

California Community College Track and Field State Championship
College Heights Stadium, College of San Mateo
May 17-18, 2019

Women's Heptathlon: Friday and Saturday, 10:00 am

SoCal Meet:	5471	2017	Juanita Webster	Cerritos
NorCal Meet:	5353	1981	Kathy Raugast	Hartnell
State Meet:	5424	2017	Juanita Webster	Cerritos
CSM Stadium:	5129	2013	Alexus Dalton	Cerritos

Name	Year	School	Region Mark/Place	Year's Best/Nat Rank
Darlena Robinson	So	Cerritos	3937 (1 st)	3937 11th
Charlotte Kraushaar	FR	Orange Cost	3901 (2 nd)	3901 13th
Daila Bell	FR	Cerritos	3784 (3 rd)	3784 18th
Abby Richey	FR	Cuesta	3703 (4 th)	3703
Elizabeth Chidchester	FR	Mt. Sac	3687 (5 th)	3687
Annie Doherty	FR	Moorpark	3676 (6 th)	3676
Keanna Daramola	FR	Cerritos	3604 (7 th)	3604
Hannah Smrt	So	Yuba	4354 (1 st)	4354 5th
Clarissa Menil	So	SJ Delta	3952 (2 nd)	3952 10th
Jessikka Gonzales	FR	Modesto	3859 (3 rd)	3859 14th
Jennifer Pedrosa	FR	Palomar	3413 (8 th)	3413
Alaira Smith	FR	Yuba	3545 (5 th)	3645

Men's Decathlon: Friday, 9:30 am and Saturday, 9:00 am

SoCal Meet:	7361	1983	Doug Fernandez	Long Beach
NorCal Meet:	7144	1982	Darin Hall	Shasta
State Meet:	7478	1983	Doug Fernandez	Long Beach
CSM Stadium:	6867	2009	Nicholas Armstrong	Cerritos

Name	Year	School	Region Mark/Place	Year's Best/Nat'l Rank
Andrew Aguilar	Fr	Mt. SAC	5909 (1 st)	5909 11th
Vincent Kaatelaar	Fr	Cuesta	5622 (2 nd)	5622
Aaron Mickelsen	So	SD Mesa	5577 (3 rd)	5577
Jacobs Woods	Fr	Riverside	5557 (4 th)	5557
Shea Wissler	Fr	El Camino	5398 (5 th)	5398
Joshua Godfrey	So	Southwestern	5349 (6 th)	5722
Dylan Bouziges	So	De Anza	6186 (1 st)	6200 5th
Bret Lombardi	So	American River	6178 (2 nd)	6344 8th
Justin Crescenti	Fr	Modesto	5902 (3 rd)	5902 12th
Thomas Dodgen	So	Siskiyou	5825 (4 th)	5825 14th
David Clause	So	Butte	5803 (5 th)	5803 15th
Brian Harper	Fr	Butte	5725 (6 th)	5725 18th

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Men's Hammer Throw: Friday 10:00 am

SoCal Meet:	210-10	2002	Kibwe Johnson	Moorpark
NorCal Meet:	201-3	2008	K. P. Singh	Fresno
State Meet:	209-11	2004	Robert Slowik	Moorpark
CSM Stadium:	191-8	2013	Markus Sanders	Modesto

Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
Alec Jones	Riverside	SO	174-4 (1 st)	183-7 6th
Russell Bedre	Riverside	SO	170-1 (2 nd)	175-5 9th
Alex Schechter	Saddleback	SO	167-1 (3 rd)	176-10 8th
Jacob Whitby	Bakersfield	SO	165-2 (4 th)	167-6
Brett Shifflett	Riverside	SO	161-4 (5 th)	161-4
Trevor Nagata	Riverside	SO	159-3 (6 th)	162-9
Kenneth Gonzales	SJ Delta	SO	168-10(1 st)	168-10 11th
Jarid Jorgensen	Redwoods	SO	163-5(2 nd)	167-8 18th
Nathan Alvarado	De Anza	SO	159-7 (3 rd)	174-6 12th
Luis Valenzuela	SJ Delta	SO	154-5 (4 th)	168-10 16th
Cody Hearn	SJ Delta	SO	151-3 (5 th)	155-1
Berry Randle	Sequoias	FR	150-5 (6 th)	153-10

Women's Hammer Throw: Friday, Noon

SoCal Meet:	202-05	2013	Jessika Byrd	Riverside
NorCal Meet:	180-00	2003	Sara Clinkenbeard	Sacramento
State Meet:	195-10	2013	Jessika Byrd	Riverside
CSM Stadium:	195-10	2013	Jessika Byrd	Riverside

Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
Tayler Salley	Riverside	FR	154-8 (1 st)	158-8 16th
Keiana Turner	Riverside	FR	150-11 (2 nd)	162-1 9th
Jay Rhambo	El Camino	SO	143-9 (3 rd)	145-3
Cyan Gutierrez	Antelope Valley	FR	135-4 (6 th)	142-2
Nanati Alailefaleula	Cerritos	SO	137-3 (5 th)	139-6
Patricia Valle	Moorpark	SO	140-2 (4 th)	140-2
Melissa Favorite	De Anza	SO	168-9 (1 st)	168-9 5th
Caitlin Mc Clain	SJ Delta	SO	164-8 (2 nd)	164-8 7th
Erika Nordman	American River	SO	159-11 (3 rd)	165-11 6th
Brena Videll	Yuba	SO	148-7 (4 th)	159-5 14th
Jordyn Alexander	De Anza	SO	142-9(5 th)	142-9
Angela Ruiz	San Jose	FR	126-0 (9 th)	146-3

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Women's 10, 000: Friday, 11:00 am

SoCal Meet:	35:38.97	2010	Lenore Moreno	Mt. SAC
NorCal Meet:	36:43.79	2016	Jenica Dodge	American River
State Meet:	35:31.92	2015	Aminat Olowara	Southwestern
CSM Stadium:	35:31.92	2015	Aminat Olowara	Southwestern

Lane	Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
1	Sadie Encinas	Mt SAC	FR	42:16.34 (10 th)	38:31.01 8th
2	Andrea Anaya	Orange Coast	FR	41:31.26 (8 th)	40:15.38 19th
3	Emilane Merida- Cano	Riverside	FR	41:58.68 (9 th)	41:08.80
4	Montserrath Celis	Mt. SAC	FR	41:03.84 (6 th)	40:48.99
5	Olivia Quezada	West LA	SO	40:39.88 (5 th)	40:16.89 20th
6	Hannah Ryan	CCSF	FR	40:35.06 (4 th)	40:19.12
7	Isabelle Torres	Hartnell	FR	40:18.97 (3 rd)	40:18.97
8	Cynthia Melendez	West LA	SO	40:10.15 (4 th)	39:58.05 15th
9	Sujey Esteva	Riverside	SO	40:01.98 (3 rd)	40:01.98 16th
10	Sophia Cortina	Moorpark	FR	39:57.83 (2 nd)	39:57.83 14th
11	Monica Ruelas	Hartnell	SO	40:14.30 (2 nd)	39:28.30 11th
12	Rebecca Ruiz <i>(2018 Champ)</i>	Mt. SAC	FR	38:50.38 (1 st)	37:23.42 7th

Men's 10, 000: Friday, Noon

SoCal Meet:	29:22.70	1988	Julius Kariuki	Riverside
NorCal Meet:	30:44.70	1978	Paul Mello	San Mateo
State Meet:	29:39.31	1999	Wilhelm Gidasuday	Riverside
CSM Stadium:	30:15.9	1978	Paul Mello	San Mateo

Lane	Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
1	Baltazar Bucup	West LA	SO	32:58.03 (11 th)	32:22.80
2	Austin Dai	Riverside	SO	32:55.73 (10 th)	32:10.24 16th
3	Sebastian Anderson	Chabot	SO	32:54.47 (3 rd)	32:54.47
4	Michael Ramirez	San Bernardino	SO	32:47.66 (8 th)	32:23.50
5	Luis Huerta	Mt SAC	SO	32:41.89 (7 th)	32:17.39 19th
6	Oscar Perez	Sequoias	FR	32:40.75 (2 nd)	32:40.75
7	Matt Arruda	El Camino	SO	32:36.45 (6 th)	32:24.39
8	Jose Melchor	Mt. SAC	SO	32:35.54 (5 th)	31:20.17 14th
9	Kibrom Elias	Cuyamaca	SO	32:25.50 (4 th)	32:25.50
10	Adan Cruz	Ventura	FR	32:15.51 (3 rd)	32:15.51 18th
11	Jesus Alavos	Hartnell	FR	32:36.53 (1 st)	32:36.53
12	Salvador Capetillo <i>(2018 Champ)</i>	Mt. SAC	SO	31:53.66 (1 st)	30:43.50 9th

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Women's Long Jump: Friday, 11:00 am

SoCal Meet:	20-06	1989	Lashawn Simmons	Mt. SAC
NorCal Meet:	20-04	1993	Sheila Nicks	College of the Sequoias
State Meet:	21-03.50	1983	Shelia Nicks/Cindy Opara	COS/ Citrus
CSM Stadium:	19-10.75	2009	Lauryn Newsome	Laney

Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
Kierra King (2018 Champ)	Cerritos	SO	19-9.5 (1 st)	19-9.5 6th
Holly Stallman	SD Mesa	SO	19-7 (2 nd)	20-0.25 4th
Justice Smith	Cerritos	FR	19-4 (3 rd)	19-4 12th
Daizhiana Ebert	Bakersfield	Fr	19-0 (4 th)	19-6.25 9th
Imani Jones	Cerritos	SO	18-11.75 (5 th)	19-0.75 14th
Ashlie Curenton	West LA	SO	18-5.25 (6 th)	18-8 19th
Hannah Smrt	Yuba	SO	18-3.25 (1 st)	18-7.25
Taylor Nelson	Sequoias	FR	17-7.5 (2 nd)	17-7.5
Alicia Zappia	Palomar	FR	17-5(7 th)	17-5
Myrna Giliias	Fullerton	SO	17-2.25 (9 th)	17-9.5
Samantha Ealy	El Camino	FR	16-7.25 (11 th)	17-9.5
Alyssa Stewart	Santa Rosa	SO	16-4.5 (4 th)	17-4.75

Men's Long Jump: Friday, 1:15 pm

SoCal Meet:	25-11.25	1978	Kenny Hays	Pasadena
NorCal Meet:	26-07.50	1987	Charles Brooks	Merritt
State Meet:	26-02.75	1978	Kenneth Hays	Pasadena
CSM Stadium:	25-4.75	2009	Ray Butts	Antelope Valley

Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
Qwintin Workman	El Camino	SO	23-9 (1 st)	23-9
William Dower	Riverside	FR	23-3.5 (2 nd)	23-3.5
Justin Reed	Riverside	SO	23-3.5 (3 rd)	23-3.5
Steven Ashby	West LA	FR	23 -3.25 (4 th)	23-3.25
Titus Houston	Cerritos	FR	22-11.25 (5 th)	23-5.25
Delon Buncio	Canyons	SO	22-8 (6 th)	22-8
Jamal Britt	Sequoias	SO	23-9 (1 st)	25-0.5 6th
Trey Pierce	Diablo Valley	FR	23-8.25 (2 nd)	23-10 16th
James Dudley	American River	SO	22-6.5 (3 rd)	24-2.5 10th
Shraee Harrison	Hartnell	FR	22-2.5 (4 th)	23-2.75
Paolo De Los Santos	SJ Delta	FR	20-8 (11 th)	22-10.5
Ian Kelly	Sequoias	FR	22-0.25	22-8

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Men's Javelin: Friday, 2:00 pm

SoCal Meet:	219-05	1989	Rich Doering	Riverside
NorCal Meet:	228-00	2014	Alex Henderson	Siskiyou
State Meet:	222-00	2009	Cooper Thompson	Bakersfield
CSM Stadium:	222-00	2009	Cooper Thompson	Bakersfield

Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
Marcos Gonzalez	Riverside	SO	182-9 (1 st)	194-0 8th
Patrick Maria	Riverside	FR	173-1 (2 nd)	173-1
Yuki Ishida	Orange Coast	FR	172-8 (3 rd)	172-8
Dwight Johnson	Santa Monica	FR	166-0 (4 th)	166-0
Andrew Mitchell	SD Mesa	FR	165-10 (5 th)	165-10
Delon Buncio	Canyons	SO	162-11 (6 th)	181-7 17th
Oscar Navarro	SD Mesa	FR	160-0 (7 th)	160-1
Chance Thomas	Santa Monica	FR	156-4 (8 th)	157-10
Shea Wissler	El Camino	FR	151-11 (11 th)	167-7
Cole Parker	Shasta	FR	180-2 (1 st)	180-2
Davis Yusuda	American River	FR	160-9 (2 nd)	176-6
Quincy Daniels	San Mateo	FR	152-11 (3 rd)	172-6

Women's Javelin: Friday, 4:00 pm

SoCal Meet:	175-06	1992	Vijitha Amerasakera	Mt. SAC
NorCal Meet:	156-04	1984	Rosa Pugh	Shasta
State Meet:	158-09	2007	Michelle Thompson	Cuyamaca
CSM Stadium:	158-09	2007	Michelle Thompson	Cuyamaca

Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
Hannah Katches	Cuesta	SO	127-10 (1 st)	129-1 7th
Gabriela Sanabria	Riverside	SO	125-0 (2 nd)	125-0 11th
Senna Forkner	Mt. SAC	FR	123-10 (3 rd)	127-1 9th
Anyese Kirkland	Santa Monica	FR	113-9 (4 th)	113-9
Callissa Candalot	Long Beach	FR	112-11 (5 th)	114-10
Chloe Wood	Cuesta	SO	108-4 (6 th)	115-1
Taina Livai	San Mateo	SO	129-6 (1 st)	129-6 6th
Azia Brewster	Modesto	FR	116-10 (2 nd)	116-11
Bailey Learned	American River	FR	112-5 (3 rd)	112-5
Emily King	Siskiyou	FR	106-7 (6 th)	111-8
Jordan Nance	SJ Delta	FR	100- 2 (8 th)	113-10
Alyssa Stewart	Santa Rosa	SO	107-10 (4 th)	107-10

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Women's High Jump: Friday, 4:00 pm

SoCal Meet:	6-00	1979	Phyllis Blunston	El Camino
NorCal Meet:	5-8	2010	Sue Jackson	Sacramento
State Meet:	5-10.5	1988	Janine Bon	SJ Delta
CSM Stadium:	5-8.75	2009	Sue Jackson	Sacramento

Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
Anyese Kirkland	Santa Monica	FR	5-3 (1 st)	5-4.25 12th
Victoria Vally	Moorpark	FR	5-1 (2 nd)	5-3 14th
Myrna Gillas	Fullerton	SO	5-1 (3 rd)	5-6 7th
Toriana Palacki	SD Mesa	FR	5-1 (4 th)	5-1
Julie Marino	Orange Coast	SO	4-11 (5 th)	5-1.75
De' Chanelle Goynes	West LA	SO	4-9 (7 th)	5-1
Alyssa Burke	Shasta	FR	5-7 (1 st)	5-7 4th
Hanah Smrt	Yuba	SO	5-7 (2 nd)	5-7 4th
Jaziah Lawson	San Jose	FR	5-1 (3 rd)	5-1
Azia Brewster	Modesto	FR	4-11 (4 th)	4-11
Danaya Murray	SJ Delta	FR	4-11(5 th)	4-11
Nicole Zazkowski	De Anza	FR	4-9 (6 th)	4-11

Men's High Jump: Friday, 4:00 pm

SoCal Meet:	7-04	1981/85	Brian Stanton/Dennis Lewis	Long Beach
NorCal Meet:	7-04	1981	Milton Goode	Alameda
State Meet:	7-05.25	1981	Milton Goode	Alameda
CSM Stadium:	7-1.5	1978	Bob Petersen	Chabot

Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
Shallamar Poole	Mt SAC	FR	6-4.75 (1 st)	6-6.75 17th
Timothy Sloan Jr	Cerritos	SO	6-4.75 (2 nd)	6-4.75
Vincent Ketelaar	Cuesta	FR	6-4.75 (3 rd)	6-4.75
Travion Phillips	Mt SAC	FR	6-2.75 (4th)	6-4.75
Destin Flucas	Cerritos	FR	6-2.75 (5 th)	6-6.75 17th
Robert Clayton	Moorpark	SO	6-2.75 (6 th)	6-4.75
Jaycion Vasquez	Antelope Valley	FR	6-0.75 (7 th)	6-4.75
Trey Pierce	Diablo Valley	FR	6-6.75(1st)	6-10.25 4th
Waisea Jknoiono	Santa Rosa	FR	6-6.75 (2 nd)	6-7.5 15th
Parker Lapsley	Siskiyou	SO	6-4.75 (3 rd)	6-6.75 17th
Nick McKelvey	Diablo Valley	FR	6-2.75 (4 th)	6-4.75
Aeneas Green	Butte	FR	5-11 (9 th)	6-6.75 17th

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Women's Triple Jump: Saturday, 11:00 am

SoCal Meet:	41-11.25	2001	Andria Booker	S.D. Mesa
NorCal Meet:	41-08	1985	Janis Diggs	Hartnell
State Meet:	42-06.25	2017	Juanita Webster	Cerritos
CSM Stadium:	41-1	2009	Jessica Barfield	Cerritos

Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
Justice Smith	Cerritos	FR	42-0.5 (1 st)	42-2.25 2nd
Imani Jones (2018 Champ)	Cerritos	SO	40-2 (2 nd)	40-2.75 7th
Lachelle Autry	Southwestern	SO	39-5.25 (3 rd)	39-5.25 9th
Zaila Clark	Bakersfield	FR	38-1.25(4 th)	38-1.25 12th
Samantha Ealy	El Camino	FR	38-0.25 (5 th)	38-0.25 13th
De'Chanelle Goynes	West LA	SO	37-7.75 (6 th)	37-7.75 15th
Aliyah Grissett	El Camino	SO	36-11.5 (7 th)	36-11.5 20h
Kierra King	Cerritos	SO	35-7.25 (8 th)	36-5
Alyssa Burke	Shasta	FR	37-10.25 (1 st)	39-8.5 8th
Ciera Menyweather	Sacramento	FR	36-4.75 (2 nd)	37-8.75 14th
Dezime Washington	Modesto	FR	36-0 (3 rd)	36-0
Tyashaliq Mc Tavish	Monterey	SO	34-2.75 (7 th)	36-9.75

Men's Triple Jump: Saturday, 2:30 pm

SoCal Meet:	53-06	1984	Stan Oproski	Moorpark
NorCal Meet:	53-11.50	1989	Brian Wellman	Taft
State Meet:	54-03.25	1982	Bryon Criddle	Contra Costa
CSM Stadium:	52-2	2015	Tacuma Anderson- Richards	Sequoias

Name	School	Year	Region Mark/Place	Season's Best
Titus Houston	Cerritos	FR	48-1.25 (1 st)	48-1.25 16th
Joseph Anderson	West LA	SO	47-4.25 (2 nd)	47-4.25 19th
Brian Nnoli	Santa Barbara	SO	47-0.25 (3 rd)	47-7.5 18th
James Martin	Long Beach	SO	46-5.5 (4 th)	46-5.5
Shay Nelson	Santa Monica	SO	46-3.5 (5 th)	46-3.5
Isiah Galloway	Orange Coast	FR	45-5.5 (7 th)	46-2
Trey Pierce	Diablo Valley	FR	48-4.75 (1 st)	48-4.75 15th
Juwan Seales	SJ Delta	FR	45-8.75(2 nd)	48-6.25 13th
Paolo de Los Santos	SJ Delta	FR	45-4 (3 rd)	47-1
Semanu Attiogbe	De Anza	SO	45-3.23 (4 th)	46-8.75
Jackson Miller	Sequoias	FR	43-10 (6 th)	45-8.5
Isiah Guerra	Hartnell	FR	33-2.5 (13 th)	45-6.5

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Men's Shot Put: Saturday, 12:15 pm

SoCal Meet:	64-07.50	1982	Hank Kraychir	Long Beach
NorCal Meet:	60-11	1982	Jeff Voorhees	Santa Rosa
State Meet:	65-04	1982	Hank Kraychir	Long Beach
CSM Stadium:	60-7.25	2009	Dennis Aliotta	Moorpark

Name	School	Year	Region Mark/Place	Year's Best/Nat'l Rank
Jordan Palmer	Canyons	FR	52-6.75 (1 st)	52-6.75 11th
Blake Baloum	Saddleback	FR	49-5.75 (2 nd)	50-2 20th
Alec Jones	Riverside	SO	49-1 (3 rd)	49-1
Spencer Blake	Golden West	FR	48-6.75 (4 th)	48-10.25
Davey Folsom	SD Mesa	FR	48-4.75 (5 th)	48-4.75
Marquice Bowman	West LA	SO	47-7.25 (6 th)	47-7.25
Brenden Coffey	Butte	FR	51-1.5 (1 st)	53-7.75 8th
Elijah Folau	San Mateo	FR	48-6 (2 nd)	49-11
Siasoi Finau	Butte	FR	48-3.5 (3 rd)	50-0.5
Travis Bass	Butte	FR	48-.75 (4 th)	48-11
Cameron Haynes	Sequoias	FR	46-7.5 (5 th)	47-0.25
Nathan Alvarado	De Anza	SO	45-3 (6 th)	48-0

Women's Shot Put: Saturday, 1:45 pm

SoCal Meet:	49-00.25	1990	Grace Apiafi	Mt. SAC
NorCal Meet:	50-05	1983	Dot Jones	Modesto
State Meet:	55-03.75	1990	Grace Apiafi	Mt.SAC
CSM Stadium:	50-7.25	2009	Na' I Leni	El Camino

Name	School	Year	Region Mark/Place	Years's Best/Nat'l Rank
Angelique Hudson	Riverside	SO	44-11.5 (1 st)	45-3.5 7th
Kimora Pooler	Ventura	FR	39-.5 (2 nd)	41-.5
Nanati Alailefalula	Cerritos	SO	38-9 (3 rd)	41-1.5
Bianca Encio	SD Mesa	FR	38-0.75 (4 th)	38-0.75
Sarah Hernandez	Cerritos	FR	37-5.75 (5 th)	37-5.5
Keiana Turner	Riverside	FR	36-11.25 (6 th)	39-8.75
Chloe Wood	Cuesta	SO	36-10.5 (7 th)	38-11
Demisha Price	Diablo Valley	FR	41-9.25 (1 st)	42-4 19th
Riley Cannon	Sacramento	SO	41-1.75 (2 nd)	41-5.75
Taina Livai	San Mateo	SO	39-10 (3 rd)	39-10
Teme Fanguna	San Mateo	FR	39-9.25 (4 th)	39-9.25
Zakayya Nichols	Diablo Valley	FR	37-1 (5 th)	40-4.25

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3, 000 Meter Steeplechase: Saturday, 12:20 pm

SoCal Meet:	10:54.96	2015	Laura Aceves	East LA
NorCal Meet:	11:21.34	2013	Victoria Alcala	Hartnell
State Meet:	10:44.46	2009	Cassie Mitchell	Orange Coast
CSM Stadium:	10:44.46	2009	Cassie Mitchell	Orange Coast

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Maribel Madera	Riverside	SO	12:41.03 (8 th)	12:09.68 20th
2	Genesis Siam-Alvarez	Glendale	SO	12:36.90 (7 th)	12:06.69 17th
3	Nina Arias	Hartnell	SO	12:35.30 (5 th)	12:31.67
4	Annette Jiminez	Cuyamaca	SO	12:29.06 (6 th)	12:20.32
5	Alyse Sibley	Sierra	SO	12:27.47 (4 th)	12:11.86
6	Avery Lambrite	Sierra	FR	12:20.87 (3 rd)	12:20.87
7	Yesenia Flores	Mt. SAC	FR	12:20.24 (4 th)	12:12.72
8	Destiny Diaz	Long Beach	FR	12:14.19 (3 rd)	12:14.19
9	Maria Acevez	Hartnell	SO	12:10.40 (2 nd)	12:10.40
10	Estrella Montiel	West LA	SO	12:07.58 (2 nd)	12:07.58 19th
11	Pheobe Forsyth	Glendale	FR	11:45.63 (1 st)	11:45.63 11th
12	Haven Lambrite	American River	SO	11:45.13 (1 st)	11:20.67 3rd

3, 000 Meter Steeplechase: Men, Saturday 12:45 pm

SoCal Meet:	8:55.15	1990	David Baptiste	Mt. SAC
NorCal Meet:	9:03.60	1983	Jesse Torres	San Jose
State Meet:	8:53.20	1977	Shannon Laird	Palomar
CSM Stadium:	9:05.91	2007	Oscar Ogwaro	East LA

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Josh Kling	American River	FR	10:30.16 (6 th)	9:43.94
2	Spencer Geck	Glendale	FR	10:17.28 (10 th)	9:50.08
3	Joseluis Pluma	Mt. SAC	FR	10:00.87 (8 th)	9:39.09 17th
4	Ethan Comeaux	El Camino	FR	9:54.82 (7 th)	9:36.93 16th
5	Philip Rocha	Mt. SAC	FR	9:49.48 (6 th)	9:33.13 13th
6	Ben Blankenburg	American River	FR	9:47.53 (2 nd)	9:47.53
7	Bobby Brana	SD Mesa	FR	9:46.63 (5 th)	9:28.80 9th
8	Caleb Ko	El Camino	SO	9:44.32 (4 th)	9:31.00 10th
9	Sal Salinas	Cuyamaca	SO	9:39.24 (3 rd)	9:39.24 18th
10	Colby Penn	Mt. SAC	SO	9:39.19 (2 nd)	9:20.73 2nd
11	Peter Normann	Chabot	SO	9:43.64 (1 st)	9:41.71
12	Ariel Conde	West LA	So	9:38.07 (1 st)	9:33.41 14th

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Women's 4 x 100 Relay: Saturday, 1:25pm

SoCal Meet: 45.59 1983 Mt. SAC
NorCal Meet: 44.69 2013 Laney College
State Meet: 45.02 2008 Laney College
CSM Stadium: 45.14 2013 Laney College

Lane	School	Region Mark/Place	Year's Best/Natl Rank
1	SJ Delta	48.98	48.93
2	SD Mesa	48.78	48.39 20th
3	Sacramento	48.40	48.08 15th
4	West LA	46.60	46.60 7th
5	Cerritos	46.14	45.67 4th
6	Diablo Valley	48.24	48.24 19th
7	Long Beach	47.74	47.74 13th
8	Monterey	48.78	48.78
9	Sequoias	48.89	48.75

Men's 4 x 100 Meter Relay: Saturday, 1:35

SoCal Meet: 39.47 1985 Taft
NorCal Meet: 39.71 1991 Merritt College
State Meet: 39.01 1988 Taft College
CSM Stadium: 40.00 2015 Mt. SAC

Lane	School	Region Mark/Place	Year's Best/Natl Rank
1	Moorpark	41.98	41.98
2	Sacramento	41.66	41.66
3	American River	41.16	41.16 13th
4	Cerritos	40.59	40.38 8th
5	Riverside (2018 Champ)	40.17	40.17 5th
6	SJ Delta	40.77	40.77 11th
7	Sequoias	41.08	40.84 12th
8	Hartnell	41.31	41.31 15th
9	El Camino	41.77	41.54 20th

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Women's 1500 Run: Saturday, 1:50 pm

SoCal Meet:	4:19.20	1978	Ruth Caldwell (Wysocki)	Citrus
NorCal Meet:	4:27.60	1980	Sabrina Peters	Monterey
State Meet:	4:18.10	1986	Sylvia Mosqueda	East LA
CSM Stadium:	4:33.09	2015	Aminat Olowara	Southwestern

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Leslee Patino	De Anza	FR	5:071.4 (5 th)	5:06.49
2	Nerina Campos	Hartnell	FR	5:06.09 (4 th)	5:06.09
3	Carmen Hernandez	El Camino	FR	5:05.84 (8 th)	5:05.84
4	Celeste Gonzalez	Canyons	SO	5:03.90 (7 th)	5:03.90
5	Megan Bartschat	Marin	FR	5:03.39 (3 rd)	5:03.01
6	Isabelle Torres	Hartnell	FR	5:02.24 (2 nd)	4:59.97
7	Savannah Schenuk	El Camino	SO	5:01.59 (6 th)	4:58.82
8	Christy Chavira	Santa Barbara	SO	5:00.58 (5 th)	4:54.34
9	Daisy Romero	Glendale	SO	4:58.64 (4 th)	4:42.31 6th
10	Gabriella Lugo	Bakersfield	SO	4:54.69 (2 nd)	4:45.93 11th
11	Monica Ruelas	Hartnell	SO	5:01.29 (1 st)	4:52.56
12	Brenda R- Coria (2018 Champ)	West LA	SO	4:52.31 (1 st)	4:30.76 Natl Leader

Men's 1500 Meter Run: Saturday, 2:00 pm

SoCal Meet:	3:39.17	1990	Nourredine Morceli	Riverside
NorCal Meet:	3:47.70	1979	John Sup	Monterey
State Meet:	3:41.76	1989	Nourredine Morceli	Riverside
CSM Stadium:	3:49.06	2012	Matt Airola	American River

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Nick Merillana	Hartnell	SO	4:06.23 (4 th)	4:04.47
2	Iman Bayat	De Anza	SO	4:05.67 (3 rd)	3:59.65
3	Ismael Ramirez	Sequoias	FR	4:05.17 (2 nd)	3:57.32 17th
4	Jesus Gutierrez	Glendale	SO	4:03.33 (8 th)	4:03.33
5	Alberto Serrano	Cerritos	FR	4:02.74 (7 th)	4:02.74
6	Joshua Velasco	West LA	SO	4:00.70 (6 th)	4:00.70
7	Carson Bix (2018 Champ)	El Camino	SO	3:59.87 (5 th)	3:59.87
8	Carlos Rivera	Glendale	SO	3:59.83 (4 th)	3:57.92 19th
9	Isaiah Wilson	Mt. SAC	FR	3:58.42 (3 rd)	3:58.42
10	Enrique Villa	Riverside	SO	3:57.80 (2 nd)	3:57.80 18th
11	Sebastian Leon	American River	SO	4:04.44 (1 st)	4:02.71
12	Chris Weiland	Mt. SAC	SO	3:56.07 (1 st)	3:53.58 Natl Leader*

*** converted from Mile time

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Men's Discus: Saturday, 2:15 pm

SoCal Meet:	190-10	1991	Dag Solhaug	Riverside
NorCal Meet:	192-01	1983	Todd Kaufman	San Jose
State Meet:	196-07	2004	Robert Slowik	Moorpark
CSM Stadium:	184-01	2013	Markus Sanders	Modesto

Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
Alec Jones	Riverside	SO	162-9 (1 st)	165-2 6th
Spencer Blake	Golden West	FR	152-5 (2 nd)	152-2
Jacob Whitby	Bakersfield	SO	148-8 (3 rd)	153-0 19th
Jordan Palmer	Canyons	FR	143-2 (4 th)	146-5
Jorge Gonzalez	Cerritos	SO	138-6 (7 th)	155-8 16th
David Leber	Cuyamaca	FR	133-4 (10 th)	147-5
Dominique Navarrette	Siskiyous	FR	166-9 (1 st)	166-9 5th
Jarid Jorgensen	Redwoods	SO	151-5 (2 nd)	152-8
Berry Randle	Sequoias	FR	150-3 (3 rd)	156-4 14th
Namotte Grigsby	Diablo Valley	FR	149-9 (4 th)	156-3 15th
Justen Santa	Santa Rosa	FR	145-0 (5 th)	148-1
Antonio Nevarez	American River	FR	144-3	144-4

Women's Discus: Saturday, 4:00 pm

SoCal Meet:	177-06	1990	Grace Apiafi	Mt. SAC
NorCal Meet:	162-05	1998	Andrea Pappas	San Mateo
State Meet:	171-03	2012	Priscilla Gardner	Cerritos
CSM Stadium:	160-0	2009	Jasmine Steward	Fresno

Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
Cynthia Tuzak	Ventura	FR	129-8 (1 st)	129-8
Taylor Salley	Riverside	FR	128-1 (2 nd)	139-2 12th
Nanati Alailefaleula	Cerritos	SO	127-4 (3 rd)	127-4
Kyja Free	El Camino	SO	116-10 (7 th)	129-7
Necole Ellis	El Camino	FR	124-8 (4 th)	124-8
Keiana Turner	Riverside	FR	106-11 (10 th)	122-6
Emily March	Diablo Valley	FR	159-4(1 st)	161-6 5th
Melissa Favorite	De Anza	SO	136-1 (2 nd)	162-6 4th
Riley Cannon	Sacramento	SO	133-0(3 rd)	136-7 17th
Teme Fanguna	San Mateo	FR	120-5 (6 th)	129-6
Erika Nordman	American River	SO	107-8 (10 th)	132-4 19th
Autumn Mallette	SJ Delta	SO	116-10 (9 th)	122-5

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Women's 100 Meter Hurdles: Saturday, 2:15

SoCal Meet:	13.60	1994	Astia Walker	Riverside
NorCal Meet:	13.39	2013	Erica Wilson	Laney
State Meet:	13.46	2008	Candise Maxwell,	Laney
CSM Stadium:	13.62	2013	Erica Wilson	Laney

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Selena Schilig	Butte	FR	15.86 (3 rd)	15.57
2	Clarissa Menil	SJ Delta	SO	15.60 (2 nd)	14.84
3	Terra Valadez	Mt. SAC	SO	15.15 (4 th)	14.47 14th
4	Sha'quan Matthews	Riverside	SO	14.76 (2 nd)	14.76 19th
5	Tajanique Bell	Southwestern	SO	13.98 (1 st)	13.98 5th
6	Hanah Smrt	Yuba	SO	15.03 (1 st)	14.78
7	Daila Bell	Cerritos	FR	14.79 (3 rd)	14.79
8	Alia Scott	Cerritos	FR	15.33 (5 th)	14.72 18th
9	Kayla Rodriguez	Mt SAC	SO	15.74 (6 th)	15.50

Men's 110 Meter High Hurdles: Saturday, 2:25

SoCal Meet:	13.83	1982	Albert Lane	Bakersfield
NorCal Meet:	13.49	1991	Eugene Swift	Merritt
State Meet:	13.64	1992	Larry Harrington	Porterville
CSM Stadium:	13.83	2013	Ray Stewart	Merritt

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Leroy Williams IV	Mt. SAC	SO	15.16 (5 th)	14.30 12th
2	Gared Featherson	SJ Delta	SO	14.89 (3 rd)	14.71
3	Maclean Conner	American River	FR	14.58 (2 nd)	14.40 15th
4	Patrick Washington	El Camino	SO	14.40 (2 nd)	14.40 15th
5	Jamal Britt	Sequoias	SO	14.01 (1 st)	14.01 3rd
6	Victor Williams	Cerritos	SO	14.23 (1 st)	14.23 9th
7	Dajone Averett	Santa Monica	SO	14.51 (3 rd)	14.51 19th
8	Timothy Mates	El Camino	SO	14.88 (4 th)	14.88
9	Dillon Lay	Riverside	SO	15.16 (6 th)	14.93

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Women's Pole Vault: Saturday, 2:30 pm

SoCal Meet:	12-04.50	2012	Amy Hop	Riverside
NorCal Meet:	12-08.75	2011	Jenna Yowell	American River
State Meet:	12-10.25	2013	Dimara Planell-Cruz	San Jose
CSM Stadium:	12-10.25	2013	Dimara Planell-Cruz	San Jose

Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
Darla Gonzalez	Mt SAC	FR	13-3.5 (1 st)	13-3.5 Nat'l Lead
Amy Campos	Mt. SAC	FR	11-3.75 (2 nd)	11-6.25 8th
Alison Young	Orange Coast	FR	10-10 (3 rd)	11-1.75 13th
Mayara De Souza	Mt. SAC	FR	10-10 (4 th)	11-6.25 8th
Kiersten Wilbourn	Mt. SAC	SO	10-4 (5 th)	10-4
Karen Orozco	Riverside	SO	10-4 (6 th)	10-8 17th
Amanda Amundson	Saddleback	SO	9-10 (7 th)	10-5.25
Lyling Irwin	Long Beach	FR	9-10 (8 th)	10-0
Bailey Price	Cuesta	SO	9-4.5 (10 th)	10-0
Alicia Woo	SJ Delta	SO	11-6.5(1 st)	11-6.5 7th
Elle Souza	Modesto	FR	10-4 (2 nd)	10-10 15th
Alyssa Nunes	Modesto	FR	9-10(3 rd)	9-10

Men's Pole Vault: Saturday, 2:30 pm

SoCal Meet:	17-07	1984	Doug Wicks	Bakersfield
NorCal Meet:	17-05	1982	Ralph Preiman	Foothill
State Meet:	17-06	1982/1984	Ralph Preiman/Doug Wicks	Foothill/Bakersfield
CSM Stadium:	17-2.25	1978	Jerry Mulligan	West Valley

Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
Jimmy Escobar	Cuesta	SO	15-7 (1 st)	16-4.75 Natl Lead
Tyler Harper	Riverside	SO	15-1 (2 nd)	15-6.25 6th
Ryan Fegan	Orange Coast	SO	15-1 (3 rd)	15-6.25 6th
Nathanial Carranza	Mt. SAC	FR	14-7.25 (4 th)	15-5.75 8th
Shane Peterson	West LA	FR	14-7.25 (5 th)	15-9 4th
Victor Zungia	Moorpark	SO	14-7.25 (6 th)	15-5 10th
Jack Fling	Hartnell	SO	15-7 (1 st)	15-7 5th
Shi Hong E	Santa Rosa	FR	15-1 (2 nd)	15-1 17th
Chris Martinez	Shasta	FR	15-1 (3 rd)	15-1 17th
Maxwell Nicol	Modesto	FR	14-7.25 (4 th)	15-3 14th
Andrei Matei	American River	SO	13-1.5	14-7.25
Andrew Alftred	SJ Delta	FR	14-1.25(6 th)	14-7.25

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Women's 400 Meter Dash: Saturday, 2:40 pm

SoCal Meet:	52.62	1981	Valerie Brisco	Long Beach
NorCal Meet:	54.00	2009	Champelle Brown	Laney
State Meet:	52.69	1981	Gwen Gardner	West LA
CSM Stadium:	53.88	2009/2015	Champelle Brown/ Deajah Stevens	Laney/ Sequoias

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	LaDaijah Wright	Riverside	FR	58.68 (5 th)	58.68
2	Rylee Kerr	Saddleback	FR	58.50 (4 th)	58.50
3	Assata Polk	Santa Rosa	FR	57.89 (3 rd)	57.89
4	Ruby' Ann Gregory	American River	FR	56.75 (2 nd)	56.75 17th
5	Daryia Greene	Sacramento	SO	56.07 (1 st)	55.50 9th
6	Annayah Pelt	Riverside	FR	57.49 (1 st)	57.15
7	Azalet Danage	Long Beach	FR	57.78 (2 nd)	57.78
8	Shoelle Bruhin	Santa Barbara	FR	58.04 (3 rd)	58.04
9	Mahagany Harris	Sacramento	FR	58.50 (4 th)	57.42

Men's 400 Meter Dash: Saturday, 2:45 pm

SoCal Meet:	44.52	1997	Tyree Washington	San Bernardino
NorCal Meet:	45.90	1991	Chris Taylor	Merritt
State Meet:	44.91	1997	Tyree Washington	San Bernardino
CSM Stadium:	45.77	2009	Edino Steele	Pasadena

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Christian S- Ricks	Cerritos	FR	48.10 (4 th)	47.76
2	Daniell Bessolo	Merritt	SO	47.60 (5 th)	47.40 15th
3	Keylan Dennis	Riverside	SO	47.36 (2 nd)	47.22 13th
4	Corey Lyons	American River	SO	47.16 (2 nd)	47.16 11th
5	Daniel Stokes	Cerritos	SO	46.33 (1 st)	46.30 3rd
6	Myles Ellis	American River	SO	46.68 (1 st)	46.68 6th
7	Nathan Friginette	Sequoias	SO	47.20 (3 rd)	47.20 12th
8	Torrey White	Sacramento	SO	47.58 (4 th)	47.58 18th
9	Christopher Pitts	El Camino	FR	48.05 (3 rd)	47.68 20th

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Women's 100 Meter Dash: Saturday, 3:00 pm

SoCal Meet:	11.12	2001	Natasha Mayers	L.A. Southwest
NorCal Meet:	11.30	2012	Ashton Purvis	Laney
State Meet:	11.23	1984	Zelda Johnson	Mt. SAC
CSM Stadium:	11:30	2012	Ashton Purvis	Laney

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Normie Thurman	SJ Delta	FR	12.40 (2 nd)	12.19
2	Aria Calhoun	West LA	FR	11.99 (6 th)	11.99
3	Mahlaya Salter	Cerritos	FR	11.89 (4 th)	11.89 17th
4	Kierra King	Cerritos	SO	11.62 (2 nd)	11.60 6th
5	Kenyla Miles	Cerritos	FR	11.60 (1 st)	11.60 6th
6	Yan- Jan (Sophie) Liao	San Mateo	FR	12.00 (1 st)	11.69 12th
7	Mariah Allain	Riverside	FR	11.81 (3 rd)	11.81 15th
8	Alana Wilson	Riverside	FR	11.98 (5 th)	11.98
9	Holly Stallman	SD Mesa	SO	12.14 (6 th)	12.10

Men's 100 Meter Dash: Saturday, 3:05 pm

SoCal Meet:	10.09	1999	Gerald Williams	Mt. SAC
NorCal Meet:	10.22	1992	Ato Bolden	San Jose
State Meet:	9.93	2014	Kermarley Brown	Merritt
CSM Stadium:	10.31	2009	Curtis Mitchell	Southwestern

Lane	Name	School	Year	Region Mark/Place	Years's Best/Natl Rank
1	Braffer Morris	Merritt	FR	10.87 (5 th)	10.63
2	Steve Taylor	SJ Delta	FR	10.74 (2 nd)	10.53
3	Jamal Palmer	Riverside	SO	10.57 (4 th)	10.57
4	Jabriel Smith	Riverside	FR	10.34 (2 nd)	10.34 10th
5	Antonio Mitchell (2018 Champ)	Riverside	SO	10.32 (1 st)	10.12 2nd
6	Dion Collier	SJ Delta	SO	10.74 (1 st)	10.39 15th
7	Kendall Turner	Cerritos	FR	10.40 (3 rd)	10.40 16th
8	Trevor Reid	Cerritos	SO	10.59 (5 th)	10.59
9	Roman Johnson	Chabot	SO	10.85 (3 rd)	10.68

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Women's 800 Meter Run: Saturday, 3:20 pm

SoCal Meet:	2:06.80	1978	Ruth Caldwell (Wysocki)	Citrus
NorCal Meet:	2:11.22	1983	Jill Moss	American River
State Meet:	2:06.30	1994	Dawn Williams	Riverside
CSM Stadium:	2:12.07	2015	Sarah Brandt	Butte

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Cassandra Pielow	Riverside	FR	2:23.58 (7 th)	2:23.58
2	Maiya Hutchison	Merritt	SO	2:19.41 (2 nd)	2:19.41
3	Brieanna Tafoya	Ventura	FR	2:15.22 (4 th)	2:15.22 1t1h
4	Megan Good	Saddleback	SO	2:14.35 (2 nd)	2:14.25 6th
5	Brenda R- Coria	West LA	SO	2:13.61 (1 st)	2:13.61 4th
6	Daniela S- Salas	Hartnell	FR	2:18.40(1 st)	2:18.40 20th
7	Dana McGrath	Saddleback	FR	2:14.57 (3 rd)	2:14.57 7th
	Andrea G- Macias	West LA	SO	2:17.04 (5 th)	2:17.04 16th
9	Daisy Romero	Glendale	SO	2:20.51 (6 th)	2:19.66

Men's 800 Run: Saturday, 3:25 pm

SoCal Meet:	1:47.62	1986	Lorenzo Brown	Mira Costa
NorCal Meet:	1:49.08	1986	Dave Campbell	Foothill
State Meet:	1:46.97	1986	Lorenzo Brown	Mira Costa
CSM Stadium:	1:50.64	2013	Alex Amankwah	West LA

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Iman Bayat	De Anza	SO	1:57.03 (4 th)	1:55.00
2	Miles Duncan	Diablo Valley	FR	1:55.34 (3 rd)	1:53.51 18th
3	Justin Frando	Bakersfield	FR	1:54.87 (4 th)	1:54.87
4	Julian Robles	Riverside	SO	1:54.49 (2 nd)	1:54.49
5	Mohamed Mohammed	Riverside	FR	1:53.40 (1 st)	1:53.40 17th
6	Reece Proctor	Chabot	FR	1:53.57 (1 st)	1:49.92 3rd
7	Enrique Villa	Riverside	SO	1:54.56 (3 rd)	1:52.53 15th
8	Xavier Weaver	American River	FR	1:54.94 (2 nd)	1:51.55 7th
9	Adam Castellano	Mt. SAC	FR	1:56.78 (7 th)	1:54.79

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Women's 400 Meter Low Hurdles: Saturday, 3:40 pm

SoCal Meet:	57.67	2008	Ebony Collins	West LA
NorCal Meet:	60.15	1996	Christyna Serrano	Hartnell
State Meet:	58.88	1995	Celana Clarke	Riverside
CSM Stadium:	60.69	2012	Alexandara Whitmore	Sacramento

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Brianna Bryant	Diablo Valley	SO	68.30 (5 th)	66.46
2	Rebecca Collins	De Anza	SO	67.40 (2 nd)	67.14
3	Kayla Rodriquez	Mt SAC	SO	64.69 (4 th)	64.03 15th
4	Tajanique Bell	Southwestern	SO	63.37 (2 nd)	62.01
5	Alia Scott	Cerritos	FR	60.85 (1 st)	59.98 Natl Leader
6	Adee Newman	De Anza	FR	65.03 (1 st)	64.67 19th
7	Madeline Corner	Riverside	SO	64.54 (3 rd)	63.46 8th
8	Alicia Victoria	Fullerton	FR	66.31 (5 th)	65.77
9	Tria Ismay	Palomar	FR	67.65 (8 th)	66.47

Men's 400 Meter Intermediate Hurdles: Saturday, 3:50 pm

SoCal Meet:	49.88	1982	Greg Johnson	Mt. SAC
NorCal Meet:	50.48	1989	Michael Cox	Taft
State Meet:	50.07	1982	Greg Johnson	Mt. SAC
CSM Stadium:	51.27	2009	Marcus Pope	Mt. SAC

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Octavio Moreno	Santa Ana	SO	56.46 (7 th)	53.46 9th
2	Cecil Ebiwok	American River	SO	55.38 (5 th)	54.65
3	Andres Escheandia	Merritt	FR	54.67 (3 rd)	54.71
4	Pierre Scott	Sacramento	FR	54.13 (2 nd)	54.13 18th
5	Jamal Britt	Sequoias	SO	51.42 (1 st)	51.42 4th
6	Qwintin Workman	El Camino	SO	52.34 (1 st)	52.34 5th
7	Timothy Mates	El Camino	SO	54.20 (2 nd)	54.10 17th
8	Dillon Lay	Riverside	SO	54.72 (3 rd)	53.60 11th
9	Collin Hurd	Saddleback	FR	55.64 (5 th)	54.61

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Women's 200 Meter Dash: Saturday, 4:05

SoCal Meet:	22.91	2001	Natasha Mayers	L.A. Southwest
NorCal Meet:	23.26	2012	Ashton Purvis	Laney
State Meet:	22.86	2012	Ashton Purvis	Laney
CSM Stadium:	23.53	2015	Deajah Stevens	Sequoias

Lane	Name	School	Year	Region Mark/Place	Year's Best/ Natl Rank
1	Ruby' Ann Gregory	American River	FR	25.17 (3 rd)	24.89
2	Annayah Pelt	Riverside	FR	24.81 (6 th)	24.81
3	Mariah Allain	Riverside	FR	24.44 (4 th)	24.44
4	Kenyla Miles	Cerritos	FR	24.33 (2 nd)	24.17 12th
5	Kierra King	Cerritos	SO	23.99(1 st)	23.77 8th
6	Yan- Jun (Sophie) Liao	San Mateo	FR	24.66 (1 st)	24.41 19th
7	Alana Wilson	Riverside	FR	24.39 (3 rd)	24.39 17th
8	Mahlaya Salter	Cerritos	FR	24.78 (5 th)	24.78
9	Daryia Greene	Sacramento	SO	25.12 (2 nd)	24.65

Men's 200 Meter Dash: Saturday, 4:10 pm

SoCal Meet:	20.20	2016	Cravon Gillespie	Mt. SAC
NorCal Meet:	20.53	1988	Harland Davis	Taft
State Meet:	20.30	1997	Tyree Washington,	San Bernardino
CSM Stadium:	20.58	2009	Curtis Mitchell	Southwestern

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Ramir Smith	Chabot	FR	21.80 (4 th)	21.44
2	Keith Moody	Modesto	FR	21.71 (2 nd)	21.46
3	Trevor Reid	Cerritos	SO	21.32 (4 th)	21.32
4	Daniel Stokes	Cerritos	SO	20.75 (2 nd)	20.52 2nd
5	Antonio Mitchell	Riverside	SO	20.71 (1 st)	20.71 7th
6	Myles Ellis	American River	SO	21.41 (1 st)	21.31
7	Kendall Turner	Cerritos	FR	21.21 (3 rd)	21.21
8	Keylan Dennis	Riverside	SO	21.34 (5 th)	21.21
9	Nathan Friginette	Sequoias	SO	21.72 (3 rd)	21.49

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Women's 5, 000 Meter Run: Saturday, 4:25 pm

SoCal Meet:	16:21.70	1986	Sylvia Mosqueda	East LA
NorCal Meet:	17:15.20	1985	Leslie Hawkins	Monterey
State Meet:	15:52.50	1986	Sylvia Mosqueda	East LA
CSM Stadium:	17:13.87	2015	Aminiat Olowara	Southwestern

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Monica Ruelas	Hartnell	SO	20:00.47 (7 th)	18:03.55 10th
2	Cynthia Melendez	West LA	SO	18:42.46 (8 th)	18:42.46
3	Jennifer P- Cazarez	Glendale	SO	18:40.68 (7 th)	18:27.59
4	Sujey Esteva	Riverside	SO	18:40.68 (6 th)	18:25.52 20th
5	Julia Gonzalez	Diablo Valley	FR	18:36.45 (3 rd)	18:36.45
6	Olivia Burton	Ventura	FR	18:32.74 (5 th)	18:22.51 18th
7	Lidia Briseno	Sequoias	SO	18:30.30 (2 nd)	18:30.30
8	Olivia Quezada	West LA	SO	18:25.69 (4 th)	18:24.35 19th
9	Samantha Barajas	Moorpark	SO	18:07.67 (3 rd)	17:20.40 4th
10	Rebecca Ruiz	Mt. SAC	FR	18:00.43 (2 nd)	17:54.14 6th
11	Haven Lambrite	American River	SO	18:25.77 (1 st)	18:18.30 16th
12	Brenda R- Coria (2018 Champ)	West LA	SO	17:53.08 (1 st)	17:14.96 2nd

Men's 5, 000 Meter Run: Saturday, 4:50 pm

SoCal Meet:	13:59.20	1982	Mark Ruelas	Citrus
NorCal Meet:	14:22.94	1978	Bill Hurst	Modesto
State Meet:	14:10.40	1976	Vickan Simonian	LA City
CSM Stadium:	14:35.4	1978	Paul Mello	San Mateo

Lane	Name	School	Year	Region Mark/Place	Year's Best/Natl Rank
1	Joshua Velasco	West LA	SO	16:26.76 (21 st)	15:21.95
2	Ariel Conde	West LA	SO	16:01.37 (12 th)	15:00.98
3	Austin Dai	Riverside	SO	15:50.24 (10 th)	15:13.49
4	Jose Melchor	Mt SAC	SO	15:43.93 (7 th)	14:56.94
5	Akito Fujisawa	De Anza	SO	15:39.89 (2 nd)	15:39.89
6	Jacob Skarr	West LA	FR	15:35.61 (6 th)	15:22.71
7	Chris Weiland	Mt SAC	SO	15:32.50 (5 th)	14:37.34
8	Matt Arruda	El Camino	SO	15:26.44 (4 th)	15:19.67
9	Isaiah Labra	SD Mesa	FR	15:10.46 (3 rd)	14:33.28 2nd
10	Stefen Rasmuson	SD Mesa	FR	15:01.07 (2 nd)	14:38.23 6th
11	Cameron Reyes	Diablo Valley	FR	15:34.21 (1 st)	15:34.21
12	Sal Capetillo (2018 Champ)	Mt SAC	SO	14:57.63 (1 st)	14:33.77 3rd

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Women's 4 x 400 Meter Relay: Saturday, 5:15 pm

SoCal Meet:	3:40.10	1984	El Camino
NorCal Meet:	3:47.41	2017	Sequoias
State Meet:	3:37.75	1994	El Camino College
CSM Stadium	3:47.11	2013	Laney

Lane	School	Region Mark/Place	Year's Best/Natl Rank
1	San Mateo	4:08.12 (6 th)	4:06.56
2	West LA	4:01.63 (5 th)	4:01.63 17th
3	Diablo Valley	4:01.11 (3 rd)	4:01.11 15th
4	Cerritos	3:57.85 (2 nd)	3:55.29 11th
5	Sacramento	3:52.05 (1 st)	3:52.05 6th
6	Riverside	3:52.21 (1 st)	3:51.59 5th
7	Saddleback	3:58.87 (3 rd)	3:58.87 13th
8	Mt SAC	4:01.60 (4 th)	4:01.60 16th
9	De Anza	4:03.49 (3 rd)	4:03.49

Men's 4 x 400 Meter Relay: Saturday, 5:25 pm

SoCal Meet:	3:07.17	1982	Pasadena
NorCal Meet:	3:07.88	1991	Merritt College
State Meet:	3:06.03	1994	Sacramento
CSM Stadium:	3:09.24	2009	American River

Lane	School	Region Mark/Place	Year's Best/Natl Rank
1	Santa Monica	3:18.77 (5 th)	3:18.77
2	Hartnell	3:18.39 (4 th)	3:18.39
3	Sequoias (2018 Champ)	3:14.58 (2 nd)	3:14.58 15th
4	El Camino	3:12.53 (2 nd)	3:12.53 8th
5	Riverside	3:10.33 (1 st)	3:10.33 4th
6	American River	3:14.33 (1 st)	3:11.45 6th
7	Cerritos	3:14.34 (3 rd)	3:14.30 13th
8	Sacramento	3:16.79 (3 rd)	3:15.60 20th
9	Mt SAC	3:18.42 (4 th)	3:18.42

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Men

Women

Name	School	Mark	Event	Name	School	Mark
Antonio Mitchell	Riverside	10.47	100	Valexsia Droughn	Ventura	11.86
Isahia Hutchins	COS	20.80	200	Tatyana Pooler	Mt. SAC	23.99
Quincy Hall	COS	46.41	400	Lenaya Griffin	Mt. SAC	55.74
Tyler Gonzales	COS	1:52.12	800	Tyler Simpson	Cerritos	2:11.26
Carson Bix	El Camino	3:54.58	1500	Brenda R.-Coria	West LA	4:38.35
Sal Capetillo	Mt. SAC	15:32.12	5000	Brenda R.-Coria	West LA	18:38.20
Sal Capetillo	Mt. SAC	31:25.93	10, 000	Rebecca Ruiz	Mt. SAC	39:09.15
Jasher Foster	El Camino	14.11	HH	Andrea Stark	ARC	14.19
Quincy Hall	COS	50.78	IH	Brittany Mitchell	Mt SAC	60.01
Anthony Alfaro	Mt. SAC	9:17.39	Steeplechase	Mariah Theologidy	AVC	11:28.35
Riverside		39.69	400 Relay	Mt. SAC		46.46
COS		3:08.43	1600 Relay	Mt. SAC		3:45.23
Darrell H.- Johnson	Ventura	6-8.75	HJ	Paige Johnson	Moorpark	5-5
Christian Mueller	Mt. SAC	16-6.75	PV	Roxanne Nolan	Cuesta	11-5.75
Luke Nickelson	Cuesta	24-7.25	LJ	Kierra King	Cerritos	19-5.5
Joshua Taylor	East LA	48-6.25	TJ	Imani Jones	Cerritos	38-9.75
Darrell Kaanaana	Yuba	52-3.75	SP	Amber Hart	Cerritos	44-4
Craig Perkins	SJ Delta	177-9	Discus	Amber Hart	Cerritos	157-8
Eric McArthur	Saddleback	178-11	Hammer	Amber Hart	Cerritos	166-8
Angelo Flores	Redwoods	193-4	Javelin	Mystasia Alexander	Cerritos	143-2
Alex Roble	ARC	6133	Dec/ Hep	Michaela Banyi	Cerritos	4589

Team scores-Men: Mt. SAC 160, Riverside 122, Sequoias 95

Women: Mt. SAC 169.50, Cerritos 154, Riverside 54

2019 CCCAA Track Regional Champions

North (@ Modesto)	South (@ Riverside)	Event	North	South
Collier(SJD) 10.74	Mitchell (Riverside) 10.32	100	Liao (CSM) 12.00	Miles (Cerritos) 11.60
Ellis (ARC) 21.41	Mitchell (Riverside) 20.71	200	Liao (CSM) 24.66	King (Cerritos) 23.99
Ellis(ARC) 46.68	Stokes (Cerritos) 46.33	400	Geene (SCC) 56.07	Pelt (Riverside) 57.49
Proctor (Chabot) 1:53.57	Mohammed (River) 1:53.40	800	Sala.- Salas (Hart) 2:18.40	Rosa.-Coria (WLA) 2:13.61
Leon (ARC) 4:04.44	Weiland (Mt SAC) 3:56.07	1500	Ruelas (Hartnell) 5:01.29	Rosa.-Coria (WLA) 4:52.31
Reyes (DVC) 15:34.21	Capetillo (Mt SAC) 14:57.63	5000	Lambrite (ARC) 18:25.77	Rosa.-Coria (WLA) 17:53.08
Avalos (Hartnell) 32:36.53	Capetillo(Mt. SAC) 31:53.66	10K	Lambrite (ARC) 39:50.24	Ruiz(Mt. SAC) 38:50.38
Britt (COS) 14.01	Williams (Cerritos) 14.23	HH	Smrt (Yuba) 15.03	Bell (Southwstrn) 13.99
Britt (COS) 51.42	Workman (El Cam) 52.34	IH	Newman (De Anza) 65.03	Scott (Cerritos) 60.85
Normann (Chabot) 9:43.64	Conde (WLA) 9:38.07	Steeple	Lambrite (ARC) 11:45.13	Frosyth (Glen) 11:45.63
SJ Delta 40.77	Riverside 40.17	400 RE	Diablo Valley 48.24	Cerritos 46.14
ARC 3:14.33	Riverside 3:10.33	1600 RE	Sac City 3:52.05	Riverside 3:52.21
Pierce (DVC) 6-6.75	Poole (Mt SAC) 6-4.75	HJ	Burke (Shasta) 5-7	Kirkland (Santa Monica) 5-3
Fling (Hartnell) 15-7	Escobar (Cuesta) 15-7	PV	Woo (SJD) 11-6.5	Gonzales (Mt SAC) 13-3.5
Britt (COS) 23-9	Workman (El Cam) 23-9	LJ	Smrt (Yuba) 18-3.25	King (Cerritos) 19-9.5
Pierce (DVD) 48-4.75	Houston (Cerritos) 48-1.25	TJ	Burke (Shasta) 37-10.25	Smith (Cerritos) 42-0.5
Coffey (Butte) 51-1.5	Palmer(Canyons) 52-6.25	SP	Price (DVC) 41-9.25	Hudson(Riverside) 44-11.5
Navarrette (COS) 166-9	Jones (Riverside) 162-9	Discus	March (DVC) 159-4	Tuzak (Ventura) 129-8
Gonzales (SJD) 168-10	Jones (Riverside) 174-4	Hammer	Favorite (De Anza) 168-9	Salley(Riverside) 154-8
Parker (Shasta) 180-2	Gonzalez(Riverside) 182-8	Javelin	Livai (CSM) 129-6	Katches(Cuetsa) 127-10
Bouzigues(DAC) 6182	Aguilar(Mt. SAC) 5909	Dec/Hep	Smrt(Yuba) 4354	Robinson(Cerritos) 3937

Team scores: North (m) ARC 131, COS 107, SJ Delta 80 **North (w)** Hartnell 89, Sac City 80, Yuba 68

South (m) Riverside 212, Mt SAC 110, Cerritos 104 **(w)** Cerritos 166, Riverside 130, West LA 88