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ANTELOPE VALLEY HOSTS 2010 CCCAA T&F CHAMPIONSHIPS, MAY 21-22

Antelope Valley College plays host to the 60th California Community College Athletic Association Track and Field State Championships on Friday and Saturday, May 21-22, at the school's new track facility in Lancaster.

Many nationally ranked athletes will compete in the championships, which have produced numerous future Olympians.

Schedule: Decathlon and heptathlon competitions runs Friday and Saturday.

Also on Friday: men's and women's javelin and discus throws in the field; men's and women's 10,000 meters on the track.

Friday: Men's javelin throw opens the meet at 9 a.m. Decathlon competition begins at 10 a.m.

On the track, the men's 10,000 meters is at 1 p.m. and the women's 10,000 meters at 2:45 p.m.

Saturday: Competition begins at 9 a.m. with the men's and women's pole vault and the second day of the decathlon.

Running events being at 2 p.m. with the women's 3,000 meter steeplechase, and conclude at 6:20 p.m., with the men's 4 x 400 meter relay.

RIVERSIDE AND CERRITOS SEEKING 3-PEATS:

MEN: Riverside has won the last two men's titles and will be seeking a 3-peat after taking the Southern California title last week with 121 points – ahead of Mt. San Antonio (106), Cerritos (75), Moorpark (65), and Saddleback (56). In the north, Sacramento (which won the 2007 state crown) was the champion with 108 points, followed by American River (85), Modesto (84), Fresno (79), and De Anza (58).

WOMEN: Cerritos is in contention for a 3-peat. However the Falcons, with 100 ½ points, finished second to Mt. San Antonio (119) in last week's Southern California championships, followed by West LA (74), Orange Coast (73), and Glendale (60). American River edged Laney for the NorCal title, 144-138, followed by Sacramento (89), Fresno (76), and Butte (65).

Final 2009 state top five:

Men— 1. Riverside 63; 2. (tie) Cerritos and Moorpark 58; 4. (tie) Mt. San Antonio and Sacramento 52 ½.

Women— 1. Cerritos 107; 2. Laney 101; 3. Riverside 64; 4. Orange Coast 51 ½; 5. Mt. San Antonio 49.

2010 Season Performance Lists: See www.directathletics.com for complete performance lists:

State (under California Community College);

National (under 2010 All-Junior College) for the official U.S. Community College Track Coaches Association Rankings).

Returning triple champion: Lauryn Newsom of Laney College won the women's 100 meters (11.78 seconds), the 200 meters (23.64), and the long jump (19-10 ¾); also was third in the high jump (5-feet, 5 inches) at the 2009 state meet at College of San Mateo. She returns in all four events. She is the national leader in the long jump (21-1 ½) and the state leader in the 100 (11.60) and 200 (23.54). Newsom is a threat to the national JC long jump record of 21-10 ¾, set in 1995 by Lacena Golding of San Jacinto, Texas; also the state meet record of 21-3 1/2. Newsom was edged in the NorCal 100 finals by teammate Shanae Roach, who ranks second in the state at 11.61 (just .01 behind Newsom). Last year was Newsom's first full season of track and field competition after playing point guard on the basketball team while at Pinole Valley High School

-- In the high jump, Susan Jackson of Sacramento returns to defend the title she won last year (with a 5-8 ¾ clearance). Jackson is the current **national leader** at 5-10 1/2.

--**Other returning women's champions include:** 10,000 meters, Lenore Moreno, Mt. SAC (37:58.95 in 2009) 400 meter hurdles, Ashley James, Fullerton (60.84); heptathlon, Sarah Nichols, Butte (4,504).

Moreno is the 2010 USA JC/CC **leader** in both the 5,000 (16:54.87) and 10,000 (35:38.97) and is attempting that state double.

--Host Antelope Valley has the defending champion in the men's long jump, Ryan Butts, who jumped 25-4 ¾ to take the 2009 title. **Other men's champions returning include:** triple jump, Kenneth McGee, Fullerton (48-6 1/4 in 2009); 110 meter hurdles, Ray (Tamas) Stewart, Merritt (13.83); 800 meters, Torion Bailey, Cerritos (1:53.49); 400 meter hurdles, Marcus Pope, Mt. SAC (51.34).

Loaded Men's Pole Vault: The men's pole vault has the top three ranked CC competitors in the nation this season: Craig Van Leeuwen of Cuesta (17-3), Nick Jennings of Saddleback (17-1), and Kyle Ballew of LA Valley (16-8 ¾).

The hammer throw matches the No. 2, 3, and 4 throwers in the USA: AB Shaheen of Saddleback (180-2), Marcus Sannadan of Shasta (177-3), and Derek Harrebomee of Cuyamaca (177-2). No. 2 and 3 meet in the javelin throw: Cody Allen of Sacramento (213-4) and Ray Lian of Saddleback (205-10).

The women's shot put has the No. 2, 3, and 5 ranked throwers: Luseane Lakanesi of Fullerton (45-2 ¾), Alana Nulph of Shasta (45-0 1/4), and Jane Swenson of Moorpark (44-2)—the state runner-up last season.

Deepest event is the women's hammer throw, with the No. 3 through 12 throwers in the county all competing, headed by co-state leaders Chelsea Cassulo of Bakersfield and Swenson (165-0).

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