

## Pacific Coast Conference Championships

April 16-20, 2013 | San Bernardino Valley - San Bernardino, CA

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

Filter by Team ▼

### Men's 100 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	FABIAN GRIFFITH	Freshman	Chaffey	10.79	10
2	Jared Pickering	Sophomore	San Diego Mesa	10.82	8
3	DERRICK SMITH	Sophomore	Chaffey	11.04	6
4	WALTER FORD	Freshman	Chaffey	11.05	5
5	Kuantan Womach	Freshman	San Diego Mesa	11.24	4
6	Aaron Brummel	Freshman	San Diego Mesa	11.32	3
7	WILLIE DANDY	Freshman	Chaffey	11.33	2
8	Zorel Heyward-Fludd	Freshman	San Bernardino Valley	11.38	1
9	Denzel Brown	Sophomore	Southwestern	11.51	-

### Men's 100 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	FABIAN GRIFFITH	Freshman	Chaffey	11.24
2	Jared Pickering	Sophomore	San Diego Mesa	11.50
3	WALTER FORD	Freshman	Chaffey	11.60
4	DERRICK SMITH	Sophomore	Chaffey	11.50
5	Kuantan Womach	Freshman	San Diego Mesa	11.70
6	WILLIE DANDY	Freshman	Chaffey	11.80
7	Zorel Heyward-Fludd	Freshman	San Bernardino Valley	11.88
8	Denzel Brown	Sophomore	Southwestern	11.96
9	Aaron Brummel	Freshman	San Diego Mesa	12.00
10	ROBERT SMITH	Freshman	Chaffey	12.03
11	BRANDON BENNETT	Freshman	Chaffey	12.04
12	Justin Smith	Freshman	Southwestern	12.04
13	Paris Kinsey	Freshman	Southwestern	12.18
14	Daniel Walkow	Freshman	San Diego Mesa	12.19
15	Alex Waltower	Freshman	San Diego Mesa	12.34
16	Ian Manson	Freshman	Cuyamaca	12.34
17	Eugene Simmons	Freshman	Southwestern	12.41
18	Lawrence Walker	Freshman	San Diego Mesa	12.46
19	Ira Steele	Freshman	San Diego Mesa	12.90
	Marquise Corbett	Freshman	San Diego Mesa	NT
	Omar Cadenas	Freshman	San Diego Mesa	NT
	Dominique Gordon	Freshman	San Diego Mesa	NT
	Wilber Camacho	Sophomore	Southwestern	NT
	Brian Doss	Sophomore	San Bernardino Valley	NT
	MANJUSRI AMARASCKARA	Freshman	Chaffey	NT

### Men's 100 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	FABIAN GRIFFITH	Freshman	Chaffey	11.24
4	DERRICK SMITH	Sophomore	Chaffey	11.50
8	Denzel Brown	Sophomore	Southwestern	11.96
12	Justin Smith	Freshman	Southwestern	12.04
19	Ira Steele	Freshman	San Diego Mesa	12.90
	MANJUSRI AMARASCKARA	Freshman	Chaffey	NT
	Marquise Corbett	Freshman	San Diego Mesa	NT
	Omar Cadenas	Freshman	San Diego Mesa	NT
	Brian Doss	Sophomore	San Bernardino Valley	NT

### Men's 100 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
3	WALTER FORD	Freshman	Chaffey	11.60
5	Kuantan Womach	Freshman	San Diego Mesa	11.70
6	WILLIE DANDY	Freshman	Chaffey	11.80
9	Aaron Brummel	Freshman	San Diego Mesa	12.00
13	Paris Kinsey	Freshman	Southwestern	12.18
14	Daniel Walkow	Freshman	San Diego Mesa	12.19
17	Eugene Simmons	Freshman	Southwestern	12.41
	Dominique Gordon	Freshman	San Diego Mesa	NT

### Men's 100 Meters Preliminaries Heat 3

PL	NAME	YEAR	TEAM	TIME
2	Jared Pickering	Sophomore	San Diego Mesa	11.50
7	Zorel Heyward-Fludd	Freshman	San Bernardino Valley	11.88
10	ROBERT SMITH	Freshman	Chaffey	12.03
11	BRANDON BENNETT	Freshman	Chaffey	12.04
15	Alex Waltower	Freshman	San Diego Mesa	12.34
16	Ian Manson	Freshman	Cuyamaca	12.34
18	Lawrence Walker	Freshman	San Diego Mesa	12.46
	Wilber Camacho	Sophomore	Southwestern	NT

### Men's 200 Meters Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Jared Pickering	Sophomore	San Diego Mesa	21.50	10
2	Taylor Schneider	Sophomore	Cuyamaca	21.55	8
3	Nick Aly	Sophomore	San Diego Mesa	21.76	6
4	FABIAN GRIFFITH	Freshman	Chaffey	21.80	5
5	WALTER FORD	Freshman	Chaffey	22.22	4
6	Zach Kovach	Freshman	San Diego Mesa	22.41	3
7	Bob Myers	Freshman	San Diego Mesa	22.54	2
8	WILLIE DANDY	Freshman	Chaffey	22.93	1
9	Diante Ashby	Freshman	San Diego Mesa	23.22	-

Men's 200 Meters Preliminaries

PL	NAME	YEAR	TEAM	TIME
1	Jared Pickering	Sophomore	San Diego Mesa	22.08
2	Nick Aly	Sophomore	San Diego Mesa	22.24
3	Taylor Schneider	Sophomore	Cuyamaca	22.93
4	FABIAN GRIFFITH	Freshman	Chaffey	23.29
5	WALTER FORD	Freshman	Chaffey	22.42
6	Zach Kovach	Freshman	San Diego Mesa	22.57
7	Bob Myers	Freshman	San Diego Mesa	22.88
8	WILLIE DANDY	Freshman	Chaffey	23.15
9	Diante Ashby	Freshman	San Diego Mesa	23.34
10	Michael Picot	Freshman	San Diego Mesa	23.35
11	Kuantan Womach	Freshman	San Diego Mesa	23.39
12	Justin Smith	Freshman	Southwestern	23.42
13	BRANDON BENNETT	Freshman	Chaffey	23.45
14	Zorel Heyward-Fludd	Freshman	San Bernardino Valley	23.53
15	ROBERT SMITH	Freshman	Chaffey	23.73
16	Alex Waltower	Freshman	San Diego Mesa	23.76
17	LaDarrin Roach	Freshman	San Diego Mesa	23.84
18	Deantay Page	Freshman	Cuyamaca	23.89
19	Daniel Walkow	Freshman	San Diego Mesa	23.95
20	Aaron Brummel	Freshman	San Diego Mesa	23.98
21	Brian Bauer	Sophomore	San Diego Mesa	24.50
22	Ian Kirk	Freshman	San Bernardino Valley	24.53
23	Branden Greene	Freshman	Southwestern	24.55
24	Lawrence Walker	Freshman	San Diego Mesa	24.98
25	Denzel Brown	Sophomore	Southwestern	24.99
26	Paris Kinsey	Freshman	Southwestern	25.12
27	Kristopher Duperron	Freshman	Cuyamaca	25.23
28	JAELEN PEARSON	Freshman	Chaffey	25.29
29	Adolfo Hernandez	Freshman	San Diego Mesa	25.59
30	Ian Manson	Freshman	Cuyamaca	26.31
31	Ira Steele	Freshman	San Diego Mesa	26.40
	Chase Thurmond	Freshman	Southwestern	NT
	Wilber Camacho	Sophomore	Southwestern	NT
	Ja'Choree Brown	Freshman	Southwestern	NT
	Suavea Zaczkiwi	Freshman	San Diego Mesa	NT

Men's 200 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	Jared Pickering	Sophomore	San Diego Mesa	22.08
5	WALTER FORD	Freshman	Chaffey	22.42
7	Bob Myers	Freshman	San Diego Mesa	22.88
11	Kuantan Womach	Freshman	San Diego Mesa	23.39
13	BRANDON BENNETT	Freshman	Chaffey	23.45
15	ROBERT SMITH	Freshman	Chaffey	23.73
16	Alex Waltower	Freshman	San Diego Mesa	23.76
24	Lawrence Walker	Freshman	San Diego Mesa	24.98
29	Adolfo Hernandez	Freshman	San Diego Mesa	25.59

Men's 200 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
4	FABIAN GRIFFITH	Freshman	Chaffey	23.29
14	Zorel Heyward-Fludd	Freshman	San Bernardino Valley	23.53
17	LaDarrin Roach	Freshman	San Diego Mesa	23.84
22	Ian Kirk	Freshman	San Bernardino Valley	24.53
26	Paris Kinsey	Freshman	Southwestern	25.12
27	Kristopher Duperron	Freshman	Cuyamaca	25.23
28	JAELEN PEARSON	Freshman	Chaffey	25.29
31	Ira Steele	Freshman	San Diego Mesa	26.40
	Wilber Camacho	Sophomore	Southwestern	NT

## Men's 200 Meters Preliminaries Heat 3

PL	NAME	YEAR	TEAM	TIME
2	Nick Aly	Sophomore	San Diego Mesa	22.24
6	Zach Kovach	Freshman	San Diego Mesa	22.57
8	WILLIE DANDY	Freshman	Chaffey	23.15
9	Diante Ashby	Freshman	San Diego Mesa	23.34
12	Justin Smith	Freshman	Southwestern	23.42
18	Deantay Page	Freshman	Cuyamaca	23.89
	Chase Thurmond	Freshman	Southwestern	NT
	Ja'Choree Brown	Freshman	Southwestern	NT
	Suavea Zaczkiewi	Freshman	San Diego Mesa	NT

## Men's 200 Meters Preliminaries Heat 4

PL	NAME	YEAR	TEAM	TIME
3	Taylor Schneider	Sophomore	Cuyamaca	22.93
10	Michael Picot	Freshman	San Diego Mesa	23.35
19	Daniel Walkow	Freshman	San Diego Mesa	23.95
20	Aaron Brummel	Freshman	San Diego Mesa	23.98
21	Brian Bauer	Sophomore	San Diego Mesa	24.50
23	Branden Greene	Freshman	Southwestern	24.55
25	Denzel Brown	Sophomore	Southwestern	24.99
30	Ian Manson	Freshman	Cuyamaca	26.31

## Men's 400 Meters Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Nick Aly	Sophomore	San Diego Mesa	47.42	10
2	Taylor Schneider	Sophomore	Cuyamaca	47.79	8
3	Bob Myers	Freshman	San Diego Mesa	48.58	6
4	WILLIE JONES	Freshman	Chaffey	49.56	5
5	Michael Picot	Freshman	San Diego Mesa	49.97	4
6	Zach Kovach	Freshman	San Diego Mesa	50.63	3
7	KLYN STONE	Freshman	Chaffey	50.84	2
8	Zorel Heyward-Fludd	Freshman	San Bernardino Valley	51.54	1
	LaDarrin Roach	Freshman	San Diego Mesa	NT	-

## Men's 400 Meters Preliminaries

 Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Taylor Schneider	Sophomore	Cuyamaca	48.79
2	Nick Aly	Sophomore	San Diego Mesa	49.01
3	Bob Myers	Freshman	San Diego Mesa	49.75
4	WILLIE JONES	Freshman	Chaffey	49.63
5	Michael Picot	Freshman	San Diego Mesa	49.73
6	Zorel Heyward-Fludd	Freshman	San Bernardino Valley	49.75
7	LaDarrin Roach	Freshman	San Diego Mesa	49.78
8	Zach Kovach	Freshman	San Diego Mesa	50.04
9	KLYN STONE	Freshman	Chaffey	51.49
10	Ian Kirk	Freshman	San Bernardino Valley	51.51
11	Diante Ashby	Freshman	San Diego Mesa	51.76
12	Brian Bauer	Sophomore	San Diego Mesa	52.22
13	Kristopher Duperron	Freshman	Cuyamaca	53.02
14	Jesus Madrigal	Freshman	San Diego Mesa	53.25
15	Deantay Page	Freshman	Cuyamaca	53.45
16	Chase Thurmond	Freshman	Southwestern	54.36
17	Rolando Breton	Freshman	San Diego Mesa	55.30
18	Ja'Choree Brown	Freshman	Southwestern	56.33
19	JAELEN PEARSON	Freshman	Chaffey	56.85
20	Adolfo Hernandez	Freshman	San Diego Mesa	57.38
	Suavea Zaczkiewi	Freshman	San Diego Mesa	NT

## Men's 400 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	Taylor Schneider	Sophomore	Cuyamaca	48.79
5	Michael Picot	Freshman	San Diego Mesa	49.73
7	LaDarrin Roach	Freshman	San Diego Mesa	49.78
9	KLYN STONE	Freshman	Chaffey	51.49
12	Brian Bauer	Sophomore	San Diego Mesa	52.22
16	Chase Thurmond	Freshman	Southwestern	54.36
17	Rolando Breton	Freshman	San Diego Mesa	55.30

## Men's 400 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
2	Nick Aly	Sophomore	San Diego Mesa	49.01
4	WILLIE JONES	Freshman	Chaffey	49.63
6	Zorel Heyward-Fludd	Freshman	San Bernardino Valley	49.75
13	Kristopher Duperron	Freshman	Cuyamaca	53.02
18	Ja'Choree Brown	Freshman	Southwestern	56.33
20	Adolfo Hernandez	Freshman	San Diego Mesa	57.38
	Suavea Zaczkiewi	Freshman	San Diego Mesa	NT

### Men's 400 Meters Preliminaries Heat 3

PL	NAME	YEAR	TEAM	TIME
3	Bob Myers	Freshman	San Diego Mesa	49.75
8	Zach Kovach	Freshman	San Diego Mesa	50.04
10	Ian Kirk	Freshman	San Bernardino Valley	51.51
11	Diante Ashby	Freshman	San Diego Mesa	51.76
14	Jesus Madrigal	Freshman	San Diego Mesa	53.25
15	Deantay Page	Freshman	Cuyamaca	53.45
19	JAELEN PEARSON	Freshman	Chaffey	56.85

### Men's 800 Meters Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Albert Gamez	Freshman	San Diego Mesa	1:55.91	10
2	Ryan Maize	Freshman	Cuyamaca	1:56.24	8
3	Connor Macky	Sophomore	Cuyamaca	1:56.45	6
4	Leonardo Banales	Sophomore	Cuyamaca	1:58.47	5
5	David Spangler	Freshman	San Bernardino Valley	1:58.54	4
6	Karlan Smith	Freshman	San Bernardino Valley	1:59.87	3
7	Andrew Navarro	Freshman	San Diego Mesa	2:01.42	2
8	JOSE PENCE	Freshman	Chaffey	2:01.78	1
9	Christopher Hyden	Freshman	San Bernardino Valley	2:07.61	-

### Men's 800 Meters Preliminaries

 Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Leonardo Banales	Sophomore	Cuyamaca	1:57.47
2	Ryan Maize	Freshman	Cuyamaca	2:01.64
3	Albert Gamez	Freshman	San Diego Mesa	2:02.28
4	Connor Macky	Sophomore	Cuyamaca	2:00.25
5	Bob Myers	Freshman	San Diego Mesa	2:02.84
6	Karlan Smith	Freshman	San Bernardino Valley	2:03.59
7	Andrew Navarro	Freshman	San Diego Mesa	2:02.91
8	JOSE PENCE	Freshman	Chaffey	2:02.99
9	David Spangler	Freshman	San Bernardino Valley	2:04.02
10	Jordan Banuelos	Freshman	San Bernardino Valley	2:04.36
11	Christopher Hyden	Freshman	San Bernardino Valley	2:04.86
12	Michael Lovato	Freshman	San Diego Mesa	2:05.03
13	Antonio Hernandez	Freshman	San Diego Mesa	2:07.30
14	Christian Garcia	Freshman	San Bernardino Valley	2:07.73
15	Art Youngblood	Freshman	San Bernardino Valley	2:09.13
16	Jesse Beason	Sophomore	Cuyamaca	2:10.78
17	ANDREW S. TERRY	Freshman	Chaffey	2:12.47
18	MIKE ACOSTA	Freshman	Chaffey	2:17.56
19	Silvan Aeschlim	Freshman	San Diego Mesa	2:24.30
20	Jonathan Cui	Freshman	Cuyamaca	2:24.48
	Calvin Davis	Freshman	San Bernardino Valley	NT

### Men's 800 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
3	Albert Gamez	Freshman	San Diego Mesa	2:02.28
5	Bob Myers	Freshman	San Diego Mesa	2:02.84
7	Andrew Navarro	Freshman	San Diego Mesa	2:02.91
8	JOSE PENCE	Freshman	Chaffey	2:02.99
11	Christopher Hyden	Freshman	San Bernardino Valley	2:04.86
19	Silvan Aeschlim	Freshman	San Diego Mesa	2:24.30
	Calvin Davis	Freshman	San Bernardino Valley	NT


### Men's 800 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Leonardo Banales	Sophomore	Cuyamaca	1:57.47
4	Connor Macky	Sophomore	Cuyamaca	2:00.25
12	Michael Lovato	Freshman	San Diego Mesa	2:05.03
14	Christian Garcia	Freshman	San Bernardino Valley	2:07.73
16	Jesse Beason	Sophomore	Cuyamaca	2:10.78
17	ANDREW S. TERRY	Freshman	Chaffey	2:12.47
18	MIKE ACOSTA	Freshman	Chaffey	2:17.56

### Men's 800 Meters Preliminaries Heat 3


PL	NAME	YEAR	TEAM	TIME
2	Ryan Maize	Freshman	Cuyamaca	2:01.64
6	Karlan Smith	Freshman	San Bernardino Valley	2:03.59
9	David Spangler	Freshman	San Bernardino Valley	2:04.02
10	Jordan Banuelos	Freshman	San Bernardino Valley	2:04.36
13	Antonio Hernandez	Freshman	San Diego Mesa	2:07.30
15	Art Youngblood	Freshman	San Bernardino Valley	2:09.13
20	Jonathan Cui	Freshman	Cuyamaca	2:24.48

### Men's 1500 Meters Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Albert Gamez	Freshman	San Diego Mesa	4:02.10	10
2	Joseph Aguilar	Sophomore	San Bernardino Valley	4:05.86	7
2	Erik Perez	Sophomore	San Bernardino Valley	4:05.86	7
4	Benjamin Barragan	Freshman	San Bernardino Valley	4:08.65	5
5	David Spangler	Freshman	San Bernardino Valley	4:09.02	4
6	Christopher Hyden	Freshman	San Bernardino Valley	4:10.04	3
7	Calvin Davis	Freshman	San Bernardino Valley	4:16.59	2
8	Ismael Griego	Freshman	San Bernardino Valley	4:19.18	1
9	Christian Garcia	Freshman	San Bernardino Valley	4:19.41	-
10	Karlan Smith	Freshman	San Bernardino Valley	4:20.48	-
11	Jesse Beason	Sophomore	Cuyamaca	4:25.54	-
12	Silvan Aeschlim	Freshman	San Diego Mesa	4:44.73	-

### Men's 1500 Meters Preliminaries

 Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Benjamin Barragan	Freshman	San Bernardino Valley	4:13.12
2	Albert Gamez	Freshman	San Diego Mesa	4:13.59
3	Erik Perez	Sophomore	San Bernardino Valley	4:13.75
4	David Spangler	Freshman	San Bernardino Valley	4:13.82
5	Christopher Hyden	Freshman	San Bernardino Valley	4:14.58
6	Calvin Davis	Freshman	San Bernardino Valley	4:17.04
7	Joseph Aguilar	Sophomore	San Bernardino Valley	4:17.09
8	Ismael Griego	Freshman	San Bernardino Valley	4:19.05
9	Karlan Smith	Freshman	San Bernardino Valley	4:18.46
10	Christian Garcia	Freshman	San Bernardino Valley	4:20.55
11	Jesse Beason	Sophomore	Cuyamaca	4:20.62
12	Enrique Zapata	Freshman	San Diego Mesa	4:22.37
13	Silvan Aeschlim	Freshman	San Diego Mesa	4:26.71
14	ANDREW S. TERRY	Freshman	Chaffey	4:28.75
15	Casey Walter	Freshman	San Diego Mesa	4:28.80
16	Gabe Gussin	Freshman	Cuyamaca	4:32.68
17	MIKE ACOSTA	Freshman	Chaffey	4:36.88
18	Bruce Alvarez	Freshman	Southwestern	4:41.38
19	Kevin Lugo	Freshman	Southwestern	4:45.72
20	Mathew Jorge	Sophomore	Cuyamaca	4:51.15


## Men's 1500 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	Benjamin Barragan	Freshman	San Bernardino Valley	4:13.12
3	Erik Perez	Sophomore	San Bernardino Valley	4:13.75
6	Calvin Davis	Freshman	San Bernardino Valley	4:17.04
7	Joseph Aguilar	Sophomore	San Bernardino Valley	4:17.09
9	Karlan Smith	Freshman	San Bernardino Valley	4:18.46
12	Enrique Zapata	Freshman	San Diego Mesa	4:22.37
14	ANDREW S. TERRY	Freshman	Chaffey	4:28.75
15	Casey Walter	Freshman	San Diego Mesa	4:28.80
17	MIKE ACOSTA	Freshman	Chaffey	4:36.88
18	Bruce Alvarez	Freshman	Southwestern	4:41.38

## Men's 1500 Meters Preliminaries Heat 2


PL	NAME	YEAR	TEAM	TIME
2	Albert Gamez	Freshman	San Diego Mesa	4:13.59
4	David Spangler	Freshman	San Bernardino Valley	4:13.82
5	Christopher Hyden	Freshman	San Bernardino Valley	4:14.58
8	Ismael Griego	Freshman	San Bernardino Valley	4:19.05
10	Christian Garcia	Freshman	San Bernardino Valley	4:20.55
11	Jesse Beason	Sophomore	Cuyamaca	4:20.62
13	Silvan Aeschlim	Freshman	San Diego Mesa	4:26.71
16	Gabe Gussin	Freshman	Cuyamaca	4:32.68
19	Kevin Lugo	Freshman	Southwestern	4:45.72
20	Mathew Jorge	Sophomore	Cuyamaca	4:51.15

## Men's 5000 Meters

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Steven Martinez	Freshman	San Diego Mesa	15:22.80	10
2	Dylan Marx	Sophomore	San Diego Mesa	15:32.28	8
3	Arturo Canela	Sophomore	San Diego Mesa	15:35.93	6
4	Francisco Gomez	Sophomore	San Bernardino Valley	15:40.50	5
5	Benjamin Barragan	Freshman	San Bernardino Valley	16:03.38	4
6	Cesar Berumen	Freshman	San Bernardino Valley	16:03.40	3
7	Carlos Ponce	Freshman	Southwestern	16:19.31	2
8	Joseph Aguilar	Sophomore	San Bernardino Valley	16:28.68	1
9	James Stubbman	Freshman	Cuyamaca	16:34.66	-
10	Gabe Gussin	Freshman	Cuyamaca	16:37.54	-
11	Erik Perez	Sophomore	San Bernardino Valley	16:39.60	-
12	Andrew Beckner	Freshman	San Diego Mesa	16:42.29	-
13	Enrique Zapata	Freshman	San Diego Mesa	16:48.78	-
14	Ryan Lawler	Freshman	Cuyamaca	17:08.45	-
15	Casey Walter	Freshman	San Diego Mesa	17:29.64	-
16	Joshua Pulido	Sophomore	San Bernardino Valley	17:32.54	-
17	Tony Gonzalez	Freshman	Cuyamaca	17:34.62	-
18	Jesse Beason	Sophomore	Cuyamaca	17:49.93	-
19	Bruce Alvarez	Freshman	Southwestern	17:52.06	-
20	Vincent Santiago	Freshman	San Diego Mesa	18:06.46	-
21	Kevin Lugo	Freshman	Southwestern	18:29.19	-
22	Jonathan Cui	Freshman	Cuyamaca	20:07.79	-
	Calvin Davis	Freshman	San Bernardino Valley	NT	-

## Men's 10,000 Meters

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Steven Martinez	Freshman	San Diego Mesa	32:52.98	10
2	Arturo Canela	Sophomore	San Diego Mesa	32:53.66	8
3	Cesar Berumen	Freshman	San Bernardino Valley	33:24.86	6
4	Francisco Gomez	Sophomore	San Bernardino Valley	33:25.26	5
5	Carlos Ponce	Freshman	Southwestern	33:44.19	4
6	Ryan Lawler	Freshman	Cuyamaca	33:55.01	3
7	Andrew Beckner	Freshman	San Diego Mesa	34:14.25	2
8	Zachary Hamner	Freshman	Southwestern	35:23.24	1
9	James Stubbman	Freshman	Cuyamaca	35:48.74	-
10	Joshua Pulido	Sophomore	San Bernardino Valley	37:18.55	-
11	Austin Kelley	Freshman	Cuyamaca	37:23.19	-
12	Tony Gonzalez	Freshman	Cuyamaca	38:13.02	-

### Men's 110 Hurdles Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Steven Kelley	Freshman	Cuyamaca	15.54	10
2	Wilber Camacho	Sophomore	Southwestern	15.80	8
3	Chris Canseco	Sophomore	San Diego Mesa	15.85	6
4	Imani Ludd	Freshman	San Diego Mesa	16.43	5
5	Robeal Tesfamichael	Freshman	San Diego Mesa	16.72	4
6	Montel Anderson	Freshman	San Diego Mesa	16.78	3
7	Kameron King	Freshman	San Bernardino Valley	16.79	2
8	Michael Hendricks	Freshman	Southwestern	17.23	1
	Austin Green	Freshman	San Diego Mesa	NT	-

### Men's 110 Hurdles Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Steven Kelley	Freshman	Cuyamaca	15.95
2	Wilber Camacho	Sophomore	Southwestern	16.10
3	Imani Ludd	Freshman	San Diego Mesa	16.70
4	Montel Anderson	Freshman	San Diego Mesa	16.95
5	Chris Canseco	Sophomore	San Diego Mesa	16.96
6	Kameron King	Freshman	San Bernardino Valley	17.20
7	Robeal Tesfamichael	Freshman	San Diego Mesa	17.35
8	Austin Green	Freshman	San Diego Mesa	17.60
9	Michael Hendricks	Freshman	Southwestern	17.67
10	Stephen Weisfield	Freshman	Cuyamaca	18.96
11	Kevin Harris	Freshman	San Diego Mesa	19.32
12	Josef Hauser	Freshman	Cuyamaca	19.78
13	Adam Omahen	Freshman	Cuyamaca	19.87
	Nathan Will	Sophomore	San Diego Mesa	NT

#### Men's 110 Hurdles Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Wilber Camacho	Sophomore	Southwestern	16.10
3	Imani Ludd	Freshman	San Diego Mesa	16.70
4	Montel Anderson	Freshman	San Diego Mesa	16.95
7	Robeal Tesfamichael	Freshman	San Diego Mesa	17.35
9	Michael Hendricks	Freshman	Southwestern	17.67
11	Kevin Harris	Freshman	San Diego Mesa	19.32
12	Josef Hauser	Freshman	Cuyamaca	19.78

#### Men's 110 Hurdles Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Steven Kelley	Freshman	Cuyamaca	15.95
5	Chris Canseco	Sophomore	San Diego Mesa	16.96
6	Kameron King	Freshman	San Bernardino Valley	17.20
8	Austin Green	Freshman	San Diego Mesa	17.60
10	Stephen Weisfield	Freshman	Cuyamaca	18.96
13	Adam Omahen	Freshman	Cuyamaca	19.87
	Nathan Will	Sophomore	San Diego Mesa	NT

### Men's 400 Hurdles Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	KHALLIFAH ROSSER	Freshman	Chaffey	52.68	10
2	Ahmad Rashada	Sophomore	Cuyamaca	55.45	8
3	Chris Canseco	Sophomore	San Diego Mesa	56.18	6
4	Michael Hendricks	Freshman	Southwestern	56.70	5
5	Imani Ludd	Freshman	San Diego Mesa	57.64	4
6	Austin Green	Freshman	San Diego Mesa	58.12	3
7	Jesus Madrigal	Freshman	San Diego Mesa	58.41	2
8	Kevin Harris	Freshman	San Diego Mesa	1:00.11	1
9	Kameron King	Freshman	San Bernardino Valley	1:02.28	-



## Men's 400 Hurdles Preliminaries

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME
1	KHALLIFAH ROSSER	Freshman	Chaffey	55.23
2	Ahmad Rashada	Sophomore	Cuyamaca	56.92
3	Michael Hendricks	Freshman	Southwestern	57.41
4	Imani Ludd	Freshman	San Diego Mesa	59.00
5	Chris Canseco	Sophomore	San Diego Mesa	59.12
6	Austin Green	Freshman	San Diego Mesa	59.36
7	Kameron King	Freshman	San Bernardino Valley	1:00.43
8	Jesus Madrigal	Freshman	San Diego Mesa	1:00.48
9	Andrew Navarro	Freshman	San Diego Mesa	1:01.81
10	Kevin Harris	Freshman	San Diego Mesa	1:02.26
11	JEROME .L. HORTON	Freshman	Chaffey	1:02.29
12	Montel Anderson	Freshman	San Diego Mesa	1:02.68
13	Lucas Shepley	Sophomore	Southwestern	1:05.37
14	Robeal Tesfamichael	Freshman	San Diego Mesa	1:06.07
15	Rolando Breton	Freshman	San Diego Mesa	1:06.99
	Cody Conley	Sophomore	Cuyamaca	NT
	MOHAMAD ALKAM	Freshman	Chaffey	NT
	Dushawn Johnson	Freshman	Cuyamaca	NT

### Men's 400 Hurdles Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	KHALLIFAH ROSSER	Freshman	Chaffey	55.23
3	Michael Hendricks	Freshman	Southwestern	57.41
5	Chris Canseco	Sophomore	San Diego Mesa	59.12
6	Austin Green	Freshman	San Diego Mesa	59.36
9	Andrew Navarro	Freshman	San Diego Mesa	1:01.81
11	JEROME .L. HORTON	Freshman	Chaffey	1:02.29
12	Montel Anderson	Freshman	San Diego Mesa	1:02.68
13	Lucas Shepley	Sophomore	Southwestern	1:05.37
14	Robeal Tesfamichael	Freshman	San Diego Mesa	1:06.07

### Men's 400 Hurdles Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
2	Ahmad Rashada	Sophomore	Cuyamaca	56.92
4	Imani Ludd	Freshman	San Diego Mesa	59.00
7	Kameron King	Freshman	San Bernardino Valley	1:00.43
8	Jesus Madrigal	Freshman	San Diego Mesa	1:00.48
10	Kevin Harris	Freshman	San Diego Mesa	1:02.26
15	Rolando Breton	Freshman	San Diego Mesa	1:06.99
	MOHAMAD ALKAM	Freshman	Chaffey	NT
	Cody Conley	Sophomore	Cuyamaca	NT
	Dushawn Johnson	Freshman	Cuyamaca	NT

## Men's 3000 Steeplechase

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Dylan Marx	Sophomore	San Diego Mesa	9:27.68	10
2	Leonardo Banales	Sophomore	Cuyamaca	9:45.38	8
3	Jordan Banuelos	Freshman	San Bernardino Valley	10:01.06	6
4	Ryan Maize	Freshman	Cuyamaca	10:36.08	5
5	Alan Hennessy	Sophomore	San Bernardino Valley	10:36.90	4
6	Antonio Hernandez	Freshman	San Diego Mesa	10:52.91	3
7	Mathew Jorge	Sophomore	Cuyamaca	11:14.53	2

## Men's 4 x 100 Relay

[Top ↑](#)


PL	TEAM	ATHLETES	TIME	SC
1	San Diego Mesa	Kuantan Womach, Nick Aly, Zach Kovach, Jared Pickering	41.04	10
2	Chaffey	Derrick Smith, Walter Ford, Fabian Griffith, Khallifah Rosser	41.23	8
3	Southwestern	Denzel Brown, Michael Hendricks, Justin Smith, Wilber Camacho	43.8	6
4	Cuyamaca	Ian Manson, Taylor Schneider, Ahmad Rashada, Cody Conley	44.41	5

## Men's 4 x 400 Relay

[Top ↑](#)

PL	TEAM	ATHLETES	TIME	SC
1	San Diego Mesa	Bob Myers, Nick Aly, Zach Kovach, Jared Pickering	3:18.09	10
2	Cuyamaca	Cody Conley, Ahmad Rashada, Taylor Schneider, Ian Manson	3:27.67	8
3	Chaffey	Fabian Griffith, Khallifah Rosser, Jose Pence, Willie Jones	3:29.44	6
4	San Bernardino Valley	Ian Kirk, Zorel Heyward-Fludd, Kameron King, Art Youngblood	3:34.32	5
5	Southwestern	Wilber Camacho, Michael Hendricks, Branden Greene, Eugene Simmons	3:44.26	4

## Men's High Jump

 Top ↑


PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Branden Greene	Freshman	Southwestern	2.03m	6' 7.75"	10
2	Troy Spence	Freshman	San Bernardino Valley	1.98m	6' 6"	8
3	Spencer Curtis	Freshman	San Diego Mesa	1.88m	6' 2"	5.5
3	Steven Kelley	Freshman	Cuyamaca	1.88m	6' 2"	5.5
4	Stephen Weisfield	Freshman	Cuyamaca	1.88m	6' 2"	4
6	Michael Hendricks	Freshman	Southwestern	1.83m	6' 0"	3
7	Marquise Corbett	Freshman	San Diego Mesa	1.78m	5' 10"	1.5
7	Jalen Gilkey	Freshman	San Bernardino Valley	1.78m	5' 10"	1.5
9	Lucas Shepley	Sophomore	Southwestern	1.73m	5' 8"	-
9	Ryan Hillman	Freshman	San Diego Mesa	1.73m	5' 8"	-
9	Marcus Clark	Freshman	San Diego Mesa	1.73m	5' 8"	-
9	Matt Garrido	Freshman	San Diego Mesa	1.73m	5' 8"	-
13	Adam Omahen	Freshman	Cuyamaca	1.53m	5' 0.25"	-
	Eugene Simmons	Freshman	Southwestern	NH	NH	-
	Josef Hauser	Freshman	Cuyamaca	NH	NH	-

## Men's Pole Vault

 Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Nathan Will	Sophomore	San Diego Mesa	4.69m	15' 4.5"	10
2	Peter McCoy	Freshman	Cuyamaca	4.54m	14' 10.75"	8
3	Chris Canseco	Sophomore	San Diego Mesa	4.39m	14' 4.75"	6
4	Brian Parker	Freshman	Cuyamaca	4.09m	13' 5"	5
5	Richard Evangelista	Freshman	San Diego Mesa	4.09m	13' 5"	4
6	Adam Omahen	Freshman	Cuyamaca	3.94m	12' 11"	3
7	Justin Smith	Freshman	Southwestern	3.94m	12' 11"	2
8	Spencer Curtis	Freshman	San Diego Mesa	3.94m	12' 11"	1
9	Mike Kelley	Freshman	Cuyamaca	3.64m	11' 11.25"	-
10	Stephen Weisfield	Freshman	Cuyamaca	3.49m	11' 5.25"	-
11	Alejandro Lopez	Freshman	Southwestern	3.49m	11' 5.25"	-
12	Josef Hauser	Freshman	Cuyamaca	2.74m	8' 11.75"	-

## Men's Long Jump

 Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Marquise Corbett	Freshman	San Diego Mesa	7.22m	23' 8.25"	10
2	DERRICK SMITH	Sophomore	Chaffey	6.63m	21' 9"	8
3	Eugene Simmons	Freshman	Southwestern	6.45m	21' 2"	6
4	Branden Greene	Freshman	Southwestern	6.41m	21' 0.5"	5
5	Chris Canseco	Sophomore	San Diego Mesa	6.35m	20' 10"	4
6	Kuantan Womach	Freshman	San Diego Mesa	6.22m	20' 5"	3
7	Troy Spence	Freshman	San Bernardino Valley	6.18m	20' 3.5"	2
8	Brian Doss	Sophomore	San Bernardino Valley	6.04m	19' 9.75"	1
9	Stephen Weisfield	Freshman	Cuyamaca	5.78m	18' 11.75"	-
10	Lucas Shepley	Sophomore	Southwestern	5.69m	18' 8"	-
11	Ryan Hillman	Freshman	San Diego Mesa	5.62m	18' 5.25"	-
12	Spencer Curtis	Freshman	San Diego Mesa	5.58m	18' 3.75"	-
13	JAMAR GRESHAM	Freshman	Chaffey	5.26m	17' 3.25"	-
14	Adam Omahen	Freshman	Cuyamaca	5.18m	17' 0"	-
15	Jalen Gilkey	Freshman	San Bernardino Valley	5.11m	16' 9.25"	-
16	Peter McCoy	Freshman	Cuyamaca	5.08m	16' 8"	-
17	Josef Hauser	Freshman	Cuyamaca	4.78m	15' 8.25"	-

### Men's Triple Jump

[Top ↑](#)

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Eugene Simmons	Freshman	Southwestern	14.14m	46' 4.75"	10
2	Marquise Corbett	Freshman	San Diego Mesa	13.85m	45' 5.25"	8
3	Spencer Curtis	Freshman	San Diego Mesa	13.25m	43' 5.75"	6
4	Imani Ludd	Freshman	San Diego Mesa	12.53m	41' 1.5"	5
5	Marcus Clark	Freshman	San Diego Mesa	12.05m	39' 6.5"	4
6	JAMAR GRESHAM	Freshman	Chaffey	11.53m	37' 10"	3
7	Matt Garrido	Freshman	San Diego Mesa	11.27m	36' 11.75"	2

### Men's Shot Put

[Top ↑](#)

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Aaron Russell	Freshman	San Diego Mesa	15.20m	49' 10.5"	10
2	Issa Jamil	Sophomore	Cuyamaca	14.99m	49' 2.25"	8
3	Ndoto Strong	Freshman	San Diego Mesa	14.21m	46' 7.5"	6
4	Sean Boozel	Sophomore	Cuyamaca	12.93m	42' 5.25"	5
5	William Hamilton	Freshman	Cuyamaca	12.75m	41' 10"	4
6	German Romero	Freshman	San Diego Mesa	12.74m	41' 9.75"	3
7	Gary Birtwell	Freshman	Southwestern	12.14m	39' 10"	2
8	Ronald Smith	Freshman	San Bernardino Valley	11.93m	39' 1.75"	1
9	Aaron Conde	Freshman	Southwestern	11.73m	38' 6"	-
10	Ryan Nelson	Freshman	San Bernardino Valley	11.43m	37' 6"	-
11	Marty Barrick	Freshman	San Diego Mesa	11.38m	37' 4"	-
12	Michael Martinez	Freshman	San Bernardino Valley	11.34m	37' 2.5"	-
13	Cody Woodruff	Freshman	San Bernardino Valley	11.05m	36' 3"	-
14	Edgar Soto	Freshman	San Diego Mesa	10.68m	35' 0.5"	-
15	Eduardo Medrano	Freshman	Cuyamaca	10.50m	34' 5.5"	-
16	Edward Dillon	Freshman	San Diego Mesa	10.32m	33' 10.25"	-
17	Jorge Sanchez	Freshman	San Diego Mesa	10.17m	33' 4.5"	-
	Mark Sumler	Freshman	San Bernardino Valley	NM	NM	-

### Men's Shot Put Flight 1

### Men's Shot Put Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Aaron Russell	Freshman	San Diego Mesa	15.20m	49' 10.5"	10
2	Issa Jamil	Sophomore	Cuyamaca	14.99m	49' 2.25"	8
3	Ndoto Strong	Freshman	San Diego Mesa	14.21m	46' 7.5"	6
4	Sean Boozel	Sophomore	Cuyamaca	12.93m	42' 5.25"	5
5	William Hamilton	Freshman	Cuyamaca	12.75m	41' 10"	4
6	German Romero	Freshman	San Diego Mesa	12.74m	41' 9.75"	3
9	Aaron Conde	Freshman	Southwestern	11.73m	38' 6"	-
11	Marty Barrick	Freshman	San Diego Mesa	11.38m	37' 4"	-
	Mark Sumler	Freshman	San Bernardino Valley	NM	NM	-

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
7	Gary Birtwell	Freshman	Southwestern	12.14m	39' 10"	2
8	Ronald Smith	Freshman	San Bernardino Valley	11.93m	39' 1.75"	1
10	Ryan Nelson	Freshman	San Bernardino Valley	11.43m	37' 6"	-
12	Michael Martinez	Freshman	San Bernardino Valley	11.34m	37' 2.5"	-
13	Cody Woodruff	Freshman	San Bernardino Valley	11.05m	36' 3"	-
14	Edgar Soto	Freshman	San Diego Mesa	10.68m	35' 0.5"	-
15	Eduardo Medrano	Freshman	Cuyamaca	10.50m	34' 5.5"	-
16	Edward Dillon	Freshman	San Diego Mesa	10.32m	33' 10.25"	-
17	Jorge Sanchez	Freshman	San Diego Mesa	10.17m	33' 4.5"	-

## Men's Discus

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Aaron Russell	Freshman	San Diego Mesa	45.73m	150' 0"	10
2	Issa Jamil	Sophomore	Cuyamaca	44.15m	144' 10"	8
3	Mark Sumler	Freshman	San Bernardino Valley	42.29m	138' 9"	6
4	Sean Boozel	Sophomore	Cuyamaca	41.04m	134' 8"	5
5	Ndoto Strong	Freshman	San Diego Mesa	40.82m	133' 11"	4
6	William Hamilton	Freshman	Cuyamaca	38.48m	126' 3"	3
7	Eduardo Medrano	Freshman	Cuyamaca	37.85m	124' 2"	2
8	Gary Birtwell	Freshman	Southwestern	34.85m	114' 4"	1
9	Ryan Nelson	Freshman	San Bernardino Valley	33.84m	111' 0"	-
10	Aaron Conde	Freshman	Southwestern	33.53m	110' 0"	-
11	German Romero	Freshman	San Diego Mesa	32.31m	106' 0"	-
12	Jorge Sanchez	Freshman	San Diego Mesa	31.77m	104' 3"	-
13	Edgar Soto	Freshman	San Diego Mesa	31.73m	104' 1"	-
14	Stephen Weisfield	Freshman	Cuyamaca	31.54m	103' 6"	-
15	Michael Martinez	Freshman	San Bernardino Valley	30.54m	100' 2"	-
16	Marty Barrick	Freshman	San Diego Mesa	29.10m	95' 6"	-
17	Cody Woodruff	Freshman	San Bernardino Valley	26.12m	85' 8"	-
18	Edward Dillon	Freshman	San Diego Mesa	24.85m	81' 6"	-
	Ronald Smith	Freshman	San Bernardino Valley	NM	NM	-

### Men's Discus Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Aaron Russell	Freshman	San Diego Mesa	45.73m	150' 0"	10
2	Issa Jamil	Sophomore	Cuyamaca	44.15m	144' 10"	8
3	Mark Sumler	Freshman	San Bernardino Valley	42.29m	138' 9"	6
4	Sean Boozel	Sophomore	Cuyamaca	41.04m	134' 8"	5
5	Ndoto Strong	Freshman	San Diego Mesa	40.82m	133' 11"	4
6	William Hamilton	Freshman	Cuyamaca	38.48m	126' 3"	3
7	Eduardo Medrano	Freshman	Cuyamaca	37.85m	124' 2"	2
8	Gary Birtwell	Freshman	Southwestern	34.85m	114' 4"	1
14	Stephen Weisfield	Freshman	Cuyamaca	31.54m	103' 6"	-
	Ronald Smith	Freshman	San Bernardino Valley	NM	NM	-

### Men's Discus Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
9	Ryan Nelson	Freshman	San Bernardino Valley	33.84m	111' 0"	-
10	Aaron Conde	Freshman	Southwestern	33.53m	110' 0"	-
11	German Romero	Freshman	San Diego Mesa	32.31m	106' 0"	-
12	Jorge Sanchez	Freshman	San Diego Mesa	31.77m	104' 3"	-
13	Edgar Soto	Freshman	San Diego Mesa	31.73m	104' 1"	-
15	Michael Martinez	Freshman	San Bernardino Valley	30.54m	100' 2"	-
16	Marty Barrick	Freshman	San Diego Mesa	29.10m	95' 6"	-
17	Cody Woodruff	Freshman	San Bernardino Valley	26.12m	85' 8"	-
18	Edward Dillon	Freshman	San Diego Mesa	24.85m	81' 6"	-

## Men's Hammer

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Aaron Russell	Freshman	San Diego Mesa	46.34m	152' 0"	10
2	Issa Jamil	Sophomore	Cuyamaca	44.67m	146' 7"	8
3	Sean Boozel	Sophomore	Cuyamaca	41.01m	134' 6"	6
4	Eduardo Medrano	Freshman	Cuyamaca	39.97m	131' 2"	5
5	Gary Birtwell	Freshman	Southwestern	37.59m	123' 4"	4
6	William Hamilton	Freshman	Cuyamaca	36.90m	121' 1"	3
7	Jorge Sanchez	Freshman	San Diego Mesa	36.05m	118' 3"	2
8	Aaron Conde	Freshman	Southwestern	33.93m	111' 4"	1
9	Edgar Soto	Freshman	San Diego Mesa	33.84m	111' 0"	-
10	German Romero	Freshman	San Diego Mesa	30.03m	98' 6"	-
11	Mark Sumler	Freshman	San Bernardino Valley	26.92m	88' 4"	-
12	Cody Woodruff	Freshman	San Bernardino Valley	24.99m	82' 0"	-
13	Ryan Nelson	Freshman	San Bernardino Valley	22.40m	73' 6"	-
	Michael Martinez	Freshman	San Bernardino Valley	NM	NM	-

## Men's Javelin

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Issa Jamil	Sophomore	Cuyamaca	50.24m	164' 10"	10
2	Ryan Nelson	Freshman	San Bernardino Valley	49.38m	162' 0"	8
3	Chris Canseco	Sophomore	San Diego Mesa	49.02m	160' 10"	6
4	Brian Parker	Freshman	Cuyamaca	43.27m	141' 11"	5
5	Marty Barrick	Freshman	San Diego Mesa	42.99m	141' 0"	4
6	Aaron Russell	Freshman	San Diego Mesa	42.62m	139' 10"	3
7	Todd Curl		Southwestern	42.54m	139' 7"	2
8	Antonio Hernandez	Freshman	San Diego Mesa	40.20m	131' 11"	1
9	Stephen Weisfield	Freshman	Cuyamaca	40.08m	131' 6"	-
10	Mark Sumler	Freshman	San Bernardino Valley	39.87m	130' 10"	-
11	Sergio Carreon	Freshman	Southwestern	39.40m	129' 3"	-
12	Michael Lovato	Freshman	San Diego Mesa	35.14m	115' 3"	-
13	Cody Woodruff	Freshman	San Bernardino Valley	31.55m	103' 6"	-
14	Edward Dillon	Freshman	San Diego Mesa	31.29m	102' 8"	-
15	Josef Hauser	Freshman	Cuyamaca	27.59m	90' 6"	-
	Spencer Curtis	Freshman	San Diego Mesa	NM	NM	-

### Men's Javelin Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Issa Jamil	Sophomore	Cuyamaca	50.24m	164' 10"	10
2	Ryan Nelson	Freshman	San Bernardino Valley	49.38m	162' 0"	8
3	Chris Canseco	Sophomore	San Diego Mesa	49.02m	160' 10"	6
4	Brian Parker	Freshman	Cuyamaca	43.27m	141' 11"	5
6	Aaron Russell	Freshman	San Diego Mesa	42.62m	139' 10"	3
8	Antonio Hernandez	Freshman	San Diego Mesa	40.20m	131' 11"	1
9	Stephen Weisfield	Freshman	Cuyamaca	40.08m	131' 6"	-
11	Sergio Carreon	Freshman	Southwestern	39.40m	129' 3"	-

### Men's Javelin Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
5	Marty Barrick	Freshman	San Diego Mesa	42.99m	141' 0"	4
7	Todd Curl		Southwestern	42.54m	139' 7"	2
10	Mark Sumler	Freshman	San Bernardino Valley	39.87m	130' 10"	-
12	Michael Lovato	Freshman	San Diego Mesa	35.14m	115' 3"	-
13	Cody Woodruff	Freshman	San Bernardino Valley	31.55m	103' 6"	-
14	Edward Dillon	Freshman	San Diego Mesa	31.29m	102' 8"	-
15	Josef Hauser	Freshman	Cuyamaca	27.59m	90' 6"	-
	Spencer Curtis	Freshman	San Diego Mesa	NM	NM	-

## Men's Decathlon

Top ↑

PL	NAME	YEAR	TEAM	POINTS	SC
1	Chris Canseco	Sophomore	San Diego Mesa	5700	10
2	Stephen Weisfield	Freshman	Cuyamaca	5602	8
3	Adam Omahen	Freshman	Cuyamaca	4895	6
4	Peter McCoy	Freshman	Cuyamaca	4721	5
5	Spencer Curtis	Freshman	San Diego Mesa	4484	4
6	Imani Ludd	Freshman	San Diego Mesa	4404	3
7	Josef Hauser	Freshman	Cuyamaca	4348	2

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## Pacific Coast Conference Championships

April 16-20, 2013 | San Bernardino Valley - San Bernardino, CA

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Filter by Team ▼

### Women's 100 Meters Finals

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Jasmine Harris	Sophomore	Cuyamaca	12.78	10
2	Lucrezia Capano	Freshman	Palomar	12.79	8
3	Shanice Stewart	Sophomore	San Bernardino Valley	12.89	6
4	Jessica Carillo	Freshman	San Diego Mesa	13.00	5
5	Abigail Corn	Freshman	Palomar	13.14	4
6	Tameka Ross	Freshman	Cuyamaca	13.86	3
7	Cydnee Psalms	Freshman	Palomar	14.27	2
8	Hannah Wilson	Freshman	Palomar	14.48	1
9	Shaylyn Boomer	Freshman	Palomar	14.51	-

### Women's 100 Meters Preliminaries

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME
1	Abigail Corn	Freshman	Palomar	13.12
2	Shanice Stewart	Sophomore	San Bernardino Valley	13.16
3	Lucrezia Capano	Freshman	Palomar	13.13
4	Jessica Carillo	Freshman	San Diego Mesa	13.43
5	Jasmine Harris	Sophomore	Cuyamaca	13.50
6	Tameka Ross	Freshman	Cuyamaca	14.49
7	Hannah Wilson	Freshman	Palomar	14.64
8	Cydnee Psalms	Freshman	Palomar	14.99
9	Shaylyn Boomer	Freshman	Palomar	15.15
10	Taylor Robinson	Freshman	Cuyamaca	16.84
11	Valissa Springer	Freshman	Palomar	17.81
	Kensi Walters	Sophomore	Palomar	NT

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

PL	NAME	YEAR	TEAM	TIME
1	Abigail Corn	Freshman	Palomar	13.12
3	Lucrezia Capano	Freshman	Palomar	13.13
4	Jessica Carillo	Freshman	San Diego Mesa	13.43
6	Tameka Ross	Freshman	Cuyamaca	14.49
10	Taylor Robinson	Freshman	Cuyamaca	16.84
	Kensi Walters	Sophomore	Palomar	NT

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

PL	NAME	YEAR	TEAM	TIME
2	Shanice Stewart	Sophomore	San Bernardino Valley	13.16
5	Jasmine Harris	Sophomore	Cuyamaca	13.50
7	Hannah Wilson	Freshman	Palomar	14.64
8	Cydnee Psalms	Freshman	Palomar	14.99
9	Shaylyn Boomer	Freshman	Palomar	15.15
11	Valissa Springer	Freshman	Palomar	17.81

### Women's 200 Meters Finals

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Tia Knight	Sophomore	Cuyamaca	25.83	10
2	Tyra Crawford	Sophomore	San Bernardino Valley	25.93	8
3	Jasmine Harris	Sophomore	Cuyamaca	26.29	6
4	Jessica Carillo	Freshman	San Diego Mesa	26.52	5
5	Abigail Corn	Freshman	Palomar	27.14	3.5
5	Lucrezia Capano	Freshman	Palomar	27.14	3.5
7	Dominque Clough	Freshman	San Diego Mesa	27.20	2
8	Bianca Littleton	Freshman	Palomar	27.65	1

**Women's 200 Meters Preliminaries**

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Tia Knight	Sophomore	Cuyamaca	26.27
2	Shanice Stewart	Sophomore	San Bernardino Valley	26.73
3	Tyra Crawford	Sophomore	San Bernardino Valley	26.95
4	Jessica Carillo	Freshman	San Diego Mesa	26.96
5	Jasmine Harris	Sophomore	Cuyamaca	27.14
6	Abigail Corn	Freshman	Palomar	27.43
7	Lucrezia Capano	Freshman	Palomar	27.49
8	Bianca Littleton	Freshman	Palomar	27.55
9	Dominique Clough	Freshman	San Diego Mesa	27.83
10	Ana Murillo	Freshman	San Diego Mesa	28.84
11	Tameka Ross	Freshman	Cuyamaca	29.54
12	Shaylyn Boomer	Freshman	Palomar	31.35
13	Savannah Lewison	Freshman	San Diego Mesa	31.95
14	Valissa Springer	Freshman	Palomar	35.62
15	Taylor Robinson	Freshman	Cuyamaca	35.95
	Roshel Chambers	Freshman	Cuyamaca	NT
	Kensi Walters	Sophomore	Palomar	NT
	Hannah Wilson	Freshman	Palomar	NT

**Women's 200 Meters Preliminaries Heat 1**

PL	NAME	YEAR	TEAM	TIME
1	Tia Knight	Sophomore	Cuyamaca	26.27
4	Jessica Carillo	Freshman	San Diego Mesa	26.96
5	Jasmine Harris	Sophomore	Cuyamaca	27.14
6	Abigail Corn	Freshman	Palomar	27.43
9	Dominique Clough	Freshman	San Diego Mesa	27.83
10	Ana Murillo	Freshman	San Diego Mesa	28.84
12	Shaylyn Boomer	Freshman	Palomar	31.35
14	Valissa Springer	Freshman	Palomar	35.62
	Kensi Walters	Sophomore	Palomar	NT

**Women's 200 Meters Preliminaries Heat 2**

PL	NAME	YEAR	TEAM	TIME
2	Shanice Stewart	Sophomore	San Bernardino Valley	26.73
3	Tyra Crawford	Sophomore	San Bernardino Valley	26.95
7	Lucrezia Capano	Freshman	Palomar	27.49
8	Bianca Littleton	Freshman	Palomar	27.55
11	Tameka Ross	Freshman	Cuyamaca	29.54
13	Savannah Lewison	Freshman	San Diego Mesa	31.95
15	Taylor Robinson	Freshman	Cuyamaca	35.95
	Hannah Wilson	Freshman	Palomar	NT
	Roshel Chambers	Freshman	Cuyamaca	NT

**Women's 400 Meters Finals**

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Bianca Littleton	Freshman	Palomar	58.12	10
2	Dominique Clough	Freshman	San Diego Mesa	59.28	8
3	Tyra Crawford	Sophomore	San Bernardino Valley	59.43	6
4	Ana Murillo	Freshman	San Diego Mesa	1:05.48	5
5	Megan Bourasa	Sophomore	Palomar	1:06.16	4
6	Nikki Smith	Sophomore	San Diego Mesa	1:07.63	3
7	Savannah Lewison	Freshman	San Diego Mesa	1:08.18	2
8	Lucia Aguirre-Montana	Freshman	Southwestern	1:09.11	1
9	Pamela Castro	Sophomore	Southwestern	1:15.06	-

**Women's 400 Meters Preliminaries**

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Dominique Clough	Freshman	San Diego Mesa	59.32
2	Bianca Littleton	Freshman	Palomar	59.92
3	Tyra Crawford	Sophomore	San Bernardino Valley	1:01.60
4	Pamela Castro	Sophomore	Southwestern	1:03.91
5	Ana Murillo	Freshman	San Diego Mesa	1:05.67
6	Nikki Smith	Sophomore	San Diego Mesa	1:07.37
7	Megan Bourasa	Sophomore	Palomar	1:07.38
8	Lucia Aguirre-Montana	Freshman	Southwestern	1:10.62
9	Savannah Lewison	Freshman	San Diego Mesa	1:10.73

### Women's 400 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	Dominique Clough	Freshman	San Diego Mesa	59.32
4	Pamela Castro	Sophomore	Southwestern	1:03.91
5	Ana Murillo	Freshman	San Diego Mesa	1:05.67
8	Lucia Aguirre-Montana	Freshman	Southwestern	1:10.62

### Women's 400 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
2	Bianca Littleton	Freshman	Palomar	59.92
3	Tyra Crawford	Sophomore	San Bernardino Valley	1:01.60
6	Nikki Smith	Sophomore	San Diego Mesa	1:07.37
7	Megan Bourasa	Sophomore	Palomar	1:07.38
9	Savannah Lewison	Freshman	San Diego Mesa	1:10.73

### Women's 800 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Adriana Olmos	Freshman	Cuyamaca	2:23.97	10
2	Mandy Blume	Sophomore	San Diego Mesa	2:25.67	8
3	Pamela Castro	Sophomore	Southwestern	2:29.69	6
4	Aleiha Nelson	Freshman	Palomar	2:33.15	5
5	Amber Lau	Sophomore	San Diego Mesa	2:38.74	4
6	Maude Price	Freshman	San Diego Mesa	2:39.57	3
7	Tori Dorsey	Sophomore	Palomar	2:48.95	2
8	Minerva Perez	Sophomore	San Diego Mesa	2:54.89	1
9	Sydney Ellis	Freshman	Palomar	2:56.32	-

### Women's 800 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Adriana Olmos	Freshman	Cuyamaca	2:29.33
2	Pamela Castro	Sophomore	Southwestern	2:32.23
3	Aleiha Nelson	Freshman	Palomar	2:35.61
4	Mandy Blume	Sophomore	San Diego Mesa	2:37.40
5	Amber Lau	Sophomore	San Diego Mesa	2:38.35
6	Maude Price	Freshman	San Diego Mesa	2:38.41
7	Minerva Perez	Sophomore	San Diego Mesa	2:39.19
8	Tori Dorsey	Sophomore	Palomar	2:39.79
9	Sydney Ellis	Freshman	Palomar	2:43.73
10	Nadine Whann	Freshman	Palomar	2:43.83
11	Crystal Kolen	Freshman	Cuyamaca	2:51.49

### Women's 800 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Pamela Castro	Sophomore	Southwestern	2:32.23
3	Aleiha Nelson	Freshman	Palomar	2:35.61
5	Amber Lau	Sophomore	San Diego Mesa	2:38.35
9	Sydney Ellis	Freshman	Palomar	2:43.73
10	Nadine Whann	Freshman	Palomar	2:43.83

### Women's 800 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Adriana Olmos	Freshman	Cuyamaca	2:29.33
4	Mandy Blume	Sophomore	San Diego Mesa	2:37.40
6	Maude Price	Freshman	San Diego Mesa	2:38.41
7	Minerva Perez	Sophomore	San Diego Mesa	2:39.19
8	Tori Dorsey	Sophomore	Palomar	2:39.79
11	Crystal Kolen	Freshman	Cuyamaca	2:51.49

### Women's 1500 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Paige Hughes	Freshman	Cuyamaca	4:49.74	10
2	Mandy Blume	Sophomore	San Diego Mesa	5:01.12	8
3	Aleiha Nelson	Freshman	Palomar	5:23.76	6
4	Amber Gutierrez	Freshman	Southwestern	5:31.08	5
5	Sydney Ellis	Freshman	Palomar	6:03.32	4
6	Minerva Perez	Sophomore	San Diego Mesa	6:15.96	3

### Women's 1500 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Paige Hughes	Freshman	Cuyamaca	4:53.12
2	Mandy Blume	Sophomore	San Diego Mesa	4:58.61
3	Aleiha Nelson	Freshman	Palomar	5:11.47
4	Amber Gutierrez	Freshman	Southwestern	5:36.45
5	Minerva Perez	Sophomore	San Diego Mesa	5:38.38
6	Sydney Ellis	Freshman	Palomar	5:47.31



## Women's 5000 Meters

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Paige Hughes	Freshman	Cuyamaca	18:45.59	10
2	Grace Hanshaw	Sophomore	San Diego Mesa	19:46.40	8
3	Kim Melechinsky	Freshman	San Diego Mesa	20:11.87	6
4	Gina Soria	Sophomore	San Diego Mesa	20:29.40	5
5	Samantha Marroquin	Freshman	Southwestern	20:43.32	4
6	Kailin Anderson	Freshman	Cuyamaca	20:47.55	3
7	Micaelina Sarmiento	Freshman	Palomar	20:48.44	2
8	Amber Gutierrez	Freshman	Southwestern	21:17.91	1
9	Seleena Boubion	Freshman	Cuyamaca	22:06.84	-
10	Sarah Snyder	Freshman	Cuyamaca	24:14.60	-

## Women's 10,000 Meters

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Paige Hughes	Freshman	Cuyamaca	39:39.57	10
2	Katie Coleman	Sophomore	San Diego Mesa	41:20.13	8
3	Sierra Echols	Freshman	Southwestern	42:38.14	6
4	Mandy Blume	Sophomore	San Diego Mesa	43:10.20	5
5	Gina Soria	Sophomore	San Diego Mesa	43:35.73	4
6	Micaelina Sarmiento	Freshman	Palomar	44:09.17	3
7	Amber Gutierrez	Freshman	Southwestern	44:50.17	2
8	Seleena Boubion	Freshman	Cuyamaca	46:04.13	1
9	Kailin Anderson	Freshman	Cuyamaca	46:11.88	-
10	Alexis Smith	Sophomore	Palomar	47:59.71	-
11	Sarah Snyder	Freshman	Cuyamaca	49:35.76	-
	Samantha Marroquin	Freshman	Southwestern	NT	-

## Women's 100 Hurdles Finals

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Shanice Stewart	Sophomore	San Bernardino Valley	14.93	10
2	LATRICEE TURNER	Freshman	Chaffey	16.40	8
3	Tia Knight	Sophomore	Cuyamaca	16.85	6
4	Kelly Helman	Freshman	San Diego Mesa	16.90	5
5	Caitlyn Tischer	Sophomore	Cuyamaca	17.00	4
6	Sabine Ismay	Sophomore	San Diego Mesa	17.13	3
7	Shaylyn Boomer	Freshman	Palomar	17.36	2
8	Alia Ismay	Freshman	San Diego Mesa	17.41	1
9	Amber Lau	Sophomore	San Diego Mesa	17.77	-

## Women's 100 Hurdles Preliminaries

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME
1	Shanice Stewart	Sophomore	San Bernardino Valley	14.86
2	Tia Knight	Sophomore	Cuyamaca	15.77
3	Caitlyn Tischer	Sophomore	Cuyamaca	16.79
4	Sabine Ismay	Sophomore	San Diego Mesa	16.94
5	LATRICEE TURNER	Freshman	Chaffey	17.00
6	Amber Lau	Sophomore	San Diego Mesa	17.17
7	Kelly Helman	Freshman	San Diego Mesa	17.19
8	Shaylyn Boomer	Freshman	Palomar	17.39
9	Alia Ismay	Freshman	San Diego Mesa	17.40
10	Bridget Taylor	Sophomore	San Diego Mesa	18.49


### Women's 100 Hurdles Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	Shanice Stewart	Sophomore	San Bernardino Valley	14.86
3	Caitlyn Tischer	Sophomore	Cuyamaca	16.79
4	Sabine Ismay	Sophomore	San Diego Mesa	16.94
6	Amber Lau	Sophomore	San Diego Mesa	17.17
8	Shaylyn Boomer	Freshman	Palomar	17.39

### Women's 100 Hurdles Preliminaries Heat 2


PL	NAME	YEAR	TEAM	TIME
2	Tia Knight	Sophomore	Cuyamaca	15.77
5	LATRICEE TURNER	Freshman	Chaffey	17.00
7	Kelly Helman	Freshman	San Diego Mesa	17.19
9	Alia Ismay	Freshman	San Diego Mesa	17.40
10	Bridget Taylor	Sophomore	San Diego Mesa	18.49

### Women's 400 Hurdles Finals

 Top ↑


PL	NAME	YEAR	TEAM	TIME	SC
1	Paula Aleman	Freshman	Southwestern	1:05.64	10
2	Sabine Ismay	Sophomore	San Diego Mesa	1:08.42	8
3	Caitlyn Tischer	Sophomore	Cuyamaca	1:10.23	6
4	Bridget Taylor	Sophomore	San Diego Mesa	1:10.29	5
5	Alia Ismay	Freshman	San Diego Mesa	1:11.37	4
6	Kelly Helman	Freshman	San Diego Mesa	1:15.26	3
7	Megan Bourasa	Sophomore	Palomar	1:18.96	2

### Women's 400 Hurdles Preliminaries

 Top ↑


PL	NAME	YEAR	TEAM	TIME
1	Paula Aleman	Freshman	Southwestern	1:06.75
2	Sabine Ismay	Sophomore	San Diego Mesa	1:08.13
3	Caitlyn Tischer	Sophomore	Cuyamaca	1:10.50
4	Bridget Taylor	Sophomore	San Diego Mesa	1:11.03
5	Kelly Helman	Freshman	San Diego Mesa	1:16.38
6	Alia Ismay	Freshman	San Diego Mesa	1:17.33
7	Megan Bourasa	Sophomore	Palomar	1:18.24

### Women's 3000 Steeplechase

 Top ↑


PL	NAME	YEAR	TEAM	TIME	SC
1	Kim Melechinsky	Freshman	San Diego Mesa	12:00.98	10
2	Kailin Anderson	Freshman	Cuyamaca	12:37.14	8
3	Paula Aleman	Freshman	Southwestern	12:56.95	6
4	Alexis Smith	Sophomore	Palomar	13:39.61	5
5	Nadine Whann	Freshman	Palomar	13:45.31	4
6	Minerva Perez	Sophomore	San Diego Mesa	13:46.41	3
7	Tori Dorsey	Sophomore	Palomar	14:21.63	2

### Women's 4 x 100 Relay

 Top ↑


PL	TEAM	ATHLETES	TIME	SC
1	Cuyamaca	Tia Knight, Caitlyn Tischer, Jasmine Harris, Tameka Ross	49.2	10
2	Palomar	Hannah Wilson, Lucrezia Capano, Abigail Corn, Bianca Littleton	49.55	8
3	San Diego Mesa	Jessica Carillo, Dominique Clough, Karima Sims, Ana Murillo	51.67	6

### Women's 4 x 400 Relay

 Top ↑


PL	TEAM	ATHLETES	TIME	SC
1	Cuyamaca	Jasmine Harris, Tia Knight, Adriana Olmos, Caitlyn Tischer	4:02.	10
2	San Diego Mesa	Jessica Carillo, Dominique Clough, Amber Lau, Nikki Smith	4:06.4	8
3	Palomar	Megan Bourasa, Abigail Corn, Lucrezia Capano, Bianca Littleton	4:19.82	6
4	Southwestern	Paula Aleman, Lucia Aguirre-Montana, Sierra Echols, Samantha Marroquin	4:20.9	5

### Women's High Jump

 Top ↑


PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Shanice Stewart	Sophomore	San Bernardino Valley	1.52m	4' 11.75"	10
2	Cydnee Psalms	Freshman	Palomar	1.47m	4' 9.75"	8
3	Kim Jones	Freshman	San Diego Mesa	1.47m	4' 9.75"	6
4	Amber Lau	Sophomore	San Diego Mesa	1.37m	4' 6"	4.5
4	Bianca Littleton	Freshman	Palomar	1.37m	4' 6"	4.5
5	Nikki Smith	Sophomore	San Diego Mesa	1.32m	4' 4"	3
6	Kailin Anderson	Freshman	Cuyamaca	1.32m	4' 4"	2
	Maude Price	Freshman	San Diego Mesa	NH	NH	-
	Hannah Wilson	Freshman	Palomar	NH	NH	-

### Women's Pole Vault

 Top ↑


PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Brooke Guinty	Freshman	San Diego Mesa	3.48m	11' 5"	10
2	Korin Chapman	Freshman	Southwestern	3.33m	10' 11"	8
3	Alia Ismay	Freshman	San Diego Mesa	2.73m	8' 11.5"	6
4	Amber Lau	Sophomore	San Diego Mesa	2.58m	8' 5.5"	5
5	Kim Jones	Freshman	San Diego Mesa	2.43m	7' 11.5"	4
6	Fatima Gomez	Sophomore	Cuyamaca	2.28m	7' 5.75"	3
7	Dominique Clough	Freshman	San Diego Mesa	1.98m	6' 6"	2
8	Irene Esquibel	Freshman	Cuyamaca	1.83m	6' 0"	1

### Women's Long Jump

 Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Shanice Stewart	Sophomore	San Bernardino Valley	5.54m	18' 2.25"	10
2	Tatyana Roscoe	Freshman	San Bernardino Valley	5.33m	17' 6"	8
3	Jasmine Harris	Sophomore	Cuyamaca	5.12m	16' 9.75"	6
4	Hannah Wilson	Freshman	Palomar	4.73m	15' 6.25"	5
5	Shaylyn Boomer	Freshman	Palomar	4.67m	15' 4"	4
6	Cydnee Psalms	Freshman	Palomar	4.62m	15' 2"	3
7	Amber Lau	Sophomore	San Diego Mesa	4.54m	14' 10.75"	2
8	Jessica Carillo	Freshman	San Diego Mesa	4.46m	14' 7.75"	1
9	Nikki Smith	Sophomore	San Diego Mesa	4.39m	14' 5"	-
10	Karima Sims	Freshman	San Diego Mesa	4.38m	14' 4.5"	-
11	Caitlyn Tischer	Sophomore	Cuyamaca	3.93m	12' 10.75"	-
12	Taylor Robinson	Freshman	Cuyamaca	3.75m	12' 3.75"	-
13	Roshel Chambers	Freshman	Cuyamaca	3.65m	11' 11.75"	-
14	Valissa Springer	Freshman	Palomar	3.35m	11' 0"	-

### Women's Triple Jump

 Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Karima Sims	Freshman	San Diego Mesa	10.25m	33' 7.5"	10
2	Shaylyn Boomer	Freshman	Palomar	10.24m	33' 7.25"	8
3	Roshel Chambers	Freshman	Cuyamaca	9.79m	32' 1.5"	6
4	Julia Tenchavez	Freshman	Palomar	9.68m	31' 9.25"	5
5	Amber Lau	Sophomore	San Diego Mesa	9.38m	30' 9.25"	4
6	Alia Ismay	Freshman	San Diego Mesa	9.17m	30' 1"	3
7	Megan Bourasa	Sophomore	Palomar	9.11m	29' 10.75"	2

## Women's Shot Put

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Sofia Dukes	Freshman	Cuyamaca	12.09m	39' 8"	10
2	Shanice Stewart	Sophomore	San Bernardino Valley	11.49m	37' 8.5"	8
3	Dalynn Williams	Freshman	Cuyamaca	11.31m	37' 1.25"	6
4	Soliaana Faapouli	Sophomore	Palomar	10.98m	36' 0.25"	5
5	Rayshana Jackson	Freshman	San Bernardino Valley	10.92m	35' 10"	4
6	Briana Lockett	Freshman	San Diego Mesa	10.86m	35' 7.75"	3
7	Tatyana Roscoe	Freshman	San Bernardino Valley	10.85m	35' 7.25"	2
8	Dana Hosley	Freshman	Cuyamaca	9.99m	32' 9.5"	1
9	Andrea Bird	Freshman	Cuyamaca	9.78m	32' 1"	-
10	Karenina Alvarez	Freshman	Southwestern	9.10m	29' 10.25"	-
11	Amber Lau	Sophomore	San Diego Mesa	8.74m	28' 8.25"	-
12	Rowena Mae Paet	Sophomore	Cuyamaca	8.65m	28' 4.5"	-
13	Vanessa Garcia	Freshman	San Diego Mesa	8.45m	27' 8.75"	-
14	Emily Bartholomew	Freshman	San Diego Mesa	8.33m	27' 4"	-
15	Elizabeth Miner	Freshman	San Bernardino Valley	8.29m	27' 2.5"	-
16	King Tiffani	Freshman	San Bernardino Valley	7.77m	25' 6"	-
17	Ayla Randall	Freshman	Palomar	7.76m	25' 5.5"	-
18	Breanna Mendez	Freshman	San Diego Mesa	7.61m	24' 11.75"	-
19	Rebecca Gross	Freshman	San Diego Mesa	7.44m	24' 5"	-

### Women's Shot Put Flight 1

### Women's Shot Put Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Sofia Dukes	Freshman	Cuyamaca	12.09m	39' 8"	10
2	Shanice Stewart	Sophomore	San Bernardino Valley	11.49m	37' 8.5"	8
3	Dalynn Williams	Freshman	Cuyamaca	11.31m	37' 1.25"	6
4	Soliaana Faapouli	Sophomore	Palomar	10.98m	36' 0.25"	5
5	Rayshana Jackson	Freshman	San Bernardino Valley	10.92m	35' 10"	4
6	Briana Lockett	Freshman	San Diego Mesa	10.86m	35' 7.75"	3
7	Tatyana Roscoe	Freshman	San Bernardino Valley	10.85m	35' 7.25"	2
8	Dana Hosley	Freshman	Cuyamaca	9.99m	32' 9.5"	1
9	Andrea Bird	Freshman	Cuyamaca	9.78m	32' 1"	-
10	Karenina Alvarez	Freshman	Southwestern	9.10m	29' 10.25"	-

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
11	Amber Lau	Sophomore	San Diego Mesa	8.74m	28' 8.25"	-
12	Rowena Mae Paet	Sophomore	Cuyamaca	8.65m	28' 4.5"	-
13	Vanessa Garcia	Freshman	San Diego Mesa	8.45m	27' 8.75"	-
14	Emily Bartholomew	Freshman	San Diego Mesa	8.33m	27' 4"	-
15	Elizabeth Miner	Freshman	San Bernardino Valley	8.29m	27' 2.5"	-
16	King Tiffani	Freshman	San Bernardino Valley	7.77m	25' 6"	-
17	Ayla Randall	Freshman	Palomar	7.76m	25' 5.5"	-
18	Breanna Mendez	Freshman	San Diego Mesa	7.61m	24' 11.75"	-
19	Rebecca Gross	Freshman	San Diego Mesa	7.44m	24' 5"	-

## Women's Discus

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Sofia Dukes	Freshman	Cuyamaca	37.01m	121' 5"	10
2	Soliaana Faapouli	Sophomore	Palomar	36.42m	119' 6"	8
3	Rayshana Jackson	Freshman	San Bernardino Valley	34.38m	112' 9"	6
4	Dana Hosley	Freshman	Cuyamaca	33.69m	110' 6"	5
5	Vanessa Garcia	Freshman	San Diego Mesa	33.40m	109' 7"	4
6	Dalynn Williams	Freshman	Cuyamaca	32.83m	107' 8"	3
7	Breanna Mendez	Freshman	San Diego Mesa	27.23m	89' 4"	1.5
7	Rebecca Gross	Freshman	San Diego Mesa	27.23m	89' 4"	1.5
9	Briana Lockett	Freshman	San Diego Mesa	25.27m	82' 11"	-
10	Andrea Bird	Freshman	Cuyamaca	24.27m	79' 7"	-
11	Rowena Mae Paet	Sophomore	Cuyamaca	23.31m	76' 6"	-
12	King Tiffani	Freshman	San Bernardino Valley	18.89m	62' 0"	-
13	Ayla Randall	Freshman	Palomar	17.52m	57' 6"	-
14	Emily Bartholomew	Freshman	San Diego Mesa	17.32m	56' 10"	-

## Women's Hammer

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Soliaana Faapouli	Sophomore	Palomar	42.21m	138' 6"	10
2	Sofia Dukes	Freshman	Cuyamaca	36.93m	121' 2"	8
3	Irene Esquibel	Freshman	Cuyamaca	36.54m	119' 10"	6
4	Rayshana Jackson	Freshman	San Bernardino Valley	35.70m	117' 1"	5
5	Vanessa Garcia	Freshman	San Diego Mesa	34.80m	114' 2"	4
6	Dalynn Williams	Freshman	Cuyamaca	33.93m	111' 4"	3
7	Andrea Bird	Freshman	Cuyamaca	33.75m	110' 9"	2
8	Rowena Mae Paet	Sophomore	Cuyamaca	33.25m	109' 1"	1
9	Dana Hosley	Freshman	Cuyamaca	30.64m	100' 6"	-
10	Briana Lockett	Freshman	San Diego Mesa	26.21m	86' 0"	-
11	Elizabeth Miner	Freshman	San Bernardino Valley	24.20m	79' 5"	-
12	Breanna Mendez	Freshman	San Diego Mesa	23.61m	77' 5"	-
13	King Tiffani	Freshman	San Bernardino Valley	19.57m	64' 2"	-
	Rebecca Gross	Freshman	San Diego Mesa	NM	NM	-

## Women's Javelin

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Brooke Guinty	Freshman	San Diego Mesa	36.00m	118' 1"	10
2	Sofia Dukes	Freshman	Cuyamaca	32.13m	105' 5"	8
3	Fatima Gomez	Sophomore	Cuyamaca	30.27m	99' 4"	6
4	Rebecca Gross	Freshman	San Diego Mesa	29.46m	96' 8"	5
5	Soliaana Faapouli	Sophomore	Palomar	26.78m	87' 10"	4
6	Alia Ismay	Freshman	San Diego Mesa	24.25m	79' 7"	3
7	King Tiffani	Freshman	San Bernardino Valley	24.02m	78' 10"	2
8	Ayla Randall	Freshman	Palomar	23.57m	77' 4"	1
9	Antoinette Armas	Freshman	San Bernardino Valley	22.64m	74' 3"	-
10	Emily Bartholomew	Freshman	San Diego Mesa	21.51m	70' 7"	-
11	Amber Lau	Sophomore	San Diego Mesa	21.42m	70' 3"	-
12	Irene Esquibel	Freshman	Cuyamaca	21.26m	69' 9"	-
13	Breanna Mendez	Freshman	San Diego Mesa	20.63m	67' 8"	-
14	Rayshana Jackson	Freshman	San Bernardino Valley	18.59m	61' 0"	-
15	Andrea Bird	Freshman	Cuyamaca	18.58m	60' 11"	-
16	Vanessa Garcia	Freshman	San Diego Mesa	18.38m	60' 4"	-
17	Maude Price	Freshman	San Diego Mesa	17.06m	56' 0"	-
18	Rowena Mae Paet	Sophomore	Cuyamaca	13.70m	44' 11"	-

## Women's Javelin Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Brooke Guinty	Freshman	San Diego Mesa	36.00m	118' 1"	10
2	Sofia Dukes	Freshman	Cuyamaca	32.13m	105' 5"	8
3	Fatima Gomez	Sophomore	Cuyamaca	30.27m	99' 4"	6
4	Rebecca Gross	Freshman	San Diego Mesa	29.46m	96' 8"	5
5	Soliaana Faapouli	Sophomore	Palomar	26.78m	87' 10"	4
6	Alia Ismay	Freshman	San Diego Mesa	24.25m	79' 7"	3
7	King Tiffani	Freshman	San Bernardino Valley	24.02m	78' 10"	2

## Women's Javelin Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
8	Ayla Randall	Freshman	Palomar	23.57m	77' 4"	1
9	Antoinette Armas	Freshman	San Bernardino Valley	22.64m	74' 3"	-
10	Emily Bartholomew	Freshman	San Diego Mesa	21.51m	70' 7"	-
11	Amber Lau	Sophomore	San Diego Mesa	21.42m	70' 3"	-
12	Irene Esquibel	Freshman	Cuyamaca	21.26m	69' 9"	-
13	Breanna Mendez	Freshman	San Diego Mesa	20.63m	67' 8"	-
14	Rayshana Jackson	Freshman	San Bernardino Valley	18.59m	61' 0"	-
15	Andrea Bird	Freshman	Cuyamaca	18.58m	60' 11"	-
16	Vanessa Garcia	Freshman	San Diego Mesa	18.38m	60' 4"	-
17	Maude Price	Freshman	San Diego Mesa	17.06m	56' 0"	-
18	Rowena Mae Paet	Sophomore	Cuyamaca	13.70m	44' 11"	-

## Women's Heptathlon

 Top ↑

PL	NAME	YEAR	TEAM	POINTS	SC
1	Shanice Stewart	Sophomore	San Bernardino Valley	4724	10
2	Amber Lau	Sophomore	San Diego Mesa	3601	8
3	Tia Knight	Sophomore	Cuyamaca	3306	6
4	Alia Ismay	Freshman	San Diego Mesa	3103	5
5	Caitlyn Tischer	Sophomore	Cuyamaca	2867	4
6	Megan Bourasa	Sophomore	Palomar	2831	3
7	Kailin Anderson	Freshman	Cuyamaca	2669	2
8	Shaylyn Boomer	Freshman	Palomar	2467	1

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