan McMonigle	Freshman	San Diego Mesa	16:54.56	-
13	Kyle Fox	Sophomore	Cuyamaca	17:14.3	-
14	Davey Ramos	Sophomore	Antelope Valley	17:21.29	-
15	Eli Ladezma	Freshman	Southwestern	17:21.58	-
16	Mario Suarez	Freshman	Southwestern	17:41.36	-
17	Abraham Goche	Freshman	Rio Hondo	17:47.46	-
18	Daniel Lopez	Freshman	Southwestern	18:53.83	-
19	Joaquin Venegas	Freshman	Southwestern	19:49.23	-

### Men's 10,000 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Kameron Ulmer	Sophomore	San Bernardino Valley	33:29.99	10
2	Ruben Martinez	Freshman	Rio Hondo	33:39.5	8
3	Matthew Sartori	Sophomore	San Bernardino Valley	33:41.13	6
4	Art Parra	Freshman	San Bernardino Valley	33:43.11	5
5	Manuel Bueno	Sophomore	San Bernardino Valley	33:57.06	4
6	Bernardo Bahena	Sophomore	San Diego Mesa	34:11.38	3
7	Barrett Tilley	Sophomore	San Diego Mesa	34:16.27	2
8	Jose Lara	Sophomore	San Bernardino Valley	35:00.63	1
9	Jose Ibarra	Freshman	Rio Hondo	35:32.11	-
10	Josiah Downer	Freshman	Antelope Valley	35:50.82	-
11	Mario Suarez	Freshman	Southwestern	36:15.53	-
12	Ryan McMonigle	Freshman	San Diego Mesa	37:06.66	-
13	Daniel Lopez	Freshman	Southwestern	37:08.01	-
14	Eli Ladezma	Freshman	Southwestern	37:14.04	-
	Joaquin Venegas	Freshman	Southwestern	NT	-
	Ankur Joshi	Freshman	San Bernardino Valley	NT	-

### Men's 110 Hurdles

W: +0.0

PL	NAME	YEAR	TEAM	TIME	SC
1	Troy Arceneaux	Freshman	Antelope Valley	15.41	10
2	Niko Salazar	Freshman	Southwestern	16.69	8
3	Rico Hendrix	Freshman	Chaffey	16.77	6
4	Cezar Gamez	Freshman	Southwestern	19.19	5

## Men's 400 Hurdles Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Troy Arceneaux	Freshman	Antelope Valley	55.82	10
2	Niko Salazar	Freshman	Southwestern	56.51	8
3	Kristin James	Freshman	San Bernardino Valley	57.48	6
4	Kevin McGrath	Sophomore	Antelope Valley	58.89	5
5	Angel Marquez	Sophomore	Southwestern	58.99	4
6	John Lewis	Freshman	San Bernardino Valley	1:00.03	3
7	Marcus Williams	Freshman	San Bernardino Valley	1:00.8	2
8	Cezar Gamez	Freshman	Southwestern	1:04.35	1
9	DeShea Miller	Freshman	San Bernardino Valley	1:05.21	-

## Men's 400 Hurdles Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Troy Arceneaux	Freshman	Antelope Valley	56.61
2	Niko Salazar	Freshman	Southwestern	56.91
3	Angel Marquez	Sophomore	Southwestern	57.54
4	Kristin James	Freshman	San Bernardino Valley	58.12
5	Marcus Williams	Freshman	San Bernardino Valley	1:00.44
6	Kevin McGrath	Sophomore	Antelope Valley	1:00.71
7	John Lewis	Freshman	San Bernardino Valley	1:01.07
8	DeShea Miller	Freshman	San Bernardino Valley	1:01.52
9	Cezar Gamez	Freshman	Southwestern	1:02.7
10	Desmond Hume	Freshman	San Diego Mesa	1:02.77
11	Anthony Hasson	Freshman	Antelope Valley	1:04.54

### Men's 400 Hurdles Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Niko Salazar	Freshman	Southwestern	56.91
3	Angel Marquez	Sophomore	Southwestern	57.54
5	Marcus Williams	Freshman	San Bernardino Valley	1:00.44
7	John Lewis	Freshman	San Bernardino Valley	1:01.07
8	DeShea Miller	Freshman	San Bernardino Valley	1:01.52

### Men's 400 Hurdles Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Troy Arceneaux	Freshman	Antelope Valley	56.61
4	Kristin James	Freshman	San Bernardino Valley	58.12
6	Kevin McGrath	Sophomore	Antelope Valley	1:00.71
9	Cezar Gamez	Freshman	Southwestern	1:02.7
10	Desmond Hume	Freshman	San Diego Mesa	1:02.77
11	Anthony Hasson	Freshman	Antelope Valley	1:04.54

## Men's 3000 Steeplechase

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Mike Denman	Sophomore	San Diego Mesa	9:45.25	10
2	Chris Cardova	Sophomore	San Bernardino Valley	10:13.	8
3	Ankur Joshi	Freshman	San Bernardino Valley	10:27.48	6
4	Eddie Aguilar	Freshman	Rio Hondo	10:43.18	5
5	Manuel Gutierrez	Freshman	San Bernardino Valley	10:45.09	4
6	Eliezar Canchola	Freshman	Rio Hondo	11:07.75	3
7	Christian Salas	Freshman	Rio Hondo	11:10.72	2
8	Daniel Lopez	Freshman	Southwestern	12:06.68	1

## Men's 4 x 100 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	Chaffey		41.58	10
2	Southwestern		41.78	8
3	Antelope Valley		41.93	6
4	Cuyamaca		42.85	5
0	San Bernardino Valley		NT	-



### Men's 4 x 400 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	Antelope Valley		3:17.16	10
2	Southwestern		3:18.28	8
3	Chaffey		3:21.23	6
4	San Bernardino Valley		3:21.26	5
5	Cuyamaca		3:21.65	4
6	Rio Hondo		3:32.97	3
7	San Diego Mesa		3:41.78	2

### Men's High Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Anthony Soares	Freshman	Chaffey	6' 8"	2.03m	10
2	Jerry Sommerville	Sophomore	Chaffey	6' 5"	1.95m	8
3	Kevin Jenkins	Freshman	Cuyamaca	6' 5"	1.95m	6
4	Michael Curry	Freshman	Chaffey	6' 5"	1.95m	5
5	Charles Nash	Sophomore	Southwestern	6' 0"	1.82m	4
6	Marvin Wright	Freshman	Southwestern	5' 10"	1.77m	3
7	Alante Womack	Freshman	Southwestern	5' 10"	1.77m	2
8	Stephon Bolden	Freshman	Southwestern	5' 8"	1.72m	0.5
8	DeShea Miller	Freshman	San Bernardino Valley	5' 8"	1.72m	0.5
	Jordan Horn	Freshman	Chaffey	NH	NH	-
	Rico Hendrix	Freshman	Chaffey	NH	NH	-
	William Lopez	Freshman	San Bernardino Valley	NH	NH	-
	Manuel Gutierrez	Freshman	San Bernardino Valley	NH	NH	-
	Aaron McCalment	Freshman	Cuyamaca	NH	NH	-
	Robert Maurer	Freshman	Cuyamaca	NH	NH	-
	Mike Miller	Freshman	Cuyamaca	NH	NH	-

### Men's High Jump Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
5	Charles Nash	Sophomore	Southwestern	6' 0"	1.82m	4
8	Stephon Bolden	Freshman	Southwestern	5' 8"	1.72m	0.5
8	DeShea Miller	Freshman	San Bernardino Valley	5' 8"	1.72m	0.5
	William Lopez	Freshman	San Bernardino Valley	NH	NH	-
	Manuel Gutierrez	Freshman	San Bernardino Valley	NH	NH	-
	Robert Maurer	Freshman	Cuyamaca	NH	NH	-
	Mike Miller	Freshman	Cuyamaca	NH	NH	-

### Men's High Jump Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Anthony Soares	Freshman	Chaffey	6' 8"	2.03m	10
2	Jerry Sommerville	Sophomore	Chaffey	6' 5"	1.95m	8
3	Kevin Jenkins	Freshman	Cuyamaca	6' 5"	1.95m	6
4	Michael Curry	Freshman	Chaffey	6' 5"	1.95m	5
6	Marvin Wright	Freshman	Southwestern	5' 10"	1.77m	3
7	Alante Womack	Freshman	Southwestern	5' 10"	1.77m	2
	Jordan Horn	Freshman	Chaffey	NH	NH	-
	Rico Hendrix	Freshman	Chaffey	NH	NH	-
	Aaron McCalment	Freshman	Cuyamaca	NH	NH	-

### Men's Pole Vault

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Tim Montgomery	Sophomore	Cuyamaca	16' 0.75"	4.89m	10
2	Alexander Oleata	Freshman	Southwestern	13' 1"	3.98m	8
3	John Cleveland	Sophomore	Southwestern	12' 6.75"	3.82m	6
4	Angel Marquez	Sophomore	Southwestern	10' 0.75"	3.06m	5
5	Jamal Eze	Freshman	Cuyamaca	9' 7"	2.92m	4
	Stephon Bolden	Freshman	Southwestern	NH	NH	-

## Men's Long Jump

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Ryan Butts	Freshman	Antelope Valley	24' 0"	7.31m	10
2	Michael Curry	Freshman	Chaffey	22' 5.75"	6.85m	8
3	Roger Mance	Freshman	Chaffey	22' 5.5"	6.84m	6
4	Curtis Mitchell	Sophomore	Southwestern	21' 10"	6.65m	5
5	Marvin Wright	Freshman	Southwestern	21' 9.75"	6.64m	4
6	Durell Givens	Freshman	Chaffey	21' 4.75"	6.52m	3
7	Alante Womack	Freshman	Southwestern	20' 11"	6.37m	2
8	Alex Thompson	Sophomore	Southwestern	20' 9.5"	6.33m	1
9	Ralph Eric Haynes	Freshman	San Diego Mesa	19' 9"	6.01m	-
10	Calvin Pierre	Freshman	Chaffey	19' 3.5"	5.88m	-
11	Jerry Sommerville	Sophomore	Chaffey	18' 11"	5.76m	-
11	Marcus Williams	Freshman	San Bernardino Valley	18' 11"	5.76m	-
13	Manuel Gutierrez	Freshman	San Bernardino Valley	18' 7.25"	5.67m	-
14	Richard Carey	Freshman	Southwestern	18' 6"	5.63m	-
15	John Lewis	Freshman	San Bernardino Valley	18' 3"	5.56m	-
16	Stephon Bolden	Freshman	Southwestern	18' 2"	5.53m	-
17	DeShea Miller	Freshman	San Bernardino Valley	17' 8.75"	5.40m	-
18	Robert Maurer	Freshman	Cuyamaca	15' 6"	4.72m	-
19	Cecil Williams	Freshman	San Bernardino Valley	13' 7.25"	4.14m	-
	Cory Jackson	Freshman	San Diego Mesa	NM	NM	-
	Justin Perkins	Freshman	San Bernardino Valley	NM	NM	-
	Ike Ofo	Freshman	Chaffey	NM	NM	-
	William Lopez	Freshman	San Bernardino Valley	NM	NM	-
	David Dickey	Freshman	Chaffey	NM	NM	-
	Mike Miller	Freshman	Cuyamaca	NM	NM	-
	Jordan Horn	Freshman	Chaffey	NM	NM	-

### Men's Long Jump Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Ryan Butts	Freshman	Antelope Valley	24' 0"	7.31m	10
2	Michael Curry	Freshman	Chaffey	22' 5.75"	6.85m	8
3	Roger Mance	Freshman	Chaffey	22' 5.5"	6.84m	6
5	Marvin Wright	Freshman	Southwestern	21' 9.75"	6.64m	4
6	Durell Givens	Freshman	Chaffey	21' 4.75"	6.52m	3
7	Alante Womack	Freshman	Southwestern	20' 11"	6.37m	2
8	Alex Thompson	Sophomore	Southwestern	20' 9.5"	6.33m	1
10	Calvin Pierre	Freshman	Chaffey	19' 3.5"	5.88m	-
11	Marcus Williams	Freshman	San Bernardino Valley	18' 11"	5.76m	-

### Men's Long Jump Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
11	Jerry Sommerville	Sophomore	Chaffey	18' 11"	5.76m	-
16	Stephon Bolden	Freshman	Southwestern	18' 2"	5.53m	-
18	Robert Maurer	Freshman	Cuyamaca	15' 6"	4.72m	-
19	Cecil Williams	Freshman	San Bernardino Valley	13' 7.25"	4.14m	-
	Jordan Horn	Freshman	Chaffey	NM	NM	-
	Ike Ofo	Freshman	Chaffey	NM	NM	-
	Cory Jackson	Freshman	San Diego Mesa	NM	NM	-
	William Lopez	Freshman	San Bernardino Valley	NM	NM	-
	Mike Miller	Freshman	Cuyamaca	NM	NM	-

### Men's Long Jump Flight 3

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
4	Curtis Mitchell	Sophomore	Southwestern	21' 10"	6.65m	5
9	Ralph Eric Haynes	Freshman	San Diego Mesa	19' 9"	6.01m	-
13	Manuel Gutierrez	Freshman	San Bernardino Valley	18' 7.25"	5.67m	-
14	Richard Carey	Freshman	Southwestern	18' 6"	5.63m	-
15	John Lewis	Freshman	San Bernardino Valley	18' 3"	5.56m	-
17	DeShea Miller	Freshman	San Bernardino Valley	17' 8.75"	5.40m	-
	David Dickey	Freshman	Chaffey	NM	NM	-
	Justin Perkins	Freshman	San Bernardino Valley	NM	NM	-

## Men's Triple Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Roger Mance	Freshman	Chaffey	48' 8.75"	14.85m	10
2	Kevin Jenkins	Freshman	Cuyamaca	47' 4"	14.42m	8
3	Alante Womack	Freshman	Southwestern	46' 11.5"	14.31m	6
4	Ralph Eric Haynes	Freshman	San Diego Mesa	44' 3"	13.48m	5
5	Alex Thompson	Sophomore	Southwestern	43' 7.5"	13.29m	4
6	Jerry Sommerville	Sophomore	Chaffey	42' 1"	12.82m	3
7	Ike Ofo	Freshman	Chaffey	41' 5"	12.62m	2
8	Marvin Wright	Freshman	Southwestern	40' 4.5"	12.30m	1
9	John Lewis	Freshman	San Bernardino Valley	39' 9.5"	12.12m	-
	Durell Givens	Freshman	Chaffey	NM	NM	-
	Jordan Horn	Freshman	Chaffey	NM	NM	-
	Cory Jackson	Freshman	San Diego Mesa	NM	NM	-
	William Lopez	Freshman	San Bernardino Valley	NM	NM	-
	Jason Amador	Sophomore	San Bernardino Valley	NM	NM	-
	Robert Maurer	Freshman	Cuyamaca	NM	NM	-
	Frank Martinez	Sophomore	Cuyamaca	NM	NM	-

### Men's Triple Jump Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Roger Mance	Freshman	Chaffey	48' 8.75"	14.85m	10
7	Ike Ofo	Freshman	Chaffey	41' 5"	12.62m	2
	Durell Givens	Freshman	Chaffey	NM	NM	-
	Jordan Horn	Freshman	Chaffey	NM	NM	-
	William Lopez	Freshman	San Bernardino Valley	NM	NM	-
	Jason Amador	Sophomore	San Bernardino Valley	NM	NM	-
	Robert Maurer	Freshman	Cuyamaca	NM	NM	-

### Men's Triple Jump Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
2	Kevin Jenkins	Freshman	Cuyamaca	47' 4"	14.42m	8
3	Alante Womack	Freshman	Southwestern	46' 11.5"	14.31m	6
4	Ralph Eric Haynes	Freshman	San Diego Mesa	44' 3"	13.48m	5
5	Alex Thompson	Sophomore	Southwestern	43' 7.5"	13.29m	4
6	Jerry Sommerville	Sophomore	Chaffey	42' 1"	12.82m	3
8	Marvin Wright	Freshman	Southwestern	40' 4.5"	12.30m	1
9	John Lewis	Freshman	San Bernardino Valley	39' 9.5"	12.12m	-
	Cory Jackson	Freshman	San Diego Mesa	NM	NM	-
	Frank Martinez	Sophomore	Cuyamaca	NM	NM	-

## Men's Shot Put

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Derek Harrebo mee	Freshman	Cuyamaca	47' 6.25"	14.48m	10
2	Joshua Allen	Sophomore	Chaffey	46' 6.25"	14.17m	8
3	Kellen Dion	Freshman	Cuyamaca	42' 8"	13.00m	6
4	Marcus Pillares	Freshman	Chaffey	42' 3.25"	12.88m	4.5
4	Eissa Jamil	Freshman	Cuyamaca	42' 3.25"	12.88m	4.5
6	James Zukowski	Sophomore	Cuyamaca	41' 11.5"	12.78m	3
7	Carson Hendryx	Freshman	Cuyamaca	41' 0.5"	12.50m	2
8	Arthur Sherman	Freshman	Cuyamaca	38' 5.25"	11.71m	1
9	Kelechi Azubuike		Chaffey	38' 0.75"	11.60m	-
10	Dexter Reed	Freshman	San Bernardino Valley	36' 4.75"	11.09m	-
11	Tyler Nanny	Freshman	San Diego Mesa	34' 0.25"	10.36m	-
12	Brannnon Settles	Freshman	Southwestern	33' 0.25"	10.06m	-
13	William Holloway	Freshman	Southwestern	32' 3"	9.82m	-
14	Pablo Gandara	Freshman	Southwestern	31' 6"	9.60m	-
15	Robert Vargas	Freshman	San Bernardino Valley	31' 3.25"	9.53m	-
	Eduardo Lopez	Freshman	San Bernardino Valley	NM	NM	-
	Joaquin Sepulveda	Freshman	San Bernardino Valley	NM	NM	-
	Alfredo Espinosa	Sophomore	San Bernardino Valley	NM	NM	-
	Caelob Anderson	Sophomore	San Diego Mesa	NM	NM	-
	Nick Capdevielle	Freshman	Cuyamaca	NM	NM	-
	Joseph Ricafrente	Freshman	Chaffey	NM	NM	-

### Men's Shot Put Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
9	Kelechi Azubuiké		Chaffey	38' 0.75"	11.60m	-
10	Dexter Reed	Freshman	San Bernardino Valley	36' 4.75"	11.09m	-
	Joaquin Sepulveda	Freshman	San Bernardino Valley	NM	NM	-

### Men's Shot Put Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
8	Arthur Sherman	Freshman	Cuyamaca	38' 5.25"	11.71m	1
11	Tyler Nanny	Freshman	San Diego Mesa	34' 0.25"	10.36m	-
13	William Holloway	Freshman	Southwestern	32' 3"	9.82m	-
14	Pablo Gandara	Freshman	Southwestern	31' 6"	9.60m	-
15	Robert Vargas	Freshman	San Bernardino Valley	31' 3.25"	9.53m	-
	Joseph Ricafrente	Freshman	Chaffey	NM	NM	-
	Caelob Anderson	Sophomore	San Diego Mesa	NM	NM	-
	Alfredo Espinosa	Sophomore	San Bernardino Valley	NM	NM	-
	Nick Capdevielle	Freshman	Cuyamaca	NM	NM	-

### Men's Shot Put Flight 3

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Derek Harrebomee	Freshman	Cuyamaca	47' 6.25"	14.48m	10
2	Joshua Allen	Sophomore	Chaffey	46' 6.25"	14.17m	8
3	Kellen Dion	Freshman	Cuyamaca	42' 8"	13.00m	6
4	Marcus Pillares	Freshman	Chaffey	42' 3.25"	12.88m	4.5
4	Eissa Jamil	Freshman	Cuyamaca	42' 3.25"	12.88m	4.5
6	James Zukowski	Sophomore	Cuyamaca	41' 11.5"	12.78m	3
7	Carson Hendryx	Freshman	Cuyamaca	41' 0.5"	12.50m	2
12	Brannndon Settles	Freshman	Southwestern	33' 0.25"	10.06m	-
	Eduardo Lopez	Freshman	San Bernardino Valley	NM	NM	-

### Men's Discus

 Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Kelechi Azubuiké		Chaffey	146' 1"	44.52m	10
2	Kellen Dion	Freshman	Cuyamaca	140' 10"	42.92m	8
3	Marcus Pillares	Freshman	Chaffey	133' 9"	40.76m	6
4	James Zukowski	Sophomore	Cuyamaca	132' 10"	40.48m	5
5	Derek Harrebomee	Freshman	Cuyamaca	131' 5"	40.05m	4
6	Arthur Sherman	Freshman	Cuyamaca	123' 4"	37.59m	3
7	Eissa Jamil	Freshman	Cuyamaca	121' 3"	36.95m	2
8	Joshua Allen	Sophomore	Chaffey	117' 0"	35.66m	1
9	Brannndon Settles	Freshman	Southwestern	115' 7"	35.22m	-
10	Caelob Anderson	Sophomore	San Diego Mesa	110' 8"	33.73m	-
11	Carson Hendryx	Freshman	Cuyamaca	106' 0"	32.30m	-
12	William Holloway	Freshman	Southwestern	97' 11"	29.84m	-
13	Tyler Nanny	Freshman	San Diego Mesa	86' 3"	26.28m	-
14	Robert Vargas	Freshman	San Bernardino Valley	78' 8"	23.97m	-

### Men's Discus Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
2	Kellen Dion	Freshman	Cuyamaca	140' 10"	42.92m	8
3	Marcus Pillares	Freshman	Chaffey	133' 9"	40.76m	6
4	James Zukowski	Sophomore	Cuyamaca	132' 10"	40.48m	5
5	Derek Harrebomee	Freshman	Cuyamaca	131' 5"	40.05m	4
6	Arthur Sherman	Freshman	Cuyamaca	123' 4"	37.59m	3
7	Eissa Jamil	Freshman	Cuyamaca	121' 3"	36.95m	2
9	Brannndon Settles	Freshman	Southwestern	115' 7"	35.22m	-
11	Carson Hendryx	Freshman	Cuyamaca	106' 0"	32.30m	-

### Men's Discus Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Kelechi Azubuiké		Chaffey	146' 1"	44.52m	10
8	Joshua Allen	Sophomore	Chaffey	117' 0"	35.66m	1
10	Caelob Anderson	Sophomore	San Diego Mesa	110' 8"	33.73m	-
12	William Holloway	Freshman	Southwestern	97' 11"	29.84m	-
13	Tyler Nanny	Freshman	San Diego Mesa	86' 3"	26.28m	-
14	Robert Vargas	Freshman	San Bernardino Valley	78' 8"	23.97m	-

## Men's Hammer

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Kellen Dion	Freshman	Cuyamaca	157' 6"	48.00m	10
2	Derek Harrebomee	Freshman	Cuyamaca	147' 6"	44.95m	8
3	Caelob Anderson	Sophomore	San Diego Mesa	139' 7"	42.54m	6
4	Eissa Jamil	Freshman	Cuyamaca	135' 8"	41.35m	5
5	James Zukowski	Sophomore	Cuyamaca	135' 2"	41.19m	4
6	Arthur Sherman	Freshman	Cuyamaca	128' 3"	39.09m	3
7	Carson Hendryx	Freshman	Cuyamaca	119' 4"	36.37m	2
8	Charles Nash	Sophomore	Southwestern	99' 3"	30.25m	1
9	Brannndon Settles	Freshman	Southwestern	94' 0"	28.65m	-
10	Tyler Nanny	Freshman	San Diego Mesa	79' 6"	24.23m	-
11	William Holloway	Freshman	Southwestern	56' 10"	17.32m	-

### Men's Hammer Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Kellen Dion	Freshman	Cuyamaca	157' 6"	48.00m	10
2	Derek Harrebomee	Freshman	Cuyamaca	147' 6"	44.95m	8
3	Caelob Anderson	Sophomore	San Diego Mesa	139' 7"	42.54m	6
4	Eissa Jamil	Freshman	Cuyamaca	135' 8"	41.35m	5
5	James Zukowski	Sophomore	Cuyamaca	135' 2"	41.19m	4
6	Arthur Sherman	Freshman	Cuyamaca	128' 3"	39.09m	3
7	Carson Hendryx	Freshman	Cuyamaca	119' 4"	36.37m	2
8	Charles Nash	Sophomore	Southwestern	99' 3"	30.25m	1
9	Brannndon Settles	Freshman	Southwestern	94' 0"	28.65m	-

### Men's Hammer Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
10	Tyler Nanny	Freshman	San Diego Mesa	79' 6"	24.23m	-
11	William Holloway	Freshman	Southwestern	56' 10"	17.32m	-

## Men's Javelin

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Kellen Dion	Freshman	Cuyamaca	177' 0"	53.94m	10
2	Tyler Nanny	Freshman	San Diego Mesa	166' 6"	50.74m	8
3	Anthony DeBarrows	Freshman	Cuyamaca	162' 2"	49.42m	6
4	Eissa Jamil	Freshman	Cuyamaca	141' 7"	43.15m	5
5	Andreas Leal	Freshman	Southwestern	137' 11"	42.03m	3.5
5	Jarrod Wendt	Freshman	Chaffey	137' 11"	42.03m	3.5
7	Adam Lass	Sophomore	San Diego Mesa	132' 8"	40.43m	2
8	Stephon Bolden	Freshman	Southwestern	129' 0"	39.31m	1
9	Angel Marquez	Sophomore	Southwestern	128' 7"	39.19m	-
10	William Holloway	Freshman	Southwestern	121' 0"	36.88m	-
11	Caelob Anderson	Sophomore	San Diego Mesa	120' 11"	36.85m	-
12	Carson Hendryx	Freshman	Cuyamaca	115' 2"	35.10m	-
13	Robert Vargas	Freshman	San Bernardino Valley	110' 6"	33.68m	-
14	Pablo Gandara	Freshman	Southwestern	109' 9"	33.45m	-
15	Brannndon Settles	Freshman	Southwestern	100' 11"	30.75m	-
16	Justin Perkins	Freshman	San Bernardino Valley	99' 9"	30.40m	-
17	Dustin Cristos	Freshman	Antelope Valley	98' 6"	30.02m	-
	Alfredo Espinosa	Sophomore	San Bernardino Valley	NM	NM	-
	Arthur Sherman	Freshman	Cuyamaca	NM	NM	-
	Frank Martinez	Sophomore	Cuyamaca	NM	NM	-
	Joaquin Sepulveda	Freshman	San Bernardino Valley	NM	NM	-
	Eduardo Lopez	Freshman	San Bernardino Valley	NM	NM	-
	Joseph Ricafrente	Freshman	Chaffey	NM	NM	-

### Men's Javelin Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
13	Robert Vargas	Freshman	San Bernardino Valley	110' 6"	33.68m	-
15	Brannndon Settles	Freshman	Southwestern	100' 11"	30.75m	-
16	Justin Perkins	Freshman	San Bernardino Valley	99' 9"	30.40m	-
17	Dustin Cristos	Freshman	Antelope Valley	98' 6"	30.02m	-
	Joseph Ricafrente	Freshman	Chaffey	NM	NM	-

### Men's Javelin Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
5	Jarrold Wendt	Freshman	Chaffey	137' 11"	42.03m	3.5
8	Stephon Bolden	Freshman	Southwestern	129' 0"	39.31m	1
9	Angel Marquez	Sophomore	Southwestern	128' 7"	39.19m	-
10	William Holloway	Freshman	Southwestern	121' 0"	36.88m	-
12	Carson Hendryx	Freshman	Cuyamaca	115' 2"	35.10m	-
14	Pablo Gandara	Freshman	Southwestern	109' 9"	33.45m	-
	Eduardo Lopez	Freshman	San Bernardino Valley	NM	NM	-
	Joaquin Sepulveda	Freshman	San Bernardino Valley	NM	NM	-
	Arthur Sherman	Freshman	Cuyamaca	NM	NM	-

### Men's Javelin Flight 3

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Kellen Dion	Freshman	Cuyamaca	177' 0"	53.94m	10
2	Tyler Nanny	Freshman	San Diego Mesa	166' 6"	50.74m	8
3	Anthony DeBarrows	Freshman	Cuyamaca	162' 2"	49.42m	6
4	Eissa Jamil	Freshman	Cuyamaca	141' 7"	43.15m	5
5	Andreas Leal	Freshman	Southwestern	137' 11"	42.03m	3.5
7	Adam Lass	Sophomore	San Diego Mesa	132' 8"	40.43m	2
11	Caelob Anderson	Sophomore	San Diego Mesa	120' 11"	36.85m	-
	Alfredo Espinosa	Sophomore	San Bernardino Valley	NM	NM	-
	Frank Martinez	Sophomore	Cuyamaca	NM	NM	-

### Men's Decathlon

[Top ↑](#)

PL	NAME	YEAR	TEAM	POINTS	SC
1	Angel Marquez	Sophomore	Southwestern	4755	10
2	Frank Martinez	Sophomore	Cuyamaca	4689	8
3	Stephon Bolden	Freshman	Southwestern	4553	6

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