

PCAC Championships

April 19-22, 2023 | San Diego Mesa - San Diego, CA

ICON KEY: ✓ CCC A ✓ CCC B ✓ SoCal

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

Filter by Team ▼

Men's 100 Meters Finals

W: -2.0

PL	NAME	YEAR	TEAM	TIME	SC
1	Moray Steward	Sophomore	San Diego Mesa College	10.55 ✓✓	10
2	Lamar Smith	Freshman	San Diego Mesa College	10.70 ✓	8
3	David Hernandez	Sophomore	Southwestern	10.89	6
4	Adrian Chavez	Sophomore	San Diego Mesa College	10.95	4
5	Omar Williams	Sophomore	Southwestern	11.07	2
6	Arthur Simpson	Freshman	Cuyamaca	11.25	1
7	Aiden Baker	Sophomore	Cuyamaca	11.30	-
8	Ivan Morgan	Freshman	Southwestern	11.31	-

Men's 100 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME	WIND
1	Lamar Smith	Freshman	San Diego Mesa College	10.58 ✓✓	2.9
2	Moray Steward	Sophomore	San Diego Mesa College	10.60 ✓✓	2.6
3	David Hernandez	Sophomore	Southwestern	10.63 ✓✓	2.6
4	Adrian Chavez	Sophomore	San Diego Mesa College	10.85	2.6
5	Omar Williams	Sophomore	Southwestern	10.90	2.6
6	Tytan Taylor	Freshman	San Diego Mesa College	10.93	2.9
7	Kelvin Robinson	Sophomore	Southwestern	10.98	2.9
8	Ivan Morgan	Freshman	Southwestern	11.07	2.9
9	Arthur Simpson	Freshman	Cuyamaca	11.08	2.6
10	Jake Hoffman	Freshman	San Diego Mesa College	11.17	2.6
11	Aiden Baker	Sophomore	Cuyamaca	11.20	2.9
12	Daquarn Davis	Freshman	San Bernardino Valley	11.22	2.6
13	Bennett Dondoyano	Freshman	San Diego Mesa College	11.33	2.9
14	Joshua Tighe	Freshman	Cuyamaca	11.50	2.9
15	Ryan Gojuangco	Sophomore	Cuyamaca	11.53	2.9

Men's 100 Meters Preliminaries Heat 1

W: 2.6

PL	NAME	YEAR	TEAM	TIME
2	Moray Steward	Sophomore	San Diego Mesa College	10.60 ✓✓
3	David Hernandez	Sophomore	Southwestern	10.63 ✓✓
4	Adrian Chavez	Sophomore	San Diego Mesa College	10.85
5	Omar Williams	Sophomore	Southwestern	10.90
9	Arthur Simpson	Freshman	Cuyamaca	11.08
10	Jake Hoffman	Freshman	San Diego Mesa College	11.17
12	Daquarn Davis	Freshman	San Bernardino Valley	11.22

Men's 100 Meters Preliminaries Heat 2

W: 2.9

PL	NAME	YEAR	TEAM	TIME
1	Lamar Smith	Freshman	San Diego Mesa College	10.58 ✓✓
6	Tytan Taylor	Freshman	San Diego Mesa College	10.93
7	Kelvin Robinson	Sophomore	Southwestern	10.98
8	Ivan Morgan	Freshman	Southwestern	11.07
11	Aiden Baker	Sophomore	Cuyamaca	11.20
13	Bennett Dondoyano	Freshman	San Diego Mesa College	11.33
14	Joshua Tighe	Freshman	Cuyamaca	11.50
15	Ryan Gojuangco	Sophomore	Cuyamaca	11.53

Men's 200 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Moray Steward	Sophomore	San Diego Mesa College	21.51 ✓✓	10
2	Lamar Smith	Freshman	San Diego Mesa College	21.57 ✓✓	8
3	Amaree Berry	Sophomore	Cuyamaca	21.91	6
4	Patrick Henderson	Sophomore	Southwestern	22.12	4
5	Adrian Chavez	Sophomore	San Diego Mesa College	22.18	2
6	Anthony Nathan	Sophomore	Cuyamaca	22.64	1
7	Luke Yruretagoyena	Freshman	San Diego Mesa College	22.77	-
8	Omar Williams	Sophomore	Southwestern	22.80	-
9	David Hernandez	Sophomore	Southwestern	23.59	-

Men's 200 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME	WIND
1	Lamar Smith	Freshman	San Diego Mesa College	21.59 ✓	2.6
2	Amaree Berry	Sophomore	Cuyamaca	21.65 ✓	4.2
3	Moray Steward	Sophomore	San Diego Mesa College	21.74 ✓	1.8
4	David Hernandez	Sophomore	Southwestern	21.68 ✓	2.6
5	Patrick Henderson	Sophomore	Southwestern	21.88	4.2
6	Luke Yruretagoyena	Freshman	San Diego Mesa College	21.98	1.8
7	Omar Williams	Sophomore	Southwestern	22.04	1.8
8	Adrian Chavez	Sophomore	San Diego Mesa College	22.08	2.6
9	Anthony Nathan	Sophomore	Cuyamaca	22.09	1.8
10	Ivan Morgan	Freshman	Southwestern	22.26	4.2
11	Trevor Plott	Sophomore	Southwestern	22.35	4.2
12	Jake Hoffman	Freshman	San Diego Mesa College	22.49	4.2
13	Arthur Simpson	Freshman	Cuyamaca	22.67	2.6
14	Daquarn Davis	Freshman	San Bernardino Valley	22.69	2.6
15	Aiden Baker	Sophomore	Cuyamaca	22.92	1.8
16	Ryan Gojuangco	Sophomore	Cuyamaca	24.03	4.2
17	Cody Ruiz	Freshman	Southwestern	24.49	2.6
18	Christian Suarez	Sophomore	Southwestern	24.66	1.8

Men's 200 Meters Preliminaries Heat 1

W: 1.8

PL	NAME	YEAR	TEAM	TIME
3	Moray Steward	Sophomore	San Diego Mesa College	21.74 ✓
6	Luke Yruretagoyena	Freshman	San Diego Mesa College	21.98
7	Omar Williams	Sophomore	Southwestern	22.04
9	Anthony Nathan	Sophomore	Cuyamaca	22.09
15	Aiden Baker	Sophomore	Cuyamaca	22.92
18	Christian Suarez	Sophomore	Southwestern	24.66

Men's 200 Meters Preliminaries Heat 2

W: 2.6

PL	NAME	YEAR	TEAM	TIME
1	Lamar Smith	Freshman	San Diego Mesa College	21.59 ✓
4	David Hernandez	Sophomore	Southwestern	21.68 ✓
8	Adrian Chavez	Sophomore	San Diego Mesa College	22.08
13	Arthur Simpson	Freshman	Cuyamaca	22.67
14	Daquarn Davis	Freshman	San Bernardino Valley	22.69
17	Cody Ruiz	Freshman	Southwestern	24.49

Men's 200 Meters Preliminaries Heat 3

W: 4.2

PL	NAME	YEAR	TEAM	TIME
2	Amaree Berry	Sophomore	Cuyamaca	21.65 ✓
5	Patrick Henderson	Sophomore	Southwestern	21.88
10	Ivan Morgan	Freshman	Southwestern	22.26
11	Trevor Plott	Sophomore	Southwestern	22.35
12	Jake Hoffman	Freshman	San Diego Mesa College	22.49
16	Ryan Gojuangco	Sophomore	Cuyamaca	24.03

Men's 400 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Amaree Berry	Sophomore	Cuyamaca	47.81 ✓✓✓	10
2	Patrick Henderson	Sophomore	Southwestern	48.46 ✓✓	8
3	Luke Yruretagoyena	Freshman	San Diego Mesa College	48.87 ✓	6
4	Trevor Plott	Sophomore	Southwestern	52.53	4
5	Cody Ruiz	Freshman	Southwestern	53.72	2
6	Jeremiah Symington	Freshman	Cuyamaca	54.03	1
7	Darrell Kelly	Freshman	San Bernardino Valley	58.87	-

Men's 800 Meters Finals

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Allen Malo	Freshman	San Diego Mesa College	1:55.26 ✓	10
2	Jake Beckwith	Sophomore	San Diego Mesa College	1:55.27 ✓	8
3	Ramon Owens	Sophomore	Cuyamaca	1:57.70	6
4	Jahzeri Gill	Freshman	San Bernardino Valley	1:58.79	4
5	Joey Acosta	Sophomore	San Diego Mesa College	2:01.72	2
6	John Mireles	Freshman	San Bernardino Valley	2:03.34	1
7	Roberto Lopez	Freshman	San Bernardino Valley	2:05.63	-
8	Jeffrey Salina	Freshman	Southwestern	2:08.66	-
9	Kyle Beals	Sophomore	Cuyamaca	2:09.70	-

Men's 800 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME
1	David Millan	Sophomore	San Diego Mesa College	1:56.07 ✓
2	Jake Beckwith	Sophomore	San Diego Mesa College	1:56.47
3	Bryce Kueker	Sophomore	San Diego Mesa College	1:57.07
4	Zak Beckwith	Sophomore	San Diego Mesa College	1:57.03
5	Alan Jimenez	Sophomore	San Diego Mesa College	1:57.74
6	Ramon Owens	Sophomore	Cuyamaca	1:57.84
7	Allen Malo	Freshman	San Diego Mesa College	1:58.33
8	Jahzeri Gill	Freshman	San Bernardino Valley	1:59.33
9	Joseph DePascale	Freshman	San Diego Mesa College	1:59.99
10	John Mireles	Freshman	San Bernardino Valley	2:01.06
11	Jude Giolitto	Freshman	San Diego Mesa College	2:02.90
12	Joey Acosta	Sophomore	San Diego Mesa College	2:05.11
13	Roberto Lopez	Freshman	San Bernardino Valley	2:07.97
14	Matthew Cordova	Freshman	San Diego Mesa College	2:10.07
15	Alan Zuniga	Freshman	San Diego Mesa College	2:10.45
16	Kyle Beals	Sophomore	Cuyamaca	2:11.84
17	Jeffrey Salina	Freshman	Southwestern	2:12.51
18	Arian Mayorga	Freshman	San Bernardino Valley	2:18.10
19	Nathan Young	Sophomore	Cuyamaca	2:21.41
20	Francisco Montes de Oca	Freshman	San Bernardino Valley	2:23.24
21	Kai Griego	Freshman	Cuyamaca	2:23.36
22	Dennis Berry	Freshman	San Bernardino Valley	2:27.76

Men's 800 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
2	Jake Beckwith	Sophomore	San Diego Mesa College	1:56.47
9	Joseph DePascale	Freshman	San Diego Mesa College	1:59.99
10	John Mireles	Freshman	San Bernardino Valley	2:01.06
12	Joey Acosta	Sophomore	San Diego Mesa College	2:05.11
15	Alan Zuniga	Freshman	San Diego Mesa College	2:10.45
21	Kai Griego	Freshman	Cuyamaca	2:23.36
22	Dennis Berry	Freshman	San Bernardino Valley	2:27.76

Men's 800 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
1	David Millan	Sophomore	San Diego Mesa College	1:56.07 ✓
4	Zak Beckwith	Sophomore	San Diego Mesa College	1:57.03
5	Alan Jimenez	Sophomore	San Diego Mesa College	1:57.74
11	Jude Giolitto	Freshman	San Diego Mesa College	2:02.90
13	Roberto Lopez	Freshman	San Bernardino Valley	2:07.97
16	Kyle Beals	Sophomore	Cuyamaca	2:11.84
18	Arian Mayorga	Freshman	San Bernardino Valley	2:18.10
19	Nathan Young	Sophomore	Cuyamaca	2:21.41

Men's 800 Meters Preliminaries Heat 3

PL	NAME	YEAR	TEAM	TIME
3	Bryce Kueker	Sophomore	San Diego Mesa College	1:57.07
6	Ramon Owens	Sophomore	Cuyamaca	1:57.84
7	Allen Malo	Freshman	San Diego Mesa College	1:58.33
8	Jahzeri Gill	Freshman	San Bernardino Valley	1:59.33
14	Matthew Cordova	Freshman	San Diego Mesa College	2:10.07
17	Jeffrey Salina	Freshman	Southwestern	2:12.51
20	Francisco Montes de Oca	Freshman	San Bernardino Valley	2:23.24

Men's 1500 Meters Finals

🖨️ Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Zak Beckwith	Sophomore	San Diego Mesa College	4:00.11 ✓✓	10
2	Joey Acosta	Sophomore	San Diego Mesa College	4:00.33 ✓✓	8
3	Devin Provence	Sophomore	San Diego Mesa College	4:00.41 ✓✓	6
4	Jake Beckwith	Sophomore	San Diego Mesa College	4:01.35 ✓	4
5	Jude Giolitto	Freshman	San Diego Mesa College	4:01.50 ✓	2
6	Allen Malo	Freshman	San Diego Mesa College	4:01.62	1
7	Alan Jimenez	Sophomore	San Diego Mesa College	4:02.20	-
8	Joseph DePascale	Freshman	San Diego Mesa College	4:05.15	-
9	Mathew Musa	Sophomore	Cuyamaca	4:05.98	-
10	Nathaniel Cruz	Freshman	Cuyamaca	4:20.90	-
11	Brycen Brown	Freshman	Cuyamaca	4:22.76	-

Men's 1500 Meters Preliminaries

🖨️ Top ↑

PL	NAME	YEAR	TEAM	TIME
1	Zak Beckwith	Sophomore	San Diego Mesa College	3:54.84 ✓✓✓
2	David Millan	Sophomore	San Diego Mesa College	3:55.56 ✓✓✓
3	Bryce Kueker	Sophomore	San Diego Mesa College	3:56.87 ✓✓✓
4	Jake Beckwith	Sophomore	San Diego Mesa College	3:56.96 ✓✓✓
5	Alan Jimenez	Sophomore	San Diego Mesa College	3:57.16 ✓✓✓
6	Devin Provence	Sophomore	San Diego Mesa College	4:00.18 ✓✓
7	Jude Giolitto	Freshman	San Diego Mesa College	3:58.64 ✓✓
8	Diego Lopez	Freshman	Cuyamaca	4:00.55 ✓✓
9	Joseph DePascale	Freshman	San Diego Mesa College	4:01.48 ✓
10	Mathew Musa	Sophomore	Cuyamaca	4:02.33
11	Allen Malo	Freshman	San Diego Mesa College	4:04.20
12	Joey Acosta	Sophomore	San Diego Mesa College	4:08.09
13	Elijah Jordan	Freshman	Cuyamaca	4:15.51
14	Matthew Cordova	Freshman	San Diego Mesa College	4:15.66
15	Nathaniel Cruz	Freshman	Cuyamaca	4:24.78
16	Brycen Brown	Freshman	Cuyamaca	4:26.30
17	Alan Zuniga	Freshman	San Diego Mesa College	4:27.25
18	Chris Valderamma	Freshman	San Bernardino Valley	4:28.04
19	Jeffrey Salina	Freshman	Southwestern	4:31.56
20	Arian Mayorga	Freshman	San Bernardino Valley	4:36.74
21	Francisco Montes de Oca	Freshman	San Bernardino Valley	4:44.75
22	Nathan Young	Sophomore	Cuyamaca	4:47.30
23	Kai Griego	Freshman	Cuyamaca	4:55.15
24	Alex Preciado	Freshman	San Bernardino Valley	5:11.40

Men's 1500 Meters Preliminaries Heat 1

PL	NAME	YEAR	TEAM	TIME
1	Zak Beckwith	Sophomore	San Diego Mesa College	3:54.84 ✓✓✓
3	Bryce Kueker	Sophomore	San Diego Mesa College	3:56.87 ✓✓✓
6	Devin Provence	Sophomore	San Diego Mesa College	4:00.18 ✓✓
8	Diego Lopez	Freshman	Cuyamaca	4:00.55 ✓✓
10	Mathew Musa	Sophomore	Cuyamaca	4:02.33
11	Allen Malo	Freshman	San Diego Mesa College	4:04.20
14	Matthew Cordova	Freshman	San Diego Mesa College	4:15.66
17	Alan Zuniga	Freshman	San Diego Mesa College	4:27.25
18	Chris Valderamma	Freshman	San Bernardino Valley	4:28.04
19	Jeffrey Salina	Freshman	Southwestern	4:31.56
23	Kai Griego	Freshman	Cuyamaca	4:55.15
24	Alex Preciado	Freshman	San Bernardino Valley	5:11.40

Men's 1500 Meters Preliminaries Heat 2

PL	NAME	YEAR	TEAM	TIME
2	David Millan	Sophomore	San Diego Mesa College	3:55.56 ✓✓✓
4	Jake Beckwith	Sophomore	San Diego Mesa College	3:56.96 ✓✓✓
5	Alan Jimenez	Sophomore	San Diego Mesa College	3:57.16 ✓✓✓
7	Jude Giolitto	Freshman	San Diego Mesa College	3:58.64 ✓✓
9	Joseph DePascale	Freshman	San Diego Mesa College	4:01.48 ✓
12	Joey Acosta	Sophomore	San Diego Mesa College	4:08.09
13	Elijah Jordan	Freshman	Cuyamaca	4:15.51
15	Nathaniel Cruz	Freshman	Cuyamaca	4:24.78
16	Brycen Brown	Freshman	Cuyamaca	4:26.30
20	Arian Mayorga	Freshman	San Bernardino Valley	4:36.74
21	Francisco Montes de Oca	Freshman	San Bernardino Valley	4:44.75
22	Nathan Young	Sophomore	Cuyamaca	4:47.30

Men's 5000 Meters

🖨️ Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	David Millan	Sophomore	San Diego Mesa College	15:34.90	10
2	Devin Provence	Sophomore	San Diego Mesa College	15:35.89	8
3	Alan Jimenez	Sophomore	San Diego Mesa College	15:38.34	6
4	Bryce Kueker	Sophomore	San Diego Mesa College	15:39.36	4
5	Diego Lopez	Freshman	Cuyamaca	15:40.39	2
6	Juan Rosales	Sophomore	San Diego Mesa College	15:40.40	1
7	Ataklyt Gebru	Sophomore	Cuyamaca	15:48.87	-
8	Mathew Musa	Sophomore	Cuyamaca	15:50.96	-
9	Jesus Villarreal	Sophomore	San Diego Mesa College	15:58.80	-
10	Anthony Orduno	Sophomore	San Diego Mesa College	16:05.04	-
11	Joseph DePascale	Freshman	San Diego Mesa College	16:10.44	-
12	Misgina Elias	Sophomore	Cuyamaca	16:14.09	-
13	Matthew Cordova	Freshman	San Diego Mesa College	16:31.13	-
14	Jude Giolitto	Freshman	San Diego Mesa College	16:33.65	-
15	Alan Zuniga	Freshman	San Diego Mesa College	16:36.76	-
16	Chris Valderamma	Freshman	San Bernardino Valley	16:41.01	-
17	Nathaniel Cruz	Freshman	Cuyamaca	17:12.24	-
18	Arian Mayorga	Freshman	San Bernardino Valley	17:44.65	-
19	Francisco Montes de Oca	Freshman	San Bernardino Valley	18:50.14	-
20	Kai Griego	Freshman	Cuyamaca	19:04.81	-
21	Alex Preciado	Freshman	San Bernardino Valley	19:13.12	-
22	Nathan Young	Sophomore	Cuyamaca	20:02.18	-
23	Dennis Berry	Freshman	San Bernardino Valley	21:49.08	-

Men's 10,000 Meters

🖨️ Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Juan Rosales	Sophomore	San Diego Mesa College	32:40.68 ✓	10
2	Jesus Villarreal	Sophomore	San Diego Mesa College	32:41.81 ✓	8
3	Ataklyt Gebru	Sophomore	Cuyamaca	32:49.54 ✓	6
4	Anthony Orduno	Sophomore	San Diego Mesa College	33:48.15	4
5	Fercis Torres	Freshman	San Bernardino Valley	33:56.70	2
6	Misgina Elias	Sophomore	Cuyamaca	34:33.30	1

Men's 110 Hurdles

🖨️ W: +0.0

PL	NAME	YEAR	TEAM	TIME	SC
1	Maximilian Pinto	Sophomore	San Diego Mesa College	15.35 ✓	10
2	Parker Harvey	Sophomore	San Diego Mesa College	15.92	8
3	Jeremiah Havens	Sophomore	San Diego Mesa College	16.19	6
4	Leon McClain	Freshman	San Diego Mesa College	17.17	4
5	Chompol Kanyamasa	Freshman	San Bernardino Valley	17.88	2

Men's 400 Hurdles

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Harrison Hansen	Sophomore	San Diego Mesa College	57.92	10
2	Chompol Kanyamasa	Freshman	San Bernardino Valley	1:10.95	8

Men's 3000 Steeplechase

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Bryce Kueker	Sophomore	San Diego Mesa College	9:31.07 ✓✓✓	10
2	David Millan	Sophomore	San Diego Mesa College	9:32.74 ✓✓	8
3	Zak Beckwith	Sophomore	San Diego Mesa College	9:36.91 ✓✓	6
4	Elijah Jordan	Freshman	Cuyamaca	9:54.24 ✓	4

Men's 4 x 100 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	San Diego Mesa College	Moray Steward, Adrian Chavez, Lamar Smith, Luke Yruretagoyena	40.88 ✓✓✓	10
2	Cuyamaca	Aiden Baker, Amaree Berry, Anthony Nathan, Arthur Simpson	42.05 ✓✓	8
3	Southwestern	Ivan Morgan, Patrick Henderson, Omar Williams, Kelvin Robinson	42.50 ✓	6

Men's 4 x 400 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	San Diego Mesa College	Harrison Hansen, Luke Yruretagoyena, Jake Beckwith, Lamar Smith	3:18.07 ✓✓	10
2	Cuyamaca	Amaree Berry, Ramon Owens, Jeremiah Symington, Anthony Nathan	3:23.36 ✓	8
3	Southwestern	Trevor Plott, Christian Suarez, Cody Ruiz, Omar Williams	3:32.08	6
	San Bernardino Valley	Jahzeri Gill, Daquarn Davis, Roberto Lopez, John Mireles	DQ	-

Men's High Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC						
1	Tytan Taylor	Freshman	San Diego Mesa College	1.93m ✓✓	6' 4"	10						
				1.62 O	1.67 XO	1.72 O	1.77 O	1.82 XO	1.86 O	1.90 O	1.93 XXO	1.96 XXX
2	Jeremiah Havens	Sophomore	San Diego Mesa College	1.77m	5' 9.75"	8						
				1.62 XO	1.67 O	1.72 XO	1.77 O	1.82 XXX				

Men's Pole Vault

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC		
1	Joey Brooks	Sophomore	San Diego Mesa College	4.25m	13' 11.25"	10		
				3.95 O	4.10 O	4.25 O	4.40 XXX	
2	Devyn Smith Barrera	Freshman	San Diego Mesa College	4.25m	13' 11.25"	7		
				3.95 O	4.10 XXO	4.25 XXO	4.40 XXX	
2	Armando Castillo	Freshman	San Diego Mesa College	4.25m	13' 11.25"	7		
				3.80 O	3.95 XXO	4.10 O	4.25 XXO	4.40 XXX
4	Jeremiah Havens	Sophomore	San Diego Mesa College	3.95m	12' 11.5"	4		
				3.50 XXO	3.65 O	3.80 O	3.95 O	4.10 XXX
5	Andrew Bennett	Freshman	Cuyamaca	3.65m	11' 11.75"	2		
				3.20 O	3.35 O	3.50 O	3.65 O	3.80 XXX
6	Desidarius Magno	Freshman	Cuyamaca	2.90m	9' 6.25"	1		
				2.60 O	2.75 O	2.90 O	3.05 XXX	
7	Elijah Gipson	Freshman	Cuyamaca	2.60m	8' 6.25"	-		
				2.60 O				
8	James Coleman	Freshman	Cuyamaca	2.60m	8' 6.25"	-		
				2.60 XO	2.75 XXX			

Men's Long Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Tytan Taylor	Freshman	San Diego Mesa College	6.98m ✓✓	22' 11"	10
	6.49 (1.1) 6.98 (3.3) FOUL 6.64 (0.7) 6.98 (+0.0) 6.93 (0.3)					
2	Jeramiah Havens	Sophomore	San Diego Mesa College	6.96m ✓✓	22' 10"	8
	6.96 (1.8) PASS FOUL 6.53 (1.2) PASS PASS					
3	Arthur Simpson	Freshman	Cuyamaca	6.82m	22' 4.5"	6
	6.66 (1.5) 6.63 (1.5) 6.64 (2.2) 6.82 (2.1) 6.73 (0.7) 6.05 (1.5)					
4	Jaden Rucker	Freshman	Southwestern	6.57m	21' 6.75"	4
	6.53 (0.4) 6.39 (1.2) 6.09 (+0.0) 6.26 (0.7) 6.57 (0.8) 6.24 (0.8)					
5	Kelvin Robinson	Sophomore	Southwestern	6.42m	21' 0.75"	2
	6.42 (1.0) 6.14 (0.4) 6.21 (1.1) FOUL 6.07 (+0.0) FOUL					
6	Jaden Boggs	Freshman	Southwestern	6.37m	20' 10.75"	1
	6.14 (+0.0) 6.18 (+0.0) 6.22 (+0.0) 6.12 (0.8) 6.37 (+0.0) 6.37 (+0.0)					
7	Bennett Dondoyano	Freshman	San Diego Mesa College	6.28m	20' 7.25"	-
	5.61 (2.4) PASS FOUL 6.28 (1.7) FOUL FOUL					
8	Alejandro Lee	Freshman	Cuyamaca	5.81m	19' 0.75"	-
	FOUL 5.75 (1.9) 5.79 (+0.0) 5.61 (+0.0) 5.81 (0.7) 5.56 (0.4)					
9	Joshua Tighe	Freshman	Cuyamaca	5.47m	17' 11.5"	-
	FOUL 5.39 (1.3) FOUL 5.33 (1.4) 4.97 (1.0) 5.47 (0.8)					

Men's Triple Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Jaden Rucker	Freshman	Southwestern	13.73m ✓	45' 0.5"	10
	13.73 (2.0) 12.79 (-1.0) PASS 13.58 (+0.0) 13.39 (1.9) PASS					
2	Jaden Boggs	Freshman	Southwestern	13.45m	44' 1.5"	8
	13.30 (1.3) 13.07 (+0.0) 12.70 (-1.7) 13.07 (1.5) FOUL 13.45 (1.4)					
	Lamont Taylor	Sophomore	Cuyamaca	DQ	NM	-
	FOUL FOUL 13.63 (2.2) FOUL 13.65 (2.0) FOUL					

Men's Shot Put

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Cesar Salazar	Sophomore	San Diego Mesa College	15.89m ✓✓✓	52' 1.75"	10
	15.41 15.12 15.89 FOUL FOUL 15.48					
2	Jasper Kadlec	Sophomore	San Diego Mesa College	15.17m ✓✓✓	49' 9.25"	8
	14.58 14.93 14.62 15.17 14.44 14.48					
3	Alano Felix	Freshman	San Diego Mesa College	14.08m ✓	46' 2.5"	6
	12.48 13.48 14.08 13.58 FOUL 13.97					
4	Cody Purvis	Sophomore	San Diego Mesa College	13.79m ✓	45' 3"	4
	13.79 FOUL FOUL 13.19 FOUL FOUL					
5	Jeramiah Havens	Sophomore	San Diego Mesa College	12.48m	40' 11.5"	2
	12.26 12.48 FOUL 11.90					
6	Reidar McElwain	Freshman	San Diego Mesa College	11.33m	37' 2.25"	1
	10.90 10.89 11.33 10.90 10.76 10.81					

Men's Discus

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Cody Purvis	Sophomore	San Diego Mesa College	43.29m ✓	142' 0"	10
	41.69 FOUL 43.29 FOUL FOUL FOUL					
2	Jasper Kadlec	Sophomore	San Diego Mesa College	41.68m	136' 9"	8
	40.22 41.68 37.34 FOUL FOUL FOUL					
3	Cesar Salazar	Sophomore	San Diego Mesa College	41.33m	135' 7"	6
	40.41 FOUL 41.33 FOUL 37.69 FOUL					
4	Reidar McElwain	Freshman	San Diego Mesa College	34.25m	112' 4"	4
	31.60 33.01 31.96 34.25 29.44 30.80					

Men's Hammer

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Cesar Salazar	Sophomore	San Diego Mesa College	45.37m	148' 10"	10
	42.83 FOUL 43.51 43.95 45.37 FOUL					
2	Alano Felix	Freshman	San Diego Mesa College	39.26m	128' 10"	8
	31.02 FOUL FOUL 39.26 FOUL FOUL					
3	Cody Purvis	Sophomore	San Diego Mesa College	38.18m	125' 3"	6
	36.03 35.75 38.18 37.78 35.87 FOUL					

Men's Javelin

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Jasper Kadlec	Sophomore	San Diego Mesa College	56.75m ✓✓✓	186' 2"	10
	56.75 FOUL FOUL 55.00 FOUL FOUL					
2	Bennett Dondoyano	Freshman	San Diego Mesa College	48.47m ✓	159' 0"	8
	44.99 46.28 48.47 PASS PASS PASS					
3	Jeremiah Havens	Sophomore	San Diego Mesa College	48.15m	158' 0"	6
	FOUL FOUL 34.03 48.15 PASS PASS					
4	Harrison Hansen	Sophomore	San Diego Mesa College	42.60m	139' 9"	4
	42.60 39.36 FOUL 42.57 FOUL FOUL					
5	Reidar McElwain	Freshman	San Diego Mesa College	36.41m	119' 5"	2
	34.92 33.81 36.41 34.68 35.90 FOUL					
6	Samuel Ordonez	Freshman	Southwestern	29.98m	98' 4"	1
	29.49 24.64 28.80 29.11 27.35 29.98					

Men's Decathlon

Top ↑

PL	NAME	YEAR	TEAM	POINTS	SC
1	Jeremiah Havens	Sophomore	San Diego Mesa College	6618 ✓✓✓	10
2	Bennett Dondoyano	Freshman	San Diego Mesa College	5567 ✓✓	8

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PCAC Championships

April 19-22, 2023 | San Diego Mesa - San Diego, CA

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Filter by Team ▼

Women's 100 Meters Finals

🖨️ W: 0.6

PL	NAME	YEAR	TEAM	TIME	SC
1	Carli Nosler	Sophomore	San Diego Mesa College	12.44	10
2	Kayla Leitner	Freshman	San Diego Mesa College	12.56	8
3	Anissa Blea	Freshman	Southwestern	12.98	6
4	Charly Overton	Sophomore	San Diego Mesa College	13.14	4
5	Bella Bratton	Sophomore	San Diego Mesa College	13.20	2
6	Ayla Lynette Smallwood	Freshman	San Bernardino Valley	13.68	1
7	Bridget Fox	Freshman	Cuyamaca	13.83	-
8	Nefertari Deschamps	Freshman	Southwestern	14.07	-
9	Mya Hanauska	Freshman	San Diego Mesa College	14.09	-

Women's 100 Meters Preliminaries

🖨️ Top↑

PL	NAME	YEAR	TEAM	TIME	WIND
1	Carli Nosler	Sophomore	San Diego Mesa College	12.39 ✓	2.6
2	Kayla Leitner	Freshman	San Diego Mesa College	12.46	3.5
3	Anissa Blea	Freshman	Southwestern	12.79	2.6
4	Charly Overton	Sophomore	San Diego Mesa College	13.06	3.5
5	Bella Bratton	Sophomore	San Diego Mesa College	13.07	3.5
6	Ayla Lynette Smallwood	Freshman	San Bernardino Valley	13.60	2.6
7	Bridget Fox	Freshman	Cuyamaca	13.78	3.5
8	Nefertari Deschamps	Freshman	Southwestern	13.93	2.6
9	Mya Hanauska	Freshman	San Diego Mesa College	14.14	3.5
10	Patience McCrary	Freshman	Southwestern	15.84	2.6

Women's 100 Meters Preliminaries Heat 1

W: 3.5

PL	NAME	YEAR	TEAM	TIME
2	Kayla Leitner	Freshman	San Diego Mesa College	12.46
4	Charly Overton	Sophomore	San Diego Mesa College	13.06
5	Bella Bratton	Sophomore	San Diego Mesa College	13.07
7	Bridget Fox	Freshman	Cuyamaca	13.78
9	Mya Hanauska	Freshman	San Diego Mesa College	14.14

Women's 100 Meters Preliminaries Heat 2

W: 2.6

PL	NAME	YEAR	TEAM	TIME
1	Carli Nosler	Sophomore	San Diego Mesa College	12.39 ✓
3	Anissa Blea	Freshman	Southwestern	12.79
6	Ayla Lynette Smallwood	Freshman	San Bernardino Valley	13.60
8	Nefertari Deschamps	Freshman	Southwestern	13.93
10	Patience McCrary	Freshman	Southwestern	15.84

Women's 200 Meters Finals

🖨️ Top↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Kayla Leitner	Freshman	San Diego Mesa College	26.06	10
2	Carli Nosler	Sophomore	San Diego Mesa College	26.59	8
3	Bri Ayala	Sophomore	San Diego Mesa College	26.88	6
4	Anissa Blea	Freshman	Southwestern	27.67	4
5	Viviana Cuadras	Freshman	Cuyamaca	28.24	2
6	Joelle Tonne	Freshman	San Diego Mesa College	28.65	1
7	Bridget Fox	Freshman	Cuyamaca	28.79	-
8	Ayla Lynette Smallwood	Freshman	San Bernardino Valley	28.80	-
9	Kiara Hill	Freshman	Palomar	31.10	-

Women's 200 Meters Preliminaries

Top ↑

PL	NAME	YEAR	TEAM	TIME	WIND
1	Kayla Leitner	Freshman	San Diego Mesa College	25.78	2.7
2	Bri Ayala	Sophomore	San Diego Mesa College	26.63	3.9
3	Carli Nosler	Sophomore	San Diego Mesa College	26.43	2.7
4	Anissa Blea	Freshman	Southwestern	26.66	3.9
5	Joelle Tonne	Freshman	San Diego Mesa College	27.46	2.7
6	Viviana Cuadras	Freshman	Cuyamaca	27.55	3.9
7	Bella Bratton	Sophomore	San Diego Mesa College	27.66	3.9
8	Bridget Fox	Freshman	Cuyamaca	28.31	2.7
9	Ayla Lynette Smallwood	Freshman	San Bernardino Valley	28.46	2.7
10	Nefertari Deschamps	Freshman	Southwestern	29.26	3.9
11	Kiara Hill	Freshman	Palomar	30.34	3.9

Women's 200 Meters Preliminaries Heat 1

W: 2.7

PL	NAME	YEAR	TEAM	TIME
1	Kayla Leitner	Freshman	San Diego Mesa College	25.78
3	Carli Nosler	Sophomore	San Diego Mesa College	26.43
5	Joelle Tonne	Freshman	San Diego Mesa College	27.46
8	Bridget Fox	Freshman	Cuyamaca	28.31
9	Ayla Lynette Smallwood	Freshman	San Bernardino Valley	28.46

Women's 200 Meters Preliminaries Heat 2

W: 3.9

PL	NAME	YEAR	TEAM	TIME
2	Bri Ayala	Sophomore	San Diego Mesa College	26.63
4	Anissa Blea	Freshman	Southwestern	26.66
6	Viviana Cuadras	Freshman	Cuyamaca	27.55
7	Bella Bratton	Sophomore	San Diego Mesa College	27.66
10	Nefertari Deschamps	Freshman	Southwestern	29.26
11	Kiara Hill	Freshman	Palomar	30.34

Women's 400 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Bri Ayala	Sophomore	San Diego Mesa College	1:02.05	10
2	Joelle Tonne	Freshman	San Diego Mesa College	1:02.80	8
3	Viviana Cuadras	Freshman	Cuyamaca	1:03.57	6
4	Megan McCray	Freshman	Palomar	1:13.23	4
5	Jasmine Macias	Freshman	Palomar	1:16.44	2
6	Daisy Sanchez	Freshman	Palomar	1:17.42	1

Women's 800 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Sidney Garcia	Freshman	San Diego Mesa College	2:20.52 ✓✓	10
2	Madison Decker	Freshman	San Diego Mesa College	2:26.93	8
3	Emma Fitzgerald	Sophomore	San Diego Mesa College	2:31.08	6
4	Yoselin Canseco	Freshman	San Bernardino Valley	2:37.35	4

Women's 1500 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Mohussin Abakar	Freshman	San Diego Mesa College	5:18.58	10
2	Madison Decker	Freshman	San Diego Mesa College	5:19.12	8
3	Sophie Moser-Smith	Freshman	San Diego Mesa College	5:20.30	6
4	Sidney Garcia	Freshman	San Diego Mesa College	5:28.46	4
5	Kyana Cook	Freshman	San Diego Mesa College	5:28.62	2
6	Jasmine Macias	Freshman	Palomar	6:09.90	1
7	Daisy Sanchez	Freshman	Palomar	6:35.43	-

Women's 5000 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Mohussin Abakar	Freshman	San Diego Mesa College	19:05.14 ✓	10
2	Presley Bennett	Freshman	San Diego Mesa College	20:02.26	8
3	Yoselin Canseco	Freshman	San Bernardino Valley	21:30.49	6
4	Diana Flores	Freshman	Southwestern	25:22.04	4

Women's 10,000 Meters

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Mohussin Abakar	Freshman	San Diego Mesa College	41:09.50 ✓	10
2	Presley Bennett	Freshman	San Diego Mesa College	41:09.53 ✓	8
3	Diana Flores	Freshman	Southwestern	53:21.09	6

Women's 100 Hurdles

W: -1.5

PL	NAME	YEAR	TEAM	TIME	SC
1	Kaitlyn Honobach	Freshman	San Bernardino Valley	18.20	10
2	Natalia Hiatt	Freshman	Palomar	19.75	8
3	Alison Blankfeld	Freshman	Palomar	20.55	6
4	Jenniece Pingley	Freshman	Palomar	21.64	4
5	Elena Marie Newman	Freshman	Palomar	22.83	2

Women's 400 Hurdles

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Phoebe Araujo	Freshman	San Diego Mesa College	1:09.93	10
2	Kaitlyn Honobach	Freshman	San Bernardino Valley	1:20.88	8
3	Alison Blankfeld	Freshman	Palomar	1:22.85	6
4	Jenniece Pingley	Freshman	Palomar	1:29.73	4
5	Elena Marie Newman	Freshman	Palomar	1:30.44	2

Women's 3000 Steeplechase

Top ↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Sophie Moser-Smith	Freshman	San Diego Mesa College	12:21.80 ✓✓	10
2	Kyana Cook	Freshman	San Diego Mesa College	12:30.32 ✓✓	8
3	Yoselin Canseco	Freshman	San Bernardino Valley	12:52.92 ✓	6

Women's 4 x 100 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	San Diego Mesa College	Carli Nosler, Bella Bratton, Kayla Leitner, Charly Overton	49.18 ✓✓	10
2	Palomar	Megan McCray, Kiara Hill, Elena Marie Newman, Jenniece Pingley	57.14	8

Women's 4 x 400 Relay

Top ↑

PL	TEAM	ATHLETES	TIME	SC
1	San Diego Mesa College	Phoebe Araujo, Joelle Tonne, Emma Fitzgerald, Sidney Garcia	4:13.64 ✓	10
2	Palomar	Megan McCray, Daisy Sanchez, Jasmine Macias, Kiara Hill	5:12.11	8

Women's High Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Jenniece Pingley	Freshman	Palomar	1.57m ✓✓	5' 1.75"	10
	1.22 1.27 1.32 1.37 1.42 1.47 1.52 1.57 1.62 0 0 P 0 0 XXO XXX					
2	Charly Overton	Sophomore	San Diego Mesa College	1.37m	4' 6"	8
	1.22 1.27 1.32 1.37 1.42 0 0 0 XXX					
3	Alison Blankfeld	Freshman	Palomar	1.22m	4' 0"	6
	1.22 1.27 XO XXX					
	Elena Marie Newman	Freshman	Palomar	NH	NH	-
	1.22 XXX					
	Kiara Hill	Freshman	Palomar	NH	NH	-
	1.22 1.27 1.22 XXX					

Women's Pole Vault

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Madison Rauch	Sophomore	San Diego Mesa College	3.35m ✓✓	10' 11.75"	10
	3.10 3.35 3.57 0 XO XXX					

Women's Long Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Charly Overton	Sophomore	San Diego Mesa College	5.15m	16' 10.75"	10
	5.07 (0.1) 5.15 (1.1) FOUL FOUL 4.91 (0.4) FOUL					
2	Mya Hanauska	Freshman	San Diego Mesa College	4.92m	16' 1.75"	8
	FOUL 4.45 (2.3) 4.85 (+0.0) 4.71 (0.8) 4.55 (+0.0) 4.92 (0.9)					
3	Kiara Hill	Freshman	Palomar	4.31m	14' 1.75"	6
	FOUL 4.31 (0.9) 4.22 (0.2) FOUL PASS PASS					
4	Megan McCray	Freshman	Palomar	4.03m	13' 2.75"	4
	3.97 (0.2) 3.87 (0.3) 4.03 (1.1) 3.96 (0.3) 3.75 (0.2) 3.79 (0.5)					
5	Elena Marie Newman	Freshman	Palomar	3.77m	12' 4.5"	2
	3.65 (0.6) 3.64 (0.9) PASS 3.55 (+0.0) 3.77 (1.2) 3.51 (0.2)					
	Patience McCrary	Freshman	Southwestern	FOUL	NM	-
	FOUL FOUL FOUL PASS PASS PASS					

Women's Triple Jump

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Jenniece Pingley	Freshman	Palomar	11.57m ✓✓	37' 11.5"	10
	11.57 (1.9) FOUL 11.29 (2.0) 11.09 (1.2) 11.40 (2.4) FOUL					
2	Mya Hanauska	Freshman	San Diego Mesa College	10.07m	33' 0.5"	8
	9.13 (1.3) 10.05 (1.5) 10.07 (1.9) 9.85 (1.6) 10.05 (2.2) FOUL					

Women's Shot Put

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Kais Kimuli	Freshman	San Diego Mesa College	12.72m ✓✓✓	41' 8.75"	10
	11.28 11.81 12.13 12.26 12.72 11.90					
2	Cemara Collins	Freshman	San Diego Mesa College	11.99m ✓✓	39' 4"	8
	10.44 10.21 10.99 10.52 FOUL 11.99					
3	Natalia Hiatt	Freshman	Palomar	10.50m	34' 5.5"	6
	10.50 9.47 9.74 9.95 9.26 FOUL					
4	Alanna Gresham	Freshman	Palomar	9.27m	30' 5"	4
	8.89 9.25 8.85 9.27 FOUL 9.00					
5	Catalina Yanez	Sophomore	San Diego Mesa College	9.05m	29' 8.25"	2
	8.96 9.05 8.50 8.49 8.53 8.90					
6	Kaela Estrada	Sophomore	San Diego Mesa College	8.95m	29' 4.5"	1
	8.45 FOUL 8.28 8.95 FOUL FOUL					

Women's Discus

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Kais Kimuli	Freshman	San Diego Mesa College	38.35m ✓✓	125' 10"	10
	38.35 35.16 31.30					
2	Natalia Hiatt	Freshman	Palomar	36.67m ✓	120' 4"	8
	FOUL 36.67 FOUL FOUL					
3	Kaela Estrada	Sophomore	San Diego Mesa College	35.28m	115' 9"	6
	35.28 32.09 34.33					
4	Alanna Gresham	Freshman	Palomar	28.60m	93' 10"	4
	FOUL 27.20 27.52 28.60					
5	Catalina Yanez	Sophomore	San Diego Mesa College	24.70m	81' 0"	2
	FOUL 24.70 FOUL 1.25					

Women's Hammer

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Kais Kimuli	Freshman	San Diego Mesa College	41.12m ✓	134' 11"	10
	40.84 38.17 FOUL 39.94 41.12 41.05					
2	Cemara Collins	Freshman	San Diego Mesa College	39.30m	128' 11"	8
	34.87 39.30 FOUL FOUL 38.99 FOUL					
3	Catalina Yanez	Sophomore	San Diego Mesa College	36.07m	118' 4"	6
	35.04 34.47 FOUL 34.45 36.07 FOUL					

Women's Javelin

Top ↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Kaela Estrada	Sophomore	San Diego Mesa College	31.70m	104' 0"	10
	31.70 31.34 29.63 31.62 29.57 FOUL					
2	Natalia Hiatt	Freshman	Palomar	30.34m	99' 6"	8
	30.34 27.52 29.23 28.82 FOUL 27.73					
3	Bella Bratton	Sophomore	San Diego Mesa College	27.28m	89' 6"	6
	23.39 23.73 24.54 25.37 23.15 27.28					
4	Jenniece Pingley	Freshman	Palomar	25.85m	84' 10"	4
	25.01 FOUL 25.85 PASS PASS PASS					
5	Alison Blankfeld	Freshman	Palomar	15.48m	50' 9"	2
	12.37 14.33 14.09 15.48 PASS PASS					

Women's Heptathlon

Top ↑

PL	NAME	YEAR	TEAM	POINTS	SC
1	Jenniece Pingley	Freshman	Palomar	3751 ✓✓	10
2	Natalia Hiatt	Freshman	Palomar	2772	8
3	Alison Blankfeld	Freshman	Palomar	1950	6

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