

PCAC Conference Championships

April 15-18, 2015 | 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](#)

Men's 100 Meters Finals

W: -0.6

PL	NAME	YEAR	TEAM	TIME	SC
1	WALTER FORD	Sophomore	Chaffey	10.94	10
2	Aqel Carson	Freshman	Southwestern	11.03	8
3	Michael Crosby	Freshman	San Diego Mesa	11.31	6
4	Aaron Brummel	Sophomore	San Diego Mesa	11.37	5
5	Keith Hunter	Freshman	Cuyamaca	11.41	4
6	Joel Clarke	Freshman	San Diego Mesa	11.55	3
7	Good Mingle	Freshman	San Diego Mesa	11.57	2
8	Jerremy Davis	Freshman	Southwestern	11.59	1

Men's 100 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	WALTER FORD	Sophomore	Chaffey	11.28
2	Aqel Carson	Freshman	Southwestern	11.47
3	Aaron Brummel	Sophomore	San Diego Mesa	11.85
4	Sal Nasser	Sophomore	San Diego Mesa	11.48
5	Syaariq Lachica	Freshman	San Diego Mesa	11.60
6	Jerremy Davis	Freshman	Southwestern	11.90
7	Michael Crosby	Freshman	San Diego Mesa	11.91
8	Joel Clarke	Freshman	San Diego Mesa	11.92
9	Keith Hunter	Freshman	Cuyamaca	11.93
10	Good Mingle	Freshman	San Diego Mesa	11.96
11	Hakeem Martin	Freshman	Southwestern	12.13
12	Tanner Pelle	Freshman	San Diego Mesa	12.18
13	Stephen Adegoke	Freshman	San Diego Mesa	12.35
14	Frederico Del Castillo	Sophomore	San Diego Mesa	12.63
15	AHMED KANU	Freshman	Chaffey	12.66
16	Martin Hernandez	Freshman	Southwestern	12.70
17	Nicolas Haas	Sophomore	San Diego Mesa	12.89
18	CHARLES SMITH	Freshman	Chaffey	13.22
19	Smilez Sybounma	Freshman	San Diego Mesa	13.30

Men's 100 Meters Preliminaries Heat 1

W: -3.1

PL	NAME	YEAR	TEAM	TIME
1	WALTER FORD	Sophomore	Chaffey	11.28
4	Sal Nasser	Sophomore	San Diego Mesa	11.48
5	Syaariq Lachica	Freshman	San Diego Mesa	11.60
10	Good Mingle	Freshman	San Diego Mesa	11.96
11	Hakeem Martin	Freshman	Southwestern	12.13
16	Martin Hernandez	Freshman	Southwestern	12.70
18	CHARLES SMITH	Freshman	Chaffey	13.22

Men's 100 Meters Preliminaries Heat 2

W: -2.7

PL	NAME	YEAR	TEAM	TIME
2	Aqel Carson	Freshman	Southwestern	11.47
7	Michael Crosby	Freshman	San Diego Mesa	11.91
8	Joel Clarke	Freshman	San Diego Mesa	11.92
12	Tanner Pelle	Freshman	San Diego Mesa	12.18
15	AHMED KANU	Freshman	Chaffey	12.66

Men's 100 Meters Preliminaries Heat 3

W: -0.8

PL	NAME	YEAR	TEAM	TIME
3	Aaron Brummel	Sophomore	San Diego Mesa	11.85
6	Jerremy Davis	Freshman	Southwestern	11.90
9	Keith Hunter	Freshman	Cuyamaca	11.93
13	Stephen Adegoke	Freshman	San Diego Mesa	12.35
14	Frederico Del Castillo	Sophomore	San Diego Mesa	12.63
17	Nicolas Haas	Sophomore	San Diego Mesa	12.89
19	Smilez Sybounma	Freshman	San Diego Mesa	13.30

Men's 200 Meters Finals

W: 1.7

PL	NAME	YEAR	TEAM	TIME	SC
1	Aqel Carson	Freshman	Southwestern	22.00	10
2	WALTER FORD	Sophomore	Chaffey	22.34	8
3	Bob Myers	Sophomore	San Diego Mesa	22.79	6
4	Aaron Brummel	Sophomore	San Diego Mesa	23.27	5
5	Michael Crosby	Freshman	San Diego Mesa	23.31	4
6	Jerremy Davis	Freshman	Southwestern	23.42	3
7	Chris Koons	Freshman	San Diego Mesa	23.62	2
8	Tanner Pelle	Freshman	San Diego Mesa	23.84	1

Men's 200 Meters Preliminaries

Top1

PL	NAME	YEAR	TEAM	TIME
1	Aqel Carson	Freshman	Southwestern	22.33
2	Bob Myers	Sophomore	San Diego Mesa	22.64
3	WALTER FORD	Sophomore	Chaffey	22.75
4	Dante Howell	Freshman	San Diego Mesa	22.86
5	Jerremy Davis	Freshman	Southwestern	23.21
6	Tanner Pelle	Freshman	San Diego Mesa	23.36
7	Aaron Brummel	Sophomore	San Diego Mesa	23.51
8	Michael Crosby	Freshman	San Diego Mesa	23.58
9	Chris Koons	Freshman	San Diego Mesa	23.76
10	Good Mingle	Freshman	San Diego Mesa	23.76
11	Edward Turner-Porter	Freshman	San Diego Mesa	23.90
12	Keith Hunter	Freshman	Cuyamaca	23.94
13	Chance Fellers	Freshman	Cuyamaca	24.09
14	Ta'Sean Smith	Freshman	San Diego Mesa	24.37
15	Stephen Adegoke	Freshman	San Diego Mesa	24.78
16	Frederico Del Castillo	Sophomore	San Diego Mesa	24.89
17	ALIE KANU	Freshman	Chaffey	25.03
18	Martin Hernandez	Freshman	Southwestern	25.06
19	Khaalid Lockett	Freshman	Southwestern	25.19
20	AHMED KANU	Freshman	Chaffey	25.34
21	Nicolas Haas	Sophomore	San Diego Mesa	25.69
22	CHARLES SMITH	Freshman	Chaffey	25.90
23	Smilez Sybounma	Freshman	San Diego Mesa	26.57
24	Jason Vo	Freshman	San Diego Mesa	27.25

Men's 200 Meters Preliminaries Heat 1

W: -1.1

PL	NAME	YEAR	TEAM	TIME
5	Jerremy Davis	Freshman	Southwestern	23.21
7	Aaron Brummel	Sophomore	San Diego Mesa	23.51
9	Chris Koons	Freshman	San Diego Mesa	23.76
13	Chance Fellers	Freshman	Cuyamaca	24.09
18	Martin Hernandez	Freshman	Southwestern	25.06
21	Nicolas Haas	Sophomore	San Diego Mesa	25.69

Men's 200 Meters Preliminaries Heat 2

W: -2.1

PL	NAME	YEAR	TEAM	TIME
6	Tanner Pelle	Freshman	San Diego Mesa	23.36
12	Keith Hunter	Freshman	Cuyamaca	23.94
15	Stephen Adegoke	Freshman	San Diego Mesa	24.78
17	ALIE KANU	Freshman	Chaffey	25.03
22	CHARLES SMITH	Freshman	Chaffey	25.90

Men's 200 Meters Preliminaries Heat 3

W: -1.9

PL	NAME	YEAR	TEAM	TIME
1	Aqel Carson	Freshman	Southwestern	22.33
2	Bob Myers	Sophomore	San Diego Mesa	22.64
10	Good Mingle	Freshman	San Diego Mesa	23.76
14	Ta'Sean Smith	Freshman	San Diego Mesa	24.37
20	AHMED KANU	Freshman	Chaffey	25.34

Men's 200 Meters Preliminaries Heat 4

W: -2.2

PL	NAME	YEAR	TEAM	TIME
3	WALTER FORD	Sophomore	Chaffey	22.75
4	Dante Howell	Freshman	San Diego Mesa	22.86
8	Michael Crosby	Freshman	San Diego Mesa	23.58
11	Edward Turner-Porter	Freshman	San Diego Mesa	23.90
16	Frederico Del Castillo	Sophomore	San Diego Mesa	24.89
19	Khaalid Lockett	Freshman	Southwestern	25.19
23	Smilez Sybounma	Freshman	San Diego Mesa	26.57
24	Jason Vo	Freshman	San Diego Mesa	27.25

Men's 400 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Bob Myers	Sophomore	San Diego Mesa	49.65	10
2	Jesus Aguilar	Freshman	Southwestern	50.53	8
3	Chris Koons	Freshman	San Diego Mesa	51.00	6
4	Chance Fellers	Freshman	Cuyamaca	52.08	5
5	BRANDIN McDOWELL	Freshman	Chaffey	52.15	4
6	Ta'Sean Smith	Freshman	San Diego Mesa	52.23	3
7	Khaalid Lockett	Freshman	Southwestern	53.25	2
8	Kaelin Polk	Freshman	San Bernardino Valley	55.26	1

Men's 400 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Bob Myers	Sophomore	San Diego Mesa	49.61
2	Dante Howell	Freshman	San Diego Mesa	50.40
3	Jesus Aguilar	Freshman	Southwestern	51.24
4	Ta'Sean Smith	Freshman	San Diego Mesa	51.63
5	Chris Koons	Freshman	San Diego Mesa	51.88
6	Chance Fellers	Freshman	Cuyamaca	52.19
7	BRANDIN McDOWELL	Freshman	Chaffey	52.82
8	Kaelin Polk	Freshman	San Bernardino Valley	53.80
9	Khaalid Lockett	Freshman	Southwestern	53.89
10	Edward Turner-Porter	Freshman	San Diego Mesa	54.49
11	ALIE KANU	Freshman	Chaffey	55.52
12	Jason Vo	Freshman	San Diego Mesa	1:00.60

Men's 400 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	Bob Myers	Sophomore	San Diego Mesa	49.61
5	Chris Koons	Freshman	San Diego Mesa	51.88
7	BRANDIN McDOWELL	Freshman	Chaffey	52.82
10	Edward Turner-Porter	Freshman	San Diego Mesa	54.49
11	ALIE KANU	Freshman	Chaffey	55.52
12	Jason Vo	Freshman	San Diego Mesa	1:00.60

Men's 400 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
2	Dante Howell	Freshman	San Diego Mesa	50.40
3	Jesus Aguilar	Freshman	Southwestern	51.24
4	Ta'Sean Smith	Freshman	San Diego Mesa	51.63
6	Chance Fellers	Freshman	Cuyamaca	52.19
8	Kaelin Polk	Freshman	San Bernardino Valley	53.80
9	Khaalid Lockett	Freshman	Southwestern	53.89

Men's 800 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Oscar Soto	Freshman	Cuyamaca	1:56.91	10
2	Gabriel Kane	Freshman	San Bernardino Valley	1:58.18	8
3	Derek Barnett	Freshman	San Bernardino Valley	2:00.48	6
4	Angel Saucedo	Freshman	San Diego Mesa	2:01.97	5
5	Monrelle Wilson	Freshman	San Bernardino Valley	2:02.69	4
6	Jacob Concha	Freshman	San Bernardino Valley	2:05.02	3
7	DAVID ROSS	Freshman	Chaffey	2:07.10	2
8	Jean-Pierre Lolika	Freshman	San Diego Mesa	2:10.64	1

Men's 800 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Suriyan Mansuri	Freshman	San Diego Mesa	2:01.01
2	Oscar Soto	Freshman	Cuyamaca	2:03.05
3	Derek Barnett	Freshman	San Bernardino Valley	2:03.38
4	Gabriel Kane	Freshman	San Bernardino Valley	2:04.04
5	Angel Saucedo	Freshman	San Diego Mesa	2:04.90
6	Monrelle Wilson	Freshman	San Bernardino Valley	2:05.26
7	Daniel Aguilera	Freshman	San Bernardino Valley	2:07.04
8	DAVID ROSS	Freshman	Chaffey	2:08.53
9	Jean-Pierre Lolika	Freshman	San Diego Mesa	2:08.64
10	Freddie Penigar	Freshman	San Bernardino Valley	2:08.91
11	Jacob Concha	Freshman	San Bernardino Valley	2:08.97
12	Juan Pablo Torres	Freshman	San Bernardino Valley	2:13.33
13	Ty Oshea	Freshman	San Bernardino Valley	2:15.40
14	Jesus Aguilar	Freshman	Southwestern	2:19.03

Men's 800 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Oscar Soto	Freshman	Cuyamaca	2:03.05
4	Gabriel Kane	Freshman	San Bernardino Valley	2:04.04
5	Angel Saucedo	Freshman	San Diego Mesa	2:04.90
6	Monrelle Wilson	Freshman	San Bernardino Valley	2:05.26
9	Jean-Pierre Lolika	Freshman	San Diego Mesa	2:08.64
10	Freddie Penigar	Freshman	San Bernardino Valley	2:08.91
11	Jacob Concha	Freshman	San Bernardino Valley	2:08.97
14	Jesus Aguilar	Freshman	Southwestern	2:19.03

Men's 800 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	Suriyan Mansuri	Freshman	San Diego Mesa	2:01.01
3	Derek Barnett	Freshman	San Bernardino Valley	2:03.38
7	Daniel Aguilera	Freshman	San Bernardino Valley	2:07.04
8	DAVID ROSS	Freshman	Chaffey	2:08.53
12	Juan Pablo Torres	Freshman	San Bernardino Valley	2:13.33
13	Ty Oshea	Freshman	San Bernardino Valley	2:15.40

Men's 1500 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Douglas Palmer	Sophomore	San Bernardino Valley	4:05.28	10
2	Oscar Soto	Freshman	Cuyamaca	4:05.41	8
3	Carlos Ponce	Sophomore	Southwestern	4:07.17	6
4	Derek Barnett	Freshman	San Bernardino Valley	4:07.63	5
5	George Martinez	Sophomore	Southwestern	4:07.74	4
6	Angel Saucedo	Freshman	San Diego Mesa	4:14.69	3
7	Alejandro Castellanos	Freshman	San Bernardino Valley	4:22.23	2
8	Jean-Pierre Lolika	Freshman	San Diego Mesa	4:31.30	1
9	Eduardo Pallares	Freshman	Southwestern	4:31.81	-

Men's 1500 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Oscar Soto	Freshman	Cuyamaca	3:57.82
2	Carlos Ponce	Sophomore	Southwestern	4:02.92
3	Derek Barnett	Freshman	San Bernardino Valley	4:04.28
4	George Martinez	Sophomore	Southwestern	4:05.56
5	Douglas Palmer	Sophomore	San Bernardino Valley	4:06.26
6	Suriyan Mansuri	Freshman	San Diego Mesa	4:09.34
7	Alejandro Castellanos	Freshman	San Bernardino Valley	4:13.19
8	Angel Saucedo	Freshman	San Diego Mesa	4:19.94
9	Jean-Pierre Lolika	Freshman	San Diego Mesa	4:31.16
10	Eduardo Pallares	Freshman	Southwestern	4:33.22
11	Caleb Garcia	Freshman	Southwestern	5:14.61
12	Hector Orozco	Freshman	Southwestern	5:20.32

Men's 5000 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Justin Doyle	Freshman	San Bernardino Valley	15:37.30	10
2	George Martinez	Sophomore	Southwestern	15:44.23	8
3	Alejandro Rosario	Freshman	Southwestern	15:55.75	6
4	Douglas Palmer	Sophomore	San Bernardino Valley	16:01.74	5
5	Alejandro Castellanos	Freshman	San Bernardino Valley	16:35.19	4
6	Andrew Sedensky	Freshman	San Diego Mesa	16:39.05	3
7	Daniel Aguilera	Freshman	San Bernardino Valley	16:44.24	2
8	Jonathan Patron	Freshman	Southwestern	16:46.88	1
9	AJ Freund	Sophomore	Cuyamaca	16:58.27	-
10	Nicholas Cohenour	Freshman	San Bernardino Valley	17:32.08	-
11	Bruce Alvarez	Freshman	Southwestern	17:33.34	-
12	Ricardo Sanchez	Freshman	San Bernardino Valley	17:37.08	-
13	Ty Oshea	Freshman	San Bernardino Valley	18:11.25	-
	Carlos Ponce	Sophomore	Southwestern	DNF	-

Men's 10,000 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	George Martinez	Sophomore	Southwestern	33:53.37	10
2	Alejandro Rosario	Freshman	Southwestern	34:00.56	8
3	Justin Doyle	Freshman	San Bernardino Valley	34:06.99	6
4	Jon Dileva	Sophomore	San Bernardino Valley	34:07.29	5
5	AJ Freund	Sophomore	Cuyamaca	35:48.76	4
6	Jonathan Patron	Freshman	Southwestern	36:01.39	3
7	Bruce Alvarez	Freshman	Southwestern	36:13.67	2
8	Andrew Sedensky	Freshman	San Diego Mesa	37:49.76	1
9	Eduardo Pallares	Freshman	Southwestern	38:34.25	-

Men's 110 Hurdles Finals

W: 2.5


PL	NAME	YEAR	TEAM	TIME	SC
1	Syaariq Lachica	Freshman	San Diego Mesa	15.07	10
2	Marcelluz Smith	Freshman	Southwestern	16.06	8
3	Alejandro Garcia	Freshman	Southwestern	16.67	6
4	Tyler Mercer	Freshman	San Diego Mesa	16.76	5
5	Matt Logan	Freshman	San Diego Mesa	18.12	4
6	Daniel Davis	Freshman	Southwestern	18.59	3
7	Sean Daugherty	Freshman	San Diego Mesa	18.74	2

Men's 110 Hurdles Preliminaries

Top ↑


PL	NAME	YEAR	TEAM	TIME
1	Syaariq Lachica	Freshman	San Diego Mesa	15.25
2	Marcelluz Smith	Freshman	Southwestern	16.23
3	Myles Gray	Freshman	Southwestern	16.30
4	Alejandro Garcia	Freshman	Southwestern	16.55
5	Tyler Mercer	Freshman	San Diego Mesa	17.02
6	Sean Daugherty	Freshman	San Diego Mesa	18.77
7	Daniel Davis	Freshman	Southwestern	19.40
8	Matt Logan	Freshman	San Diego Mesa	19.54
9	German Palma	Sophomore	Cuyamaca	20.61

Men's 400 Hurdles Finals

 Top ↑


PL	NAME	YEAR	TEAM	TIME	SC
1	Jose Martinez	Freshman	Southwestern	58.07	10
2	Joel Clarke	Freshman	San Diego Mesa	58.14	8
3	Jesse Lucchetti	Freshman	Cuyamaca	58.23	6
4	Alejandro Garcia	Freshman	Southwestern	59.05	5
5	Sean Daugherty	Freshman	San Diego Mesa	59.58	4
6	Tyler Mercer	Freshman	San Diego Mesa	1:04.68	3
7	Daniel Davis	Freshman	Southwestern	1:04.98	2

Men's 400 Hurdles Preliminaries

 Top ↑


PL	NAME	YEAR	TEAM	TIME
1	Jesse Lucchetti	Freshman	Cuyamaca	57.90
2	Syaariq Lachica	Freshman	San Diego Mesa	58.90
3	Jose Martinez	Freshman	Southwestern	58.94
4	Sean Daugherty	Freshman	San Diego Mesa	59.71
5	Alejandro Garcia	Freshman	Southwestern	59.73
6	Joel Clarke	Freshman	San Diego Mesa	1:01.10
7	Tyler Mercer	Freshman	San Diego Mesa	1:01.65
8	Daniel Davis	Freshman	Southwestern	1:03.91

Men's 3000 Steeplechase

 Top ↑


PL	NAME	YEAR	TEAM	TIME	SC
1	Travis Linder	Sophomore	Cuyamaca	10:02.65	10
2	Daniel Aguilera	Freshman	San Bernardino Valley	10:05.14	8
3	Nicholas Cohenour	Freshman	San Bernardino Valley	10:24.79	6
4	Jonathan Patron	Freshman	Southwestern	10:31.53	5
5	Jorge Gomez	Freshman	Cuyamaca	10:31.95	4
6	Ty Oshea	Freshman	San Bernardino Valley	10:33.82	3
7	Bruce Alvarez	Freshman	Southwestern	10:35.84	2
8	Ricardo Sanchez	Freshman	San Bernardino Valley	10:41.54	1

Men's 4 x 100 Relay

 Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	Southwestern	Jesus Aguilar, Diondre Braithwaite, Jerremy Davis, Aqel Carson	43.44	10
2	San Diego Mesa	Aaron Brummel, Syaariq Lachica, Dante Howell, Sal Nasser	44.56	8

Men's 4 x 400 Relay

 Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	Southwestern	Aqel Carson, Khaalid Lockett, Jesus Aguilar, Jerremy Davis	3:25.65	10
2	San Diego Mesa	Bob Myers, Suriyan Mansuri, Chris Koons, Dante Howell	3:28.57	8
3	San Bernardino Valley	Derek Barnett, Jacob Concha, Gabriel Kane, Monrelle Wilson	3:32.54	6

Men's High Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Kei-jian Buckley	Freshman	San Diego Mesa	2.07m	6' 9.5"	10
	2.02 O	2.07 O	2.12 XXX			
2	Chris Burton	Freshman	San Diego Mesa	1.92m	6' 3.5"	8
	1.77 O	1.82 O	1.87 O	1.92 O	1.97 XXX	
3	CHRISTOPHER COOPER	Sophomore	Chaffey	1.82m	5' 11.5"	6
	1.72 O	1.77 XO	1.82 O	1.87 XXX		
4	Ta'Sean Smith	Freshman	San Diego Mesa	1.72m	5' 7.75"	5
	1.62 O	1.67 O	1.72 O	1.77 XXX		
5	Jesse Lucchetti	Freshman	Cuyamaca	1.72m	5' 7.75"	4
	1.67 XO	1.72 XXO	1.77 XXX			
6	Michael Ecija	Sophomore	San Diego Mesa	1.52m	4' 11.75"	3
	1.52 O					
	Matt Logan	Freshman	San Diego Mesa	NH	NH	-
	1.52 XXX					

Men's Pole Vault

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Alexander Law	Sophomore	Cuyamaca	4.90m	16' 0.75"	10
	4.45 P	4.60 O	4.75 O	4.90 O	5.05 XXX	
2	Matt Logan	Freshman	San Diego Mesa	4.15m	13' 7.25"	6.33
	3.55 P	3.70 O	3.85 P	4.00 P	4.15 XO	4.30 XXX
2	Will Schmelter	Sophomore	San Diego Mesa	4.15m	13' 7.25"	6.33
	3.55 P	3.70 O	3.85 P	4.00 P	4.15 XO	4.45 XXX
2	Blake Bier	Freshman	San Diego Mesa	4.15m	13' 7.25"	6.33
	4.00 P	4.15 XO	4.45 XXX			
5	German Palma	Sophomore	Cuyamaca	4.00m	13' 1.5"	4
	3.85 P	4.00 XXO	4.15 XXX			
	Dylan Rodin	Freshman	San Diego Mesa	NH	NH	-
	3.10 XXX					

Men's Long Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Alejandro Garcia	Freshman	Southwestern	6.54m	21' 5.5"	10
	5.99 (1.2) 6.33 (+0.0) 6.24 (0.9) 6.54 (1.4) 6.48 (+0.0) 6.26 (-1.0)					
2	JOSHUA RIVAS	Freshman	Chaffey	6.53m	21' 5.25"	8
	6.31 (0.2) 6.08 (0.4) 6.02 (-0.3) 6.06 (-0.1) 6.53 (0.8) 6.18 (1.0)					
3	Jesse Lucchetti	Freshman	Cuyamaca	6.35m	20' 10"	6
	FOUL 5.77 (+0.0) 5.80 (2.2) 5.89 (0.3) FOUL 6.35 (+0.0)					
4	Keith Hunter	Freshman	Cuyamaca	6.28m	20' 7.25"	5
	6.03 (1.0) 5.99 (1.6) 5.97 (1.4) 5.95 (2.1) 5.98 (-0.7) 6.28 (0.9)					
5	Michael Ecija	Sophomore	San Diego Mesa	5.83m	19' 1.5"	4
	5.29 (1.2) 5.40 (0.3) 5.30 (1.7) 4.98 (0.8) 5.83 (+0.0) 5.52 (2.3)					
6	German Palma	Sophomore	Cuyamaca	5.55m	18' 2.5"	3
	FOUL 5.36 (+0.0) FOUL 5.43 (1.1) 5.37 (1.3) 5.55 (1.8)					
7	Kaelin Polk	Freshman	San Bernardino Valley	4.79m	15' 8.75"	2
	FOUL 4.79 (1.2) 4.63 (0.1) FOUL 4.67 (2.2) FOUL					
8	David Jones	Freshman	San Diego Mesa	4.70m	15' 5"	1
	FOUL 4.47 (-0.1) 2.71 (1.5) 4.49 (-1.6) 4.70 (0.1) 4.55 (+0.0)					
9	Troy Dugas	Freshman	San Diego Mesa	3.49m	11' 5.5"	-
	FOUL FOUL FOUL FOUL FOUL 3.49 (-0.5)					
	Jalen Walker	Freshman	Southwestern	FOUL	NM	-
	FOUL FOUL FOUL FOUL FOUL PASS					
	Sal Nasser	Sophomore	San Diego Mesa	FOUL	NM	-
	FOUL PASS PASS					

Men's Triple Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Troy Dugas	Freshman	San Diego Mesa	13.13m	43' 1"	10
	12.65 12.77 12.73 13.13 FOUL FOUL					
2	Michael Ecija	Sophomore	San Diego Mesa	11.93m	39' 1.75"	8
	11.50 11.93 11.41 11.77 11.53 11.53					
3	Kaelin Polk	Freshman	San Bernardino Valley	10.69m	35' 1"	6
	FOUL 10.69 FOUL FOUL FOUL 10.66					

Men's Shot Put

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Aaron Russell	Sophomore	San Diego Mesa	14.86m	48' 9"	10
	13.62 13.83 13.30 14.86 FOUL FOUL					
2	Jovann Letuli	Freshman	Cuyamaca	13.50m	44' 3.5"	8
	13.50 FOUL FOUL FOUL 12.61 FOUL					
3	Michael Hastings	Freshman	San Diego Mesa	13.20m	43' 3.75"	6
	13.05 12.73 FOUL 12.30 FOUL 13.20					
4	Chris` Dunn	Freshman	San Diego Mesa	12.61m	41' 4.5"	5
	12.27 12.61 12.17 12.17 12.05 FOUL					
5	Ike Poumele	Freshman	Cuyamaca	12.59m	41' 3.75"	4
	12.59 12.40 FOUL 12.45 12.57 12.58					
6	Joseph Osuna	Freshman	San Diego Mesa	11.88m	38' 11.75"	3
	11.26 11.07 11.73 11.51 11.84 11.88					
7	Norman Black	Freshman	San Diego Mesa	11.54m	37' 10.5"	2
	FOUL 10.29 10.81 11.49 11.48 11.54					
8	Santiago Castillo	Freshman	San Bernardino Valley	11.48m	37' 8"	1
	FOUL 10.45 10.97 11.48 10.87 10.55					
9	Jose De la Cruz	Sophomore	San Bernardino Valley	10.73m	35' 2.5"	-
	10.73 FOUL 9.97 9.58 10.09 10.12					
10	Cody Woodruff	Freshman	San Bernardino Valley	10.66m	34' 11.75"	-
	10.66 10.66 10.44					
11	Chris Erby	Freshman	Cuyamaca	10.59m	34' 9"	-
	10.35 10.59 FOUL					
12	Garrett Greco	Freshman	Cuyamaca	10.45m	34' 3.5"	-
	10.45 10.16 10.39					
13	Justin Mejia	Freshman	San Diego Mesa	10.40m	34' 1.5"	-
	8.65 10.40 8.34					
14	Steven Ramirez	Freshman	Cuyamaca	10.29m	33' 9.25"	-
	9.61 10.05 10.29					
15	Shonn Garcia	Freshman	San Diego Mesa	9.85m	32' 3.75"	-
	9.85 FOUL 9.00					

Men's Shot Put Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
9	Jose De la Cruz	Sophomore	San Bernardino Valley	10.73m	35' 2.5"	-
10	Cody Woodruff	Freshman	San Bernardino Valley	10.66m	34' 11.75"	-
11	Chris Erby	Freshman	Cuyamaca	10.59m	34' 9"	-
12	Garrett Greco	Freshman	Cuyamaca	10.45m	34' 3.5"	-
13	Justin Mejia	Freshman	San Diego Mesa	10.40m	34' 1.5"	-
14	Steven Ramirez	Freshman	Cuyamaca	10.29m	33' 9.25"	-
15	Shonn Garcia	Freshman	San Diego Mesa	9.85m	32' 3.75"	-

Men's Shot Put Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Aaron Russell	Sophomore	San Diego Mesa	14.86m	48' 9"	10
2	Jovann Letuli	Freshman	Cuyamaca	13.50m	44' 3.5"	8
3	Michael Hastings	Freshman	San Diego Mesa	13.20m	43' 3.75"	6
4	Chris` Dunn	Freshman	San Diego Mesa	12.61m	41' 4.5"	5
5	Ike Poumele	Freshman	Cuyamaca	12.59m	41' 3.75"	4
6	Joseph Osuna	Freshman	San Diego Mesa	11.88m	38' 11.75"	3
7	Norman Black	Freshman	San Diego Mesa	11.54m	37' 10.5"	2
8	Santiago Castillo	Freshman	San Bernardino Valley	11.48m	37' 8"	1

Men's Discus

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Aaron Russell	Sophomore	San Diego Mesa	51.65m	169' 5"	10
	44.77 47.76 45.68 51.65 FOUL 45.70					
2	Demetrius Howard	Freshman	San Bernardino Valley	39.60m	129' 11"	8
	38.54 FOUL 39.60 38.69 FOUL FOUL					
3	Michael Hastings	Freshman	San Diego Mesa	39.33m	129' 0"	6
	37.36 37.51 39.33 34.63 37.60 39.07					
4	Norman Black	Freshman	San Diego Mesa	38.94m	127' 9"	5
	29.18 35.87 38.68 38.94 FOUL 37.66					
5	Jovann Letuli	Freshman	Cuyamaca	38.89m	127' 7"	4
	38.89 FOUL FOUL FOUL FOUL FOUL					
6	Steven Ramirez	Freshman	Cuyamaca	37.78m	123' 11"	3
	34.25 FOUL FOUL 37.67 37.30 37.78					
7	Michael Ecija	Sophomore	San Diego Mesa	37.55m	123' 2"	2
	27.27 33.97 FOUL FOUL 32.37 37.55					
8	Joseph Osuna	Freshman	San Diego Mesa	34.73m	113' 11"	1
	30.40 34.73 29.25 33.56 FOUL 30.83					
9	Ike Poumele	Freshman	Cuyamaca	34.60m	113' 6"	-
	34.60 FOUL 31.99 32.83 32.97 FOUL					
10	Chris' Dunn	Freshman	San Diego Mesa	31.87m	104' 7"	-
	31.87 27.01 30.07					
11	Santiago Castillo	Freshman	San Bernardino Valley	31.02m	101' 9"	-
	31.02 30.98 28.24					
12	Jose De la Cruz	Sophomore	San Bernardino Valley	30.98m	101' 8"	-
	29.73 30.30 30.98					
13	Cody Woodruff	Freshman	San Bernardino Valley	30.52m	100' 1"	-
	FOUL 30.52 25.50					
14	Garrett Greco	Freshman	Cuyamaca	29.20m	95' 10"	-
	FOUL 27.90 29.20					
15	Justin Mejia	Freshman	San Diego Mesa	21.70m	71' 2"	-
	21.66 21.70 21.59					
16	Shonn Garcia	Freshman	San Diego Mesa	21.53m	70' 8"	-
	FOUL 21.53 FOUL					

Men's Discus Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
9	Ike Poumele	Freshman	Cuyamaca	34.60m	113' 6"	-
11	Santiago Castillo	Freshman	San Bernardino Valley	31.02m	101' 9"	-
12	Jose De la Cruz	Sophomore	San Bernardino Valley	30.98m	101' 8"	-
13	Cody Woodruff	Freshman	San Bernardino Valley	30.52m	100' 1"	-
14	Garrett Greco	Freshman	Cuyamaca	29.20m	95' 10"	-
15	Justin Mejia	Freshman	San Diego Mesa	21.70m	71' 2"	-
16	Shonn Garcia	Freshman	San Diego Mesa	21.53m	70' 8"	-

Men's Discus Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Aaron Russell	Sophomore	San Diego Mesa	51.65m	169' 5"	10
2	Demetrius Howard	Freshman	San Bernardino Valley	39.60m	129' 11"	8
3	Michael Hastings	Freshman	San Diego Mesa	39.33m	129' 0"	6
4	Norman Black	Freshman	San Diego Mesa	38.94m	127' 9"	5
5	Jovann Letuli	Freshman	Cuyamaca	38.89m	127' 7"	4
6	Steven Ramirez	Freshman	Cuyamaca	37.78m	123' 11"	3
7	Michael Ecija	Sophomore	San Diego Mesa	37.55m	123' 2"	2
8	Joseph Osuna	Freshman	San Diego Mesa	34.73m	113' 11"	1
10	Chris' Dunn	Freshman	San Diego Mesa	31.87m	104' 7"	-

Men's Hammer

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Aaron Russell	Sophomore	San Diego Mesa	49.15m	161' 3"	10
	46.19 FOUL FOUL FOUL 49.15 FOUL					
2	Devin Mikul	Sophomore	Cuyamaca	44.02m	144' 5"	8
	FOUL 40.25 43.67 43.16 FOUL 44.02					
3	Jovann Letuli	Freshman	Cuyamaca	40.69m	133' 6"	6
	37.50 40.32 40.69 FOUL 4.16 40.63					
4	Steven Ramirez	Freshman	Cuyamaca	37.60m	123' 4"	5
	36.90 37.36 FOUL 35.33 FOUL 37.60					
5	Norman Black	Freshman	San Diego Mesa	36.83m	120' 10"	4
	35.08 36.83 FOUL FOUL FOUL FOUL					
6	Demetrius Howard	Freshman	San Bernardino Valley	35.70m	117' 1"	3
	27.95 35.40 FOUL 35.70 34.00 34.87					
7	Michael Hastings	Freshman	San Diego Mesa	35.21m	115' 6"	2
	35.21 FOUL FOUL 33.41 FOUL FOUL					
8	Joseph Osuna	Freshman	San Diego Mesa	33.26m	109' 1"	1
	FOUL 30.43 32.51 33.26 FOUL FOUL					
9	Garrett Greco	Freshman	Cuyamaca	32.91m	108' 0"	-
	FOUL FOUL 31.45 FOUL 32.91 29.82					
10	Jose De la Cruz	Sophomore	San Bernardino Valley	30.79m	101' 0"	-
	FOUL 30.79 30.69					
11	Chris' Dunn	Freshman	San Diego Mesa	30.29m	99' 4"	-
	FOUL 23.75 30.29					
12	Chris Erby	Freshman	Cuyamaca	30.19m	99' 0"	-
	30.19 FOUL 29.62					
13	Santiago Castillo	Freshman	San Bernardino Valley	30.03m	98' 6"	-
	30.03 FOUL 28.11					
14	Justin Mejia	Freshman	San Diego Mesa	29.62m	97' 2"	-
	FOUL FOUL 29.62					
15	Ike Poumele	Freshman	Cuyamaca	26.84m	88' 1"	-
	26.84 FOUL FOUL					
	Cody Woodruff	Freshman	San Bernardino Valley	FOUL	NM	-
	FOUL FOUL FOUL					

Men's Hammer Flight 1

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
7	Michael Hastings	Freshman	San Diego Mesa	35.21m	115' 6"	2
11	Chris' Dunn	Freshman	San Diego Mesa	30.29m	99' 4"	-
12	Chris Erby	Freshman	Cuyamaca	30.19m	99' 0"	-
13	Santiago Castillo	Freshman	San Bernardino Valley	30.03m	98' 6"	-
14	Justin Mejia	Freshman	San Diego Mesa	29.62m	97' 2"	-
15	Ike Poumele	Freshman	Cuyamaca	26.84m	88' 1"	-
	Cody Woodruff	Freshman	San Bernardino Valley	FOUL	NM	-

Men's Hammer Flight 2

PL	NAME	YEAR	TEAM	MARK	ENGLISH	SC
1	Aaron Russell	Sophomore	San Diego Mesa	49.15m	161' 3"	10
2	Devin Mikul	Sophomore	Cuyamaca	44.02m	144' 5"	8
3	Jovann Letuli	Freshman	Cuyamaca	40.69m	133' 6"	6
4	Steven Ramirez	Freshman	Cuyamaca	37.60m	123' 4"	5
5	Norman Black	Freshman	San Diego Mesa	36.83m	120' 10"	4
6	Demetrius Howard	Freshman	San Bernardino Valley	35.70m	117' 1"	3
8	Joseph Osuna	Freshman	San Diego Mesa	33.26m	109' 1"	1
9	Garrett Greco	Freshman	Cuyamaca	32.91m	108' 0"	-
10	Jose De la Cruz	Sophomore	San Bernardino Valley	30.79m	101' 0"	-

Men's Javelin

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Brad Holley	Sophomore	Cuyamaca	44.51m	146' 0"	10
	41.87 39.55 44.51 40.56 PASS FOUL					
2	Will Schmelter	Sophomore	San Diego Mesa	43.17m	141' 8"	8
	34.61 40.55 36.40 FOUL 43.17 36.23					
3	Chris' Dunn	Freshman	San Diego Mesa	41.05m	134' 8"	6
	FOUL 41.05 39.81 FOUL 37.86 41.05					
4	Cody Woodruff	Freshman	San Bernardino Valley	39.77m	130' 6"	5
	35.45 39.77 38.04 FOUL 33.58 FOUL					
5	Michael Eojia	Sophomore	San Diego Mesa	38.14m	125' 1"	4
	34.56 34.86 FOUL 36.62 38.14 38.13					
6	Akil Adisa	Freshman	Southwestern	38.12m	125' 1"	3
	27.51 31.53 38.12 33.98 33.74 36.04					
7	Chris Koons	Freshman	San Diego Mesa	35.98m	118' 0"	2
	28.81 35.98 FOUL 30.98 27.36 FOUL					
8	Matt Logan	Freshman	San Diego Mesa	35.37m	116' 0"	1
	26.90 35.37 33.30 31.87 31.01 34.30					
9	Santiago Castillo	Freshman	San Bernardino Valley	33.24m	109' 1"	-
	31.37 30.23 33.24 FOUL 31.47 32.91					
10	Michael Hastings	Freshman	San Diego Mesa	32.99m	108' 3"	-
	32.99 32.19 FOUL					
11	Ike Poumele	Freshman	Cuyamaca	28.60m	93' 10"	-
	27.30 28.60 FOUL					
12	Justin Mejia	Freshman	San Diego Mesa	20.42m	67' 0"	-
	19.74 FOUL 20.42					

PRIVACY / TERMS OF USE / SITES / SUBMITTING RESULTS / CONTACT TFRRS

TRACK & FIELD RESULTS REPORTING SYSTEM



Copyright © 2023 DirectAthletics, Inc.

Generated 2023-04-28 21:21:49

PCAC Conference Championships

April 15-18, 2015 | San Diego Mesa - San Diego, CA

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

Filter by Team ▼

Women's 100 Meters Finals

W: -0.5

PL	NAME	YEAR	TEAM	TIME	SC
1	Kassidy Harper	Freshman	Southwestern	12.65	10
2	Katrina Duckett	Freshman	Southwestern	12.97	8
3	Destinee Thayer	Freshman	Southwestern	13.07	6
4	Joanna Pekar	Freshman	San Diego Mesa	13.11	5
5	Yanitza Padfield	Freshman	San Diego Mesa	13.19	4
6	Mariah Gonzalez	Freshman	San Bernardino Valley	14.06	3
7	Rosemae Dyer	Freshman	San Diego Mesa	14.36	2
8	Kiyana Sheffa	Freshman	San Diego Mesa	14.59	1
9	Briana Gant	Freshman	San Diego Mesa	14.84	-

Women's 100 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Kassidy Harper	Freshman	Southwestern	12.80
2	Katrina Duckett	Freshman	Southwestern	13.10
3	Destinee Thayer	Freshman	Southwestern	13.38
4	Joanna Pekar	Freshman	San Diego Mesa	13.38
5	Yanitza Padfield	Freshman	San Diego Mesa	13.68
6	Mariah Gonzalez	Freshman	San Bernardino Valley	14.22
7	Rosemae Dyer	Freshman	San Diego Mesa	14.43
8	Briana Gant	Freshman	San Diego Mesa	15.08
9	Kiyana Sheffa	Freshman	San Diego Mesa	15.09
10	Salena Rowe-Cooper	Freshman	San Diego Mesa	16.18

Women's 100 Meters Preliminaries Heat 1

W: -0.7

PL	NAME	YEAR	TEAM	TIME
1	Kassidy Harper	Freshman	Southwestern	12.80
3	Destinee Thayer	Freshman	Southwestern	13.38
5	Yanitza Padfield	Freshman	San Diego Mesa	13.68
8	Briana Gant	Freshman	San Diego Mesa	15.08
9	Kiyana Sheffa	Freshman	San Diego Mesa	15.09

Women's 100 Meters Preliminaries Heat 2

W: -0.9


PL	NAME	YEAR	TEAM	TIME
2	Katrina Duckett	Freshman	Southwestern	13.10
4	Joanna Pekar	Freshman	San Diego Mesa	13.38
6	Mariah Gonzalez	Freshman	San Bernardino Valley	14.22
7	Rosemae Dyer	Freshman	San Diego Mesa	14.43
10	Salena Rowe-Cooper	Freshman	San Diego Mesa	16.18

Women's 200 Meters Finals

W: +0.0

PL	NAME	YEAR	TEAM	TIME	SC
1	Daeniesha Burrell	Freshman	Southwestern	25.56	10
2	Kassidy Harper	Freshman	Southwestern	25.96	8
3	Joanna Pekar	Freshman	San Diego Mesa	26.74	6
4	Savannah Sweeting	Freshman	San Diego Mesa	27.14	5
5	AISHA JOHNWELL	Freshman	Chaffey	27.22	4
6	GABRIELLA BELL	Sophomore	Chaffey	27.45	3
7	Kiana Hankins	Sophomore	Cuyamaca	28.02	2
8	Briana Mcfield	Freshman	San Bernardino Valley	28.71	1

Women's 200 Meters Preliminaries

 Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Daeniesha Burrell	Freshman	Southwestern	25.97
2	Kassidy Harper	Freshman	Southwestern	26.23
3	Joanna Pekar	Freshman	San Diego Mesa	26.96
4	Savannah Sweeting	Freshman	San Diego Mesa	27.32
5	AISHA JOHNWELL	Freshman	Chaffey	27.39
6	Kiana Hankins	Sophomore	Cuyamaca	27.42
7	GABRIELLA BELL	Sophomore	Chaffey	28.07
8	Katrina Duckett	Freshman	Southwestern	28.25
9	Briana Mcfield	Freshman	San Bernardino Valley	28.44
10	SADE RICHARDS	Sophomore	Chaffey	29.08
11	Mariah Gonzalez	Freshman	San Bernardino Valley	29.25
12	Evelyn Martinez	Sophomore	San Diego Mesa	29.56
13	Kiyana Sheffa	Freshman	San Diego Mesa	29.80
14	Rosemae Dyer	Freshman	San Diego Mesa	30.05
15	Da'JANEA COLEN	Freshman	Chaffey	30.92
16	Briana Gant	Freshman	San Diego Mesa	31.27
17	Salena Rowe-Cooper	Freshman	San Diego Mesa	33.96

Women's 200 Meters Preliminaries Heat 1

W: -0.9


PL	NAME	YEAR	TEAM	TIME
1	Daeniesha Burrell	Freshman	Southwestern	25.97
3	Joanna Pekar	Freshman	San Diego Mesa	26.96
5	AISHA JOHNWELL	Freshman	Chaffey	27.39
6	Kiana Hankins	Sophomore	Cuyamaca	27.42
7	GABRIELLA BELL	Sophomore	Chaffey	28.07
11	Mariah Gonzalez	Freshman	San Bernardino Valley	29.25
15	Da'JANEA COLEN	Freshman	Chaffey	30.92
16	Briana Gant	Freshman	San Diego Mesa	31.27
17	Salena Rowe-Cooper	Freshman	San Diego Mesa	33.96

Women's 200 Meters Preliminaries Heat 2

W: -0.7


PL	NAME	YEAR	TEAM	TIME
2	Kassidy Harper	Freshman	Southwestern	26.23
4	Savannah Sweeting	Freshman	San Diego Mesa	27.32
8	Katrina Duckett	Freshman	Southwestern	28.25
9	Briana Mcfield	Freshman	San Bernardino Valley	28.44
10	SADE RICHARDS	Sophomore	Chaffey	29.08
12	Evelyn Martinez	Sophomore	San Diego Mesa	29.56
13	Kiyana Sheffa	Freshman	San Diego Mesa	29.80
14	Rosemae Dyer	Freshman	San Diego Mesa	30.05

Women's 400 Meters Finals

 Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Daeniesha Burrell	Freshman	Southwestern	58.52	10
2	Cara Littlefield	Freshman	San Bernardino Valley	1:01.00	8
3	Savannah Sweeting	Freshman	San Diego Mesa	1:01.11	6
4	GABRIELLA BELL	Sophomore	Chaffey	1:01.57	5
5	Kiana Hankins	Sophomore	Cuyamaca	1:01.97	4
6	AISHA JOHNWELL	Freshman	Chaffey	1:02.44	3
7	Evelyn Martinez	Sophomore	San Diego Mesa	1:06.98	2

Women's 400 Meters Preliminaries

 Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Daeniesha Burrell	Freshman	Southwestern	58.02
2	Charrion Perkins	Freshman	Southwestern	1:00.61
3	Savannah Sweeting	Freshman	San Diego Mesa	1:00.71
4	GABRIELLA BELL	Sophomore	Chaffey	1:01.09
5	Cara Littlefield	Freshman	San Bernardino Valley	1:01.84
6	AISHA JOHNWELL	Freshman	Chaffey	1:02.70
7	Kiana Hankins	Sophomore	Cuyamaca	1:02.79
	Evelyn Martinez	Sophomore	San Diego Mesa	NT

Women's 800 Meters Finals

Top↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Aminat Olowora	Freshman	Southwestern	2:09.73	10
2	Monique Anguiano	Freshman	San Diego Mesa	2:22.45	8
3	Cindy Flores	Sophomore	San Diego Mesa	2:24.01	6
4	Miranda Fisher	Sophomore	Cuyamaca	2:24.50	5
5	Jazmine Lahbabi	Freshman	San Diego Mesa	2:25.34	4
6	Jazmin Romero-Ordonez	Freshman	San Bernardino Valley	2:26.36	3
7	KAYLIE BALVANEDA	Freshman	Chaffey	2:30.56	2
8	Ring Shey	Freshman	San Diego Mesa	2:31.34	1
9	karina Cantera	Freshman	Southwestern	2:33.02	-

Women's 800 Meters Preliminaries

Top↑

PL	NAME	YEAR	TEAM	TIME
1	Aminat Olowora	Freshman	Southwestern	2:17.04
2	Monique Anguiano	Freshman	San Diego Mesa	2:23.51
3	Jazmine Lahbabi	Freshman	San Diego Mesa	2:26.01
4	Jazmin Romero-Ordonez	Freshman	San Bernardino Valley	2:26.38
5	Miranda Fisher	Sophomore	Cuyamaca	2:26.41
6	Cindy Flores	Sophomore	San Diego Mesa	2:28.67
7	Ring Shey	Freshman	San Diego Mesa	2:29.37
8	karina Cantera	Freshman	Southwestern	2:30.49
9	KAYLIE BALVANEDA	Freshman	Chaffey	2:32.40
10	Jasmine Vasquez	Freshman	Southwestern	2:36.17
11	Brittany Logan	Freshman	Palomar	2:37.41
12	JESSICA ALVAREZ	Sophomore	Chaffey	2:39.32
13	Stephanie Legault	Freshman	Southwestern	2:41.27
14	Citlaly Garcia	Freshman	San Bernardino Valley	2:41.86
15	Olivia Wray	Freshman	Palomar	2:44.10
16	FANNY RIVERA	Freshman	Chaffey	2:46.01
17	Adrianna Contreras	Freshman	San Bernardino Valley	2:48.48

Women's 800 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	Aminat Olowora	Freshman	Southwestern	2:17.04
3	Jazmine Lahbabi	Freshman	San Diego Mesa	2:26.01
5	Miranda Fisher	Sophomore	Cuyamaca	2:26.41
6	Cindy Flores	Sophomore	San Diego Mesa	2:28.67
8	karina Cantera	Freshman	Southwestern	2:30.49
11	Brittany Logan	Freshman	Palomar	2:37.41
12	JESSICA ALVAREZ	Sophomore	Chaffey	2:39.32
17	Adrianna Contreras	Freshman	San Bernardino Valley	2:48.48

Women's 800 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
2	Monique Anguiano	Freshman	San Diego Mesa	2:23.51
4	Jazmin Romero-Ordonez	Freshman	San Bernardino Valley	2:26.38
7	Ring Shey	Freshman	San Diego Mesa	2:29.37
9	KAYLIE BALVANEDA	Freshman	Chaffey	2:32.40
10	Jasmine Vasquez	Freshman	Southwestern	2:36.17
13	Stephanie Legault	Freshman	Southwestern	2:41.27
14	Citlaly Garcia	Freshman	San Bernardino Valley	2:41.86
15	Olivia Wray	Freshman	Palomar	2:44.10
16	FANNY RIVERA	Freshman	Chaffey	2:46.01

Women's 1500 Meters Finals

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Aminat Olowora	Freshman	Southwestern	4:38.32	10
2	Monique Anguiano	Freshman	San Diego Mesa	4:53.32	8
3	Miranda Fisher	Sophomore	Cuyamaca	4:55.67	6
4	Jazmin Romero-Ordonez	Freshman	San Bernardino Valley	4:58.28	5
5	karina Cantera	Freshman	Southwestern	5:07.45	4
6	Erika Gonzales	Freshman	Southwestern	5:07.88	3
7	Jazmine Lahbabi	Freshman	San Diego Mesa	5:10.79	2
8	Ring Shey	Freshman	San Diego Mesa	5:12.26	1
9	KAYLIE BALVANEDA	Freshman	Chaffey	5:12.53	-
10	Jasmine Vasquez	Freshman	Southwestern	5:12.54	-
11	JESSICA ALVAREZ	Sophomore	Chaffey	5:24.51	-
12	Olivia Wray	Freshman	Palomar	5:38.26	-
13	Citlaly Garcia	Freshman	San Bernardino Valley	5:49.60	-

Women's 1500 Meters Preliminaries

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME
1	Aminat Olowora	Freshman	Southwestern	4:24.67
2	Monique Anguiano	Freshman	San Diego Mesa	4:50.47
3	Miranda Fisher	Sophomore	Cuyamaca	4:52.40
4	Jazmin Romero-Ordonez	Freshman	San Bernardino Valley	4:53.98
5	BROOKE LOWERY	Freshman	Chaffey	5:02.60
6	Erika Gonzales	Freshman	Southwestern	5:03.00
7	karina Cantera	Freshman	Southwestern	5:07.51
8	Jazmine Lahbabi	Freshman	San Diego Mesa	5:10.57
9	KAYLIE BALVANEDA	Freshman	Chaffey	5:11.86
10	Jasmine Vasquez	Freshman	Southwestern	5:18.50
11	Ring Shey	Freshman	San Diego Mesa	5:19.98
12	JESSICA ALVAREZ	Sophomore	Chaffey	5:25.79
13	Citlaly Garcia	Freshman	San Bernardino Valley	5:31.66
14	Olivia Wray	Freshman	Palomar	5:35.77
15	FANNY RIVERA	Freshman	Chaffey	5:56.08

Women's 5000 Meters

[Top ↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Aminat Olowora	Freshman	Southwestern	17:06.60	10
2	Jessica Steinhoff	Sophomore	Palomar	18:51.70	8
3	Erika Gonzales	Freshman	Southwestern	19:30.70	6
4	Jessica Betancourt	Sophomore	Palomar	19:43.96	5
5	Jordan Linsky	Freshman	San Diego Mesa	19:48.69	4
6	Kim Stahl	Freshman	San Diego Mesa	19:56.78	3
7	Jasmine Vasquez	Freshman	Southwestern	21:02.64	2
8	Cindy Flores	Sophomore	San Diego Mesa	21:20.84	1
9	Kelli Ashcraft	Freshman	San Diego Mesa	22:04.57	-
10	Stephanie Legault	Freshman	Southwestern	22:23.89	-
11	Maria Linares	Sophomore	Palomar	23:11.32	-
	Kassandra Covarrubias	Sophomore	Southwestern	DNF	-

Women's 10,000 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Aminat Olowora	Freshman	Southwestern	36:17.60	10
2	Jordan Linsky	Freshman	San Diego Mesa	41:21.89	8
3	Erika Gonzales	Freshman	Southwestern	42:04.73	6
4	Jessica Steinhoff	Sophomore	Palomar	42:06.17	5
5	Kim Stahl	Freshman	San Diego Mesa	42:59.17	4
6	karina Cantera	Freshman	Southwestern	44:49.09	3
7	Sylvia Longworth	Sophomore	Cuyamaca	45:42.21	2
8	Jasmine Vasquez	Freshman	Southwestern	46:37.78	1
9	Maria Linares	Sophomore	Palomar	50:15.28	-

Women's 100 Hurdles Finals

W: -2.0

PL	NAME	YEAR	TEAM	TIME	SC
1	Jeyla Spencer	Freshman	Southwestern	15.07	10
2	Larissa Johnson	Freshman	Southwestern	15.33	8
3	Katrina Duckett	Freshman	Southwestern	15.36	6
4	Maria de Jesus Garcia	Sophomore	Southwestern	15.44	5
5	Briana Mcfield	Freshman	San Bernardino Valley	17.87	4
6	Sophia Esteban	Freshman	San Diego Mesa	18.09	3
7	Veronica Cecchetti	Freshman	San Diego Mesa	22.22	2

Women's 100 Hurdles Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Jeyla Spencer	Freshman	Southwestern	15.12
2	Katrina Duckett	Freshman	Southwestern	15.27
3	Larissa Johnson	Freshman	Southwestern	15.45
4	Maria de Jesus Garcia	Sophomore	Southwestern	15.51
5	Briana Mcfield	Freshman	San Bernardino Valley	17.18
6	Breena Mcfield	Freshman	San Bernardino Valley	17.62
7	Sophia Esteban	Freshman	San Diego Mesa	17.74
8	Veronica Cecchetti	Freshman	San Diego Mesa	19.28

Women's 400 Hurdles Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Jeyla Spencer	Freshman	Southwestern	1:06.39	10
2	Destinee Thayer	Freshman	Southwestern	1:07.46	8
3	Larissa Johnson	Freshman	Southwestern	1:07.75	6
4	Cara Littlefield	Freshman	San Bernardino Valley	1:09.12	5
5	Sophia Esteban	Freshman	San Diego Mesa	1:10.53	4
6	Veronica Cecchetti	Freshman	San Diego Mesa	1:23.82	3

Women's 400 Hurdles Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Jeyla Spencer	Freshman	Southwestern	1:03.68
2	Destinee Thayer	Freshman	Southwestern	1:07.71
3	Sophia Esteban	Freshman	San Diego Mesa	1:11.22
4	Cara Littlefield	Freshman	San Bernardino Valley	1:11.31
5	Larissa Johnson	Freshman	Southwestern	1:11.71
6	Veronica Cecchetti	Freshman	San Diego Mesa	1:34.00

Women's 3000 Steeplechase

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Jessica Betancourt	Sophomore	Palomar	11:55.04	10
2	Jordan Linsky	Freshman	San Diego Mesa	12:12.18	8
3	Sylvia Longworth	Sophomore	Cuyamaca	12:18.31	6
4	Stephanie Legault	Freshman	Southwestern	12:54.58	5
5	Sarah Martinez	Freshman	Palomar	12:54.59	4
6	Kassandra Covarrubias	Sophomore	Southwestern	13:17.51	3

Women's 4 x 100 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	Southwestern	Daeniesha Burrell, Jeyla Spencer, Larissa Johnson, Cassidy Harper	48.74	10
2	San Diego Mesa	Yanitza Padfield, Savannah Sweeting, Evelyn Martinez, Joanna Pekar	51.60	8
3	San Bernardino Valley	Breena Mcfield, Briana Mcfield, Cara Littlefield, Tiffani King	53.16	6

Women's 4 x 400 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	Southwestern	Cassidy Harper, Larissa Johnson, Charrion Perkins, Daeniesha Burrell	4:05.90	10
2	San Diego Mesa	Joanna Pekar, Savannah Sweeting, Evelyn Martinez, Ring Shey	4:13.74	8
3	San Bernardino Valley	Jazmin Romero-Ordonez, Cara Littlefield, Briana Mcfield, Breena Mcfield	4:19.80	6

Women's High Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Katrina Duckett	Freshman	Southwestern	1.45m	4' 9"	10
	1.40 O 1.45 O 1.50 XXX					
2	María de Jesus Garcia	Sophomore	Southwestern	1.40m	4' 7"	8
	1.20 O 1.25 O 1.30 O 1.35 O 1.40 XXO 1.45 XXX					
3	Jeyla Spencer	Freshman	Southwestern	1.30m	4' 3.25"	6
	1.15 O 1.20 O 1.25 XO 1.30 XO 1.35 XXX					
4	Cassidy Motis	Freshman	San Diego Mesa	1.25m	4' 1.25"	5
	1.10 O 1.15 O 1.20 O 1.25 O 1.30 XXX					

Women's Pole Vault

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Mimi Lian	Freshman	Cuyamaca	3.20m	10' 6"	10
	2.15 P 2.30 P 2.45 P 2.60 P 2.75 P 2.90 O 3.05 XO 3.20 O 3.40 XXX					
2	Kayla Nunez	Sophomore	Southwestern	2.90m	9' 6.25"	8
	2.15 P 2.30 P 2.45 P 2.60 P 2.75 P 2.90 O 3.20 XXX					
3	Cassidy Motis	Freshman	San Diego Mesa	2.90m	9' 6.25"	6
	2.15 P 2.30 P 2.45 P 2.60 XO 2.75 XO 2.90 O 3.05 XXX					
4	Alicia Philo	Freshman	Cuyamaca	2.45m	8' 0.5"	5
	2.15 P 2.30 P 2.45 XO 2.60 XXX 2.75					
5	Miranda Hicks	Sophomore	San Diego Mesa	2.30m	7' 6.5"	4
	2.15 XO 2.30 XO 2.45 XXX					
6	Michaela Strange	Freshman	Cuyamaca	2.30m	7' 6.5"	3
	2.15 P 2.30 XXO 2.45 XXX					

Women's Long Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Maria de Jesus Garcia	Sophomore	Southwestern	5.25m	17' 2.75"	10
	5.06 (+0.0) 5.15 (1.3) 5.18 (-0.4) 5.04 (0.3) FOUL 5.25 (2.4)					
2	Yanitza Padfield	Freshman	San Diego Mesa	5.25m	17' 2.75"	8
	5.25 (-0.8) 5.15 (+0.0) FOUL 4.96 (+0.0) 5.15 (1.4) 5.07 (1.1)					
3	Kiana Hankins	Sophomore	Cuyamaca	4.73m	15' 6.25"	6
	4.56 (+0.0) 4.29 (+0.0) PASS FOUL FOUL 4.73 (1.5)					
4	Jeyla Spencer	Freshman	Southwestern	4.71m	15' 5.5"	5
	4.71 (1.5) FOUL FOUL FOUL FOUL FOUL					
5	Cara Littlefield	Freshman	San Bernardino Valley	4.62m	15' 2"	4
	4.49 (0.1) PASS PASS 4.45 (0.8) 4.62 (+0.0) 4.47 (2.4)					
6	Briana Mcfield	Freshman	San Bernardino Valley	4.49m	14' 8.75"	3
	4.49 (+0.0) 4.45 (+0.0) 4.17 (1.5) FOUL 4.35 (1.7) 4.22 (1.7)					
7	Mimi Lian	Freshman	Cuyamaca	4.38m	14' 4.5"	2
	4.35 (0.2) 4.38 (1.4) 4.31 (-0.3) 3.92 (0.4) FOUL FOUL					
8	Destinee Thayer	Freshman	Southwestern	4.36m	14' 3.75"	1
	4.36 (+0.0) 4.16 (+0.0) FOUL 4.15 (+0.0) 4.22 (2.1) 4.30 (1.9)					
9	Evelyn Martinez	Sophomore	San Diego Mesa	4.29m	14' 1"	-
	FOUL FOUL 4.26 (0.9) FOUL FOUL 4.29 (1.7)					

Women's Triple Jump

Top ↑


PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Maria de Jesus Garcia	Sophomore	Southwestern	10.96m	35' 11.5"	10
	10.73 10.79 10.91 10.96 10.71 10.79					
2	Yanitza Padfield	Freshman	San Diego Mesa	10.82m	35' 6"	8
	FOUL 10.38 FOUL 10.82 10.72 10.82					

Women's Shot Put

Top ↑


PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	De'ondra Young	Freshman	Palomar	11.29m	37' 0.5"	10
	10.77 10.67 FOUL 11.17 11.29 10.95					
2	Simone Everet	Sophomore	Palomar	10.68m	35' 0.5"	8
	FOUL 10.39 10.49 10.22 10.15 10.68					
3	Taneeah Madison	Freshman	San Bernardino Valley	10.43m	34' 2.75"	6
	9.78 10.21 10.43 10.26 FOUL FOUL					
4	Billie Driver	Sophomore	San Diego Mesa	10.07m	33' 0.5"	5
	9.89 9.39 9.51 9.76 9.95 10.07					
5	Alison Meegan	Freshman	Cuyamaca	9.56m	31' 4.5"	4
	9.26 8.97 9.42 FOUL 9.56 FOUL					
6	Briana Gaipa	Freshman	Cuyamaca	8.64m	28' 4.25"	3
	8.38 8.64 8.39 8.30 7.76 8.58					
7	Sienna Boyd	Freshman	Cuyamaca	8.27m	27' 1.75"	2
	FOUL 8.27 7.80 7.87 7.28 7.47					
8	ROSIO ESPARZA	Freshman	Chaffey	8.00m	26' 3"	1
	7.23 7.78 7.76 7.59 8.00 7.96					
9	Lilian King	Freshman	Cuyamaca	7.90m	25' 11"	-
	7.90 7.89 FOUL FOUL FOUL FOUL					
10	Lourdes Lopez	Freshman	San Diego Mesa	7.73m	25' 4.5"	-
	7.31 7.73 7.48					
11	Tiffani King	Freshman	San Bernardino Valley	6.91m	22' 8"	-
	FOUL 6.91 FOUL					

Women's Discus

 Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Simone Everet	Sophomore	Palomar	36.24m	118' 11"	10
	35.47 30.68 36.24 31.96 FOUL FOUL					
2	De'ondra Young	Freshman	Palomar	35.06m	115' 0"	8
	27.82 34.40 34.58 29.50 34.71 35.06					
3	Alison Meegan	Freshman	Cuyamaca	34.30m	112' 6"	6
	22.29 31.20 30.88 FOUL 30.98 34.30					
4	Sienna Boyd	Freshman	Cuyamaca	30.99m	101' 8"	5
	30.99 28.60 22.18 20.62 27.28 25.39					
5	Billie Driver	Sophomore	San Diego Mesa	30.93m	101' 6"	4
	28.09 23.47 25.94 27.85 30.93 24.81					
6	Taneeah Madison	Freshman	San Bernardino Valley	29.30m	96' 1"	3
	26.68 27.76 29.30 FOUL FOUL FOUL					
7	Tiffani King	Freshman	San Bernardino Valley	26.95m	88' 5"	2
	FOUL 26.77 26.95 FOUL 23.36 26.63					
8	Lilian King	Freshman	Cuyamaca	26.95m	88' 5"	1
	24.82 24.99 26.95 25.56 18.02 26.59					
9	Lourdes Lopez	Freshman	San Diego Mesa	18.79m	61' 8"	-
	18.79 15.54 FOUL 13.27 15.48 17.30					

Women's Hammer

 Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	De'ondra Young	Freshman	Palomar	50.98m	167' 3"	10
	FOUL 49.60 50.98 48.73 18.02 46.70					
2	Simone Everet	Sophomore	Palomar	38.38m	125' 11"	8
	37.85 FOUL 38.38 36.47 37.31 FOUL					
3	Billie Driver	Sophomore	San Diego Mesa	35.58m	116' 9"	6
	33.73 33.61 FOUL 35.58 FOUL 30.50					
4	Alison Meegan	Freshman	Cuyamaca	35.24m	115' 7"	5
	FOUL 35.24 34.83 31.00 30.46 FOUL					
5	Taneeah Madison	Freshman	San Bernardino Valley	34.98m	114' 9"	4
	31.49 32.12 34.98 33.45 FOUL FOUL					
6	Briana Gaipa	Freshman	Cuyamaca	34.22m	112' 3"	3
	FOUL 30.30 31.79 32.68 FOUL 34.22					
7	Sienna Boyd	Freshman	Cuyamaca	32.64m	107' 1"	2
	FOUL 29.96 26.71 29.47 32.64 26.80					
8	Lilian King	Freshman	Cuyamaca	31.35m	102' 10"	1
	31.35 29.78 FOUL 30.04 FOUL 29.16					
9	Tiffani King	Freshman	San Bernardino Valley	30.79m	101' 0"	-
	26.90 30.79 29.03 FOUL 30.16 29.88					
10	Elizabeth Miner	Sophomore	San Bernardino Valley	29.65m	97' 3"	-
	29.65 29.15 27.16					

Women's Javelin

[Top ↑](#)

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Tiffani King	Freshman	San Bernardino Valley	28.43m	93' 3"	10
	27.55 26.00 FOUL 28.43 26.37 26.75					
2	Cassidy Motis	Freshman	San Diego Mesa	27.30m	89' 7"	8
	FOUL FOUL 25.81 25.98 FOUL 27.30					
3	Yanitza Padfield	Freshman	San Diego Mesa	26.69m	87' 7"	6
	FOUL 26.69 23.11 24.75 23.38 23.51					
4	Alicia Philo	Freshman	Cuyamaca	25.32m	83' 1"	5
	22.21 17.60 FOUL 25.32 22.03 FOUL					
5	Maria de Jesus Garcia	Sophomore	Southwestern	25.27m	82' 11"	4
	21.06 23.93 25.27 23.29 23.50 23.57					
6	Cara Littlefield	Freshman	San Bernardino Valley	25.26m	82' 10"	3
	25.26 22.86 24.78 19.10 23.78 23.56					
7	Billie Driver	Sophomore	San Diego Mesa	24.95m	81' 10"	2
	21.14 24.95 FOUL 21.71 22.26 24.46					
8	Alison Meegan	Freshman	Cuyamaca	24.87m	81' 7"	1
	24.87 FOUL 21.18 22.53 24.39 FOUL					
9	Lilian King	Freshman	Cuyamaca	23.72m	77' 10"	-
	19.69 23.72 18.18 19.73 18.26 PASS					
10	De'ondra Young	Freshman	Palomar	22.07m	72' 5"	-
	16.64 22.07 21.24					
11	Briana Gaipa	Freshman	Cuyamaca	22.03m	72' 3"	-
	22.03 18.65 21.16					
12	Sienna Boyd	Freshman	Cuyamaca	21.85m	71' 8"	-
	16.72 21.85 18.77					
13	Destinee Thayer	Freshman	Southwestern	21.74m	71' 4"	-
	15.63 18.22 21.74					
14	Simone Everet	Sophomore	Palomar	21.60m	70' 10"	-
	18.79 21.60 20.54					

[PRIVACY](#) / [TERMS OF USE](#) / [SITES](#) / [SUBMITTING RESULTS](#) / [CONTACT TFRRS](#)

TRACK & FIELD RESULTS REPORTING SYSTEM



Copyright © 2023 DirectAthletics, Inc.

Generated 2023-04-28 21:22:27