

PCAC Conference Championships

April 16-19, 2014 | San Diego Mesa - San Diego, CA

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

Filter by Team ▼

Men's 100 Meters Finals

W: -2.4

PL	NAME	YEAR	TEAM	TIME	SC
1	FABIAN GRIFFITH	Sophomore	Chaffey	10.96	10
2	Alexander Smith	Freshman	Cuyamaca	11.11	8
3	Louis Wilkerson	Sophomore	Southwestern	11.24	6
4	Antony Ardis	Freshman	Southwestern	11.26	5
5	Jordan Tunstall	Freshman	San Diego Mesa	11.57	4
6	Steven Grice	Freshman	San Diego Mesa	11.58	3
7	Wes Falk	Freshman	Cuyamaca	11.63	2
8	DEMETRIUS NEWMAN	Freshman	Chaffey	12.57	1

Men's 100 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME	WIND
1	FABIAN GRIFFITH	Sophomore	Chaffey	10.54	1.6
2	Alexander Smith	Freshman	Cuyamaca	10.81	1.5
3	Antony Ardis	Freshman	Southwestern	10.93	1.6
4	DEMETRIUS NEWMAN	Freshman	Chaffey	10.99	1.6
5	Louis Wilkerson	Sophomore	Southwestern	11.05	1.5
6	Wes Falk	Freshman	Cuyamaca	11.10	1.5
7	Steven Grice	Freshman	San Diego Mesa	11.20	1.5
8	Jordan Tunstall	Freshman	San Diego Mesa	11.21	1.5
9	De'ANDREW SIMPSON	Freshman	Chaffey	11.24	1.6
10	AUSTIN SQUIRES-WHITE	Freshman	Chaffey	11.24	1.6
11	Marcus Clark	Sophomore	San Diego Mesa	11.30	1.6
12	Sal Nasser	Freshman	San Diego Mesa	11.40	1.5
13	Justin Smith	Freshman	Southwestern	11.50	1.5
14	Dominique Fuqua	Sophomore	Southwestern	11.83	1.5
15	Frederico Del Castillo	Freshman	San Diego Mesa	12.03	1.6
16	Junior Berruecos	Freshman	Southwestern	12.45	1.6
17	Nicolas Haas	Freshman	San Diego Mesa	12.80	1.5

Men's 100 Meters Preliminaries Heat 1

W: 1.6

PL	NAME	YEAR	TEAM	TIME
1	FABIAN GRIFFITH	Sophomore	Chaffey	10.54
3	Antony Ardis	Freshman	Southwestern	10.93
4	DEMETRIUS NEWMAN	Freshman	Chaffey	10.99
9	De'ANDREW SIMPSON	Freshman	Chaffey	11.24
10	AUSTIN SQUIRES-WHITE	Freshman	Chaffey	11.24
11	Marcus Clark	Sophomore	San Diego Mesa	11.30
15	Frederico Del Castillo	Freshman	San Diego Mesa	12.03
16	Junior Berruecos	Freshman	Southwestern	12.45

Men's 100 Meters Preliminaries Heat 2

W: 1.5

PL	NAME	YEAR	TEAM	TIME
2	Alexander Smith	Freshman	Cuyamaca	10.81
5	Louis Wilkerson	Sophomore	Southwestern	11.05
6	Wes Falk	Freshman	Cuyamaca	11.10
7	Steven Grice	Freshman	San Diego Mesa	11.20
8	Jordan Tunstall	Freshman	San Diego Mesa	11.21
12	Sal Nasser	Freshman	San Diego Mesa	11.40
13	Justin Smith	Freshman	Southwestern	11.50
14	Dominique Fuqua	Sophomore	Southwestern	11.83
17	Nicolas Haas	Freshman	San Diego Mesa	12.80

Men's 200 Meters Finals

W: -2.0

PL	NAME	YEAR	TEAM	TIME	SC
1	Antony Ardis	Freshman	Southwestern	21.56	10
2	FABIAN GRIFFITH	Sophomore	Chaffey	21.62	8
3	Zach Kovach	Sophomore	San Diego Mesa	22.22	6
4	Alexander Smith	Freshman	Cuyamaca	22.51	5
5	Louis Wilkerson	Sophomore	Southwestern	22.67	4
6	Steven Grice	Freshman	San Diego Mesa	22.80	3
7	Wes Falk	Freshman	Cuyamaca	22.83	2

Men's 200 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME	WIND
1	FABIAN GRIFFITH	Sophomore	Chaffey	21.58	0.3
2	Antony Ardis	Freshman	Southwestern	21.79	1.4
3	DEMETRIUS NEWMAN	Freshman	Chaffey	22.29	1.7
4	Jose Prieto	Freshman	Southwestern	22.32	0.3
5	Zach Kovach	Sophomore	San Diego Mesa	22.39	1.7
6	Alexander Smith	Freshman	Cuyamaca	22.42	1.4
7	Wes Falk	Freshman	Cuyamaca	22.56	1.7
8	Louis Wilkerson	Sophomore	Southwestern	22.60	0.3
9	Steven Grice	Freshman	San Diego Mesa	22.67	1.4
10	Jordan Tunstall	Freshman	San Diego Mesa	22.68	1.7
11	Ian Kirk	Sophomore	San Bernardino Valley	22.91	1.7
12	Sergio Iruegas	Freshman	San Diego Mesa	22.96	1.4
13	James Woods	Freshman	Southwestern	22.99	0.3
14	AUSTIN SQUIRES-WHITE	Freshman	Chaffey	23.06	1.4
15	De'ANDREW SIMPSON	Freshman	Chaffey	23.33	1.7
16	Shiloh Cloyd	Sophomore	Cuyamaca	23.41	0.3
17	Frederico Del Castillo	Freshman	San Diego Mesa	24.85	1.4
18	Adolfo Hernandez	Sophomore	San Diego Mesa	24.99	0.3
19	Tyler Rocho	Freshman	Cuyamaca	25.89	1.4
20	JOHN BROPHY	Freshman	Chaffey	26.12	0.3
21	Chris Cox	Sophomore	San Diego Mesa	26.62	1.7

Men's 200 Meters Preliminaries Heat 1

W: 0.3

PL	NAME	YEAR	TEAM	TIME
1	FABIAN GRIFFITH	Sophomore	Chaffey	21.58
4	Jose Prieto	Freshman	Southwestern	22.32
8	Louis Wilkerson	Sophomore	Southwestern	22.60
13	James Woods	Freshman	Southwestern	22.99
16	Shiloh Cloyd	Sophomore	Cuyamaca	23.41
18	Adolfo Hernandez	Sophomore	San Diego Mesa	24.99
20	JOHN BROPHY	Freshman	Chaffey	26.12

Men's 200 Meters Preliminaries Heat 2

W: 1.4

PL	NAME	YEAR	TEAM	TIME
2	Antony Ardis	Freshman	Southwestern	21.79
6	Alexander Smith	Freshman	Cuyamaca	22.42
9	Steven Grice	Freshman	San Diego Mesa	22.67
12	Sergio Iruegas	Freshman	San Diego Mesa	22.96
14	AUSTIN SQUIRES-WHITE	Freshman	Chaffey	23.06
17	Frederico Del Castillo	Freshman	San Diego Mesa	24.85
19	Tyler Rocho	Freshman	Cuyamaca	25.89

Men's 200 Meters Preliminaries Heat 3

W: 1.7

PL	NAME	YEAR	TEAM	TIME
3	DEMETRIUS NEWMAN	Freshman	Chaffey	22.29
5	Zach Kovach	Sophomore	San Diego Mesa	22.39
7	Wes Falk	Freshman	Cuyamaca	22.56
10	Jordan Tunstall	Freshman	San Diego Mesa	22.68
11	Ian Kirk	Sophomore	San Bernardino Valley	22.91
15	De'ANDREW SIMPSON	Freshman	Chaffey	23.33
21	Chris Cox	Sophomore	San Diego Mesa	26.62

Men's 400 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Jose Prieto	Freshman	Southwestern	49.00	10
2	Zach Kovach	Sophomore	San Diego Mesa	49.47	8
3	Sergio Iruegas	Freshman	San Diego Mesa	50.05	6
4	MANJUSRI AMARASCKARA	Sophomore	Chaffey	50.26	5
5	Mokoto Mojus	Freshman	San Diego Mesa	50.36	4
6	James Woods	Freshman	Southwestern	50.45	3
7	Ian Kirk	Sophomore	San Bernardino Valley	51.06	2
8	Shiloh Cloyd	Sophomore	Cuyamaca	51.66	1
9	Andres Felix	Freshman	Southwestern	54.70	-

Men's 400 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Zach Kovach	Sophomore	San Diego Mesa	50.06
2	Jose Prieto	Freshman	Southwestern	50.46
3	James Woods	Freshman	Southwestern	50.56
4	Sergio Iruegas	Freshman	San Diego Mesa	50.80
5	Mokoto Mojus	Freshman	San Diego Mesa	50.81
6	MANJUSRI AMARASCKARA	Sophomore	Chaffey	50.84
7	Shiloh Cloyd	Sophomore	Cuyamaca	51.66
8	Ian Kirk	Sophomore	San Bernardino Valley	52.31
9	Andres Felix	Freshman	Southwestern	53.85
10	Adolfo Hernandez	Sophomore	San Diego Mesa	55.44
11	Chris Cox	Sophomore	San Diego Mesa	59.28

Men's 400 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Jose Prieto	Freshman	Southwestern	50.46
4	Sergio Iruegas	Freshman	San Diego Mesa	50.80
8	Ian Kirk	Sophomore	San Bernardino Valley	52.31
9	Andres Felix	Freshman	Southwestern	53.85
10	Adolfo Hernandez	Sophomore	San Diego Mesa	55.44

Men's 400 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Zach Kovach	Sophomore	San Diego Mesa	50.06
3	James Woods	Freshman	Southwestern	50.56
5	Mokoto Mojus	Freshman	San Diego Mesa	50.81
6	MANJUSRI AMARASCKARA	Sophomore	Chaffey	50.84
7	Shiloh Cloyd	Sophomore	Cuyamaca	51.66
11	Chris Cox	Sophomore	San Diego Mesa	59.28

Men's 800 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Albert Gamez	Sophomore	San Diego Mesa	1:56.40	10
2	Oscar Caro	Freshman	San Bernardino Valley	1:56.51	8
3	Fereon Meferia	Sophomore	Cuyamaca	1:57.06	6
4	Ryan Maize	Sophomore	Cuyamaca	1:57.98	5
5	Michael Lovato	Sophomore	San Diego Mesa	1:58.05	4
6	Christian Lopez	Freshman	San Diego Mesa	1:58.67	3
7	ALBERTO FERNANDEZ	Sophomore	Chaffey	1:58.79	2
8	Havel Respes	Freshman	San Diego Mesa	2:00.15	1
9	Alfredo Folgar	Sophomore	San Bernardino Valley	2:08.27	-

Men's 800 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Fereon Meferia	Sophomore	Cuyamaca	1:57.34
2	Ryan Maize	Sophomore	Cuyamaca	1:57.61
3	ALBERTO FERNANDEZ	Sophomore	Chaffey	1:58.77
4	Albert Gamez	Sophomore	San Diego Mesa	1:59.35
5	Michael Lovato	Sophomore	San Diego Mesa	1:59.55
6	Christian Lopez	Freshman	San Diego Mesa	1:59.58
7	Havel Respes	Freshman	San Diego Mesa	1:59.91
8	Oscar Caro	Freshman	San Bernardino Valley	2:00.78
9	Alfredo Folgar	Sophomore	San Bernardino Valley	2:01.51
10	Christian Garcia	Sophomore	San Bernardino Valley	2:02.06
11	Anamacio Cardenas	Freshman	San Bernardino Valley	2:02.37
12	Art Youngblood	Sophomore	San Bernardino Valley	2:02.55
13	Dennis Cruz	Freshman	San Bernardino Valley	2:03.16
14	Lee McAllistar	Sophomore	Cuyamaca	2:04.54
15	Curran Walton	Freshman	Cuyamaca	2:06.14
16	MIKE ACOSTA	Sophomore	Chaffey	2:10.48
17	Angel Ocampo	Freshman	Cuyamaca	2:10.89
18	Travis Linder	Freshman	Cuyamaca	2:14.03
19	Jesse Raucho	Freshman	San Bernardino Valley	2:16.11
20	Gabriel Mancia	Freshman	San Bernardino Valley	2:21.27
21	Tyler Rocho	Freshman	Cuyamaca	2:26.42

Men's 800 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
5	Michael Lovato	Sophomore	San Diego Mesa	1:59.55
8	Oscar Caro	Freshman	San Bernardino Valley	2:00.78
12	Art Youngblood	Sophomore	San Bernardino Valley	2:02.55
13	Dennis Cruz	Freshman	San Bernardino Valley	2:03.16
14	Lee McAllistar	Sophomore	Cuyamaca	2:04.54
16	MIKE ACOSTA	Sophomore	Chaffey	2:10.48
17	Angel Ocampo	Freshman	Cuyamaca	2:10.89

Men's 800 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Fereon Meferia	Sophomore	Cuyamaca	1:57.34
2	Ryan Maize	Sophomore	Cuyamaca	1:57.61
3	ALBERTO FERNANDEZ	Sophomore	Chaffey	1:58.77
10	Christian Garcia	Sophomore	San Bernardino Valley	2:02.06
11	Anamacio Cardenas	Freshman	San Bernardino Valley	2:02.37
19	Jesse Raucho	Freshman	San Bernardino Valley	2:16.11

Men's 800 Meters Preliminaries Heat 3

PL	NAME	YEAR	TEAM	TIME
4	Albert Gamez	Sophomore	San Diego Mesa	1:59.35
6	Christian Lopez	Freshman	San Diego Mesa	1:59.58
7	Havel Respes	Freshman	San Diego Mesa	1:59.91
9	Alfredo Folgar	Sophomore	San Bernardino Valley	2:01.51
15	Curran Walton	Freshman	Cuyamaca	2:06.14
18	Travis Linder	Freshman	Cuyamaca	2:14.03
20	Gabriel Mancia	Freshman	San Bernardino Valley	2:21.27
21	Tyler Rocho	Freshman	Cuyamaca	2:26.42

Men's 1500 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Albert Gamez	Sophomore	San Diego Mesa	4:08.29	10
2	Oscar Caro	Freshman	San Bernardino Valley	4:10.37	8
3	Havel Respes	Freshman	San Diego Mesa	4:12.00	6
4	Carlos Sibaja	Sophomore	Southwestern	4:12.22	5
5	ALBERTO FERNANDEZ	Sophomore	Chaffey	4:13.53	4
6	Douglas Palmer	Freshman	San Bernardino Valley	4:14.16	3
7	George Martinez	Freshman	Southwestern	4:14.43	2
8	Rodrigo Baza	Freshman	San Diego Mesa	4:18.21	1
9	Christian Garcia	Sophomore	San Bernardino Valley	4:19.37	-
10	Lee McAllistar	Sophomore	Cuyamaca	4:22.60	-
11	Dane Randolph	Freshman	Cuyamaca	4:30.33	-

Men's 1500 Meters Preliminaries

PL	NAME	YEAR	TEAM	TIME
1	Oscar Caro	Freshman	San Bernardino Valley	4:07.52
2	George Martinez	Freshman	Southwestern	4:09.05
3	Carlos Sibaja	Sophomore	Southwestern	4:11.43
4	Albert Gamez	Sophomore	San Diego Mesa	4:13.11
5	Douglas Palmer	Freshman	San Bernardino Valley	4:13.52
6	Lee McAllistar	Sophomore	Cuyamaca	4:14.13
7	Dennis Cruz	Freshman	San Bernardino Valley	4:14.37
8	Havel Respes	Freshman	San Diego Mesa	4:14.68
9	ALBERTO FERNANDEZ	Sophomore	Chaffey	4:15.22
10	Christian Garcia	Sophomore	San Bernardino Valley	4:15.55
11	Rodrigo Baza	Freshman	San Diego Mesa	4:17.07
12	Daniel Gomez	Freshman	Cuyamaca	4:18.33
13	Dane Randolph	Freshman	Cuyamaca	4:28.56
14	Travis Linder	Freshman	Cuyamaca	4:30.18
15	Angel Ocampo	Freshman	Cuyamaca	4:37.42
16	MIKE ACOSTA	Sophomore	Chaffey	4:37.94
17	Jesse Raucho	Freshman	San Bernardino Valley	4:40.04
18	Gabriel Mancia	Freshman	San Bernardino Valley	4:51.19
19	Erick Padilla	Freshman	Southwestern	4:52.41

Men's 1500 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
4	Albert Gamez	Sophomore	San Diego Mesa	4:13.11
5	Douglas Palmer	Freshman	San Bernardino Valley	4:13.52
7	Dennis Cruz	Freshman	San Bernardino Valley	4:14.37
8	Havel Respes	Freshman	San Diego Mesa	4:14.68
9	ALBERTO FERNANDEZ	Sophomore	Chaffey	4:15.22
12	Daniel Gomez	Freshman	Cuyamaca	4:18.33
13	Dane Randolph	Freshman	Cuyamaca	4:28.56
15	Angel Ocampo	Freshman	Cuyamaca	4:37.42
16	MIKE ACOSTA	Sophomore	Chaffey	4:37.94
19	Erick Padilla	Freshman	Southwestern	4:52.41

Men's 1500 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Oscar Caro	Freshman	San Bernardino Valley	4:07.52
2	George Martinez	Freshman	Southwestern	4:09.05
3	Carlos Sibaja	Sophomore	Southwestern	4:11.43
6	Lee McAllistar	Sophomore	Cuyamaca	4:14.13
10	Christian Garcia	Sophomore	San Bernardino Valley	4:15.55
11	Rodrigo Baza	Freshman	San Diego Mesa	4:17.07
14	Travis Linder	Freshman	Cuyamaca	4:30.18
17	Jesse Raucho	Freshman	San Bernardino Valley	4:40.04
18	Gabriel Mancia	Freshman	San Bernardino Valley	4:51.19

Men's 5000 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Steven Martinez	Sophomore	San Diego Mesa	15:34.63	10
2	Anamacio Cardenas	Freshman	San Bernardino Valley	15:56.96	8
3	George Martinez	Freshman	Southwestern	16:01.41	6
4	Oscar Caro	Freshman	San Bernardino Valley	16:06.28	5
5	Andrew Beckner	Sophomore	San Diego Mesa	16:11.84	4
6	Carlos Sibaja	Sophomore	Southwestern	16:13.35	3
7	Cesar Berumen	Sophomore	San Bernardino Valley	16:17.38	2
8	Aaron Hemphill	Freshman	San Diego Mesa	16:26.80	1
9	Douglas Palmer	Freshman	San Bernardino Valley	16:27.03	-
10	Daniel Gomez	Freshman	Cuyamaca	16:33.27	-
11	Diego Ramos	Freshman	San Diego Mesa	16:43.91	-
12	Luis Rodriques	Freshman	San Diego Mesa	16:45.55	-
13	Jonathan Patron	Freshman	Southwestern	16:53.14	-
14	Rodrigo Baza	Freshman	San Diego Mesa	16:53.86	-
15	Gilberto Beltran	Freshman	San Diego Mesa	16:55.26	-
16	Austin Kelley	Sophomore	Cuyamaca	16:56.49	-
17	Travis Linder	Freshman	Cuyamaca	17:25.03	-
18	Vincent Santiago	Sophomore	San Diego Mesa	17:32.30	-
19	Angel Ocampo	Freshman	Cuyamaca	18:04.20	-
20	Danny Torres	Freshman	San Bernardino Valley	18:40.81	-
21	Tyler Rocho	Freshman	Cuyamaca	19:40.15	-
22	Curran Walton	Freshman	Cuyamaca	19:59.00	-

Men's 10,000 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Steven Martinez	Sophomore	San Diego Mesa	32:13.29	10
2	George Martinez	Freshman	Southwestern	32:16.72	8
3	Andrew Beckner	Sophomore	San Diego Mesa	33:14.73	6
4	Cesar Berumen	Sophomore	San Bernardino Valley	33:23.15	5
5	Jon Dileva	Freshman	San Bernardino Valley	33:54.55	4
6	Luis Rodriques	Freshman	San Diego Mesa	34:16.76	3
7	Diego Ramos	Freshman	San Diego Mesa	35:05.68	2
8	Jonathan Patron	Freshman	Southwestern	35:06.24	1
9	Austin Kelley	Sophomore	Cuyamaca	36:09.86	-
10	AJ Freund	Freshman	Cuyamaca	37:12.89	-

Men's 110 Hurdles Finals

W: -1.2

PL	NAME	YEAR	TEAM	TIME	SC
1	Johntae Course	Freshman	San Bernardino Valley	15.78	10
2	Robeal Tesfamichael	Sophomore	San Diego Mesa	16.38	8
3	Michael Hendricks	Freshman	Southwestern	17.00	6
4	Josef Hauser	Freshman	Cuyamaca	18.53	5
5	Geofrey Garland	Freshman	San Diego Mesa	19.17	4
6	Travis Fahey	Freshman	Cuyamaca	19.47	3
7	Nikolas Gant	Freshman	San Diego Mesa	19.68	2

Men's 110 Hurdles Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Johntae Course	Freshman	San Bernardino Valley	15.52
2	Robeal Tesfamichael	Sophomore	San Diego Mesa	16.12
3	Michael Hendricks	Freshman	Southwestern	16.66
4	Travis Fahey	Freshman	Cuyamaca	19.32
5	Geofrey Garland	Freshman	San Diego Mesa	19.84
6	Josef Hauser	Freshman	Cuyamaca	20.18
7	Nikolas Gant	Freshman	San Diego Mesa	20.69

Men's 400 Hurdles Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	KHALLIFAH ROSSER	Freshman	Chaffey	51.33	10
2	Michael Hendricks	Freshman	Southwestern	56.77	8
3	Carlos Cervantes	Freshman	Cuyamaca	58.30	6
4	JEROME .L. HORTON	Freshman	Chaffey	1:01.15	5
5	Travis Fahey	Freshman	Cuyamaca	1:01.84	4
6	Omar Alderete	Freshman	San Diego Mesa	1:02.86	3
7	Robeal Tesfamichael	Sophomore	San Diego Mesa	1:03.42	2
8	Josef Hauser	Freshman	Cuyamaca	1:03.61	1
9	Christian Lopez	Freshman	San Diego Mesa	1:07.52	-

Men's 400 Hurdles Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	KHALLIFAH ROSSER	Freshman	Chaffey	53.43
2	Carlos Cervantes	Freshman	Cuyamaca	57.04
3	Michael Hendricks	Freshman	Southwestern	57.12
4	Christian Lopez	Freshman	San Diego Mesa	59.19
5	JEROME .L. HORTON	Freshman	Chaffey	59.95
6	Robeal Tesfamichael	Sophomore	San Diego Mesa	1:00.78
7	Travis Fahey	Freshman	Cuyamaca	1:01.15
8	Josef Hauser	Freshman	Cuyamaca	1:04.02
9	Omar Alderete	Freshman	San Diego Mesa	1:04.04
10	Nikolas Gant	Freshman	San Diego Mesa	1:05.09
	Ryan Jones	Sophomore	San Bernardino Valley	DQ

Men's 400 Hurdles Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	KHALLIFAH ROSSER	Freshman	Chaffey	53.43
2	Carlos Cervantes	Freshman	Cuyamaca	57.04
3	Michael Hendricks	Freshman	Southwestern	57.12
6	Robeal Tesfamichael	Sophomore	San Diego Mesa	1:00.78
7	Travis Fahey	Freshman	Cuyamaca	1:01.15
8	Josef Hauser	Freshman	Cuyamaca	1:04.02

Men's 400 Hurdles Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
4	Christian Lopez	Freshman	San Diego Mesa	59.19
5	JEROME .L. HORTON	Freshman	Chaffey	59.95
9	Omar Alderete	Freshman	San Diego Mesa	1:04.04
10	Nikolas Gant	Freshman	San Diego Mesa	1:05.09
	Ryan Jones	Sophomore	San Bernardino Valley	DQ

Men's 3000 Steeplechase

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Ryan Maize	Sophomore	Cuyamaca	9:49.33	10
2	Anamacio Cardenas	Freshman	San Bernardino Valley	9:54.42	8
3	Aaron Hemphill	Freshman	San Diego Mesa	10:04.56	6
4	Dane Randolph	Freshman	Cuyamaca	10:10.30	5
5	Dennis Cruz	Freshman	San Bernardino Valley	10:33.42	4
6	Jorge Guzman	Freshman	Cuyamaca	11:00.00	3

Men's 4 x 100 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	Southwestern	Antony Ardis, Dominique Fuqua, Louis Wilkerson, Justin Smith	42.2	10
2	San Diego Mesa	Steven Grice, Sal Nasser, Jordan Tunstall, Zach Kovach	42.47	8
3	Chaffey	Fabian Griffith, Khallifah Rosser, Demetrius Newman, Manjusri Amarasckara	42.9	6

Men's 4 x 400 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	San Diego Mesa	Michael Lovato, Zach Kovach, Sergio Iruegas, Christian Lopez	3:20.55	10
2	Chaffey	Rene Heron, Fabian Griffith, Khallifah Rosser, Manjusri Amarasckara	3:21.42	8
3	San Bernardino Valley	Johntae Course, Ryan Jones, Ian Kirk, Art Youngblood	3:26.39	6
4	Southwestern	James Woods, Michael Hendricks, Jose Prieto, Antony Ardis	3:29.31	5

Men's Long Jump

PL	NAME	YEAR	TEAM	MARK	CONV	SC	WIND
1	Sal Nasser	Freshman	San Diego Mesa	7.51m	24' 7.75"	10	-1.0
	7.51 (-1.0) 7.15 (2.5) PASS PASS PASS						
2	Branden Greene	Freshman	Southwestern	7.33m	24' 0.75"	8	0.9
	7.33 (0.9) 6.88 (+0.0) PASS PASS						
3	Dominique Fuqua	Sophomore	Southwestern	6.81m	22' 4.25"	6	2.5
	6.81 (2.5) 6.39 (0.6) 6.48 (0.2) 6.57 (2.2) 6.12 (-0.3)						
4	Darrian Frazier	Sophomore	San Bernardino Valley	6.80m	22' 3.75"	5	1.8
	6.71 (2.4) 6.80 (1.8) 6.42 (-2.3) 6.29 (2.1) 6.70 (2.2) 6.59 (2.2)						
5	Jamar Walter	Freshman	San Diego Mesa	6.68m	21' 11"	4	-0.4
	6.38 (1.1) 6.32 (1.7) 6.31 (-0.3) 6.68 (-0.4) 6.15 (1.0)						
6	Brandon Bradley	Freshman	San Diego Mesa	6.64m	21' 9.5"	3	2.1
	6.45 (0.1) 6.39 (1.9) 6.62 (2.3) 6.46 (2.2) 6.60 (1.8) 6.64 (2.1)						
7	Ryan Jones	Sophomore	San Bernardino Valley	6.58m	21' 7.25"	2	1.2
	6.58 (1.2) 6.37 (1.8) 6.38 (2.1) 6.00 (1.3) 5.33 (2.5)						
8	MARK ENGLISH	Freshman	Chaffey	6.19m	20' 3.75"	1	2.3
	6.19 (2.3) 6.12 (0.8) 6.18 (1.0)						
9	Mokoto Mojus	Freshman	San Diego Mesa	6.16m	20' 2.5"	-	3.1
	6.16 (3.1)						
10	Ryan Hillman	Sophomore	San Diego Mesa	6.11m	20' 0.5"	-	1.3
	6.11 (1.3) 6.11 (0.4)						
11	Bryce Eulitt	Freshman	Cuyamaca	5.93m	19' 5.5"	-	0.1
	5.69 (1.5) 5.93 (0.1) 5.78 (1.9)						
12	BERNARD CHEATHAM	Freshman	Chaffey	5.88m	19' 3.5"	-	1.9
	5.57 (-0.1) 5.88 (1.9)						
13	Junior Berruecos	Freshman	Southwestern	5.71m	18' 9"	-	1.9
	5.61 (1.5) 5.71 (1.9)						
14	Geofrey Garland	Freshman	San Diego Mesa	5.66m	18' 7"	-	2.0
	5.50 (2.3) 5.62 (2.1) 5.66 (2.0)						
15	Marcus Clark	Sophomore	San Diego Mesa	5.56m	18' 3"	-	2.9
	5.56 (2.9) 5.53 (1.6) 5.31 (2.6)						
16	Matt Garrido	Sophomore	San Diego Mesa	5.39m	17' 8.25"	-	1.9
	5.35 (1.8) 4.54 (1.7) 5.39 (1.9)						
	Albert Lee	Freshman	San Diego Mesa	NM	NM	-	NWI

Men's Long Jump Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC	WIND
5	Jamar Walter	Freshman	San Diego Mesa	6.68m	21' 11"	4	-0.4
8	MARK ENGLISH	Freshman	Chaffey	6.19m	20' 3.75"	1	2.3
10	Ryan Hillman	Sophomore	San Diego Mesa	6.11m	20' 0.5"	-	1.3
12	BERNARD CHEATHAM	Freshman	Chaffey	5.88m	19' 3.5"	-	1.9
13	Junior Berruecos	Freshman	Southwestern	5.71m	18' 9"	-	1.9
14	Geofrey Garland	Freshman	San Diego Mesa	5.66m	18' 7"	-	2.0
15	Marcus Clark	Sophomore	San Diego Mesa	5.56m	18' 3"	-	2.9
16	Matt Garrido	Sophomore	San Diego Mesa	5.39m	17' 8.25"	-	1.9
	Albert Lee	Freshman	San Diego Mesa	NM	NM	-	NWI

Men's Long Jump Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC	WIND
1	Sal Nasser	Freshman	San Diego Mesa	7.51m	24' 7.75"	10	-1.0
2	Branden Greene	Freshman	Southwestern	7.33m	24' 0.75"	8	0.9
3	Dominique Fuqua	Sophomore	Southwestern	6.81m	22' 4.25"	6	2.5
4	Darrian Frazier	Sophomore	San Bernardino Valley	6.80m	22' 3.75"	5	1.8
6	Brandon Bradley	Freshman	San Diego Mesa	6.64m	21' 9.5"	3	2.1
7	Ryan Jones	Sophomore	San Bernardino Valley	6.58m	21' 7.25"	2	1.2
9	Mokoto Mojus	Freshman	San Diego Mesa	6.16m	20' 2.5"	-	3.1
11	Bryce Eulitt	Freshman	Cuyamaca	5.93m	19' 5.5"	-	0.1

Men's Triple Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Dominique Fuqua	Sophomore	Southwestern	14.32m	46' 11.75"	10
	FOUL FOUL 12.66 13.91 13.69 14.32					
2	Darrian Frazier	Sophomore	San Bernardino Valley	13.89m	45' 7"	8
	13.44 13.74 13.89 FOUL 13.58 13.73					
3	Brandon Bradley	Freshman	San Diego Mesa	13.08m	42' 11"	6
	13.08 12.29 12.83					
4	Mokoto Mojus	Freshman	San Diego Mesa	11.61m	38' 1.25"	5
	11.14 11.40 11.61					
5	Matt Garrido	Sophomore	San Diego Mesa	11.60m	38' 0.75"	4
	FOUL 11.60 11.07 11.46 11.15 10.93					
6	Albert Lee	Freshman	San Diego Mesa	11.56m	37' 11.25"	3
	11.56 10.91 11.34 FOUL 11.54 FOUL					

Men's Shot Put

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Ndoto Strong	Sophomore	San Diego Mesa	14.22m	46' 8"	10
	13.52 13.98 13.75 13.50 13.49 14.22					
2	Laronn Clarence Hill	Freshman	San Diego Mesa	12.79m	41' 11.5"	8
	12.50 12.11 12.44 12.27 12.12 12.79					
3	Leonardo Larios	Freshman	Cuyamaca	12.24m	40' 2"	6
	11.73 11.91 11.32 FOUL 12.24 11.21					
4	Gilbert Cisneros	Freshman	Cuyamaca	11.60m	38' 0.75"	5
	11.60 FOUL 11.32 FOUL 11.35 FOUL					
5	Edgar Soto	Sophomore	San Diego Mesa	10.91m	35' 9.5"	4
	FOUL FOUL 9.50 9.30 FOUL 10.91					
6	Jorge Sanchez	Sophomore	San Diego Mesa	10.42m	34' 2.25"	3
	10.04 10.03 9.83 10.01 10.29 10.42					
7	Jose De la Cruz	Freshman	San Bernardino Valley	10.38m	34' 0.75"	2
	10.38 FOUL FOUL 10.06 10.22 9.93					

Men's Discus

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Ahmed Abdul-Rahman	Sophomore	San Bernardino Valley	50.86m	166' 10"	10
	FOUL 46.73 46.76 49.43 50.86 FOUL					
2	Eduardo Medrano	Freshman	Cuyamaca	43.38m	142' 4"	8
	43.10 43.38 39.51 FOUL FOUL 41.81					
3	Ndoto Strong	Sophomore	San Diego Mesa	43.05m	141' 3"	6
	43.05 42.14 39.45 39.57 FOUL 34.05					
4	Laronn Clarence Hill	Freshman	San Diego Mesa	39.48m	129' 6"	5
	38.62 FOUL 37.93 39.48 FOUL 36.65					
5	Gilbert Cisneros	Freshman	Cuyamaca	38.30m	125' 8"	4
	38.30 36.98 36.74 37.91 FOUL 37.07					
6	Leonardo Larios	Freshman	Cuyamaca	36.79m	120' 8"	3
	FOUL FOUL 35.89 FOUL 36.79 FOUL					
7	Jorge Sanchez	Sophomore	San Diego Mesa	36.22m	118' 10"	2
	FOUL 33.38 36.22 27.51 FOUL FOUL					
8	Edgar Soto	Sophomore	San Diego Mesa	34.77m	114' 1"	1
	28.30 33.97 34.77 32.33 FOUL 33.16					
9	Jose De la Cruz	Freshman	San Bernardino Valley	31.61m	103' 8"	-
	31.61 FOUL 30.59 FOUL FOUL 30.45					
10	Chad Williams	Freshman	San Diego Mesa	30.30m	99' 5"	-
	30.30 PASS PASS PASS PASS PASS					

Men's Hammer

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Ahmed Abdul-Rahman	Sophomore	San Bernardino Valley	50.15m	164' 6"	10
	44.46 44.89 50.15					
2	Eduardo Medrano	Freshman	Cuyamaca	44.66m	146' 6"	8
	41.36 44.66					
3	Laronn Clarence Hill	Freshman	San Diego Mesa	41.13m	134' 11"	6
	31.98 41.13 35.43					
4	Jorge Sanchez	Sophomore	San Diego Mesa	39.90m	130' 11"	5
	39.54 39.90 39.36 37.81					
5	Devin Mikul	Freshman	Cuyamaca	39.53m	129' 8"	4
	37.10 39.20 39.53 39.25					
6	Leonardo Larios	Freshman	Cuyamaca	35.92m	117' 10"	3
	35.92					
7	Jose De la Cruz	Freshman	San Bernardino Valley	30.16m	98' 11"	2
	28.73 27.88 30.16					
8	Gilbert Cisneros	Freshman	Cuyamaca	28.49m	93' 6"	1
	24.98 27.91 27.15 28.49					
9	Edgar Soto	Sophomore	San Diego Mesa	23.80m	78' 1"	-
	23.80					

Men's Javelin

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Chad Williams	Freshman	San Diego Mesa	51.81m	170' 0"	10
	48.83 51.81 48.19 FOUL FOUL FOUL					
2	Geofrey Garland	Freshman	San Diego Mesa	43.03m	141' 2"	8
	37.12 32.43 38.65 38.08 43.03 38.13					
3	Brad Holley	Freshman	Cuyamaca	42.15m	138' 3"	6
	FOUL 36.05 40.92 38.56 42.15 41.37					
4	Michael Lovato	Sophomore	San Diego Mesa	38.53m	126' 5"	5
	36.50 PASS PASS 38.20 38.53 34.95					
5	Taylor Ens	Freshman	San Diego Mesa	35.35m	116' 0"	4
	35.16 35.35 32.48 34.84 30.70 34.24					
6	Jorge Sanchez	Sophomore	San Diego Mesa	28.44m	93' 4"	3
	25.02 FOUL 28.27 FOUL 28.44 25.86					
	James Elder	Freshman	San Diego Mesa	FOUL	NM	-
	FOUL FOUL PASS					
	Ryan Jones	Sophomore	San Bernardino Valley	DQ	NM	-
	42.95 41.63 41.36					



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Women's 100 Meters Finals

W: -2.1

PL	NAME	YEAR	TEAM	TIME	SC
1	Jasmine Oliver	Freshman	Cuyamaca	12.92	10
2	Victoria Stewart	Freshman	Palomar	13.14	8
3	Deozjane Jones	Freshman	San Diego Mesa	13.26	6
4	Daijonne Marshall	Freshman	San Bernardino Valley	13.82	5
5	Shaylyn Boomer	Sophomore	Palomar	14.04	4
6	Kaitlynn Hummel	Freshman	San Diego Mesa	14.06	3
7	Julia Tenchavez	Sophomore	Palomar	14.19	2
8	Carmela Corpuz	Freshman	Southwestern	14.27	1
9	Evelyn Martinez	Freshman	San Diego Mesa	14.61	-

Women's 100 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME	WIND
1	Jasmine Oliver	Freshman	Cuyamaca	12.77	1.4
2	Deozjane Jones	Freshman	San Diego Mesa	12.95	-0.3
3	Victoria Stewart	Freshman	Palomar	12.97	1.4
4	Daijonne Marshall	Freshman	San Bernardino Valley	13.46	-0.3
5	Shaylyn Boomer	Sophomore	Palomar	13.55	1.4
6	Carmela Corpuz	Freshman	Southwestern	13.82	-0.3
7	Kaitlynn Hummel	Freshman	San Diego Mesa	13.87	-0.3
8	Julia Tenchavez	Sophomore	Palomar	13.95	1.4
9	Evelyn Martinez	Freshman	San Diego Mesa	14.04	1.4
10	Danielle Trader	Freshman	San Diego Mesa	15.75	1.4
11	Itzel Tzab	Freshman	Palomar	15.90	-0.3

Women's 100 Meters Preliminaries Heat 1

W: -0.3

PL	NAME	YEAR	TEAM	TIME
2	Deozjane Jones	Freshman	San Diego Mesa	12.95
4	Daijonne Marshall	Freshman	San Bernardino Valley	13.46
6	Carmela Corpuz	Freshman	Southwestern	13.82
7	Kaitlynn Hummel	Freshman	San Diego Mesa	13.87
11	Itzel Tzab	Freshman	Palomar	15.90

Women's 100 Meters Preliminaries Heat 2

W: 1.4

PL	NAME	YEAR	TEAM	TIME
1	Jasmine Oliver	Freshman	Cuyamaca	12.77
3	Victoria Stewart	Freshman	Palomar	12.97
5	Shaylyn Boomer	Sophomore	Palomar	13.55
8	Julia Tenchavez	Sophomore	Palomar	13.95
9	Evelyn Martinez	Freshman	San Diego Mesa	14.04
10	Danielle Trader	Freshman	San Diego Mesa	15.75

Women's 200 Meters Finals

W: -3.1

PL	NAME	YEAR	TEAM	TIME	SC
1	Kiera Williams	Freshman	San Diego Mesa	26.05	10
2	Jasmine Oliver	Freshman	Cuyamaca	26.19	8
3	Victoria Stewart	Freshman	Palomar	26.95	6
4	Savannah Sweeting	Freshman	San Diego Mesa	28.00	5
5	Kiana Hankins	Freshman	Cuyamaca	28.21	4
6	Alina Fierro	Freshman	San Diego Mesa	28.42	3
7	Deozjane Jones	Freshman	San Diego Mesa	28.53	2
8	Kaitlynn Hummel	Freshman	San Diego Mesa	29.27	1
9	Evelyn Martinez	Freshman	San Diego Mesa	30.28	-

Women's 200 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME	WIND
1	Kiera Williams	Freshman	San Diego Mesa	25.86	1.5
2	Jasmine Oliver	Freshman	Cuyamaca	26.32	1.6
3	Victoria Stewart	Freshman	Palomar	26.48	1.5
4	Kiana Hankins	Freshman	Cuyamaca	27.74	1.6
5	Savannah Sweeting	Freshman	San Diego Mesa	27.76	1.6
6	Alina Fierro	Freshman	San Diego Mesa	27.93	1.5
7	Deozjane Jones	Freshman	San Diego Mesa	28.47	1.5
8	Kaitlynn Hummel	Freshman	San Diego Mesa	28.82	1.6
9	Evelyn Martinez	Freshman	San Diego Mesa	29.52	1.5
10	Carmela Corpuz	Freshman	Southwestern	29.86	1.6
11	Danielle Trader	Freshman	San Diego Mesa	33.19	1.5

Women's 200 Meters Preliminaries Heat 1

W: 1.5

PL	NAME	YEAR	TEAM	TIME
1	Kiera Williams	Freshman	San Diego Mesa	25.86
3	Victoria Stewart	Freshman	Palomar	26.48
6	Alina Fierro	Freshman	San Diego Mesa	27.93
7	Deozjane Jones	Freshman	San Diego Mesa	28.47
9	Evelyn Martinez	Freshman	San Diego Mesa	29.52
11	Danielle Trader	Freshman	San Diego Mesa	33.19

Women's 200 Meters Preliminaries Heat 2

W: 1.6

PL	NAME	YEAR	TEAM	TIME
2	Jasmine Oliver	Freshman	Cuyamaca	26.32
4	Kiana Hankins	Freshman	Cuyamaca	27.74
5	Savannah Sweeting	Freshman	San Diego Mesa	27.76
8	Kaitlynn Hummel	Freshman	San Diego Mesa	28.82
10	Carmela Corpuz	Freshman	Southwestern	29.86

Women's 400 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Paula Aleman	Freshman	Southwestern	57.86	10
2	GABRIELLA BELL	Freshman	Chaffey	59.38	8
3	Kiera Williams	Freshman	San Diego Mesa	1:02.57	6
4	Kiana Hankins	Freshman	Cuyamaca	1:03.07	5
5	Keeshawna Jackson	Freshman	Southwestern	1:03.95	4
6	Alina Fierro	Freshman	San Diego Mesa	1:04.15	3
7	Savannah Sweeting	Freshman	San Diego Mesa	1:04.74	2
8	Tanya Ortega	Freshman	Southwestern	1:05.37	1
9	Brandi Sanchez	Freshman	Southwestern	1:08.64	-

Women's 400 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Kiera Williams	Freshman	San Diego Mesa	58.35
2	GABRIELLA BELL	Freshman	Chaffey	59.71
3	Paula Aleman	Freshman	Southwestern	59.93
4	Keeshawna Jackson	Freshman	Southwestern	1:02.55
5	Kiana Hankins	Freshman	Cuyamaca	1:03.04
6	Alina Fierro	Freshman	San Diego Mesa	1:03.67
7	Savannah Sweeting	Freshman	San Diego Mesa	1:04.24
8	Tanya Ortega	Freshman	Southwestern	1:05.94
9	Brandi Sanchez	Freshman	Southwestern	1:10.47

Women's 400 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	Kiera Williams	Freshman	San Diego Mesa	58.35
4	Keeshawna Jackson	Freshman	Southwestern	1:02.55
5	Kiana Hankins	Freshman	Cuyamaca	1:03.04
8	Tanya Ortega	Freshman	Southwestern	1:05.94

Women's 400 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
2	GABRIELLA BELL	Freshman	Chaffey	59.71
3	Paula Aleman	Freshman	Southwestern	59.93
6	Alina Fierro	Freshman	San Diego Mesa	1:03.67
7	Savannah Sweeting	Freshman	San Diego Mesa	1:04.24
9	Brandi Sanchez	Freshman	Southwestern	1:10.47

Women's 800 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Karlie Creal	Freshman	San Bernardino Valley	2:22.15	10
2	Nichol Buck	Sophomore	Cuyamaca	2:24.94	8
3	Miranda Fisher	Freshman	Cuyamaca	2:25.85	6
4	JESSICA ALVAREZ	Freshman	Chaffey	2:28.04	5
5	Joanna Pekar	Freshman	San Diego Mesa	2:28.34	4
6	Aleiha Nelson	Sophomore	Palomar	2:28.43	3
7	Cindy Flores	Freshman	San Diego Mesa	2:31.18	2
8	Maude Price	Sophomore	San Diego Mesa	2:37.02	1
9	Tanya Ortega	Freshman	Southwestern	2:41.67	-

Women's 800 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Karlie Creal	Freshman	San Bernardino Valley	2:21.66
2	Cindy Flores	Freshman	San Diego Mesa	2:24.45
3	Nichol Buck	Sophomore	Cuyamaca	2:25.44
4	Miranda Fisher	Freshman	Cuyamaca	2:26.48
5	Joanna Pekar	Freshman	San Diego Mesa	2:26.53
6	JESSICA ALVAREZ	Freshman	Chaffey	2:28.93
7	Aleiha Nelson	Sophomore	Palomar	2:32.87
8	Tanya Ortega	Freshman	Southwestern	2:34.92
9	Maude Price	Sophomore	San Diego Mesa	2:35.99
10	Jessica Steinhoff	Freshman	Palomar	2:38.22
11	Lisa Beaty	Sophomore	Cuyamaca	2:42.75
12	Veronica Leon	Sophomore	Palomar	2:57.98
13	Cheyenne Martinez	Freshman	San Diego Mesa	3:10.44

Women's 800 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Cindy Flores	Freshman	San Diego Mesa	2:24.45
5	Joanna Pekar	Freshman	San Diego Mesa	2:26.53
7	Aleiha Nelson	Sophomore	Palomar	2:32.87
10	Jessica Steinhoff	Freshman	Palomar	2:38.22
11	Lisa Beaty	Sophomore	Cuyamaca	2:42.75
13	Cheyenne Martinez	Freshman	San Diego Mesa	3:10.44

Women's 800 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Karlie Creal	Freshman	San Bernardino Valley	2:21.66
3	Nichol Buck	Sophomore	Cuyamaca	2:25.44
4	Miranda Fisher	Freshman	Cuyamaca	2:26.48
6	JESSICA ALVAREZ	Freshman	Chaffey	2:28.93
8	Tanya Ortega	Freshman	Southwestern	2:34.92
9	Maude Price	Sophomore	San Diego Mesa	2:35.99
12	Veronica Leon	Sophomore	Palomar	2:57.98

Women's 1500 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Karlie Creal	Freshman	San Bernardino Valley	4:57.45	10
2	Nichol Buck	Sophomore	Cuyamaca	4:58.84	8
3	Miranda Fisher	Freshman	Cuyamaca	5:01.38	6
4	Cindy Flores	Freshman	San Diego Mesa	5:05.16	5
5	Aholibarna Velazquez	Freshman	Palomar	5:05.45	4
6	JESSICA ALVAREZ	Freshman	Chaffey	5:08.53	3
7	Guadalupe DeAlba	Sophomore	San Bernardino Valley	5:19.11	2
8	Aleiha Nelson	Sophomore	Palomar	5:20.88	1
9	Elysia Young	Freshman	San Diego Mesa	5:22.88	-
10	Jessica Steinhoff	Freshman	Palomar	5:30.22	-
11	Kassandra Covarrubias	Freshman	Southwestern	5:57.73	-

Women's 1500 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Karlie Creal	Freshman	San Bernardino Valley	4:56.04
2	Cindy Flores	Freshman	San Diego Mesa	4:56.98
3	Miranda Fisher	Freshman	Cuyamaca	4:58.86
4	JESSICA ALVAREZ	Freshman	Chaffey	4:59.47
5	Aholibama Velazquez	Freshman	Palomar	5:04.32
6	Nichol Buck	Sophomore	Cuyamaca	5:09.91
7	Kailin Anderson	Sophomore	Cuyamaca	5:13.42
8	Aleiha Nelson	Sophomore	Palomar	5:17.00
9	Jessica Steinhoff	Freshman	Palomar	5:24.00
10	Guadalupe DeAlba	Sophomore	San Bernardino Valley	5:29.49
11	Elysia Young	Freshman	San Diego Mesa	5:31.42
12	Kassandra Covarrubias	Freshman	Southwestern	5:34.26

Women's 5000 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Kenia Rendon	Freshman	San Diego Mesa	19:34.41	10
2	Aholibama Velazquez	Freshman	Palomar	19:38.21	8
3	Sylvia Longworth	Freshman	Cuyamaca	19:56.79	6
4	Kim Melechinsky	Sophomore	San Diego Mesa	20:24.69	5
5	Guadalupe DeAlba	Sophomore	San Bernardino Valley	20:30.71	4
6	Nanci Romero	Freshman	Cuyamaca	20:39.14	3
7	Kailene Gini	Freshman	Cuyamaca	20:48.55	2
8	Elysia Young	Freshman	San Diego Mesa	21:10.76	1
9	Sarah Snyder	Freshman	Cuyamaca	23:25.89	-

Women's 10,000 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Kenia Rendon	Freshman	San Diego Mesa	40:47.58	10
2	Kim Melechinsky	Sophomore	San Diego Mesa	40:53.55	8
3	Aholibama Velazquez	Freshman	Palomar	40:54.72	6
4	Cindy Flores	Freshman	San Diego Mesa	41:45.69	5
5	Sylvia Longworth	Freshman	Cuyamaca	42:50.12	4
6	Kailene Gini	Freshman	Cuyamaca	43:23.60	3
7	Elysia Young	Freshman	San Diego Mesa	43:41.13	2
8	Nanci Romero	Freshman	Cuyamaca	44:19.32	1
9	Sarah Snyder	Freshman	Cuyamaca	51:38.60	-

Women's 100 Hurdles Finals

W: -1.2

PL	NAME	YEAR	TEAM	TIME	SC
1	Maria de Jesus Garcia	Freshman	Southwestern	16.04	10
2	Shaylyn Boomer	Sophomore	Palomar	16.55	8
3	Daijonne Marshall	Freshman	San Bernardino Valley	16.69	6
4	Rosario Huerta	Freshman	San Diego Mesa	17.64	5
5	Elizabeth Hines	Sophomore	Cuyamaca	17.71	4
6	Julia Tenchavez	Sophomore	Palomar	17.86	3
7	Joanna Pekar	Freshman	San Diego Mesa	18.37	2
8	Maude Price	Sophomore	San Diego Mesa	19.27	1
9	Gloria Alatorre	Freshman	San Diego Mesa	19.77	-

Women's 100 Hurdles Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME	WIND
1	Maria de Jesus Garcia	Freshman	Southwestern	15.70	1.1
2	Shaylyn Boomer	Sophomore	Palomar	16.69	1.2
3	Daijonne Marshall	Freshman	San Bernardino Valley	17.02	1.2
4	Rosario Huerta	Freshman	San Diego Mesa	17.57	1.1
5	Julia Tenchavez	Sophomore	Palomar	17.58	1.1
6	Joanna Pekar	Freshman	San Diego Mesa	17.95	1.2
7	Maude Price	Sophomore	San Diego Mesa	19.90	1.2
8	Elizabeth Hines	Sophomore	Cuyamaca	19.91	1.2
9	Gloria Alatorre	Freshman	San Diego Mesa	20.25	1.1
10	Miki Kimura	Freshman	Palomar	20.66	1.1

Women's 100 Hurdles Preliminaries Heat 1

W: 1.1

PL	NAME	YEAR	TEAM	TIME
1	Maria de Jesus Garcia	Freshman	Southwestern	15.70
4	Rosario Huerta	Freshman	San Diego Mesa	17.57
5	Julia Tenchavez	Sophomore	Palomar	17.58
9	Gloria Alatorre	Freshman	San Diego Mesa	20.25
10	Miki Kimura	Freshman	Palomar	20.66

Women's 100 Hurdles Preliminaries Heat 2

W: 1.2

PL	NAME	YEAR	TEAM	TIME
2	Shaylyn Boomer	Sophomore	Palomar	16.69
3	Daijonne Marshall	Freshman	San Bernardino Valley	17.02
6	Joanna Pekar	Freshman	San Diego Mesa	17.95
7	Maude Price	Sophomore	San Diego Mesa	19.90
8	Elizabeth Hines	Sophomore	Cuyamaca	19.91

Women's 400 Hurdles Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Paula Aleman	Freshman	Southwestern	1:03.41	10
2	Daijonne Marshall	Freshman	San Bernardino Valley	1:08.44	8
3	Rosario Huerta	Freshman	San Diego Mesa	1:10.21	6
4	Elizabeth Hines	Sophomore	Cuyamaca	1:10.68	5
5	Joanna Pekar	Freshman	San Diego Mesa	1:14.32	4
6	GISSELA MOYA	Freshman	Chaffey	1:17.19	3
7	Cassandra Moore	Freshman	Palomar	1:22.48	2
8	Gloria Alatorre	Freshman	San Diego Mesa	1:25.63	1

Women's 400 Hurdles Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Paula Aleman	Freshman	Southwestern	1:02.84
2	Joanna Pekar	Freshman	San Diego Mesa	1:09.07
3	Daijonne Marshall	Freshman	San Bernardino Valley	1:09.80
4	Rosario Huerta	Freshman	San Diego Mesa	1:10.65
5	Elizabeth Hines	Sophomore	Cuyamaca	1:11.92
6	Cassandra Moore	Freshman	Palomar	1:16.39
7	GISSELA MOYA	Freshman	Chaffey	1:17.96
8	Gloria Alatorre	Freshman	San Diego Mesa	1:18.59

Women's 3000 Steeplechase

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Kim Melechinsky	Sophomore	San Diego Mesa	11:28.33	10
2	Kailin Anderson	Sophomore	Cuyamaca	12:45.92	8
3	Lisa Beaty	Sophomore	Cuyamaca	14:11.16	6

Women's 4 x 100 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
0	Southwestern	Sirena Diaz, Carmela Corpuz, Maria de Jes Garcia, Paula Aleman	DNF	-
1	San Diego Mesa	Deozjane Jones, Kiera Williams, Valerie James, Kira Perkins	50.06	10
2	Palomar	Shaylyn Boomer, Cydnee Psalms, Julia Tenchavez, Victoria Stewart	51.28	8

Women's 4 x 400 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	San Diego Mesa	Joanna Pekar, Kiera Williams, Valerie James, Kira Perkins	4:08.83	10
2	Southwestern	Paula Aleman, Keeshawna Jackson, Sirena Diaz, Maria de Jes Garcia	4:11.5	8
3	Palomar	Kaylah Hudnell, Jessica Steinhoff, Aleiha Nelson, Cassandra Moore	4:36.54	6

Women's High Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	RACHEL McCOY	Freshman	Chaffey	1.82m	5' 11.5"	10
	1.67 O	1.72 O	1.77 O	1.82 XXO	1.87 XXX	
2	Cassandra Moore	Freshman	Palomar	1.52m	4' 11.75"	8
	1.22 O	1.27 O	1.32 O	1.37 O	1.42 O	1.47 XO
				1.52 XO	1.57 X	
3	Keeshawna Jackson	Freshman	Southwestern	1.42m	4' 7.75"	6
	1.37 XO	1.42 O	1.47 XXX			
4	Cydnee Psalms	Sophomore	Palomar	1.37m	4' 6"	5
	1.37 O	1.42 XXX				
5	Kira Perkins	Freshman	San Diego Mesa	1.37m	4' 6"	4
	1.22 O	1.27 O	1.32 O	1.37 XO	1.42 XXX	
6	Mackenzie Mahoney	Freshman	Palomar	1.32m	4' 4"	3
	1.22 XXO	1.27 O	1.32 XO	1.37 XXX		
7	Joanna Pekar	Freshman	San Diego Mesa	1.22m	4' 0"	2
	1.22 O					
8	Maude Price	Sophomore	San Diego Mesa	1.22m	4' 0"	1
	1.22 XO	1.27 X				

Women's Pole Vault

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Korin Chapman	Freshman	Southwestern	3.36m	11' 0.25"	10
	3.21 O	3.36 O	3.51 XXX			
2	Kaitlynn Hummel	Freshman	San Diego Mesa	2.76m	9' 0.5"	8
	1.86 P	2.01 P	2.16 P	2.31 P	2.46 P	2.61 O
				2.76 XXO	2.91 XXX	
3	Miranda Hicks	Freshman	San Diego Mesa	2.61m	8' 6.75"	6
	1.86 P	2.01 P	2.16 P	2.31 O	2.46 O	2.61 O
				2.76 XXX		
4	Mackenzie Mahoney	Freshman	Palomar	1.86m	6' 1.25"	4.5
	1.86 O	2.16 XXX				
4	Kassie Kellum	Freshman	Cuyamaca	1.86m	6' 1.25"	4.5
	1.86 O	2.61 XXX				

Women's Long Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC	WIND
1	Kira Perkins	Freshman	San Diego Mesa	5.24m	17' 2.25"	10	0.8
	5.11 (0.3) 5.22 (1.4) 5.24 (0.8) 5.17 (1.0)						
2	Maria de Jesus Garcia	Freshman	Southwestern	5.14m	16' 10.5"	8	0.8
	4.68 (-0.7) 4.92 (+0.0) 5.09 (1.6) 4.85 (+0.0) 5.14 (0.8)						
3	Deozjane Jones	Freshman	San Diego Mesa	5.06m	16' 7.25"	6	0.9
	3.84 (0.1) 4.73 (1.8) 4.88 (+0.0) 4.82 (1.1) 4.86 (+0.0) 5.06 (0.9)						
4	Korin Chapman	Freshman	Southwestern	4.84m	15' 10.5"	5	+0.0
	4.64 (2.0) 4.78 (1.0) 4.19 (1.9) 3.58 (1.7) 4.84 (+0.0) 4.44 (0.8)						
5	Cydnee Psalms	Sophomore	Palomar	4.82m	15' 9.75"	4	0.3
	4.75 (2.0) 4.82 (0.3) 4.57 (2.1) 4.32 (+0.0) 4.56 (1.4) 4.81 (1.8)						
6	Cassandra Moore	Freshman	Palomar	4.79m	15' 8.75"	3	0.6
	4.79 (0.6) 4.40 (+0.0) 4.16 (1.0)						
7	Shaylyn Boomer	Sophomore	Palomar	4.73m	15' 6.25"	2	0.8
	4.63 (1.5) 4.69 (2.2) 4.56 (+0.0) 4.71 (+0.0) 4.59 (0.9) 4.73 (0.8)						
8	Avyon Mathis	Freshman	Cuyamaca	4.57m	15' 0"	1	2.1
	4.57 (2.1) PASS						
9	Brandi Sanchez	Freshman	Southwestern	4.51m	14' 9.75"	-	0.9
	4.42 (3.1) 4.51 (0.9) 4.17 (3.2) 4.42 (0.6) 4.41 (1.9) 4.37 (0.1)						
9	Kiana Hankins	Freshman	Cuyamaca	4.51m	14' 9.75"	-	0.8
	4.51 (0.8) 4.49 (-0.6)						
11	Maude Price	Sophomore	San Diego Mesa	4.30m	14' 1.25"	-	-0.7
	4.11 (1.7) 4.30 (-0.7)						
12	Samantha Lopez	Freshman	San Diego Mesa	4.06m	13' 4"	-	3.3
	3.98 (1.9) 3.95 (1.9) 4.06 (3.3)						
	Evelyn Martinez	Freshman	San Diego Mesa	NM	NM	-	NWI

Women's Long Jump Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC	WIND
7	Shaylyn Boomer	Sophomore	Palomar	4.73m	15' 6.25"	2	0.8
9	Brandi Sanchez	Freshman	Southwestern	4.51m	14' 9.75"	-	0.9
9	Kiana Hankins	Freshman	Cuyamaca	4.51m	14' 9.75"	-	0.8
11	Maude Price	Sophomore	San Diego Mesa	4.30m	14' 1.25"	-	-0.7
12	Samantha Lopez	Freshman	San Diego Mesa	4.06m	13' 4"	-	3.3
	Evelyn Martinez	Freshman	San Diego Mesa	NM	NM	-	NWI

Women's Long Jump Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC	WIND
1	Kira Perkins	Freshman	San Diego Mesa	5.24m	17' 2.25"	10	0.8
2	Maria de Jesus Garcia	Freshman	Southwestern	5.14m	16' 10.5"	8	0.8
3	Deozjane Jones	Freshman	San Diego Mesa	5.06m	16' 7.25"	6	0.9
4	Korin Chapman	Freshman	Southwestern	4.84m	15' 10.5"	5	+0.0
5	Cydnee Psalms	Sophomore	Palomar	4.82m	15' 9.75"	4	0.3
6	Cassandra Moore	Freshman	Palomar	4.79m	15' 8.75"	3	0.6
8	Avyon Mathis	Freshman	Cuyamaca	4.57m	15' 0"	1	2.1

Women's Triple Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Kira Perkins	Freshman	San Diego Mesa	11.20m	36' 9"	10
	FOUL 11.01 11.20					
2	Avyon Mathis	Freshman	Cuyamaca	10.88m	35' 8.5"	8
	10.65 10.74 10.78 FOUL 10.88 10.38					
3	Maria de Jesus Garcia	Freshman	Southwestern	10.59m	34' 9"	6
	9.83 9.85 FOUL 10.49 FOUL 10.59					
4	Victoria Stewart	Freshman	Palomar	10.32m	33' 10.25"	5
	10.03 10.32 10.21 10.09 9.47 10.14					
5	Shaylyn Boomer	Sophomore	Palomar	10.02m	32' 10.5"	4
	9.81 10.02 FOUL 9.80 FOUL 9.84					
6	Brandi Sanchez	Freshman	Southwestern	8.86m	29' 1"	3
	FOUL FOUL 8.37 8.75 FOUL 8.86					
	Julia Tenchavez	Sophomore	Palomar	FOUL	NM	-
	FOUL FOUL FOUL					

Women's Shot Put

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Grace Ward	Freshman	Southwestern	11.56m	37' 11.25"	10
	10.80 FOUL 10.75 FOUL 11.56 11.40					
2	Dana Hosley	Sophomore	Cuyamaca	10.76m	35' 3.75"	8
	10.46 10.76 FOUL FOUL FOUL FOUL					
3	Billie Driver	Freshman	San Diego Mesa	10.49m	34' 5"	6
	10.49 10.40 9.94 10.28 10.43 10.49					
4	Karenina Alvarez	Freshman	Southwestern	9.99m	32' 9.5"	5
	8.79 9.42 9.38 9.73 9.99 9.13					
5	Simone Everet	Freshman	Palomar	9.82m	32' 2.75"	4
	9.58 9.35 9.82 9.18 9.36 8.73					
6	Aleena Albertson	Freshman	Cuyamaca	9.37m	30' 9"	3
	9.30 9.28 8.58 7.84 9.37 8.73					
7	Lauren La Clair	Freshman	Cuyamaca	9.37m	30' 9"	2
	8.70 9.37 9.21 8.93 8.83 9.03					
8	Maude Price	Sophomore	San Diego Mesa	9.36m	30' 8.5"	1
	9.03 8.89 9.36 8.67 9.02 8.89					
9	Maritza Torralba	Freshman	Palomar	9.18m	30' 1.5"	-
	9.18 8.79 9.18 8.56 8.43 9.15					
10	Natalie Romo	Freshman	Palomar	8.92m	29' 3.25"	-
	8.88 8.77 8.92					
11	Tiffany Monroy	Freshman	Palomar	8.92m	29' 3.25"	-
	8.92 8.36 8.15					
12	Rebecca Day	Freshman	San Diego Mesa	8.62m	28' 3.5"	-
	FOUL 8.23 8.62					
13	Nechel Payne	Freshman	San Bernardino Valley	8.59m	28' 2.25"	-
	7.97 8.59 7.65					
14	Kaylee Postle	Freshman	Palomar	8.46m	27' 9.25"	-
	8.46 7.88 FOUL					
15	Vanessa Garcia	Sophomore	San Diego Mesa	7.70m	25' 3.25"	-
	7.70 FOUL 7.69					
16	Rebecca Gross	Sophomore	San Diego Mesa	7.55m	24' 9.25"	-
	6.73 7.25 7.55					

Women's Shot Put Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
8	Maude Price	Sophomore	San Diego Mesa	9.36m	30' 8.5"	1
11	Tiffany Monroy	Freshman	Palomar	8.92m	29' 3.25"	-
12	Rebecca Day	Freshman	San Diego Mesa	8.62m	28' 3.5"	-
13	Nechel Payne	Freshman	San Bernardino Valley	8.59m	28' 2.25"	-
14	Kaylee Postle	Freshman	Palomar	8.46m	27' 9.25"	-
15	Vanessa Garcia	Sophomore	San Diego Mesa	7.70m	25' 3.25"	-
16	Rebecca Gross	Sophomore	San Diego Mesa	7.55m	24' 9.25"	-

Women's Shot Put Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Grace Ward	Freshman	Southwestern	11.56m	37' 11.25"	10
2	Dana Hosley	Sophomore	Cuyamaca	10.76m	35' 3.75"	8
3	Billie Driver	Freshman	San Diego Mesa	10.49m	34' 5"	6
4	Karenina Alvarez	Freshman	Southwestern	9.99m	32' 9.5"	5
5	Simone Everet	Freshman	Palomar	9.82m	32' 2.75"	4
6	Aleena Albertson	Freshman	Cuyamaca	9.37m	30' 9"	3
7	Lauren La Clair	Freshman	Cuyamaca	9.37m	30' 9"	2
9	Maritza Torralba	Freshman	Palomar	9.18m	30' 1.5"	-
10	Natalie Romo	Freshman	Palomar	8.92m	29' 3.25"	-

Women's Discus

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Dana Hosley	Sophomore	Cuyamaca	39.57m	129' 10"	10
	31.96 39.57 37.36 FOUL FOUL FOUL					
2	Simone Everet	Freshman	Palomar	33.79m	110' 10"	8
	32.69 22.40 FOUL 22.85 33.79 FOUL					
3	Grace Ward	Freshman	Southwestern	32.34m	106' 1"	6
	FOUL FOUL 27.16 26.18 32.34 28.32					
4	Natalie Romo	Freshman	Palomar	31.66m	103' 10"	5
	FOUL FOUL 27.95 21.77 31.10 31.66					
5	Maritza Torralba	Freshman	Palomar	31.10m	102' 0"	4
	23.83 31.10 28.04 27.73 FOUL 30.10					
6	Aleena Albertson	Freshman	Cuyamaca	29.07m	95' 4"	3
	29.07 FOUL FOUL FOUL FOUL FOUL					
7	Rebecca Gross	Sophomore	San Diego Mesa	28.81m	94' 6"	2
	23.04 24.68 28.81 24.16 23.20 FOUL					
8	Billie Driver	Freshman	San Diego Mesa	28.62m	93' 11"	1
	26.90 28.62 21.01 FOUL 27.74 27.42					
9	Vanessa Garcia	Sophomore	San Diego Mesa	28.23m	92' 7"	-
	FOUL 26.92 28.23 27.90 26.00 27.94					
10	Rebecca Day	Freshman	San Diego Mesa	26.08m	85' 7"	-
	26.08 FOUL FOUL					
11	Lauren La Clair	Freshman	Cuyamaca	23.83m	78' 2"	-
	23.83 19.83 22.37					
12	Tiffany Monroy	Freshman	Palomar	22.99m	75' 5"	-
	FOUL 22.99 FOUL					
13	Nechel Payne	Freshman	San Bernardino Valley	14.98m	49' 2"	-
	14.98 13.70 FOUL					

Women's Discus Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
3	Grace Ward	Freshman	Southwestern	32.34m	106' 1"	6
9	Vanessa Garcia	Sophomore	San Diego Mesa	28.23m	92' 7"	-
10	Rebecca Day	Freshman	San Diego Mesa	26.08m	85' 7"	-
11	Lauren La Clair	Freshman	Cuyamaca	23.83m	78' 2"	-
13	Nechel Payne	Freshman	San Bernardino Valley	14.98m	49' 2"	-

Women's Discus Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Dana Hosley	Sophomore	Cuyamaca	39.57m	129' 10"	10
2	Simone Everet	Freshman	Palomar	33.79m	110' 10"	8
4	Natalie Romo	Freshman	Palomar	31.66m	103' 10"	5
5	Maritza Torralba	Freshman	Palomar	31.10m	102' 0"	4
6	Aleena Albertson	Freshman	Cuyamaca	29.07m	95' 4"	3
7	Rebecca Gross	Sophomore	San Diego Mesa	28.81m	94' 6"	2
8	Billie Driver	Freshman	San Diego Mesa	28.62m	93' 11"	1
12	Tiffany Monroy	Freshman	Palomar	22.99m	75' 5"	-

Women's Hammer

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Natalie Romo	Freshman	Palomar	35.98m	118' 0"	10
	31.91 35.42 35.98					
2	Simone Everet	Freshman	Palomar	35.25m	115' 8"	8
	32.56 33.32 35.25 31.71 32.42					
3	Vanessa Garcia	Sophomore	San Diego Mesa	35.07m	115' 1"	6
	34.72 34.71 35.07					
4	Rebecca Gross	Sophomore	San Diego Mesa	35.03m	114' 11"	5
	28.67 34.33 35.03 30.76					
5	Tiffany Monroy	Freshman	Palomar	32.96m	108' 2"	4
	29.78 30.15 32.96					
6	Dana Hosley	Sophomore	Cuyamaca	32.29m	105' 11"	3
	32.29 31.38					
7	Lauren La Clair	Freshman	Cuyamaca	30.60m	100' 5"	2
	30.60 29.94 29.06 28.44 29.06					
8	Karenina Alvarez	Freshman	Southwestern	27.93m	91' 8"	1
	27.93 24.30 25.84 26.16 27.70 27.51					
9	Billie Driver	Freshman	San Diego Mesa	26.48m	86' 10"	-
	25.01 23.45 26.48 25.84					
10	Grace Ward	Freshman	Southwestern	24.20m	79' 5"	-
	22.06 24.20					
11	Kaylee Postle	Freshman	Palomar	24.01m	78' 9"	-
	24.01					
12	Rebecca Day	Freshman	San Diego Mesa	22.78m	74' 9"	-
	22.02 22.78					

Women's Hammer Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
7	Lauren La Clair	Freshman	Cuyamaca	30.60m	100' 5"	2
8	Karenina Alvarez	Freshman	Southwestern	27.93m	91' 8"	1
9	Billie Driver	Freshman	San Diego Mesa	26.48m	86' 10"	-
10	Grace Ward	Freshman	Southwestern	24.20m	79' 5"	-
11	Kaylee Postle	Freshman	Palomar	24.01m	78' 9"	-
12	Rebecca Day	Freshman	San Diego Mesa	22.78m	74' 9"	-

Women's Hammer Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Natalie Romo	Freshman	Palomar	35.98m	118' 0"	10
2	Simone Everet	Freshman	Palomar	35.25m	115' 8"	8
3	Vanessa Garcia	Sophomore	San Diego Mesa	35.07m	115' 1"	6
4	Rebecca Gross	Sophomore	San Diego Mesa	35.03m	114' 11"	5
5	Tiffany Monroy	Freshman	Palomar	32.96m	108' 2"	4
6	Dana Hosley	Sophomore	Cuyamaca	32.29m	105' 11"	3

Women's Javelin

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Grace Ward	Freshman	Southwestern	33.26m	109' 1"	10
	33.26 29.28 FOUL 25.57 30.62 32.04					
2	Rebecca Day	Freshman	San Diego Mesa	31.12m	102' 1"	8
	27.67 23.94 31.12 26.33 29.02 FOUL					
3	Natalie Romo	Freshman	Palomar	28.70m	94' 2"	6
	26.51 22.89 FOUL FOUL FOUL 28.70					
4	Aleena Albertson	Freshman	Cuyamaca	28.62m	93' 11"	5
	FOUL 6.73 28.62 25.65 26.65 26.34					
5	Rebecca Gross	Sophomore	San Diego Mesa	28.18m	92' 5"	4
	26.26 28.18 27.12 FOUL FOUL 25.45					
6	Karenina Alvarez	Freshman	Southwestern	26.06m	85' 6"	3
	23.52 26.06 20.64 20.54 FOUL FOUL					
7	Julia Tenchavez	Sophomore	Palomar	25.70m	84' 4"	2
	FOUL 24.87 24.69 PASS PASS 25.70					
8	Maria de Jesus Garcia	Freshman	Southwestern	24.93m	81' 9"	1
	22.82 24.86 22.56 24.65 24.18 24.93					
9	Maude Price	Sophomore	San Diego Mesa	24.06m	78' 11"	-
	FOUL 24.06 22.04 21.97 22.03 20.51					
10	Kassie Kellum	Freshman	Cuyamaca	23.73m	77' 10"	-
	FOUL FOUL 23.73					
11	Nechel Payne	Freshman	San Bernardino Valley	23.70m	77' 9"	-
	23.70 21.58 22.50					
12	Simone Everet	Freshman	Palomar	22.78m	74' 9"	-
	FOUL 22.78 22.48					
13	Cheyenne Martinez	Freshman	San Diego Mesa	22.06m	72' 4"	-
	22.06 19.26 20.86					
14	Billie Driver	Freshman	San Diego Mesa	21.87m	71' 9"	-
	20.03 21.87 FOUL					
15	Vanessa Garcia	Sophomore	San Diego Mesa	18.23m	59' 10"	-
	FOUL 16.81 18.23					
16	Maritza Torralba	Freshman	Palomar	17.46m	57' 3"	-
	16.24 15.03 17.46					
17	Lauren La Clair	Freshman	Cuyamaca	15.22m	49' 11"	-
	13.33 15.22 13.59					
18	Dana Hosley	Sophomore	Cuyamaca	13.53m	44' 5"	-
	13.42 13.53 PASS					

Women's Javelin Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
6	Karenina Alvarez	Freshman	Southwestern	26.06m	85' 6"	3
9	Maude Price	Sophomore	San Diego Mesa	24.06m	78' 11"	-
10	Kassie Kellum	Freshman	Cuyamaca	23.73m	77' 10"	-
13	Cheyenne Martinez	Freshman	San Diego Mesa	22.06m	72' 4"	-
14	Billie Driver	Freshman	San Diego Mesa	21.87m	71' 9"	-
15	Vanessa Garcia	Sophomore	San Diego Mesa	18.23m	59' 10"	-
16	Maritza Torralba	Freshman	Palomar	17.46m	57' 3"	-
17	Lauren La Clair	Freshman	Cuyamaca	15.22m	49' 11"	-
18	Dana Hosley	Sophomore	Cuyamaca	13.53m	44' 5"	-

Women's Javelin Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Grace Ward	Freshman	Southwestern	33.26m	109' 1"	10
2	Rebecca Day	Freshman	San Diego Mesa	31.12m	102' 1"	8
3	Natalie Romo	Freshman	Palomar	28.70m	94' 2"	6
4	Aleena Albertson	Freshman	Cuyamaca	28.62m	93' 11"	5
5	Rebecca Gross	Sophomore	San Diego Mesa	28.18m	92' 5"	4
7	Julia Tenchavez	Sophomore	Palomar	25.70m	84' 4"	2
8	Maria de Jesus Garcia	Freshman	Southwestern	24.93m	81' 9"	1
11	Nechel Payne	Freshman	San Bernardino Valley	23.70m	77' 9"	-
12	Simone Everet	Freshman	Palomar	22.78m	74' 9"	-



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