

Foothill Conference Championships

April 22-29, 2011 | Antelope Valley - Lancaster, CA

Events: [100](#) [200](#) [400](#) [800](#) [1500](#) [5000](#) [10,000](#) [110H](#) [400H](#) [3000S](#) [4x100](#) [4x400](#) [HJ](#) [PV](#) [LJ](#) [TJ](#) [SP](#) [DT](#) [HT](#) [JT](#)

Men's 100 Meters Finals

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Julian Reddy	Freshman	Southwestern	10.64	10
2	Jonathon Demus	Freshman	Cuyamaca	10.77	8
3	Lucas Kodama	Freshman	San Diego Mesa	10.84	6
4	Moses Fierro	Freshman	San Diego Mesa	10.85	5
5	Little Thomas	Freshman	Southwestern	11.01	4
6	RONALD M. HAIRE	Sophomore	Chaffey	11.02	3
7	Tyrone Richardson	Freshman	Southwestern	11.13	2
8	Travell Washington	Freshman	San Bernardino Valley	11.21	1
9	Jeremy Langford	Sophomore	San Diego Mesa	11.23	-

Men's 100 Meters Preliminaries

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	WIND
1	Moses Fierro	Freshman	San Diego Mesa	10.75	0.8
2	Julian Reddy	Freshman	Southwestern	10.77	1.3
3	Jonathon Demus	Freshman	Cuyamaca	10.90	0.8
4	RONALD M. HAIRE	Sophomore	Chaffey	11.10	1.7
5	Tyrone Richardson	Freshman	Southwestern	11.11	1.7
6	Lucas Kodama	Freshman	San Diego Mesa	11.16	0.8
7	Little Thomas	Freshman	Southwestern	11.18	1.3
8	Travell Washington	Freshman	San Bernardino Valley	11.22	1.3
9	Jeremy Langford	Sophomore	San Diego Mesa	11.24	1.3
10	Maurice Strickland	Freshman	San Diego Mesa	11.28	1.7
11	Elijah Muhammad	Sophomore	Southwestern	11.29	1.7
12	JEREMY MARTIN	Freshman	Chaffey	11.36	0.8
13	DERRICK SMITH	Freshman	Chaffey	11.40	0.8
14	Brian Doss	Freshman	San Bernardino Valley	11.41	1.3
15	Julian Young	Freshman	San Diego Mesa	11.45	0.8
16	Darrell Peeden	Sophomore	San Bernardino Valley	11.47	0.8
17	Antonie Jackson	Sophomore	San Diego Mesa	11.48	1.7
18	Patrick Arimendi	Freshman	Southwestern	11.49	0.8
18	Daniel Peeden	Sophomore	San Bernardino Valley	11.49	0.8
20	Karl Ballinger	Freshman	Antelope Valley	11.50	1.7
21	Zachary Sapp	Freshman	San Diego Mesa	11.55	0.8
21	David Franklin	Freshman	Antelope Valley	11.55	0.8
23	Billy Carter	Sophomore	San Diego Mesa	11.57	0.8
24	Donte Carney	Freshman	Antelope Valley	11.85	0.8
25	Ben Ijah	Freshman	Southwestern	11.99	1.3
26	Johnny Norton	Freshman	San Diego Mesa	13.23	0.8
27	Carlos Gutierrez	Freshman	Rio Hondo	13.39	1.7

Men's 100 Meters Preliminaries Heat 1

W: 0.8

PL	NAME	YEAR	TEAM	TIME
3	Jonathon Demus	Freshman	Cuyamaca	10.90
12	JEREMY MARTIN	Freshman	Chaffey	11.36
15	Julian Young	Freshman	San Diego Mesa	11.45
18	Patrick Arimendi	Freshman	Southwestern	11.49
21	Zachary Sapp	Freshman	San Diego Mesa	11.55
23	Billy Carter	Sophomore	San Diego Mesa	11.57

Men's 100 Meters Preliminaries Heat 2

W: 1.3

PL	NAME	YEAR	TEAM	TIME
2	Julian Reddy	Freshman	Southwestern	10.77
7	Little Thomas	Freshman	Southwestern	11.18
8	Travell Washington	Freshman	San Bernardino Valley	11.22
9	Jeremy Langford	Sophomore	San Diego Mesa	11.24
14	Brian Doss	Freshman	San Bernardino Valley	11.41
25	Ben Ijah	Freshman	Southwestern	11.99

Men's 100 Meters Preliminaries Heat 3

W: 0.8

PL	NAME	YEAR	TEAM	TIME
1	Moses Fierro	Freshman	San Diego Mesa	10.75
6	Lucas Kodama	Freshman	San Diego Mesa	11.16
13	DERRICK SMITH	Freshman	Chaffey	11.40
16	Darrell Peeden	Sophomore	San Bernardino Valley	11.47
18	Daniel Peeden	Sophomore	San Bernardino Valley	11.49
21	David Franklin	Freshman	Antelope Valley	11.55
24	Donte Carney	Freshman	Antelope Valley	11.85
26	Johnny Norton	Freshman	San Diego Mesa	13.23

Men's 100 Meters Preliminaries Heat 4

W: 1.7

PL	NAME	YEAR	TEAM	TIME
4	RONALD M. HAIRE	Sophomore	Chaffey	11.10
5	Tyrone Richardson	Freshman	Southwestern	11.11
10	Maurice Strickland	Freshman	San Diego Mesa	11.28
11	Elijah Muhammad	Sophomore	Southwestern	11.29
17	Antonie Jackson	Sophomore	San Diego Mesa	11.48
20	Karl Ballinger	Freshman	Antelope Valley	11.50
27	Carlos Gutierrez	Freshman	Rio Hondo	13.39

Men's 200 Meters Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Roland Brooks	Freshman	Cuyamaca	21.66	10
2	Julian Reddy	Freshman	Southwestern	21.90	8
3	Jonathon Demus	Freshman	Cuyamaca	21.91	6
4	JAYLAN MABRY	Freshman	Chaffey	22.09	5
5	Lucas Kodama	Freshman	San Diego Mesa	22.33	4
6	OLUWAJIMI ALADE-CHESTER	Freshman	Chaffey	22.50	2.5
6	Moses Fierro	Freshman	San Diego Mesa	22.50	2.5
8	Little Thomas	Freshman	Southwestern	22.65	1
9	Dawayne Dickson	Freshman	Antelope Valley	22.96	-

Men's 200 Meters Preliminaries

PL	NAME	YEAR	TEAM	TIME	WIND
1	JAYLAN MABRY	Freshman	Chaffey	21.63	1.3
2	Roland Brooks	Freshman	Cuyamaca	21.89	1.4
3	Moses Fierro	Freshman	San Diego Mesa	21.92	-0.5
4	Jonathon Demus	Freshman	Cuyamaca	21.99	1.0
5	Julian Reddy	Freshman	Southwestern	22.13	1.4
6	Dawayne Dickson	Freshman	Antelope Valley	22.26	1.3
7	OLUWAJIMI ALADE-CHESTER	Freshman	Chaffey	22.32	1.0
8	Lucas Kodama	Freshman	San Diego Mesa	22.39	1.3
9	Brandon Hille	Freshman	Southwestern	22.56	-0.5
10	Little Thomas	Freshman	Southwestern	22.76	1.0
11	Travell Washington	Freshman	San Bernardino Valley	22.81	1.4
12	RONALD M. HAIRE	Sophomore	Chaffey	22.83	1.4
13	Tyrone Richardson	Freshman	Southwestern	23.09	1.4
14	Jeremy Langford	Sophomore	San Diego Mesa	23.18	-0.5
15	Karl Ballinger	Freshman	Antelope Valley	23.19	1.4
16	JEREMY MARTIN	Freshman	Chaffey	23.28	1.4
17	Antonie Jackson	Sophomore	San Diego Mesa	23.30	1.4
18	Johnny Norton	Freshman	San Diego Mesa	23.32	1.0
19	Clinton Burton	Freshman	Southwestern	23.36	1.3
20	Daniel Peeden	Sophomore	San Bernardino Valley	23.53	1.0
21	Justin Herring	Freshman	San Diego Mesa	23.58	-0.5
22	Darrell Peeden	Sophomore	San Bernardino Valley	23.68	1.4
23	JEREMIAH TALAMANTE	Freshman	Chaffey	23.70	1.4
24	Ben Woods	Freshman	Cuyamaca	23.73	1.3
25	Tanner Sorensen	Freshman	Cuyamaca	23.80	1.4
26	Billy Carter	Sophomore	San Diego Mesa	23.86	1.0
27	Zachary Sapp	Freshman	San Diego Mesa	24.10	1.0
28	Errick Smith	Freshman	Antelope Valley	24.34	1.0
29	Donte Carney	Freshman	Antelope Valley	24.41	1.3
30	Brian Doss	Freshman	San Bernardino Valley	24.51	1.4
31	DERRICK SMITH	Freshman	Chaffey	25.62	1.4
32	Edward Argueta	Freshman	Rio Hondo	26.77	1.3
33	Kevontae Lay	Freshman	San Diego Mesa	27.22	-0.5
34	Carlos Gutierrez	Freshman	Rio Hondo	27.70	1.4
	Michael Blade	Freshman	San Diego Mesa	NT	-0.5

Men's 200 Meters Preliminaries Heat 1

W: 1.0

PL	NAME	YEAR	TEAM	TIME
4	Jonathon Demus	Freshman	Cuyamaca	21.99
7	OLUWAJIMI ALADE-CHESTER	Freshman	Chaffey	22.32
10	Little Thomas	Freshman	Southwestern	22.76
18	Johnny Norton	Freshman	San Diego Mesa	23.32
20	Daniel Peeden	Sophomore	San Bernardino Valley	23.53
26	Billy Carter	Sophomore	San Diego Mesa	23.86
27	Zachary Sapp	Freshman	San Diego Mesa	24.10
28	Errick Smith	Freshman	Antelope Valley	24.34

Men's 200 Meters Preliminaries Heat 2

W: 1.4

PL	NAME	YEAR	TEAM	TIME
5	Julian Reddy	Freshman	Southwestern	22.13
11	Travell Washington	Freshman	San Bernardino Valley	22.81
15	Karl Ballinger	Freshman	Antelope Valley	23.19
16	JEREMY MARTIN	Freshman	Chaffey	23.28
17	Antonie Jackson	Sophomore	San Diego Mesa	23.30
31	DERRICK SMITH	Freshman	Chaffey	25.62

Men's 200 Meters Preliminaries Heat 3

W: 1.4

PL	NAME	YEAR	TEAM	TIME
2	Roland Brooks	Freshman	Cuyamaca	21.89
12	RONALD M. HAIRE	Sophomore	Chaffey	22.83
13	Tyrone Richardson	Freshman	Southwestern	23.09
22	Darrell Peeden	Sophomore	San Bernardino Valley	23.68
23	JEREMIAH TALAMANTE	Freshman	Chaffey	23.70
25	Tanner Sorensen	Freshman	Cuyamaca	23.80
30	Brian Doss	Freshman	San Bernardino Valley	24.51
34	Carlos Gutierrez	Freshman	Rio Hondo	27.70

Men's 200 Meters Preliminaries Heat 4

W: 1.3


PL	NAME	YEAR	TEAM	TIME
1	JAYLAN MABRY	Freshman	Chaffey	21.63
6	Dawayne Dickson	Freshman	Antelope Valley	22.26
8	Lucas Kodama	Freshman	San Diego Mesa	22.39
19	Clinton Burton	Freshman	Southwestern	23.36
24	Ben Woods	Freshman	Cuyamaca	23.73
29	Donte Carney	Freshman	Antelope Valley	24.41
32	Edward Argueta	Freshman	Rio Hondo	26.77

Men's 200 Meters Preliminaries Heat 5

W: -0.5


PL	NAME	YEAR	TEAM	TIME
3	Moses Fierro	Freshman	San Diego Mesa	21.92
9	Brandon Hille	Freshman	Southwestern	22.56
14	Jeremy Langford	Sophomore	San Diego Mesa	23.18
21	Justin Herring	Freshman	San Diego Mesa	23.58
33	Kevontae Lay	Freshman	San Diego Mesa	27.22
	Michael Blade	Freshman	San Diego Mesa	NT

Men's 400 Meters Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Roland Brooks	Freshman	Cuyamaca	48.00	10
2	Brandon Hille	Freshman	Southwestern	49.65	8
3	Falstaff Hawkins	Freshman	Antelope Valley	49.70	6
4	OLUWAJIMI ALADE-CHESTER	Freshman	Chaffey	49.99	5
5	JAYLAN MABRY	Freshman	Chaffey	50.31	4
6	Devon Akpom	Freshman	San Diego Mesa	50.84	3
7	Dawayne Dickson	Freshman	Antelope Valley	51.29	2
8	Justin Herring	Freshman	San Diego Mesa	51.93	1
	JEREMIAH TALAMANTE	Freshman	Chaffey	NT	-

Men's 400 Meters Preliminaries

 Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Brandon Hille	Freshman	Southwestern	48.03
2	Roland Brooks	Freshman	Cuyamaca	48.06
3	JAYLAN MABRY	Freshman	Chaffey	48.36
4	OLUWAJIMI ALADE-CHESTER	Freshman	Chaffey	48.92
5	Falstaff Hawkins	Freshman	Antelope Valley	49.34
6	Devon Akpom	Freshman	San Diego Mesa	49.89
7	Dawayne Dickson	Freshman	Antelope Valley	50.54
8	JEREMIAH TALAMANTE	Freshman	Chaffey	50.55
9	Justin Herring	Freshman	San Diego Mesa	50.87
10	Pedro Quevedo	Sophomore	Cuyamaca	51.17
11	Clinton Burton	Freshman	Southwestern	51.39
12	Emmanuel McConnell	Freshman	Antelope Valley	51.60
13	Reginald Jones	Freshman	San Bernardino Valley	51.68
14	Anthony Miller	Freshman	San Bernardino Valley	52.81
15	Johnny Norton	Freshman	San Diego Mesa	52.94
16	Eldredge Calhoun	Freshman	Cuyamaca	52.96
17	Tanner Sorensen	Freshman	Cuyamaca	53.42
18	Ben Woods	Freshman	Cuyamaca	53.47
19	Anthony Ward	Freshman	San Diego Mesa	57.85
	Michael Blade	Freshman	San Diego Mesa	NT

Men's 400 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Roland Brooks	Freshman	Cuyamaca	48.06
6	Devon Akpom	Freshman	San Diego Mesa	49.89
7	Dawayne Dickson	Freshman	Antelope Valley	50.54
12	Emmanuel McConnell	Freshman	Antelope Valley	51.60
13	Reginald Jones	Freshman	San Bernardino Valley	51.68

Men's 400 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
3	JAYLAN MABRY	Freshman	Chaffey	48.36
5	Falstaff Hawkins	Freshman	Antelope Valley	49.34
8	JEREMIAH TALAMANTE	Freshman	Chaffey	50.55
9	Justin Herring	Freshman	San Diego Mesa	50.87
14	Anthony Miller	Freshman	San Bernardino Valley	52.81
16	Eldredge Calhoun	Freshman	Cuyamaca	52.96
19	Anthony Ward	Freshman	San Diego Mesa	57.85

Men's 400 Meters Preliminaries Heat 3

PL	NAME	YEAR	TEAM	TIME
1	Brandon Hille	Freshman	Southwestern	48.03
4	OLUWAJIMI ALADE-CHESTER	Freshman	Chaffey	48.92
10	Pedro Quevedo	Sophomore	Cuyamaca	51.17
11	Clinton Burton	Freshman	Southwestern	51.39
15	Johnny Norton	Freshman	San Diego Mesa	52.94
17	Tanner Sorensen	Freshman	Cuyamaca	53.42
18	Ben Woods	Freshman	Cuyamaca	53.47
	Michael Blade	Freshman	San Diego Mesa	NT

Men's 800 Meters Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Dewayne Booker	Sophomore	San Bernardino Valley	2:02.07	10
2	Leonardo Banales	Freshman	Southwestern	2:03.31	8
3	Luis Flores	Freshman	Antelope Valley	2:04.15	6
4	Uriel Aquino	Sophomore	Antelope Valley	2:05.21	5
5	Martin Sanchez	Sophomore	San Bernardino Valley	2:05.62	4
6	Bradley Rutledge	Freshman	San Bernardino Valley	2:06.02	3
7	Jonathan Rodriguez	Freshman	Southwestern	2:09.46	2
8	JC Portugal	Freshman	San Bernardino Valley	2:12.92	1

Men's 800 Meters Preliminaries

 Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Jonathan Lopez	Freshman	San Bernardino Valley	1:58.16
2	Uriel Aquino	Sophomore	Antelope Valley	1:59.26
3	Martin Sanchez	Sophomore	San Bernardino Valley	1:59.61
4	Dewayne Booker	Sophomore	San Bernardino Valley	2:02.31
5	Travis Nemchik	Sophomore	San Bernardino Valley	1:58.70
6	Leonardo Banales	Freshman	Southwestern	2:00.47
7	Nicholas Haines	Sophomore	Cuyamaca	2:00.51
8	Aaron Thomas	Freshman	San Diego Mesa	2:01.10
9	Luis Flores	Freshman	Antelope Valley	2:02.41
10	Christopher Sanchez	Freshman	San Bernardino Valley	2:03.21
11	JC Portugal	Freshman	San Bernardino Valley	2:03.28
12	Deng Akuien	Sophomore	San Diego Mesa	2:04.22
13	Bradley Rutledge	Freshman	San Bernardino Valley	2:07.71
14	Jonathan Rodriguez	Freshman	Southwestern	2:08.21
15	Antonio Hernandez	Freshman	San Diego Mesa	2:09.09
16	Bert Rodriguez	Sophomore	San Bernardino Valley	2:10.19
17	Jose Mares	Freshman	Rio Hondo	2:10.90
18	SEAN M. BURE	Sophomore	Chaffey	2:11.40
19	Wesley La Sogga	Freshman	San Diego Mesa	2:12.04
20	Jared Pasquarella	Sophomore	San Diego Mesa	2:14.91
21	Patrick Tilley	Freshman	San Diego Mesa	2:22.52
22	Milad Khoury	Freshman	Cuyamaca	2:25.35
	Eric Brown	Freshman	San Diego Mesa	NT

Men's 800 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
4	Dewayne Booker	Sophomore	San Bernardino Valley	2:02.31
10	Christopher Sanchez	Freshman	San Bernardino Valley	2:03.21
11	JC Portugal	Freshman	San Bernardino Valley	2:03.28
12	Deng Akuien	Sophomore	San Diego Mesa	2:04.22
16	Bert Rodriguez	Sophomore	San Bernardino Valley	2:10.19
	Eric Brown	Freshman	San Diego Mesa	NT

Men's 800 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
3	Martin Sanchez	Sophomore	San Bernardino Valley	1:59.61
7	Nicholas Haines	Sophomore	Cuyamaca	2:00.51
9	Luis Flores	Freshman	Antelope Valley	2:02.41
14	Jonathan Rodriguez	Freshman	Southwestern	2:08.21
17	Jose Mares	Freshman	Rio Hondo	2:10.90
20	Jared Pasquarella	Sophomore	San Diego Mesa	2:14.91


Men's 800 Meters Preliminaries Heat 3

PL	NAME	YEAR	TEAM	TIME
2	Uriel Aquino	Sophomore	Antelope Valley	1:59.26
6	Leonardo Banales	Freshman	Southwestern	2:00.47
15	Antonio Hernandez	Freshman	San Diego Mesa	2:09.09
19	Wesley La Sogga	Freshman	San Diego Mesa	2:12.04

Men's 800 Meters Preliminaries Heat 4

PL	NAME	YEAR	TEAM	TIME
1	Jonathan Lopez	Freshman	San Bernardino Valley	1:58.16
5	Travis Nemchik	Sophomore	San Bernardino Valley	1:58.70
8	Aaron Thomas	Freshman	San Diego Mesa	2:01.10
13	Bradley Rutledge	Freshman	San Bernardino Valley	2:07.71
18	SEAN M. BURE	Sophomore	Chaffey	2:11.40
21	Patrick Tilley	Freshman	San Diego Mesa	2:22.52
22	Milad Khoury	Freshman	Cuyamaca	2:25.35

Men's 1500 Meters Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Uriel Aquino	Sophomore	Antelope Valley	4:12.97	10
2	Martin Sanchez	Sophomore	San Bernardino Valley	4:13.38	8
3	Christopher Sanchez	Freshman	San Bernardino Valley	4:14.74	6
4	Ansu Sowe	Freshman	Southwestern	4:15.03	5
5	Jonathan Lopez	Freshman	San Bernardino Valley	4:15.95	4
6	Travis Nemchik	Sophomore	San Bernardino Valley	4:17.85	3
7	Eric Brown	Freshman	San Diego Mesa	4:20.64	2
8	Maninder Sohal	Sophomore	Antelope Valley	4:23.31	1
9	Travis Remp	Freshman	Antelope Valley	4:29.31	-
10	Jonathan Rodriguez	Freshman	Southwestern	4:32.00	-
11	Victor Munoz	Sophomore	Southwestern	4:38.73	-

Men's 1500 Meters Preliminaries

PL	NAME	YEAR	TEAM	TIME
1	Martin Sanchez	Sophomore	San Bernardino Valley	4:03.73
2	Uriel Aquino	Sophomore	Antelope Valley	4:07.56
3	Jonathan Lopez	Freshman	San Bernardino Valley	4:04.58
4	Ansu Sowe	Freshman	Southwestern	4:04.60
5	Aaron Thomas	Freshman	San Diego Mesa	4:06.32
6	Travis Nemchik	Sophomore	San Bernardino Valley	4:07.96
7	Deng Akuien	Sophomore	San Diego Mesa	4:08.15
8	Christopher Sanchez	Freshman	San Bernardino Valley	4:11.06
9	Maninder Sohal	Sophomore	Antelope Valley	4:12.55
10	Pedro Zaragoza	Freshman	Antelope Valley	4:14.76
11	JC Portugal	Freshman	San Bernardino Valley	4:17.05
12	Eric Brown	Freshman	San Diego Mesa	4:20.65
13	Jonathan Rodriguez	Freshman	Southwestern	4:21.96
14	Travis Remp	Freshman	Antelope Valley	4:26.77
15	Victor Munoz	Sophomore	Southwestern	4:28.31
16	Wesley La Sogga	Freshman	San Diego Mesa	4:29.71
17	William Gonzales	Sophomore	Southwestern	4:34.06
18	Kevin Orellana	Freshman	Antelope Valley	4:35.60
19	Patrick Tilley	Freshman	San Diego Mesa	4:35.62
20	Bert Rodriguez	Sophomore	San Bernardino Valley	4:37.18
21	Jared Pasquarella	Sophomore	San Diego Mesa	4:49.63
22	Bradley Rutledge	Freshman	San Bernardino Valley	4:54.67
23	Milad Khoury	Freshman	Cuyamaca	4:56.38
24	Angel Quevedo	Freshman	Antelope Valley	5:16.11


Men's 1500 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	Martin Sanchez	Sophomore	San Bernardino Valley	4:03.73
3	Jonathan Lopez	Freshman	San Bernardino Valley	4:04.58
4	Ansu Sowe	Freshman	Southwestern	4:04.60
5	Aaron Thomas	Freshman	San Diego Mesa	4:06.32
7	Deng Akuien	Sophomore	San Diego Mesa	4:08.15
9	Maninder Sohal	Sophomore	Antelope Valley	4:12.55
11	JC Portugal	Freshman	San Bernardino Valley	4:17.05
13	Jonathan Rodriguez	Freshman	Southwestern	4:21.96
15	Victor Munoz	Sophomore	Southwestern	4:28.31
20	Bert Rodriguez	Sophomore	San Bernardino Valley	4:37.18
21	Jared Pasquarella	Sophomore	San Diego Mesa	4:49.63
22	Bradley Rutledge	Freshman	San Bernardino Valley	4:54.67
23	Milad Khoury	Freshman	Cuyamaca	4:56.38

Men's 1500 Meters Preliminaries Heat 2


PL	NAME	YEAR	TEAM	TIME
2	Uriel Aquino	Sophomore	Antelope Valley	4:07.56
6	Travis Nemchik	Sophomore	San Bernardino Valley	4:07.96
8	Christopher Sanchez	Freshman	San Bernardino Valley	4:11.06
10	Pedro Zaragoza	Freshman	Antelope Valley	4:14.76
12	Eric Brown	Freshman	San Diego Mesa	4:20.65
14	Travis Remp	Freshman	Antelope Valley	4:26.77
16	Wesley La Sogga	Freshman	San Diego Mesa	4:29.71
17	William Gonzales	Sophomore	Southwestern	4:34.06
18	Kevin Orellana	Freshman	Antelope Valley	4:35.60
19	Patrick Tilley	Freshman	San Diego Mesa	4:35.62
24	Angel Quevedo	Freshman	Antelope Valley	5:16.11

Men's 5000 Meters

 Top ↑


PL	NAME	YEAR	TEAM	TIME	SC
1	Raymond Dominguez	Sophomore	San Bernardino Valley	15:40.92	10
2	Jonathan Lopez	Freshman	San Bernardino Valley	15:42.06	8
3	Ansu Sowe	Freshman	Southwestern	15:58.11	6
4	Aaron Thomas	Freshman	San Diego Mesa	16:11.37	5
5	Travis Nemchik	Sophomore	San Bernardino Valley	16:16.70	4
6	Justin Bailey	Freshman	San Bernardino Valley	16:19.37	3
7	Leonardo Banales	Freshman	Southwestern	16:26.52	2
8	Ricardo Nevarez	Freshman	San Bernardino Valley	16:29.31	1
9	Ryan Lawler	Freshman	Cuyamaca	16:30.81	-
10	Arturo Canela	Freshman	San Diego Mesa	16:32.27	-
11	Christopher Sanchez	Freshman	San Bernardino Valley	16:39.48	-
12	Carlos Macias	Freshman	San Bernardino Valley	16:40.11	-
13	Nick Tammadge	Freshman	San Diego Mesa	16:44.90	-
14	Michael Gonia	Sophomore	San Diego Mesa	17:01.76	-
15	Michael Gorney	Sophomore	Cuyamaca	17:18.28	-
16	Deng Akuien	Sophomore	San Diego Mesa	17:25.76	-
17	Victor Munoz	Sophomore	Southwestern	17:43.52	-
18	Eric Brown	Freshman	San Diego Mesa	17:51.87	-
19	Tony Gonzalez	Freshman	Cuyamaca	18:06.53	-
20	Jared Pasquarella	Sophomore	San Diego Mesa	18:20.43	-
21	William Gonzales	Sophomore	Southwestern	18:22.99	-

Men's 10,000 Meters

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Ansu Sowe	Freshman	Southwestern	32:07.04	10
2	Raymond Dominguez	Sophomore	San Bernardino Valley	32:50.74	8
3	Leonardo Banales	Freshman	Southwestern	33:10.19	6
4	Ryan Lawler	Freshman	Cuyamaca	33:22.54	5
5	Ricardo Nevarez	Freshman	San Bernardino Valley	33:35.01	4
6	Justin Bailey	Freshman	San Bernardino Valley	33:36.81	3
7	Arturo Canela	Freshman	San Diego Mesa	33:49.27	2
8	Nick Tammadge	Freshman	San Diego Mesa	34:33.51	1
9	Carlos Macias	Freshman	San Bernardino Valley	34:47.37	-
10	Michael Gorney	Sophomore	Cuyamaca	34:53.31	-
11	Victor Munoz	Sophomore	Southwestern	35:19.12	-
12	Adam Arroyo	Freshman	San Bernardino Valley	36:11.60	-
13	Tony Gonzalez	Freshman	Cuyamaca	37:22.70	-
14	William Gonzales	Sophomore	Southwestern	37:33.52	-
15	Jose Mares	Freshman	Rio Hondo	39:46.48	-

Men's 110 Hurdles Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Elijah Muhammad	Sophomore	Southwestern	14.31	10
2	Maurice Strickland	Freshman	San Diego Mesa	14.60	8
3	Troy Arceneaux	Sophomore	Antelope Valley	15.21	6
4	TERRANCE GRAVES	Freshman	Chaffey	15.89	5
5	Little Thomas	Freshman	Southwestern	15.94	4
6	Ben Ijah	Freshman	Southwestern	16.03	3
7	Stephen Sousa	Freshman	San Diego Mesa	16.78	2
8	Desmond Washington	Freshman	Antelope Valley	17.18	1
9	Francisco Martinez	Freshman	Antelope Valley	20.50	-

Men's 110 Hurdles Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME	WIND
1	Elijah Muhammad	Sophomore	Southwestern	14.69	-1.3
2	Maurice Strickland	Freshman	San Diego Mesa	15.46	0.7
3	Troy Arceneaux	Sophomore	Antelope Valley	15.57	-1.3
4	Ben Ijah	Freshman	Southwestern	15.58	0.7
5	Little Thomas	Freshman	Southwestern	16.44	0.7
6	TERRANCE GRAVES	Freshman	Chaffey	17.00	-1.3
7	Stephen Sousa	Freshman	San Diego Mesa	17.11	-1.3
8	Desmond Washington	Freshman	Antelope Valley	17.89	0.7
9	Francisco Martinez	Freshman	Antelope Valley	17.92	0.7
10	Isaiah Sanders	Freshman	San Bernardino Valley	18.69	-1.3

Men's 110 Hurdles Preliminaries Heat 1

W: -1.3

PL	NAME	YEAR	TEAM	TIME
1	Elijah Muhammad	Sophomore	Southwestern	14.69
3	Troy Arceneaux	Sophomore	Antelope Valley	15.57
6	TERRANCE GRAVES	Freshman	Chaffey	17.00
7	Stephen Sousa	Freshman	San Diego Mesa	17.11
10	Isaiah Sanders	Freshman	San Bernardino Valley	18.69

Men's 110 Hurdles Preliminaries Heat 2

W: 0.7

PL	NAME	YEAR	TEAM	TIME
2	Maurice Strickland	Freshman	San Diego Mesa	15.46
4	Ben Ijah	Freshman	Southwestern	15.58
5	Little Thomas	Freshman	Southwestern	16.44
8	Desmond Washington	Freshman	Antelope Valley	17.89
9	Francisco Martinez	Freshman	Antelope Valley	17.92

Men's 400 Hurdles Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Elijah Muhammad	Sophomore	Southwestern	54.97	10
2	Troy Arceneaux	Sophomore	Antelope Valley	54.99	8
3	Cody Conley	Freshman	Cuyamaca	56.86	6
4	Ahmad Rashada	Freshman	Cuyamaca	58.17	5
5	Stephen Sousa	Freshman	San Diego Mesa	59.10	4
6	Anthony Miller	Freshman	San Bernardino Valley	59.63	3
7	Reginald Jones	Freshman	San Bernardino Valley	1:02.80	2
8	Dylan Cao	Freshman	San Diego Mesa	1:03.89	1

Men's 400 Hurdles Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Troy Arceneaux	Sophomore	Antelope Valley	55.04
2	Elijah Muhammad	Sophomore	Southwestern	55.36
3	Cody Conley	Freshman	Cuyamaca	55.41
4	Ahmad Rashada	Freshman	Cuyamaca	55.51
5	Stephen Sousa	Freshman	San Diego Mesa	57.72
6	Dylan Cao	Freshman	San Diego Mesa	1:02.07
7	Anthony Miller	Freshman	San Bernardino Valley	1:02.38
8	Reginald Jones	Freshman	San Bernardino Valley	1:02.51
9	Isaiah Sanders	Freshman	San Bernardino Valley	1:04.23
10	Desmond Washington	Freshman	Antelope Valley	1:04.33

Men's 400 Hurdles Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Elijah Muhammad	Sophomore	Southwestern	55.36
3	Cody Conley	Freshman	Cuyamaca	55.41
5	Stephen Sousa	Freshman	San Diego Mesa	57.72
6	Dylan Cao	Freshman	San Diego Mesa	1:02.07
8	Reginald Jones	Freshman	San Bernardino Valley	1:02.51

Men's 400 Hurdles Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Troy Arceneaux	Sophomore	Antelope Valley	55.04
4	Ahmad Rashada	Freshman	Cuyamaca	55.51
7	Anthony Miller	Freshman	San Bernardino Valley	1:02.38
9	Isaiah Sanders	Freshman	San Bernardino Valley	1:04.23
10	Desmond Washington	Freshman	Antelope Valley	1:04.33

Men's 3000 Steeplechase

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Nicholas Haines	Sophomore	Cuyamaca	9:49.40	10
2	Leonardo Banales	Freshman	Southwestern	9:53.75	8
3	Ulises Aquino	Sophomore	Antelope Valley	10:06.89	6
4	Michael Gonia	Sophomore	San Diego Mesa	10:10.98	5
5	JC Portugal	Freshman	San Bernardino Valley	10:15.93	4
6	Deng Akuien	Sophomore	San Diego Mesa	10:28.58	3
7	Christian Powers	Freshman	Antelope Valley	10:42.13	2
8	Adam Arroyo	Freshman	San Bernardino Valley	10:51.66	1
9	Nick Christie	Freshman	Cuyamaca	10:55.33	-
10	William Gonzales	Sophomore	Southwestern	11:06.57	-
11	Fritz Vieane	Sophomore	Antelope Valley	11:20.46	-
12	Bert Rodriguez	Sophomore	San Bernardino Valley	11:45.89	-

Men's 4 x 100 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	Southwestern	Patrick Arimendi, Little Thomas, Tyrone Richardson, Julian Reddy	42.33	10
2	San Diego Mesa	Billy Carter, Michael Blade, Lucas Kodama, Moses Fierro	42.45	8
3	San Bernardino Valley	Brian Doss, Darrell Peeden, Daniel Peeden, Dewayne Booker	43.09	6
4	Antelope Valley	Dawayne Dickson, David Franklin, Jason Logan, Karl Ballinger	43.4	5
5	Chaffey	Ronald M. Haire, Jaylan Mabry, Aaron Hale, Derrick Smith	46.32	4

Men's 4 x 400 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	Antelope Valley	Troy Arceneaux, Dawayne Dickson, Falstaff Hawkins, Emmanuel McConnell	3:24.52	10
2	Cuyamaca	Tyrone Bridgers, Roland Brooks, Eldredge Calhoun, Ahmad Rashada	3:25.58	8
3	San Diego Mesa	Devon Akpom, Lucas Kodama, Billy Carter, Justin Herring	3:27.32	6
4	Chaffey	Oluwajimi Alade-Chester, Ronald M. Haire, Jaylan Mabry, Jeremiah Talamante	3:30.37	5
5	Southwestern	Brandon Hille, Clinton Burton, Julian Reddy, Johnathan Motale	3:35.19	4
6	San Bernardino Valley	Travell Washington, Dewayne Booker, Reginald Jones, Martin Sanchez	3:39.7	3

Men's High Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	AARON HALE	Freshman	Chaffey	2.08m	6' 9.75"	10
2	Jason Logan	Freshman	Antelope Valley	2.03m	6' 7.75"	8
3	Khalil Henry	Sophomore	Cuyamaca	1.98m	6' 6"	6
4	TERRANCE GRAVES	Freshman	Chaffey	1.93m	6' 4"	5
5	Alex Templeton	Freshman	San Diego Mesa	1.88m	6' 2"	4
6	Dominique Fuqua	Freshman	Southwestern	1.78m	5' 10"	3
7	Keenan Young	Freshman	San Diego Mesa	1.73m	5' 8"	2
8	Ben Ijah	Freshman	Southwestern	1.63m	5' 4.25"	1
	Billy Carter	Sophomore	San Diego Mesa	NH	NH	-

Men's Pole Vault

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Maurice Strickland	Freshman	San Diego Mesa	14' 7"	4.44m	10
2	Jessie Adcock	Freshman	Cuyamaca	14' 1"	4.29m	8
3	ANTHONY CHEEKS	Sophomore	Chaffey	13' 1"	3.98m	6
4	Evan Bray	Freshman	San Diego Mesa	12' 1"	3.68m	5
5	Mattia Cimolin	Sophomore	San Diego Mesa	12' 1"	3.68m	4
6	Lucas Ashe	Freshman	San Diego Mesa	12' 1"	3.68m	3
7	Nick Christie	Freshman	Cuyamaca	11' 7"	3.53m	2
8	Brian Vincent	Freshman	San Diego Mesa	11' 7"	3.53m	1
9	MARCUS VOLPI	Freshman	Chaffey	11' 1"	3.37m	-
10	Sergio Amaya	Sophomore	Cuyamaca	10' 1"	3.07m	-
11	Garrett Harris	Freshman	Cuyamaca	8' 7"	2.61m	-
	Ben Ijah	Freshman	Southwestern	NH	NH	-

Men's Long Jump

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	David Franklin	Freshman	Antelope Valley	7.15m	23' 5.5"	10
2	Julian Young	Freshman	San Diego Mesa	6.93m	22' 9"	8
3	DERRICK SMITH	Freshman	Chaffey	6.90m	22' 7.75"	6
4	Jason Cofield	Freshman	Cuyamaca	6.86m	22' 6.25"	5
5	Ben Ijah	Freshman	Southwestern	6.60m	21' 8"	4
6	Lucas Kodama	Freshman	San Diego Mesa	6.51m	21' 4.25"	3
7	Errick Smith	Freshman	Antelope Valley	6.48m	21' 3.25"	2
8	Travell Washington	Freshman	San Bernardino Valley	6.41m	21' 0.5"	1
9	Devon Akpom	Freshman	San Diego Mesa	6.28m	20' 7.25"	-
10	DESMUND D. NEWTON	Sophomore	Chaffey	6.25m	20' 6.25"	-
10	Billy Carter	Sophomore	San Diego Mesa	6.25m	20' 6.25"	-
12	Patrick Arimendi	Freshman	Southwestern	6.23m	20' 5.25"	-
13	Roy Sharpe	Freshman	San Diego Mesa	6.17m	20' 3"	-
14	Kevin Cherry	Freshman	Antelope Valley	6.15m	20' 2.25"	-
14	Dominique Fuqua	Freshman	Southwestern	6.15m	20' 2.25"	-
16	TERRANCE GRAVES	Freshman	Chaffey	6.04m	19' 9.75"	-
17	Michael Moore	Freshman	Cuyamaca	6.00m	19' 8.25"	-
18	Jonathan Smith	Freshman	Antelope Valley	5.92m	19' 5.25"	-
19	Andre Cox	Freshman	Antelope Valley	5.88m	19' 3.5"	-
20	RONALD M. HAIRE	Sophomore	Chaffey	5.84m	19' 2"	-
21	Keenan Young	Freshman	San Diego Mesa	5.79m	19' 0"	-
22	Matthew Curtis	Freshman	Southwestern	5.63m	18' 5.75"	-
23	Tyrone Richardson	Freshman	Southwestern	5.62m	18' 5.25"	-
24	Brian Doss	Freshman	San Bernardino Valley	5.57m	18' 3.25"	-
24	Tyrone Bridgers	Freshman	Cuyamaca	5.57m	18' 3.25"	-
26	Larry Spears	Sophomore	San Diego Mesa	5.54m	18' 2.25"	-
27	Clinton Burton	Freshman	Southwestern	5.51m	18' 1"	-
28	Miles Moffat	Freshman	San Diego Mesa	5.40m	17' 8.75"	-
29	Elijah Muhammad	Sophomore	Southwestern	5.37m	17' 7.5"	-
30	Jesse Beamon	Freshman	Antelope Valley	5.04m	16' 6.5"	-
31	Carlos Gutierrez	Freshman	Rio Hondo	4.85m	15' 11"	-
	AARON HALE	Freshman	Chaffey	NM	NM	-

Men's Long Jump Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
18	Jonathan Smith	Freshman	Antelope Valley	5.92m	19' 5.25"	-
20	RONALD M. HAIRE	Sophomore	Chaffey	5.84m	19' 2"	-
21	Keenan Young	Freshman	San Diego Mesa	5.79m	19' 0"	-
23	Tyrone Richardson	Freshman	Southwestern	5.62m	18' 5.25"	-
26	Larry Spears	Sophomore	San Diego Mesa	5.54m	18' 2.25"	-
28	Miles Moffat	Freshman	San Diego Mesa	5.40m	17' 8.75"	-
29	Elijah Muhammad	Sophomore	Southwestern	5.37m	17' 7.5"	-
30	Jesse Beamon	Freshman	Antelope Valley	5.04m	16' 6.5"	-
31	Carlos Gutierrez	Freshman	Rio Hondo	4.85m	15' 11"	-

Men's Long Jump Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
6	Lucas Kodama	Freshman	San Diego Mesa	6.51m	21' 4.25"	3
8	Travell Washington	Freshman	San Bernardino Valley	6.41m	21' 0.5"	1
10	Billy Carter	Sophomore	San Diego Mesa	6.25m	20' 6.25"	-
13	Roy Sharpe	Freshman	San Diego Mesa	6.17m	20' 3"	-
14	Kevin Cherry	Freshman	Antelope Valley	6.15m	20' 2.25"	-
16	TERRANCE GRAVES	Freshman	Chaffey	6.04m	19' 9.75"	-
17	Michael Moore	Freshman	Cuyamaca	6.00m	19' 8.25"	-
22	Matthew Curtis	Freshman	Southwestern	5.63m	18' 5.75"	-
24	Brian Doss	Freshman	San Bernardino Valley	5.57m	18' 3.25"	-
24	Tyrone Bridgers	Freshman	Cuyamaca	5.57m	18' 3.25"	-
27	Clinton Burton	Freshman	Southwestern	5.51m	18' 1"	-

Men's Long Jump Flight 3

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	David Franklin	Freshman	Antelope Valley	7.15m	23' 5.5"	10
2	Julian Young	Freshman	San Diego Mesa	6.93m	22' 9"	8
3	DERRICK SMITH	Freshman	Chaffey	6.90m	22' 7.75"	6
4	Jason Cofield	Freshman	Cuyamaca	6.86m	22' 6.25"	5
5	Ben Ijah	Freshman	Southwestern	6.60m	21' 8"	4
7	Erick Smith	Freshman	Antelope Valley	6.48m	21' 3.25"	2
9	Devon Akpom	Freshman	San Diego Mesa	6.28m	20' 7.25"	-
10	DESMUND D. NEWTON	Sophomore	Chaffey	6.25m	20' 6.25"	-
12	Patrick Arimendi	Freshman	Southwestern	6.23m	20' 5.25"	-
14	Dominique Fuqua	Freshman	Southwestern	6.15m	20' 2.25"	-
19	Andre Cox	Freshman	Antelope Valley	5.88m	19' 3.5"	-
	AARON HALE	Freshman	Chaffey	NM	NM	-

Men's Triple Jump

 Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	AARON HALE	Freshman	Chaffey	14.07m	46' 2"	10
2	Ben Ijah	Freshman	Southwestern	13.74m	45' 1"	8
3	DESMUND D. NEWTON	Sophomore	Chaffey	13.50m	44' 3.5"	6
4	Michael Moore	Freshman	Cuyamaca	13.20m	43' 3.75"	5
5	Dominique Fuqua	Freshman	Southwestern	13.06m	42' 10.25"	4
6	Devon Akpom	Freshman	San Diego Mesa	13.04m	42' 9.5"	3
7	Julian Young	Freshman	San Diego Mesa	12.69m	41' 7.75"	1.5
7	Billy Carter	Sophomore	San Diego Mesa	12.69m	41' 7.75"	1.5
9	Jonathan Smith	Freshman	Antelope Valley	12.41m	40' 8.75"	-
10	Kevin Cherry	Freshman	Antelope Valley	12.40m	40' 8.25"	-
11	Brian Doss	Freshman	San Bernardino Valley	12.34m	40' 6"	-
12	Larry Spears	Sophomore	San Diego Mesa	12.27m	40' 3.25"	-
13	Miles Moffat	Freshman	San Diego Mesa	11.90m	39' 0.5"	-
14	Roy Sharpe	Freshman	San Diego Mesa	11.81m	38' 9"	-
15	Patrick Arimendi	Freshman	Southwestern	11.76m	38' 7"	-
16	Keenan Young	Freshman	San Diego Mesa	11.60m	38' 0.75"	-
17	Matthew Curtis	Freshman	Southwestern	11.31m	37' 1.25"	-

Men's Triple Jump Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	AARON HALE	Freshman	Chaffey	14.07m	46' 2"	10
9	Jonathan Smith	Freshman	Antelope Valley	12.41m	40' 8.75"	-
10	Kevin Cherry	Freshman	Antelope Valley	12.40m	40' 8.25"	-
12	Larry Spears	Sophomore	San Diego Mesa	12.27m	40' 3.25"	-
13	Miles Moffat	Freshman	San Diego Mesa	11.90m	39' 0.5"	-
14	Roy Sharpe	Freshman	San Diego Mesa	11.81m	38' 9"	-
16	Keenan Young	Freshman	San Diego Mesa	11.60m	38' 0.75"	-
17	Matthew Curtis	Freshman	Southwestern	11.31m	37' 1.25"	-

Men's Triple Jump Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
2	Ben Ijah	Freshman	Southwestern	13.74m	45' 1"	8
3	DESMUND D. NEWTON	Sophomore	Chaffey	13.50m	44' 3.5"	6
4	Michael Moore	Freshman	Cuyamaca	13.20m	43' 3.75"	5
5	Dominique Fuqua	Freshman	Southwestern	13.06m	42' 10.25"	4
6	Devon Akpom	Freshman	San Diego Mesa	13.04m	42' 9.5"	3
7	Billy Carter	Sophomore	San Diego Mesa	12.69m	41' 7.75"	1.5
7	Julian Young	Freshman	San Diego Mesa	12.69m	41' 7.75"	1.5
11	Brian Doss	Freshman	San Bernardino Valley	12.34m	40' 6"	-
15	Patrick Arimendi	Freshman	Southwestern	11.76m	38' 7"	-

Men's Shot Put

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Stephen Coburn	Freshman	San Diego Mesa	14.86m	48' 9"	10
2	Stephen Rubio	Sophomore	Cuyamaca	12.86m	42' 2.25"	8
3	Calbert McKie	Freshman	San Bernardino Valley	12.82m	42' 0.75"	6
4	Julian Allotta	Freshman	San Diego Mesa	12.38m	40' 7.5"	5
5	James Faraj	Freshman	Cuyamaca	12.17m	39' 11.25"	4
6	Andrew Brown	Freshman	San Bernardino Valley	11.85m	38' 10.5"	3
7	Gilbert Navarro	Freshman	San Diego Mesa	11.63m	38' 2"	1.5
7	Brandon Jilka	Sophomore	San Diego Mesa	11.63m	38' 2"	1.5
9	Ricci Anthony	Freshman	Cuyamaca	11.56m	37' 11.25"	-
10	Kyle Kahler	Freshman	San Diego Mesa	10.77m	35' 4"	-
11	Nelson Ford	Freshman	Antelope Valley	10.59m	34' 9"	-
12	EDGAR SALVATIERRA	Freshman	Chaffey	10.41m	34' 2"	-
13	Christian Diaz	Freshman	Antelope Valley	9.52m	31' 3"	-
14	RODNEY ERWIN	Freshman	Chaffey	8.61m	28' 3"	-
	Jonathan Mortimore	Freshman	Cuyamaca	NM	NM	-
	Tuvia Auelua	Freshman	San Bernardino Valley	NM	NM	-
	MARCUS PALLARES	Sophomore	Chaffey	NM	NM	-

Men's Shot Put Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
7	Brandon Jilka	Sophomore	San Diego Mesa	11.63m	38' 2"	1.5
10	Kyle Kahler	Freshman	San Diego Mesa	10.77m	35' 4"	-
11	Nelson Ford	Freshman	Antelope Valley	10.59m	34' 9"	-
12	EDGAR SALVATIERRA	Freshman	Chaffey	10.41m	34' 2"	-
13	Christian Diaz	Freshman	Antelope Valley	9.52m	31' 3"	-
14	RODNEY ERWIN	Freshman	Chaffey	8.61m	28' 3"	-
	MARCUS PALLARES	Sophomore	Chaffey	NM	NM	-
	Jonathan Mortimore	Freshman	Cuyamaca	NM	NM	-

Men's Shot Put Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Stephen Coburn	Freshman	San Diego Mesa	14.86m	48' 9"	10
2	Stephen Rubio	Sophomore	Cuyamaca	12.86m	42' 2.25"	8
3	Calbert McKie	Freshman	San Bernardino Valley	12.82m	42' 0.75"	6
4	Julian Allotta	Freshman	San Diego Mesa	12.38m	40' 7.5"	5
5	James Faraj	Freshman	Cuyamaca	12.17m	39' 11.25"	4
6	Andrew Brown	Freshman	San Bernardino Valley	11.85m	38' 10.5"	3
7	Gilbert Navarro	Freshman	San Diego Mesa	11.63m	38' 2"	1.5
9	Ricci Anthony	Freshman	Cuyamaca	11.56m	37' 11.25"	-
	Tuvia Auelua	Freshman	San Bernardino Valley	NM	NM	-

Men's Discus

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Stephen Coburn	Freshman	San Diego Mesa	50.61m	166' 0"	10
2	Julian Allotta	Freshman	San Diego Mesa	46.46m	152' 5"	8
3	Matthew Villalobos	Freshman	Antelope Valley	44.73m	146' 9"	6
4	KELECHI AZUBUIKE	Sophomore	Chaffey	44.06m	144' 7"	5
5	Joseph Hall	Freshman	Cuyamaca	43.86m	143' 11"	4
6	Kyle Kahler	Freshman	San Diego Mesa	43.65m	143' 2"	3
7	Gilbert Navarro	Freshman	San Diego Mesa	40.43m	132' 8"	2
8	EDGAR SALVATIERRA	Freshman	Chaffey	38.53m	126' 5"	1
9	Brandon Jilka	Sophomore	San Diego Mesa	38.52m	126' 4"	-
10	Nelson Ford	Freshman	Antelope Valley	37.43m	122' 10"	-
11	Calbert McKie	Freshman	San Bernardino Valley	35.23m	115' 7"	-
12	RODNEY ERWIN	Freshman	Chaffey	35.15m	115' 4"	-
13	Ricci Anthony	Freshman	Cuyamaca	33.23m	109' 0"	-
14	James Faraj	Freshman	Cuyamaca	31.55m	103' 6"	-
15	Andrew Brown	Freshman	San Bernardino Valley	31.42m	103' 1"	-
16	Darrell Peeden	Sophomore	San Bernardino Valley	25.97m	85' 2"	-

Men's Discus Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
8	EDGAR SALVATIERRA	Freshman	Chaffey	38.53m	126' 5"	1
11	Calbert McKie	Freshman	San Bernardino Valley	35.23m	115' 7"	-
12	RODNEY ERWIN	Freshman	Chaffey	35.15m	115' 4"	-
13	Ricci Anthony	Freshman	Cuyamaca	33.23m	109' 0"	-
14	James Faraj	Freshman	Cuyamaca	31.55m	103' 6"	-
15	Andrew Brown	Freshman	San Bernardino Valley	31.42m	103' 1"	-
16	Darrell Peeden	Sophomore	San Bernardino Valley	25.97m	85' 2"	-

Men's Discus Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Stephen Coburn	Freshman	San Diego Mesa	50.61m	166' 0"	10
2	Julian Allotta	Freshman	San Diego Mesa	46.46m	152' 5"	8
3	Matthew Villalobos	Freshman	Antelope Valley	44.73m	146' 9"	6
4	KELECHI AZUBUIKE	Sophomore	Chaffey	44.06m	144' 7"	5
5	Joseph Hall	Freshman	Cuyamaca	43.86m	143' 11"	4
6	Kyle Kahler	Freshman	San Diego Mesa	43.65m	143' 2"	3
7	Gilbert Navarro	Freshman	San Diego Mesa	40.43m	132' 8"	2
9	Brandon Jilka	Sophomore	San Diego Mesa	38.52m	126' 4"	-
10	Nelson Ford	Freshman	Antelope Valley	37.43m	122' 10"	-

Men's Hammer

 [Top ↑](#)

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Matthew Villalobos	Freshman	Antelope Valley	48.19m	158' 1"	10
2	Stephen Rubio	Sophomore	Cuyamaca	45.16m	148' 2"	8
3	Brandon Jilka	Sophomore	San Diego Mesa	40.73m	133' 7"	6
4	Joseph Hall	Freshman	Cuyamaca	39.29m	128' 11"	5
5	Ricci Anthony	Freshman	Cuyamaca	37.10m	121' 9"	4
6	Gilbert Navarro	Freshman	San Diego Mesa	35.79m	117' 5"	3
7	Julian Allotta	Freshman	San Diego Mesa	32.84m	107' 9"	2
8	Jonathan Mortimore	Freshman	Cuyamaca	32.58m	106' 11"	1
9	Kyle Kahler	Freshman	San Diego Mesa	31.39m	103' 0"	-
10	James Faraj	Freshman	Cuyamaca	28.64m	93' 11"	-
11	Christian Diaz	Freshman	Antelope Valley	27.47m	90' 1"	-

Men's Javelin

 [Top ↑](#)

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	DAMANI BROWN	Freshman	Chaffey	58.18m	190' 10"	10
2	KELECHI AZUBUIKE	Sophomore	Chaffey	44.78m	146' 11"	8
3	Damien Drolet	Freshman	San Diego Mesa	43.11m	141' 5"	6
4	Stephen Rubio	Sophomore	Cuyamaca	41.98m	137' 9"	5
5	Joseph Hall	Freshman	Cuyamaca	41.70m	136' 10"	4
6	EDGAR SALVATIERRA	Freshman	Chaffey	40.51m	132' 11"	3
7	Gilbert Navarro	Freshman	San Diego Mesa	40.01m	131' 3"	2
8	Nick Christie	Freshman	Cuyamaca	38.41m	126' 0"	1
9	Edward Argueta	Freshman	Rio Hondo	38.23m	125' 5"	-
10	Calbert McKie	Freshman	San Bernardino Valley	35.96m	118' 0"	-
11	Jonathan Mortimore	Freshman	Cuyamaca	34.53m	113' 3"	-
12	Andrew Brown	Freshman	San Bernardino Valley	33.99m	111' 6"	-
13	Darrell Peeden	Sophomore	San Bernardino Valley	33.89m	111' 2"	-
14	Sergio Amaya	Sophomore	Cuyamaca	32.50m	106' 7"	-
15	MARCUS PALLARES	Sophomore	Chaffey	31.74m	104' 2"	-
16	Daniel Peeden	Sophomore	San Bernardino Valley	31.49m	103' 4"	-
17	Stephen Coburn	Freshman	San Diego Mesa	30.14m	98' 11"	-
18	Francisco Martinez	Freshman	Antelope Valley	28.83m	94' 7"	-
	Kyle Kahler	Freshman	San Diego Mesa	NM	NM	-
	Nelson Ford	Freshman	Antelope Valley	NM	NM	-

Men's Javelin Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
2	KELECHI AZUBUIKE	Sophomore	Chaffey	44.78m	146' 11"	8
6	EDGAR SALVATIERRA	Freshman	Chaffey	40.51m	132' 11"	3
12	Andrew Brown	Freshman	San Bernardino Valley	33.99m	111' 6"	-
13	Darrell Peeden	Sophomore	San Bernardino Valley	33.89m	111' 2"	-
14	Sergio Amaya	Sophomore	Cuyamaca	32.50m	106' 7"	-
15	MARCUS PALLARES	Sophomore	Chaffey	31.74m	104' 2"	-
16	Daniel Peeden	Sophomore	San Bernardino Valley	31.49m	103' 4"	-
18	Francisco Martinez	Freshman	Antelope Valley	28.83m	94' 7"	-
	Nelson Ford	Freshman	Antelope Valley	NM	NM	-

Men's Javelin Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	DAMANI BROWN	Freshman	Chaffey	58.18m	190' 10"	10
3	Damien Drolet	Freshman	San Diego Mesa	43.11m	141' 5"	6
4	Stephen Rubio	Sophomore	Cuyamaca	41.98m	137' 9"	5
5	Joseph Hall	Freshman	Cuyamaca	41.70m	136' 10"	4
7	Gilbert Navarro	Freshman	San Diego Mesa	40.01m	131' 3"	2
8	Nick Christie	Freshman	Cuyamaca	38.41m	126' 0"	1
9	Edward Argueta	Freshman	Rio Hondo	38.23m	125' 5"	-
10	Calbert McKie	Freshman	San Bernardino Valley	35.96m	118' 0"	-
11	Jonathan Mortimore	Freshman	Cuyamaca	34.53m	113' 3"	-
17	Stephen Coburn	Freshman	San Diego Mesa	30.14m	98' 11"	-
	Kyle Kahler	Freshman	San Diego Mesa	NM	NM	-

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Foothill Conference Championships

April 22-29, 2011 | Antelope Valley - Lancaster, CA

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

Women's 100 Meters Finals

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Ashley Le Grand	Freshman	Antelope Valley	12.24	10
2	Brianna Ellis	Freshman	San Diego Mesa	12.32	7
2	Francis Wright	Sophomore	San Bernardino Valley	12.32	7
4	Elena Jefferson	Freshman	Palomar	12.45	5
5	SHERMAIN LEWIS	Freshman	Chaffey	12.64	4
6	Kyaundra Davis	Freshman	Southwestern	12.70	3
7	Brittany Hollie	Freshman	Southwestern	12.97	2
8	MAREKA T. CLARK	Sophomore	Chaffey	13.02	1
9	Leiah Flores	Freshman	San Diego Mesa	13.08	-

Women's 100 Meters Preliminaries

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	WIND
1	Brianna Ellis	Freshman	San Diego Mesa	12.38	1.5
2	Francis Wright	Sophomore	San Bernardino Valley	12.41	2.8
3	Ashley Le Grand	Freshman	Antelope Valley	12.42	-0.6
4	Kyaundra Davis	Freshman	Southwestern	12.61	2.8
5	SHERMAIN LEWIS	Freshman	Chaffey	12.87	1.5
5	Elena Jefferson	Freshman	Palomar	12.87	-0.6
7	Brittany Hollie	Freshman	Southwestern	13.02	1.5
8	MAREKA T. CLARK	Sophomore	Chaffey	13.04	2.8
9	Leiah Flores	Freshman	San Diego Mesa	13.15	1.5
10	Sasha Duran	Freshman	Palomar	13.17	2.8
11	Kristen Bethea	Freshman	San Diego Mesa	13.32	1.5
12	Sabine Ismay	Freshman	San Diego Mesa	13.46	2.8
13	Amia O'Neal	Freshman	Southwestern	13.49	-0.6
14	Tia Fuqua	Freshman	Southwestern	13.57	-0.6
15	Corinne Hoody	Sophomore	Cuyamaca	13.97	-0.6
16	Derrinika Joiner	Freshman	San Diego Mesa	14.14	1.5
17	Kathleen Ramirez	Freshman	San Bernardino Valley	14.24	-0.6
18	Aundraya Rios	Freshman	Rio Hondo	14.73	1.5
18	Mercy Yamono	Freshman	Palomar	14.73	2.8
20	Jessica Coffey	Freshman	San Bernardino Valley	15.14	2.8

Women's 100 Meters Preliminaries Heat 1

W: 1.5

PL	NAME	YEAR	TEAM	TIME
1	Brianna Ellis	Freshman	San Diego Mesa	12.38
5	SHERMAIN LEWIS	Freshman	Chaffey	12.87
7	Brittany Hollie	Freshman	Southwestern	13.02
9	Leiah Flores	Freshman	San Diego Mesa	13.15
11	Kristen Bethea	Freshman	San Diego Mesa	13.32
16	Derrinika Joiner	Freshman	San Diego Mesa	14.14
18	Aundraya Rios	Freshman	Rio Hondo	14.73

Women's 100 Meters Preliminaries Heat 2

W: 2.8


PL	NAME	YEAR	TEAM	TIME
2	Francis Wright	Sophomore	San Bernardino Valley	12.41
4	Kyaundra Davis	Freshman	Southwestern	12.61
8	MAREKA T. CLARK	Sophomore	Chaffey	13.04
10	Sasha Duran	Freshman	Palomar	13.17
12	Sabine Ismay	Freshman	San Diego Mesa	13.46
18	Mercy Yamono	Freshman	Palomar	14.73
20	Jessica Coffey	Freshman	San Bernardino Valley	15.14

Women's 100 Meters Preliminaries Heat 3

W: -0.6


PL	NAME	YEAR	TEAM	TIME
3	Ashley Le Grand	Freshman	Antelope Valley	12.42
5	Elena Jefferson	Freshman	Palomar	12.87
13	Amia O'Neal	Freshman	Southwestern	13.49
14	Tia Fuqua	Freshman	Southwestern	13.57
15	Corinne Hoody	Sophomore	Cuyamaca	13.97
17	Kathleen Ramirez	Freshman	San Bernardino Valley	14.24

Women's 200 Meters Finals

 Top↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Ashley Le Grand	Freshman	Antelope Valley	25.38	10
2	TYRA CRAWFORD	Freshman	Chaffey	25.41	8
3	Brianna Ellis	Freshman	San Diego Mesa	25.72	6
4	Elena Jefferson	Freshman	Palomar	25.87	5
5	Francis Wright	Sophomore	San Bernardino Valley	25.92	4
6	BRIANNA L. ATKINS	Sophomore	Chaffey	26.35	3
7	Demi Lucero	Freshman	Palomar	27.11	2
8	Stephanie Wilkinson	Freshman	Palomar	27.40	1
9	LAUREN LAKEY	Freshman	Chaffey	27.53	-

Women's 200 Meters Preliminaries

 Top↑

PL	NAME	YEAR	TEAM	TIME	WIND
1	BRIANNA L. ATKINS	Sophomore	Chaffey	25.28	1.0
2	TYRA CRAWFORD	Freshman	Chaffey	25.35	1.9
3	Brianna Ellis	Freshman	San Diego Mesa	25.88	0.6
4	Elena Jefferson	Freshman	Palomar	26.17	0.6
5	Ashley Le Grand	Freshman	Antelope Valley	25.42	1.0
6	Francis Wright	Sophomore	San Bernardino Valley	26.20	1.0
7	Demi Lucero	Freshman	Palomar	26.21	0.6
8	Stephanie Wilkinson	Freshman	Palomar	26.60	1.0
9	LAUREN LAKEY	Freshman	Chaffey	26.63	0.6
10	Leah Spain	Freshman	San Diego Mesa	26.84	1.9
11	Kyaundra Davis	Freshman	Southwestern	27.12	0.6
12	Ebony James	Sophomore	San Bernardino Valley	27.37	1.9
13	Sasha Duran	Freshman	Palomar	27.75	1.9
14	Tia Fuqua	Freshman	Southwestern	27.86	0.6
15	Kristen Bethea	Freshman	San Diego Mesa	27.93	0.6
16	Ariel Concepcion	Freshman	Palomar	28.00	1.9
17	Leiah Flores	Freshman	San Diego Mesa	28.15	0.6
18	Martiniquia Patton	Freshman	Palomar	28.46	1.0
19	Angela Flores	Freshman	San Diego Mesa	28.52	1.0
20	Amia O'Neal	Freshman	Southwestern	28.57	0.6
21	Kathleen Ramirez	Freshman	San Bernardino Valley	29.47	0.6
22	Christine Lopez	Freshman	Rio Hondo	29.61	0.6
23	Aundraya Rios	Freshman	Rio Hondo	30.22	1.0
24	Mercy Yamono	Freshman	Palomar	31.04	0.6
25	Corinne Hoody	Sophomore	Cuyamaca	34.18	1.9
26	Jannete Acosta	Freshman	Rio Hondo	35.30	0.6

Women's 200 Meters Preliminaries Heat 1
W: 1.9

PL	NAME	YEAR	TEAM	TIME
2	TYRA CRAWFORD	Freshman	Chaffey	25.35
10	Leah Spain	Freshman	San Diego Mesa	26.84
12	Ebony James	Sophomore	San Bernardino Valley	27.37
13	Sasha Duran	Freshman	Palomar	27.75
16	Ariel Concepcion	Freshman	Palomar	28.00
25	Corinne Hoody	Sophomore	Cuyamaca	34.18

Women's 200 Meters Preliminaries Heat 2
W: 0.6


PL	NAME	YEAR	TEAM	TIME
3	Brianna Ellis	Freshman	San Diego Mesa	25.88
7	Demi Lucero	Freshman	Palomar	26.21
11	Kyaundra Davis	Freshman	Southwestern	27.12
17	Leiah Flores	Freshman	San Diego Mesa	28.15
20	Amia O'Neal	Freshman	Southwestern	28.57
24	Mercy Yamono	Freshman	Palomar	31.04
26	Jannete Acosta	Freshman	Rio Hondo	35.30

Women's 200 Meters Preliminaries Heat 3
W: 1.0


PL	NAME	YEAR	TEAM	TIME
1	BRIANNA L. ATKINS	Sophomore	Chaffey	25.28
5	Ashley Le Grand	Freshman	Antelope Valley	25.42
6	Francis Wright	Sophomore	San Bernardino Valley	26.20
8	Stephanie Wilkinson	Freshman	Palomar	26.60
18	Martiniquia Patton	Freshman	Palomar	28.46
19	Angela Flores	Freshman	San Diego Mesa	28.52
23	Aundraya Rios	Freshman	Rio Hondo	30.22

Women's 200 Meters Preliminaries Heat 4
W: 0.6

PL	NAME	YEAR	TEAM	TIME
4	Elena Jefferson	Freshman	Palomar	26.17
9	LAUREN LAKEY	Freshman	Chaffey	26.63
14	Tia Fuqua	Freshman	Southwestern	27.86
15	Kristen Bethea	Freshman	San Diego Mesa	27.93
21	Kathleen Ramirez	Freshman	San Bernardino Valley	29.47
22	Christine Lopez	Freshman	Rio Hondo	29.61


Women's 400 Meters
 **Top ↑**

PL	NAME	YEAR	TEAM	TIME	SC
1	BRIANNA L. ATKINS	Sophomore	Chaffey	57.10	10
2	TYRA CRAWFORD	Freshman	Chaffey	57.84	8
3	Shanea Miller	Freshman	Antelope Valley	58.77	6
4	Demi Lucero	Freshman	Palomar	59.52	5
5	LAUREN LAKEY	Freshman	Chaffey	59.59	4
6	Leah Spain	Freshman	San Diego Mesa	59.80	3
7	Stephanie Wilkinson	Freshman	Palomar	1:00.10	2
8	Christine Lopez	Freshman	Rio Hondo	1:05.02	1
9	Aundraya Rios	Freshman	Rio Hondo	1:09.99	-

Women's 800 Meters Finals
 **Top ↑**

PL	NAME	YEAR	TEAM	TIME	SC
1	Ayded Reyes	Freshman	Southwestern	2:24.62	10
2	Aylin Mejia	Freshman	Southwestern	2:27.28	8
3	Angela Flores	Freshman	San Diego Mesa	2:27.69	6
4	Tanya Valenzuela	Sophomore	Southwestern	2:29.71	5
5	Nicole Buck	Freshman	Palomar	2:33.20	4
6	Damanjot Kaur	Freshman	San Bernardino Valley	2:34.63	3
7	Heather Mort	Freshman	Cuyamaca	2:36.50	2
8	La'Nesha Youngblood	Freshman	San Bernardino Valley	2:52.89	1
9	Nadine Whann	Freshman	Palomar	2:54.92	-

Women's 800 Meters Preliminaries

 Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Anaiz Ortiz	Sophomore	Antelope Valley	2:20.33
2	Ayded Reyes	Freshman	Southwestern	2:20.35
3	Aylin Mejia	Freshman	Southwestern	2:22.49
4	Nicole Buck	Freshman	Palomar	2:23.22
5	Angela Flores	Freshman	San Diego Mesa	2:23.38
6	Tanya Valenzuela	Sophomore	Southwestern	2:24.89
7	Damanjot Kaur	Freshman	San Bernardino Valley	2:32.37
8	La'Nesha Youngblood	Freshman	San Bernardino Valley	2:33.71
9	Heather Mort	Freshman	Cuyamaca	2:34.12
10	Nadine Whann	Freshman	Palomar	2:40.32
11	Gabriela Rivas	Freshman	Cuyamaca	2:40.34
12	Cassandra Osgood	Freshman	Palomar	2:43.94
13	Kimberly Trapp	Freshman	Antelope Valley	2:47.65
14	Mayra Olea	Freshman	Palomar	3:10.81


Women's 800 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	Anaiz Ortiz	Sophomore	Antelope Valley	2:20.33
4	Nicole Buck	Freshman	Palomar	2:23.22
6	Tanya Valenzuela	Sophomore	Southwestern	2:24.89
8	La'Nesha Youngblood	Freshman	San Bernardino Valley	2:33.71
10	Nadine Whann	Freshman	Palomar	2:40.32
11	Gabriela Rivas	Freshman	Cuyamaca	2:40.34
14	Mayra Olea	Freshman	Palomar	3:10.81

Women's 800 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
2	Ayded Reyes	Freshman	Southwestern	2:20.35
3	Aylin Mejia	Freshman	Southwestern	2:22.49
5	Angela Flores	Freshman	San Diego Mesa	2:23.38
7	Damanjot Kaur	Freshman	San Bernardino Valley	2:32.37
9	Heather Mort	Freshman	Cuyamaca	2:34.12
12	Cassandra Osgood	Freshman	Palomar	2:43.94
13	Kimberly Trapp	Freshman	Antelope Valley	2:47.65

Women's 1500 Meters

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Anaiz Ortiz	Sophomore	Antelope Valley	4:54.65	10
2	Aylin Mejia	Freshman	Southwestern	4:55.91	8
3	Ayded Reyes	Freshman	Southwestern	4:58.09	6
4	Danielle Chavarria	Freshman	Antelope Valley	5:03.91	5
5	Jacqueline Kaste	Sophomore	Palomar	5:05.87	4
6	Nadine Mulvany	Sophomore	Southwestern	5:21.09	3
7	Nicole Buck	Freshman	Palomar	5:25.51	2
8	Damanjot Kaur	Freshman	San Bernardino Valley	5:29.44	1
9	Kathryn Bouvatte	Freshman	Palomar	5:31.65	-
10	Maby Castan	Freshman	Southwestern	6:00.61	-

Women's 5000 Meters

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Ayded Reyes	Freshman	Southwestern	19:05.37	10
2	Aylin Mejia	Freshman	Southwestern	19:07.46	8
3	Tanya Valenzuela	Sophomore	Southwestern	19:24.57	6
4	Nadine Mulvany	Sophomore	Southwestern	19:30.33	5
5	Danielle Chavarria	Freshman	Antelope Valley	19:33.47	4
6	Jacqueline Kaste	Sophomore	Palomar	19:43.43	3
7	Paola Gonzalez	Freshman	Antelope Valley	19:47.02	2
8	Kimberly Dominguez	Freshman	Rio Hondo	19:57.31	1
9	Kathryn Bouvatte	Freshman	Palomar	19:59.44	-
10	April Lembi	Freshman	San Diego Mesa	20:13.58	-
11	Caitlin Choate	Sophomore	Antelope Valley	20:30.65	-
12	Valerie Hycz	Freshman	Southwestern	20:33.47	-
13	Susanne Andresen	Sophomore	Palomar	20:53.49	-
14	Dominique Harvey	Freshman	Palomar	21:00.75	-
15	Jennifer Schefski	Freshman	San Diego Mesa	21:12.45	-
16	Charity Schroeder	Freshman	Antelope Valley	21:14.00	-
17	Maby Castan	Freshman	Southwestern	22:13.60	-
18	Marcia Villavicencio	Freshman	San Diego Mesa	22:26.24	-
19	Annalee Mendoza	Freshman	Cuyamaca	22:38.28	-
20	Mary Waters	Freshman	Palomar	23:43.77	-

Women's 10,000 Meters

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Aylin Mejia	Freshman	Southwestern	38:58.71	10
2	Ayded Reyes	Freshman	Southwestern	39:17.22	8
3	Nadine Mulvany	Sophomore	Southwestern	39:34.39	6
4	Kimberly Dominguez	Freshman	Rio Hondo	40:10.90	5
5	Tanya Valenzuela	Sophomore	Southwestern	40:41.45	4
6	Valerie Hycz	Freshman	Southwestern	40:53.34	3
7	Dominique Harvey	Freshman	Palomar	42:12.91	2
8	Caitlin Choate	Sophomore	Antelope Valley	43:16.14	1
9	Charity Schroeder	Freshman	Antelope Valley	43:38.07	-
10	Jennifer Schefski	Freshman	San Diego Mesa	44:16.13	-
11	Maby Castan	Freshman	Southwestern	45:45.66	-
12	Annalee Mendoza	Freshman	Cuyamaca	47:06.30	-
13	Megan Hicks	Sophomore	Palomar	47:09.35	-
14	Kate Leidiger	Freshman	Cuyamaca	47:12.24	-

Women's 100 Hurdles

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Brittany Hollie	Freshman	Southwestern	14.88	10
2	Kimberly Gossmeier	Freshman	Cuyamaca	15.72	8
3	Sabine Ismay	Freshman	San Diego Mesa	16.29	6
4	Megan Bourasa	Freshman	Palomar	17.67	5
5	Tia Fuqua	Freshman	Southwestern	18.91	4
6	Jannete Acosta	Freshman	Rio Hondo	22.37	3
7	REYVEN WILLIAMS	Freshman	Chaffey	29.32	2

Women's 400 Hurdles Finals

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Jessica Flax	Freshman	Antelope Valley	1:04.67	10
2	REYVEN WILLIAMS	Freshman	Chaffey	1:07.21	8
3	Ebony James	Sophomore	San Bernardino Valley	1:07.71	6
4	BRIKEL BAILEY	Freshman	Chaffey	1:08.34	5
5	Martiniquia Patton	Freshman	Palomar	1:09.50	4
6	Brittany Hollie	Freshman	Southwestern	1:09.55	3
7	Kimberly Gossmeier	Freshman	Cuyamaca	1:09.84	2
8	Sabine Ismay	Freshman	San Diego Mesa	1:12.53	1
9	Megan Bourasa	Freshman	Palomar	1:21.81	-

Women's 400 Hurdles Preliminaries

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME
1	Jessica Flax	Freshman	Antelope Valley	1:04.93
2	BRIKEL BAILEY	Freshman	Chaffey	1:06.79
3	Ebony James	Sophomore	San Bernardino Valley	1:07.41
4	Kimberly Gossmeier	Freshman	Cuyamaca	1:07.99
5	Brittany Hollie	Freshman	Southwestern	1:08.08
6	Martiniquia Patton	Freshman	Palomar	1:09.20
7	REYVEN WILLIAMS	Freshman	Chaffey	1:09.29
8	Sabine Ismay	Freshman	San Diego Mesa	1:12.64
9	Megan Bourasa	Freshman	Palomar	1:15.63
10	Alyssa Soto	Freshman	Palomar	1:17.22

Women's 400 Hurdles Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	BRIKEL BAILEY	Freshman	Chaffey	1:06.79
3	Ebony James	Sophomore	San Bernardino Valley	1:07.41
5	Brittany Hollie	Freshman	Southwestern	1:08.08
6	Martiniquia Patton	Freshman	Palomar	1:09.20
7	REYVEN WILLIAMS	Freshman	Chaffey	1:09.29
9	Megan Bourasa	Freshman	Palomar	1:15.63

Women's 400 Hurdles Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Jessica Flax	Freshman	Antelope Valley	1:04.93
4	Kimberly Gossmeier	Freshman	Cuyamaca	1:07.99
8	Sabine Ismay	Freshman	San Diego Mesa	1:12.64
10	Alyssa Soto	Freshman	Palomar	1:17.22

Women's 3000 Steeplechase

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Tanya Valenzuela	Sophomore	Southwestern	12:21.21	10
2	Susanne Andresen	Sophomore	Palomar	12:31.55	8
3	Nadine Mulvany	Sophomore	Southwestern	12:32.99	6
4	Valerie Hycz	Freshman	Southwestern	13:05.16	5
5	Megan Hicks	Sophomore	Palomar	14:44.56	4
6	Nadine Whann	Freshman	Palomar	14:48.46	3

Women's 4 x 100 Relay

[Top ↑](#)

PL	TEAM	ATHLETES	TIME	SC
1	Chaffey	Mareka T. Clark, Tyra Crawford, Shermain Lewis, Lauren Lakey	48.17	10
2	Antelope Valley	Jessica Flax, Ashley Le Grand, Shaneka Marshall, Shanea Miller	49.04	8
3	Palomar	Sasha Duran, Elena Jefferson, Demi Lucero, Stephanie Wilkinson	49.39	6
4	San Diego Mesa	Leiah Flores, Brianna Ellis, Angela Flores, Leah Spain	49.46	5
5	Southwestern	Tia Fuqua, Kyaundra Davis, Amia O'Neal, Brittany Hollie	50.18	4
6	San Bernardino Valley	La'Nesha Youngblood, Francis Wright, Briana McKie, Ebony James	51.14	3

Women's 4 x 400 Relay

[Top ↑](#)

PL	TEAM	ATHLETES	TIME	SC
1	Chaffey	Brianna L. Atkins, Brikel Bailey, Lauren Lakey, Tyra Crawford	4:02.74	10
2	Palomar	Elena Jefferson, Demi Lucero, Stephanie Wilkinson, Ariel Concepcion	4:06.98	8
3	Antelope Valley	Jessica Flax, Shanea Miller, Anaiz Ortiz, Ashley Le Grand	4:11.25	6
4	San Diego Mesa	Brianna Ellis, Angela Flores, Sabine Ismay, Leah Spain	4:20.32	5
5	San Bernardino Valley	La'Nesha Youngblood, Francis Wright, Briana McKie, Damanjot Kaur	4:36.3	4
6	Southwestern	Amia O'Neal, Tia Fuqua, Brittany Hollie, Jessica Redding	4:51.3	3

Women's High Jump

[Top ↑](#)

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Santana Alford	Freshman	Antelope Valley	1.53m	5' 0.25"	10
2	Briana McKie	Freshman	San Bernardino Valley	1.48m	4' 10.25"	8
3	Ebony James	Sophomore	San Bernardino Valley	1.43m	4' 8.25"	5.5
3	Charlene Moseley	Freshman	Cuyamaca	1.43m	4' 8.25"	5.5
5	Jessica Redding	Freshman	Southwestern	1.33m	4' 4.25"	4
6	Jessica Coffey	Freshman	San Bernardino Valley	1.33m	4' 4.25"	3
7	Angela Flores	Freshman	San Diego Mesa	1.33m	4' 4.25"	2
8	Stephanie Hollis	Freshman	San Diego Mesa	1.28m	4' 2.25"	1
9	Anneke Bulthuis	Freshman	Palomar	1.28m	4' 2.25"	-
	Ashley Slayton	Freshman	San Bernardino Valley	NH	NH	-
	Adriana Olinger	Sophomore	Palomar	NH	NH	-

Women's Pole Vault

[Top ↑](#)

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Michelle Morris	Freshman	Palomar	9' 7"	2.92m	10
2	Toungvi Cao	Freshman	Palomar	8' 7"	2.61m	8
3	Amanda Meidinger	Sophomore	San Diego Mesa	8' 1"	2.46m	6
4	Alyssa Soto	Freshman	Palomar	8' 1"	2.46m	5
5	Anna Atangan	Freshman	San Diego Mesa	7' 1"	2.15m	4
6	Leah Spain	Freshman	San Diego Mesa	6' 7"	2.00m	3
	Kaitlyn Fusco	Freshman	Cuyamaca	NH	NH	-

Women's Long Jump

[Top ↑](#)

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Elena Jefferson	Freshman	Palomar	5.16m	16' 11.25"	10
2	MAREKA T. CLARK	Sophomore	Chaffey	5.13m	16' 10"	8
3	Shaneka Marshall	Freshman	Antelope Valley	4.91m	16' 1.5"	5.5
3	Brianna Ellis	Freshman	San Diego Mesa	4.91m	16' 1.5"	5.5
5	Maureen Ezechukwu	Freshman	Antelope Valley	4.82m	15' 9.75"	4
6	Ebony James	Sophomore	San Bernardino Valley	4.78m	15' 8.25"	3
7	Ariel Concepcion	Freshman	Palomar	4.76m	15' 7.5"	2
8	Kristen Bethea	Freshman	San Diego Mesa	4.71m	15' 5.5"	1
9	Kyaundra Davis	Freshman	Southwestern	4.70m	15' 5"	-
10	Jessica Redding	Freshman	Southwestern	4.56m	14' 11.5"	-
11	Briana McKie	Freshman	San Bernardino Valley	4.53m	14' 10.5"	-
12	Megan Bourasa	Freshman	Palomar	4.51m	14' 9.75"	-
13	Tia Fuqua	Freshman	Southwestern	4.43m	14' 6.5"	-
14	Leiah Flores	Freshman	San Diego Mesa	4.38m	14' 4.5"	-
15	Stephanie Hollis	Freshman	San Diego Mesa	4.34m	14' 3"	-
15	Jessica Coffey	Freshman	San Bernardino Valley	4.34m	14' 3"	-
17	Derrinika Joiner	Freshman	San Diego Mesa	4.26m	13' 11.75"	-
18	Kathleen Ramirez	Freshman	San Bernardino Valley	4.00m	13' 1.5"	-

Women's Long Jump Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
3	Brianna Ellis	Freshman	San Diego Mesa	4.91m	16' 1.5"	5.5
8	Kristen Bethea	Freshman	San Diego Mesa	4.71m	15' 5.5"	1
9	Kyaundra Davis	Freshman	Southwestern	4.70m	15' 5"	-
10	Jessica Redding	Freshman	Southwestern	4.56m	14' 11.5"	-
13	Tia Fuqua	Freshman	Southwestern	4.43m	14' 6.5"	-
15	Stephanie Hollis	Freshman	San Diego Mesa	4.34m	14' 3"	-
15	Jessica Coffey	Freshman	San Bernardino Valley	4.34m	14' 3"	-
18	Kathleen Ramirez	Freshman	San Bernardino Valley	4.00m	13' 1.5"	-

Women's Long Jump Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Elena Jefferson	Freshman	Palomar	5.16m	16' 11.25"	10
2	MAREKA T. CLARK	Sophomore	Chaffey	5.13m	16' 10"	8
3	Shaneka Marshall	Freshman	Antelope Valley	4.91m	16' 1.5"	5.5
5	Maureen Ezechukwu	Freshman	Antelope Valley	4.82m	15' 9.75"	4
6	Ebony James	Sophomore	San Bernardino Valley	4.78m	15' 8.25"	3
7	Ariel Concepcion	Freshman	Palomar	4.76m	15' 7.5"	2
11	Briana McKie	Freshman	San Bernardino Valley	4.53m	14' 10.5"	-
12	Megan Bourasa	Freshman	Palomar	4.51m	14' 9.75"	-
14	Leiah Flores	Freshman	San Diego Mesa	4.38m	14' 4.5"	-
17	Derrinika Joiner	Freshman	San Diego Mesa	4.26m	13' 11.75"	-

Women's Triple Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	MAREKA T. CLARK	Sophomore	Chaffey	11.44m	37' 6.5"	10
2	Maureen Ezechukwu	Freshman	Antelope Valley	11.04m	36' 2.75"	8
3	Elena Jefferson	Freshman	Palomar	10.68m	35' 0.5"	6
4	Kyaundra Davis	Freshman	Southwestern	10.53m	34' 6.75"	5
5	Briana McKie	Freshman	San Bernardino Valley	10.48m	34' 4.75"	4
6	Derrinika Joiner	Freshman	San Diego Mesa	9.94m	32' 7.5"	3
7	Megan Bourasa	Freshman	Palomar	9.78m	32' 1"	2
8	Leiah Flores	Freshman	San Diego Mesa	9.73m	31' 11.25"	1
9	Stephanie Hollis	Freshman	San Diego Mesa	9.72m	31' 10.75"	-

Women's Shot Put

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Cassandra Kennison	Freshman	San Diego Mesa	13.42m	44' 0.5"	10
2	Brianna Jefferson	Freshman	Antelope Valley	10.65m	34' 11.25"	8
3	Halei Warren	Freshman	San Diego Mesa	10.41m	34' 2"	6
4	Deanna Doss	Freshman	Palomar	10.28m	33' 8.75"	5
5	Carolina Toledo	Freshman	Cuyamaca	10.08m	33' 1"	4
6	Briana McKie	Freshman	San Bernardino Valley	9.77m	32' 0.75"	3
7	Alesha Zeigler	Freshman	Southwestern	9.74m	31' 11.5"	2
8	Linda Arnaud	Freshman	San Diego Mesa	9.49m	31' 1.75"	1
9	Anneke Bulthuis	Freshman	Palomar	9.39m	30' 9.75"	-
10	Sheena Lewis	Freshman	San Diego Mesa	9.10m	29' 10.25"	-
11	Leticia Memea	Freshman	Southwestern	8.87m	29' 1.25"	-
12	Amia O'Neal	Freshman	Southwestern	8.17m	26' 9.75"	-
13	Raeniece Barnett	Freshman	San Bernardino Valley	7.91m	25' 11.5"	-
14	Chelsey Stefan	Sophomore	Southwestern	6.86m	22' 6.25"	-

Women's Shot Put Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
6	Briana McKie	Freshman	San Bernardino Valley	9.77m	32' 0.75"	3
9	Anneke Bulthuis	Freshman	Palomar	9.39m	30' 9.75"	-
10	Sheena Lewis	Freshman	San Diego Mesa	9.10m	29' 10.25"	-
12	Amia O'Neal	Freshman	Southwestern	8.17m	26' 9.75"	-
13	Raeniece Barnett	Freshman	San Bernardino Valley	7.91m	25' 11.5"	-
14	Chelsey Stefan	Sophomore	Southwestern	6.86m	22' 6.25"	-

Women's Shot Put Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Cassandra Kennison	Freshman	San Diego Mesa	13.42m	44' 0.5"	10
2	Brianna Jefferson	Freshman	Antelope Valley	10.65m	34' 11.25"	8
3	Halei Warren	Freshman	San Diego Mesa	10.41m	34' 2"	6
4	Deanna Doss	Freshman	Palomar	10.28m	33' 8.75"	5
5	Carolina Toledo	Freshman	Cuyamaca	10.08m	33' 1"	4
7	Alesha Zeigler	Freshman	Southwestern	9.74m	31' 11.5"	2
8	Linda Arnaud	Freshman	San Diego Mesa	9.49m	31' 1.75"	1
11	Leticia Memea	Freshman	Southwestern	8.87m	29' 1.25"	-

Women's Discus

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Sheena Lewis	Freshman	San Diego Mesa	40.42m	132' 7"	10
2	Brianna Jefferson	Freshman	Antelope Valley	40.28m	132' 2"	8
3	Deanna Doss	Freshman	Palomar	37.53m	123' 1"	6
4	Carolina Toledo	Freshman	Cuyamaca	37.49m	123' 0"	5
5	Alesha Zeigler	Freshman	Southwestern	35.97m	118' 0"	4
6	Linda Arnaud	Freshman	San Diego Mesa	35.02m	114' 11"	3
7	Cassandra Kennison	Freshman	San Diego Mesa	34.23m	112' 4"	2
8	Anneke Bulthuis	Freshman	Palomar	33.81m	110' 11"	1
9	Alexa Wright	Freshman	Antelope Valley	33.72m	110' 7"	-
10	Lakesha Beh	Freshman	San Bernardino Valley	29.95m	98' 3"	-
11	Raeniece Barnett	Freshman	San Bernardino Valley	29.17m	95' 8"	-
12	Chelsey Stefan	Sophomore	Southwestern	28.73m	94' 3"	-
13	Halei Warren	Freshman	San Diego Mesa	27.94m	91' 8"	-
14	Briana McKie	Freshman	San Bernardino Valley	27.34m	89' 8"	-
15	Erica Anthony	Freshman	San Bernardino Valley	24.27m	79' 7"	-
	Leticia Memea	Freshman	Southwestern	NM	NM	-

Women's Discus Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
6	Linda Arnaud	Freshman	San Diego Mesa	35.02m	114' 11"	3
8	Anneke Bulthuis	Freshman	Palomar	33.81m	110' 11"	1
11	Raeniece Barnett	Freshman	San Bernardino Valley	29.17m	95' 8"	-
13	Halei Warren	Freshman	San Diego Mesa	27.94m	91' 8"	-
14	Briana McKie	Freshman	San Bernardino Valley	27.34m	89' 8"	-
15	Erica Anthony	Freshman	San Bernardino Valley	24.27m	79' 7"	-
	Leticia Memea	Freshman	Southwestern	NM	NM	-

Women's Discus Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Sheena Lewis	Freshman	San Diego Mesa	40.42m	132' 7"	10
2	Brianna Jefferson	Freshman	Antelope Valley	40.28m	132' 2"	8
3	Deanna Doss	Freshman	Palomar	37.53m	123' 1"	6
4	Carolina Toledo	Freshman	Cuyamaca	37.49m	123' 0"	5
5	Alesha Zeigler	Freshman	Southwestern	35.97m	118' 0"	4
7	Cassandra Kennison	Freshman	San Diego Mesa	34.23m	112' 4"	2
9	Alexa Wright	Freshman	Antelope Valley	33.72m	110' 7"	-
10	Lakesha Beh	Freshman	San Bernardino Valley	29.95m	98' 3"	-
12	Chelsey Stefan	Sophomore	Southwestern	28.73m	94' 3"	-

Women's Hammer

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Brianna Jefferson	Freshman	Antelope Valley	45.40m	148' 11"	10
2	Cassandra Kennison	Freshman	San Diego Mesa	38.65m	126' 10"	8
3	Carolina Toledo	Freshman	Cuyamaca	35.94m	117' 11"	6
4	Sheena Lewis	Freshman	San Diego Mesa	35.53m	116' 7"	5
5	Leticia Memea	Freshman	Southwestern	33.23m	109' 0"	4
6	Deanna Doss	Freshman	Palomar	32.36m	106' 2"	3
7	Linda Arnaud	Freshman	San Diego Mesa	30.54m	100' 2"	2
8	Parizod Sharafutdinova	Freshman	Palomar	30.21m	99' 1"	1
9	Alesha Zeigler	Freshman	Southwestern	27.23m	89' 4"	-
10	Alexa Wright	Freshman	Antelope Valley	22.78m	74' 9"	-
11	Chelsey Stefan	Sophomore	Southwestern	21.55m	70' 8"	-

Women's Javelin

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Alesha Zeigler	Freshman	Southwestern	31.71m	104' 0"	10
2	Deanna Doss	Freshman	Palomar	30.53m	100' 2"	8
3	Halei Warren	Freshman	San Diego Mesa	30.32m	99' 6"	6
4	Linda Arnaud	Freshman	San Diego Mesa	29.43m	96' 7"	5
5	Carolina Toledo	Freshman	Cuyamaca	28.13m	92' 3"	4
6	Briana McKie	Freshman	San Bernardino Valley	24.10m	79' 1"	3
7	Erica Anthony	Freshman	San Bernardino Valley	23.01m	75' 6"	2
8	Parizod Sharafutdinova	Freshman	Palomar	22.52m	73' 11"	1
9	Lakesha Beh	Freshman	San Bernardino Valley	21.25m	69' 9"	-
10	Adriana Olinger	Sophomore	Palomar	20.75m	68' 1"	-
11	Leticia Memea	Freshman	Southwestern	20.48m	67' 2"	-
12	Chelsey Stefan	Sophomore	Southwestern	20.15m	66' 1"	-
	Anneke Bulthuis	Freshman	Palomar	NM	NM	-

Women's Javelin Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
6	Briana McKie	Freshman	San Bernardino Valley	24.10m	79' 1"	3
7	Erica Anthony	Freshman	San Bernardino Valley	23.01m	75' 6"	2
9	Lakesha Beh	Freshman	San Bernardino Valley	21.25m	69' 9"	-
10	Adriana Olinger	Sophomore	Palomar	20.75m	68' 1"	-
11	Leticia Memea	Freshman	Southwestern	20.48m	67' 2"	-

Women's Javelin Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Alesha Zeigler	Freshman	Southwestern	31.71m	104' 0"	10
2	Deanna Doss	Freshman	Palomar	30.53m	100' 2"	8
3	Halei Warren	Freshman	San Diego Mesa	30.32m	99' 6"	6
4	Linda Arnaud	Freshman	San Diego Mesa	29.43m	96' 7"	5
5	Carolina Toledo	Freshman	Cuyamaca	28.13m	92' 3"	4
8	Parizod Sharafutdinova	Freshman	Palomar	22.52m	73' 11"	1
12	Chelsey Stefan	Sophomore	Southwestern	20.15m	66' 1"	-
	Anneke Bulthuis	Freshman	Palomar	NM	NM	-



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