

Western State Conference Track & Field Championship • Moorpark, CA • April 25-26, 2013

Men: 1. Glendale 158½; 2. West LA 151; 3. Santa Barbara 98; 4. Bakersfield 71; 5. Cuesta 68; T6. Canyons, LA Valley 52;
8. Santa Monica 45; 9. Antelope Valley 42½; 10. Hancock 22; 11. Ventura 20½.

Women: 1. West LA 167; T2. Glendale, Ventura 111; 4. Moorpark 100; 5. Bakersfield 80½; 6. Santa Barbara 65; 7. Cuesta 57½;
8. Antelope Valley 32; 9. LA Valley 17; 10. Canyons 16½; 11. Hancock 12; 12. Santa Monica 10.

Women

100m (wind: +0.4 mps)

1. Nafiseh Mataei	Glendale	12.16
2. Shadonna Hunter	West LA	12.20
3. Jonika Baker	West LA	12.21
4. Jade Gridiron	Bakersfield	12.22
5. Jasmine Woods	LA Valley	12.29
6. Shanera Johnson	LA Valley	12.47
7. Susana Usher	West LA	12.56
8. Samantha Wikmark	Santa Barbara	12.59

200 (NWI)

1. Sara McDonald	Moorpark	24.77
2. Nicole Lewis	Bakersfield	25.30
3. Jonika Baker	West LA	25.58
4. Jade Gridiron	Bakersfield	25.63
5. Riley Cooks	Cuesta	25.68
6. Shadonna Hunter	West LA	25.88
7. Natalie O'Dwyer	Bakersfield	26.04
8. Jasmine Waters	West LA	26.11

400

1. Sara McDonald	Moorpark	54.73
2. Natalie O'Dwyer	Bakersfield	56.63
3. Tara Johnson	Ventura	57.39
4. Jessica Gill	Canyons	57.86
5. Emily Walker	Santa Barbara	58.30
6. Tierra Gilmore	Antelope Valley	58.37
7. Jasmine Waters	West LA	59.22
8. Sara Jungersten	Santa Barbara	59.42

800

1. Emily Bernath	Santa Barbara	2:13.02
2. Lilia Asserian	Glendale	2:15.70
3. Tejera Dial	Bakersfield	2:15.98
4. Jessica Armes	Cuesta	2:17.19
5. Emily Kelly	Moorpark	2:20.73
6. Lauren Silacci	Cuesta	2:21.50
7. Lizette Gonzalez	Glendale	2:24.26
8. Jocelyne Ferruffino	Santa Monica	2:24.65

1500

1. Grace Graham-Zamudio	Glendale	4:28.86
2. Megan McNally	Moorpark	4:43.15
3. Elizabeth Nelson	Glendale	4:45.60
4. Emma Ramirez	Antelope Valley	4:48.86
5. Rachel Naumann	Moorpark	4:52.10
6. Nicole Bartlett	Santa Barbara	4:55.35
7. Orieth Rodriguez	Bakersfield	5:01.46
8. Maria Robles	Ventura	5:03.55

5K

1. Grace Graham-Zamudio	Glendale	18:07.14
2. Megan McNally	Moorpark	18:19.80
3. Charlene Quintanilla	Glendale	18:34.41
4. Vanessa Martinez	Moorpark	19:06.43
5. Rachel Naumann	Moorpark	19:15.55
6. Andrea Contreras	Moorpark	19:22.06
7. Emma Ramirez	Antelope Valley	19:27.29
8. Elizabeth Nelson	Glendale	19:44.56

Women

10K

1. Grace Graham-Zamudio	Glendale	39:32.04
2. Megan McNally	Moorpark	40:01.30
3. Vanessa Martinez	Moorpark	40:43.12
4. Elizabeth Nelson	Glendale	41:13.18
5. Charlene Quintanilla	Glendale	42:27.20
6. Kelly Castillo	Glendale	42:40.69
7. Joceline Lugo	Glendale	43:06.73
8. Teresa Villafuerte	Glendale	43:16.06

100 Hurdles (wind: -0.5 mps)

1. Jonika Baker	West LA	14.75
2. Mariah Richards-Maynard	West LA	14.76
3. Susana Usher	West LA	14.98
4. Riley Cooks	Cuesta	15.31
5. Aundrea Yancy	West LA	15.32
6. Aysia Smith	West LA	15.50
7. Christina Khalil	Santa Barbara	16.27
8. Amy Connor	Santa Barbara	16.59

400 Hurdles

1. Jonika Baker	West LA	63.74
2. Destiny Wilson	Antelope Valley	64.07
3. Susana Usher	West LA	66.28
4. Jasmine Sales	Glendale	67.89
5. Shaynah Patton	Santa Monica	67.96
6. Mariah Richards-Maynard	West LA	68.61
7. Amy Connor	Santa Barbara	69.60
8. Sabrina Sewell	Ventura	71.77

3K STEEPLECHASE

1. Karla Vernola	Moorpark	11:36.04
2. Lauren Silacci	Cuesta	11:50.83
3. Clarissa Wentworth	Moorpark	12:08.23
4. Sabrina Sewell	Ventura	12:11.81
5. Kelly Castillo	Glendale	12:14.70
6. Teresa Villafuerte	Glendale	12:27.67
7. Joceline Lugo	Glendale	12:35.40
8. Mia Owens	Santa Barbara	12:43.18

400 Relay

1. West LA	47.05
(Jonika Baker, Mariah Richards-Maynard, Aysia Smith, Shadonna Hunter)	
2. Bakersfield	47.78
(Jade Gridiron, Natalie O'Dwyer, Molly Fitch, Nicole Lewis)	
3. Santa Barbara	48.90
(Sara Jungersten, Emily Walker, Kalina Rock, Samantha Wikmark)	
4. Moorpark	49.87
(Cassie Popp, Sunita Shelly, Marisa Macri, Sara McDonald)	
5. Antelope Valley	50.55
(Tierra Gilmore, Ruth McConnell, Nia Treece, Destiny Wilson)	
6. Ventura	50.72
(Tara Johnson, Natalie Gear, Shae Lee, Amanda Powell)	
7. Santa Monica	50.96
(Jenicie Thomas, Elia Sanchez, Kristyn Kitaayashi, Ariel Alexander)	
8. Cuesta	51.07
(Melssia Brown, Mikaylah Williams, Asha Robinson, Riley Cooks)	

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Women

1600 Relay

1. West LA	3:56.00
(Jasmine Waters, Mariah Richards-Maynard, Susana Usher, Shadonna Hunter)	
2. Bakersfield	3:57.77
(Tejera Dial, Natalie O'Dwyer, Elizabeth Sanchez, Molly Fitch)	
3. Antelope Valley	4:00.45
(Tierra Gilmore, Ruth McConnell, Nia Treece, Destiny Wilson)	
4. Santa Barbara	4:01.71
(Sara Jungersten, Kalina Rock, Emily Bernath, Emily Walker)	
5. Glendale	4:05.74
(Lilia Asserian, Nafiseh Mataei, Jasmine Sales, Lizette Gonzalez)	
6. Santa Monica	4:07.13
(Elia Sanchez, Jocelyne Ferruffino, Kristyn Kitaayashi, Shaynah Patton)	
7. Ventura	4:07.94
(Natalie Gear, Shae Lee, Sabrina Sewell, Tara Johnson)	
8. Cuesta	4:08.81
(Asha Robinson, Jessica Armes, Lauren Silacci, Riley Cooks)	

High Jump

1. Aundrea Yancy	West LA	5-3¾
2. Kathryn Rucker	Santa Barbara	5-1¾
2. Asha Robinson	Cuesta	5-1¾
4. Aysia Smith	West LA	4-11¾
5. Ensley Davis	Bakersfield	4-9¾
6. Melody Axtell	Ventura	4-7¾
6. Blen Solomon	West LA	4-7¾
8. Jasmine Sales	Glendale	4-6
8. Riley Cooks	Cuesta	4-6

Pole Vault

1. Molly Pearlman	LA Valley	11-9¾
2. Frances Barnes	Moorpark	10-6
3. Sarah Delzio	Cuesta	10-0
4. Layla Ramirez	Ventura	9-6
4. Melody Axtell	Ventura	9-6¼
6. Jillian Hurley	Canyons	9-0¼
6. Rachel Starelli	Cuesta	9-0¼
8. Melissa Brown	Cuesta	8-6¼
8. Megan Cooper	Canyons	8-6¼

Long Jump (NWI)

1. Shadonna Hunter	West LA	17-11½
2. Riley Cooks	Cuesta	17-11
3. Aysia Smith	West LA	17-1½
4. Ensley Davis	Bakersfield	16-9¼
5. Nouneh Assadouria	Canyons	16-7¾
6. Aundrea Yancy	West LA	16-7
7. Mariah Richards-Maynard	West LA	16-6
8. Sylvana Swain	Hancock	16-4¼

Triple Jump (NWI)

1. Aysia Smith	West LA	37-11¼
2. Aundrea Yancy	West LA	37-9½
3. Tejera Dial	Bakersfield	37-2¼
4. Sylvana Swain	Hancock	34-5½
5. Nouneh Assadouria	Canyons	34-4¾
6. Narkie Opong	West LA	34-0¼
7. Mariah Richards-Maynard	West LA	33-8
8. Susana Usher	West LA	33-5¼

Shot Put

1. Brooke Dicon	Ventura	41-1
2. Alicia Torres	Bakersfield	39-9¼
3. Jessica Johns	Ventura	38-2¼
4. Christina Gibson	West LA	37-7¼
5. Amber Panapa	Ventura	37-6¾
6. Amma Weinreich	Hancock	35-6¾
7. Ana Tonga	Glendale	35-5¼
8. Aundrea Yancy	West LA	34-8½

Discus

1. Amber Panapa	Ventura	127-3
2. Jessica Johns	Ventura	121-3
3. Kathryn Krivulka	Santa Barbara	114-8
4. Britnee Jones	Ventura	113-10
5. Brooke Dicon	Ventura	113-3
6. Andisha Steward	Ventura	110-0
7. Alicia Torres	Bakersfield	100-7
8. Marisol Guzman	Canyons	95-6

Hammer

1. Jessica Johns	Ventura	153-5
2. Amber Panapa	Ventura	138-11
3. Kathryn Krivulka	Santa Barbara	138-1
4. Brooke Dicon	Ventura	132-2
5. Britnee Jones	Ventura	124-4
6. Alicia Torres	Bakersfield	116-11
7. Andisha Steward	Ventura	107-5
8. Christina Regan	Moorpark	89-4

Javelin

1. Kodie Hebert	Santa Barbara	115-3
2. Nicole Pappelis	Glendale	108-9
3. Lindsee Handel	Cuesta	106-0
4. Ana Tonga	Glendale	104-7
5. Aleyna Mathias	Antelope Valley	100-9
6. Amma Weinreich	Hancock	96-6
7. Britnee Jones	Ventura	96-0
8. Melody Axtell	Ventura	95-3

Men

100m (wind: +2.1 mps)

1. Michael Norwood	Bakersfield	10.69
2. Joshua Thornton	Hancock	10.78
3. Walter Hunt	Bakersfield	10.79
4. Will Lacy	West LA	10.84
5. Cody Bidlow	Santa Barbara	10.85
6. Jourdan Honore	Glendale	10.86
7. Randall Davis	Santa Barbara	10.98
8. Benjamin Weaver	Canyons	11.29

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Men

200 (wind: +0.3 mps)

1. Michael Norwood	Bakersfield	21.40
2. Cliff Lekas	Santa Barbara	21.83
3. Will Lacy	West LA	21.90
4. Franz Palacio	West LA	21.99
5. Cody Bidlow	Santa Barbara	22.16
6. Jourdan Honore	Glendale	22.30
7. Daniel Munoz	Glendale	22.56
8. Nathan Weston	Glendale	22.91

400

1. Cliff Lekas	Santa Barbara	48.01
2. Alex Amankwah	West LA	48.17
3. Franz Palacio	West LA	48.37
4. Andrew Sanchez	Canyons	48.64
5. Anthony Fowler	Canyons	48.68
6. Daniel Munoz	Glendale	48.91
7. Drew Kameryon Brown	Santa Monica	48.92
8. Dechaunce Normore	Antelope Valley	49.90

800

1. Davis Loustalot	Bakersfield	1:53.11
2. Terrence Luevano	Santa Monica	1:56.58
3. Alex Amankwah	West LA	1:57.07
4. John Nealon	Santa Barbara	1:57.15
5. Ashton Malone	Glendale	1:57.85
6. Zachery Weber	Santa Monica	2:00.22
7. Mario Castillo	Glendale	2:00.79
8. Eduardo Vasquez	Glendale	2:01.74

1500

1. Ian Roberts	Santa Barbara	3:54.58
2. Alex Amankwah	West LA	3:54.59
3. Mario Castillo	Glendale	3:58.44
4. Eduardo Vasquez	Glendale	4:01.36
5. Terrence Luevano	Santa Monica	4:02.29
6. Richard Langdeaux	Bakersfield	4:03.82
7. Chase Wheeler	Canyons	4:07.70
8. Daniel Redick	Santa Monica	4:12.40

5K

1. Kurt Lutz	Glendale	15:18.56
2. Issac Diosdado	Glendale	15:23.25
3. Mizrael Mendez	Glendale	15:28.29
4. Angel Alcantar	LA Valley	15:39.70
5. Enrique Ramirez	Glendale	15:40.89
6. Esteban Carranza	West LA	15:54.25
7. Richard Langdeaux	Bakersfield	16:01.99
8. Jorge Serrano	Glendale	16:16.39

10K

1. Issac Diosdado	Glendale	32:29.26
2. Ian Roberts	Santa Barbara	32:41.42
3. Dylan Alexander	LA Valley	32:49.22
4. Angel Alcantar	LA Valley	33:12.72
5. Enrique Ramirez	Glendale	33:19.26
6. Mizrael Mendez	Glendale	33:23.74
7. Kurt Lutz	Glendale	33:31.81
8. Esteban Carranza	West LA	33:39.12

Men

110 HH (wind: +2.4 mps)

1. Darien Richardson	West LA	15.54
2. Najee Williams	West LA	15.61
3. Deanthony White	Cuesta	15.99
4. Lawrence Mendenhall	West LA	16.05
5. Jurnee Gibson	West LA	16.23
6. Darrem Smith	Santa Barbara	16.43
7. Desmond Washington	Antelope Valley	16.54
8. Evan Eggenberg	Bakersfield	44.59

400 IH

1. Darien Richardson	West LA	53.88
2. Tristan Lake	Santa Barbara	53.90
3. Deion Loudon	Bakersfield	55.74
4. German Hernandez	Santa Barbara	56.20
5. Gregory McPhearson	Antelope Valley	56.21
6. Jared Lencioni	Bakersfield	56.33
7. James Jones	Glendale	57.41
8. Yusuke Ohashi	Canyons	58.11

3K Steeplechase

1. Angel Alcantar	LA Valley	9:33.04
2. Issac Diosdado	Glendale	9:43.40
3. Jacob Beccera	Cuesta	10:04.84
4. Yelsten Vasquez	Glendale	10:05.42
5. Jose Catalan	Glendale	10:07.45
6. Jorge Mendoza	Glendale	10:07.87
7. Daniel Martin	Glendale	10:27.06
8. Julio Romero	West LA	10:30.70

400 Relay

1. West LA	41.53
(Kavan Buggs, Franz Palacio, Kenneth McDaniel, Will Lacy)	
2. Santa Barbara	42.13
(Carl Davis, Cliff Lekas, Randall Davis, Cody Bidlow)	
3. Canyons	42.48
(Kyle Davis, Andrew Sanchez, Benjamin Weaver, Anthony Fowler)	
4. Bakersfield	42.63
(Walter Hunt, Sterling Fuggett, Justin Evans, Michael Norwood)	
5. Glendale	42.66
(Jourdan Honore, Christian Quintanilla, Daniel Munoz, Nathan Weston)	
6. Santa Monica	43.27
(Justin Peters, Carzel Vickers, Zachery Stern, Dejaun Butler)	
7. Cuesta	44.07
(Max Clark, Ty Robb, Deanthony White, Dez Smith)	
8. Ventura	44.10

High Jump

1. Tim White	Canyons	6-7¾
1. Philip Hanley	Ventura	6-7¾
3. Bevan Wemhoff	Bakersfield	6-6
3. Reginald Trotter	LA Valley	6-6
5. Dez Smith	Cuesta	6-2
5. Evan Eggenberg	Bakersfield	6-0
7. Cody Moore	Canyons	6-0
7. Siraj Landery	Glendale	6-0
7. Kyle Mogg	Ventura	6-0
7. Robert Triplett	Antelope Valley	6-0

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Men

1600 Relay

1. West LA	3:15.98
(Will Lacy, Franz Palacio, Darien Richardson, Alex Amankwah)	
2. Santa Barbara	3:16.56
(Tristan Lake, James Herb, Geoffrey Brown, Cliff Lekas)	
3. Canyons	3:17.03
(Benjamin Weaver, Anthony Fowler, Andrew Sanchez, Jeremy Gatewood)	
4. Santa Monica	3:18.37
(Justin Peters, Carzel Vickers, Zachery Stern, Drew Kameryon Brown)	
5. Bakersfield	3:20.87
(Davis Loustalot, Sterling Fuggett, Deion Loudon, Michael Norwood)	
6. Glendale	3:21.60
(Nathan Weston, Daniel Munoz, Mario Castillo, Ashton Malone)	
7. Antelope Valley	3:21.74
(Lathen Bendeim, Aris Branch, Dawayne Dickson, Dechaunce Normore)	
8. Cuesta	3:25.04
(Josiah Becker, Brian Lang, Max Leage, Jacob Schwarm)	

Pole Vault

1. Austin Allen	LA Valley	15-10
2. Josiah Becker	Cuesta	14-11
2. Tynan Graham	Cuesta	14-11
4. Alexander Hamidzadeh	LA Valley	14-5¼
5. Philip Hanley	Ventura	13-11¼
6. Alexander Sullivan	LA Valley	13-1¼
6. Max Van Berg	Cuesta	13-5¼
6. Brian Lee	Glendale	13-5¼

Long Jump (NWI)

1. Terrance Nunnery	Ventura	23-3¼
2. Michael Lowder	Antelope Valley	23-2
3. Darien Richardson	West LA	22-9¾
4. Alfonso Price	West LA	22-7¾
5. Tim White	Canyons	22-6½
6. Robert Triplett	Antelope Valley	21-9½
7. Connor Neary	Ventura	21-9
8. Bevan Wemhoff	Bakersfield	21-5½

Triple Jump (NWI)

1. Tim White	Canyons	52-0
2. Carzel Vickers	Santa Monica	48-4
3. Alfonso Price	West LA	47-6¼
4. Dez Smith	Cuesta	46-10
5. De'Andre Miller	West LA	45-4½
6. Franz Palacio	West LA	44-10¼
7. Jude Olear	LA Valley	44-8¾
8. Reginald Trotter	LA Valley	44-3¼

Shot Put

1. Nicholas La Croix	Glendale	44-4¼
2. Kolmus Iheanaju	West LA	44-2
3. Russell Moran	Hancock	42-3½
4. Philip Hanley	Ventura	41-4¼
5. John Morgan	Santa Barbara	40-11¾
6. Christopher Walker	West LA	40-6¼
7. Joseph Thompson	Glendale	39-6
8. Bruce Detter	Hancock	39-2½

Discus

1. Christopher Walker	West LA	137-6
2. Erick Bravo	Antelope Valley	127-4
3. Bruce Detter	Hancock	127-2
4. Jacob Trudahl	Santa Monica	126-9
5. Quaid Vuncannon	Glendale	124-2
6. John Morgan	Santa Barbara	121-6
7. Joseph Thompson	Glendale	120-11
8. Nicholas La Croix	Glendale	120-10

Hammer

1. Nicholas La Croix	Glendale	171-1
2. Patrick Larkin	Antelope Valley	162-6
3. Erick Bravo	Antelope Valley	144-1
4. Angel Reyes	Ventura	130-1
5. Joseph Thompson	Glendale	128-2
6. Quaid Vuncannon	Glendale	126-5
7. Edward Marley	Ventura	124-4
8. Russell Moran	Hancock	123-9

Javelin

1. Patrick Clemons	Cuesta	178-1
2. Aaron Meteski	Santa Barbara	176-11
3. Jacob Trudahl	Santa Monica	174-6
4. Quaid Vuncannon	Glendale	173-9
5. Joseph Thompson	Glendale	164-7
6. Jason Ahn	Glendale	162-5
7. Cody Moore	Canyons	158-2
8. Connor Bellina	Canyons	151-4