

# Calif. CC Track & Field Leaders – May 11, 2004 / from Direct Athletics; formatted by JC Athletic Bureau

## CALIFORNIA COMMUNITY COLLEGE MEN'S TRACK & FIELD LEADERS

"JC TRACK & FIELD"

### 100m

#	Athlete	Yr Team	Meet	Time	Date
1	<a href="#">Hunter, Thomas</a>	SoCerritos	So Cal Prelims	10.31	05/01/04
2	<a href="#">Mcneal, Rod</a>	SoCompton	<a href="#">SCC Conference Pre.</a>	<a href="#">10.36</a>	04/20/04
3	<a href="#">Heard, Jason</a>	SoCCSF	<a href="#">NorCal Community C.</a>	<a href="#">10.39</a>	04/19/04
4	<a href="#">Robinson, Bennie</a>	SoL.Beach	Mt. Sac Invitation.	10.40	04/08/04
5	<a href="#">Angulo, David</a>	Fr Riverside	Mt. SAC	10.45	04/10/04
5	<a href="#">Del Rincon, Richard</a>	SoCuyamaca	<a href="#">Foothill Conferenc.</a>	<a href="#">10.45</a>	04/20/04
5	<a href="#">Washington, Dante</a>	SoSequoias	<a href="#">NorCal Community C.</a>	<a href="#">10.45</a>	04/19/04
8	<a href="#">Fraleley, Van-Tonio</a>	SoMontereyP	<a href="#">NorCal Community C.</a>	<a href="#">10.46</a>	04/19/04
9	<a href="#">Anderson, Cheston</a>	Fr L.Beach	ELA Invitational	10.53	04/10/04
9	<a href="#">Cook, Korey</a>	Fr Moorpark	Mt. Sac Relays	10.53	04/08/04

### 200m

1	<a href="#">Del Rincon, Richard</a>	SoCuyamaca	<a href="#">Foothill Conferenc.</a>	<a href="#">20.87</a>	04/20/04
2	<a href="#">Fraleley, Van-Tonio</a>	SoMonterey	<a href="#">Coast Conference C.</a>	<a href="#">20.91</a>	04/22/04
3	<a href="#">Hunter, Thomas</a>	SoCerritos	<a href="#">SCC Conference Pre.</a>	<a href="#">20.97</a>	04/20/04
4	<a href="#">Heard, Jason</a>	SoCCSF	<a href="#">Coast Conference C.</a>	<a href="#">21.01</a>	04/22/04
5	<a href="#">Mcneal, Rod</a>	SoCompton	<a href="#">SCC Conference Pre.</a>	<a href="#">21.05</a>	04/20/04
6	<a href="#">Hill, Ron</a>	Fr Mt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">21.18</a>	04/20/04
7	<a href="#">Robinson, Bennie</a>	SoL.Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">21.22</a>	04/20/04
8	<a href="#">Angulo, David</a>	Fr Riverside	<a href="#">Orange Empire Conf.</a>	<a href="#">21.37</a>	04/20/04
9	<a href="#">Hussey, Ronald</a>	Fr L.Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">21.46</a>	04/20/04
10	<a href="#">Cook, Korey</a>	Fr Moorpark	<a href="#">Western State Conf.</a>	<a href="#">21.48</a>	04/17/04

### 400m

1	<a href="#">Terrell, Daryl</a>	SoCCSF	<a href="#">NorCal Community C.</a>	<a href="#">47.01</a>	04/19/04
2	<a href="#">Kidd, Latrell</a>	Fr Sequoias	<a href="#">NorCal Community C.</a>	<a href="#">47.17</a>	04/19/04
3	<a href="#">Hill, David</a>	Fr L.Beach	USC Invitational	47.58	03/20/04
4	<a href="#">Johnson, David</a>	Fr Riverside	Mt. SAC	47.74	04/08/04
5	<a href="#">Muhammad, Malik</a>	Fr L.Beach	La Verne Invitatio.	47.80	03/27/04
6	<a href="#">Ellis, Cedric</a>	Fr Sacrmnto	Johnny Mathis Invi.	48.01	04/03/04
7	<a href="#">Bishop, Dennis</a>	SoCCSF	<a href="#">NorCal Community C.</a>	<a href="#">48.04</a>	04/19/04
8	<a href="#">Lee, Robert</a>	SoSequoias	<a href="#">Central Valley Con.</a>	<a href="#">48.07</a>	04/24/04
9	<a href="#">Hinkson, Omari</a>	Fr Cerritos	So Cal Finals	48.14	05/08/04
10	<a href="#">Hardiman, Chris</a>	SoCerritos	<a href="#">Ed Adams Invitatio.</a>	<a href="#">48.17</a>	04/03/04

### 800m

1	<a href="#">Collins, Jon</a>	SoCerritos	So Cal Finals	1:52.38	05/08/04
2	<a href="#">Muhammad, Malik</a>	Fr L.Beach	ELA Invitational	1:52.93	04/10/04
3	<a href="#">McDonald, Nathaniel</a>	Fr L.Beach	ELA Invitational	1:53.03	04/10/04
4	<a href="#">Cobian, Mario</a>	Fr Pasadena	<a href="#">SCC Conference Pre.</a>	<a href="#">1:53.07</a>	04/20/04
5	<a href="#">Nelson, Drew</a>	SoSequoias	<a href="#">Dia Valley Invi.</a>	<a href="#">1:53.29</a>	04/16/04
6	<a href="#">Taylor, Jeffrey</a>	Fr CCSF	<a href="#">NorCal Community C.</a>	<a href="#">1:53.31</a>	04/19/04
7	<a href="#">Lee, Robert</a>	SoSequoias	<a href="#">Dia Valley Invi.</a>	<a href="#">1:53.32</a>	04/16/04
8	<a href="#">Giles, Edward</a>	Fr Cerritos	Trojan Invitationa.	1:53.41	03/20/04
9	<a href="#">Johnson, Tracy</a>	Fr Mt. SAC	Fresno Dual	1:53.91	04/23/04
10	<a href="#">Latourelle, Chad</a>	Fr Mt. SAC	Fresno Dual	1:54.26	04/23/04

### 1,500m

1	<a href="#">Rabelo, Gerardo</a>	SoEast LA	CSULB	3:52.26	04/17/04
2	<a href="#">Jackson, Michael</a>	Fr L.Beach	USC Invitational	3:53.53	03/20/04
3	<a href="#">Medrano, Uberto</a>	SoCitrus	APU	3:54.88	04/10/04
4	<a href="#">Grabow, Jimmy</a>	SoBernardno	Pomona Pitzer	3:55.84	04/16/04
5	<a href="#">Rojas, Humberto</a>	Fr Orange C	Aztec Invitational	3:56.45	03/20/04
6	<a href="#">Valadez, Bobby</a>	SoEast LA	CSULB	3:59.06	04/17/04
7	<a href="#">Burrola, Jose</a>	Fr AntelopeV	<a href="#">Foothill Conferenc.</a>	<a href="#">3:59.53</a>	04/20/04
8	<a href="#">Stehula, Chris</a>	Fr Cuesta	WSC #4 Cuesta	4:00	04/02/04
9	<a href="#">McKeehan, Matt</a>	Fr Santiago C	<a href="#">Santiago C, G.</a>	<a href="#">4:00.20</a>	04/02/04
10	<a href="#">Lopez, Gabriel</a>	Fr Oxnard	LaVerne Invite	4:00.60	03/27/04

### 3,000m

1	<a href="#">Rogers, Ryan</a>	SoAntelopeV	CSUB	8:44.64H	02/14/04
2	<a href="#">Rabelo, Gerardo</a>	SoEast LA	ELAC Rotational	8:47.24H	02/27/04
3	<a href="#">Gonzalez, Paul</a>	Fr Mt. SAC	ELAC Conference	8:51.24H	02/27/04
4	<a href="#">Valadez, Bobby</a>	SoEast LA	ELAC Rotational	8:53.24H	02/27/04
5	<a href="#">McKeehan, Matt</a>	Fr Santiago C	<a href="#">Santiago C, G.</a>	<a href="#">8:53.90</a>	04/02/04
6	<a href="#">Porter, Phil</a>	SoSaddleback	<a href="#">Orange C. Sadd.</a>	<a href="#">8:55.00</a>	03/12/04
7	<a href="#">Rodriguez, Leonardo</a>	Fr Santa Ana	<a href="#">Orange C. Sadd.</a>	<a href="#">8:56.00</a>	03/12/04
8	<a href="#">Burrola, Jose</a>	Fr AntelopeV	CSUB	8:58.84H	02/14/04
9	<a href="#">Perezchica, Giovanni</a>	SoBakersfld	WSC mini-meet at B.	8:59.54	02/27/04
10	<a href="#">Lopez, Gabriel</a>	Fr Oxnard	WSC#2 BC	9:00.04H	02/27/04

### 5,000m

1	<a href="#">Rabelo, Gerardo</a>	SoEast LA	BEN BROWN	14:22.46	03/13/04
2	<a href="#">Grabow, Jimmy</a>	SoBernardno	Azusa	14:50.49	04/10/04
3	<a href="#">Rojas, Humberto</a>	Fr Orange C	Stanford Invitatio.	14:56.04	03/26/04
4	<a href="#">Jimenez, Antonio</a>	Fr Sbernardno	Fullerton	14:56.69	03/13/04
5	<a href="#">McKeehan, Matt</a>	Fr Santiago C	Cerritos Invitatio.	15:00.21H	02/21/04
6	<a href="#">Valadez, Bobby</a>	SoEast LA	BEN BROWN	15:03.22	03/13/04
7	<a href="#">Rogers, Ryan</a>	SoAntelopeV	<a href="#">Foothill Conferenc.</a>	<a href="#">15:07.31</a>	04/20/04
8	<a href="#">Krawczyk, J.,D.</a>	SoSantiago C	Azusa Pacific Meet.	15:08.21	04/10/04
9	<a href="#">Zapata, Lenin</a>	SoWest Valley	Johnny Mathis Invi.	15:13.26	04/03/04
10	<a href="#">Kitt, Dale</a>	Fr Butte	Woody Wilson	15:13.45	04/17/04

### 10,000m

1	<a href="#">Rogers, Ryan</a>	SoAntelopeV	<a href="#">Bakersfld Relays</a>	<a href="#">31:50.60</a>	03/12/04
2	<a href="#">Meija, Juan</a>	Fr Ventura	<a href="#">Western State Conf.</a>	<a href="#">32:01.25</a>	04/17/04
3	<a href="#">Perezchica, Giovanni</a>	SoBakersfld	<a href="#">Western State Conf.</a>	<a href="#">32:02.61</a>	04/17/04
4	<a href="#">Garduno, Jose</a>	SoEast LA	Occidental	32:05.26	03/19/04
5	<a href="#">Kitt, Dale</a>	Fr Butte	<a href="#">NorCal Community C.</a>	<a href="#">32:06.01</a>	04/19/04
6	<a href="#">Ramirez, Jose Pepe</a>	Fr AmericanR	<a href="#">NorCal Community C.</a>	<a href="#">32:12.97</a>	04/19/04
7	<a href="#">Castillo, Raymond</a>	SoPasadena	<a href="#">SCC Conference Pre.</a>	<a href="#">32:18.22</a>	04/20/04
8	<a href="#">Krawczyk, J.,D.</a>	SoSantiago C	<a href="#">Bakersfld Relays</a>	<a href="#">32:20.60</a>	03/12/04
9	<a href="#">Vazquez, Raymond</a>	Fr Glendale	<a href="#">Western State Conf.</a>	<a href="#">32:23.19</a>	04/17/04
10	<a href="#">Torres, Aaron</a>	SoVentura	<a href="#">Western State Conf.</a>	<a href="#">32:24.13</a>	04/17/04

### 110m High Hurdles

1	<a href="#">Miller, Jerome</a>	SoBakersfld	Cal Poly Invitatio.	14.05	03/20/04
2	<a href="#">Goodin, Armond</a>	Fr L.Beach	USC Invitational	14.33	03/20/04
3	<a href="#">Bush, Jarrett</a>	SoAmericanR	<a href="#">NorCal Community C.</a>	<a href="#">14.43</a>	04/19/04
4	<a href="#">McGowan, Guy</a>	SoSan Jose	<a href="#">Ed Adams Invitatio.</a>	<a href="#">14.55</a>	04/03/04
5	<a href="#">Caris, Ryan</a>	Fr Modesto	<a href="#">NorCal Community C.</a>	<a href="#">14.6</a>	04/19/04
6	<a href="#">Raines, Marcus</a>	Fr Pasadena	<a href="#">SCC Conference Pre.</a>	<a href="#">14.77</a>	04/20/04
7	<a href="#">Perry, Gulliver</a>	Fr Marin	<a href="#">NorCal Community C.</a>	<a href="#">14.78</a>	04/19/04
8	<a href="#">Marquis, Kenneth</a>	Fr AmericanR	<a href="#">NorCal Community C.</a>	<a href="#">14.91</a>	04/19/04
9	<a href="#">Wright, Daniel</a>	Fr Merced	<a href="#">Fresno Invitationa.</a>	<a href="#">14.99</a>	03/27/04
10	<a href="#">Thompson, Brian</a>	Fr Mt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">15.13</a>	04/20/04

### 400m Hurdles

1	<a href="#">Thomas, Chad</a>	Fr Mt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">52.49</a>	04/20/04
2	<a href="#">Miller, Jerome</a>	SoBakersfld	Cal Poly Invitatio.	52.53	03/20/04
3	<a href="#">Brooks, Stephan</a>	Fr CCSF	Brutus Hamilton	52.69	04/10/04
4	<a href="#">Gomez, Robert</a>	Fr Bakersfld	<a href="#">Western State Conf.</a>	<a href="#">53.19</a>	04/17/04
5	<a href="#">Hatchett, Gabe</a>	Fr Sacrmnto	<a href="#">NorCal Community C.</a>	<a href="#">53.48</a>	04/19/04
6	<a href="#">Lennon, Jonny</a>	Fr SD Mesa		53.67	04/08/04
7	<a href="#">Frazeur, Chris</a>	Fr Saddleback	<a href="#">Orange Empire Conf.</a>	<a href="#">53.97</a>	04/20/04
8	<a href="#">Bush, Jarrett</a>	SoAmericanR	<a href="#">NorCal Community C.</a>	<a href="#">54.02</a>	04/19/04
9	<a href="#">Caris, Ryan</a>	Fr Modesto	<a href="#">Bakersfld Relays</a>	<a href="#">54.29</a>	03/12/04
10	<a href="#">Dart, Corey</a>	Fr Cuyamaca	<a href="#">Foothill Conferenc.</a>	<a href="#">54.41</a>	04/20/04

### 3,000m Steeplechase

1	<a href="#">Parker, James</a>	Fr Lassen	Hornet Invt.	9:36.26	03/27/04
2	<a href="#">Porter, Phil</a>	SoSaddleback	Meet of Champions	9:39.24	04/10/04
3	<a href="#">Renteria, Frankie</a>	SoAmericanR	Stanford	9:41.92	03/28/04
4	<a href="#">Schenck, Steven</a>	SoAmericanR	<a href="#">Stan Wright/Panthe.</a>	<a href="#">9:42.62</a>	03/20/04
5	<a href="#">Espino, Humberto</a>	SoGlendale	APU INVIT.	9:42.90	04/10/04
6	<a href="#">O'Neil, Patrick</a>	SoGlendale	APU INVIT.	9:43.06	04/10/04
7	<a href="#">Lubeck, Kyle</a>	Fr Moorpark	So Cal Prelims	9:43.84H	05/01/04
8	<a href="#">Buttery, Michael</a>	SoWest Valley	Johnny Mathis Invi.	9:44.16	04/03/04
9	<a href="#">Arceo, Gustavo</a>	SoMoorpark	Ben Brown Inv.	9:44.54H	03/13/04
10	<a href="#">Dunn, Clayton</a>	Fr Sbernardno	Azusa	9:50.07	04/10/04

### High Jump

#	Athlete	Yr Team	Meet	English	Metric	Date
1	<a href="#">Carter, Matthew</a>	Fr Santa Ana	<a href="#">RCC, Santiago Cany.</a>	<a href="#">6' 8"</a>	2.03m	02/27/04
1	<a href="#">Diez, Rudy</a>	Fr Fresno	<a href="#">Central Valley Con.</a>	<a href="#">6' 8"</a>	2.03m	04/24/04
3	<a href="#">Fisher, Amir</a>	Fr El Camino	<a href="#">SCC Conference Pre.</a>	<a href="#">6' 8"</a>	2.03m	04/20/04
4	<a href="#">Sipkovich, Brian</a>	SoGolden W	<a href="#">Orange Empire Conf.</a>	<a href="#">6' 7.75"</a>	2.03m	04/20/04
5	<a href="#">Adlo, Adebayo</a>	Fr Merritt	<a href="#">Bay Valley Confere.</a>	<a href="#">6' 7"</a>	2.00m	04/21/04
6	<a href="#">Alonge, Tunde</a>	Fr Moorpark	SBCC WSC mini meet	<a href="#">6' 7"</a>	2.00m	03/05/04
6	<a href="#">Smith, Ferman</a>	Fr San Jose	<a href="#">NorCal Community C.</a>	<a href="#">6' 7"</a>	2.00m	04/19/04
8	<a href="#">Blackmon, Andre</a>	Fr Sequoias	<a href="#">Central Valley Con.</a>	<a href="#">6' 6"</a>	1.98m	04/24/04
8	<a href="#">Claveran, David</a>	Fr De Anza	<a href="#">Coast Conference C.</a>	<a href="#">6' 6"</a>	1.98m	04/22/04
10	<a href="#">Edwards, Michael</a>	Fr Dia Valley	Aggie Classic	<a href="#">6' 6"</a>	1.98m	03/13/04

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**CALIFORNIA COMMUNITY COLLEGE  
MEN'S TRACK & FIELD LEADERS**

*"JC TRACK & FIELD"*

**4 x 100m Relay**

#	Team	Meet	Time	Date
1	L.Beach	Mt. Sac Invitation.	40.32	04/08/04
2	CCSF	<a href="#">NorCal Community C.</a>	<a href="#">40.57</a>	04/19/04
3	Cerritos	<a href="#">SCC Conference Pre.</a>	<a href="#">40.66</a>	04/20/04
4	Mt. SAC	Fresno Dual	40.90	03/26/04
5	Fresno	<a href="#">Central Valley Con.</a>	<a href="#">40.99</a>	04/24/04
6	Sacrmnto	<a href="#">NorCal Community C.</a>	<a href="#">41.21</a>	04/19/04
7	Saddleback	Mt SAC Relays	41.25	04/08/04
7	Sequoias	<a href="#">NorCal Community C.</a>	<a href="#">41.25</a>	04/19/04
9	Butte	<a href="#">NorCal Community C.</a>	<a href="#">41.38</a>	04/19/04
10	Riverside	Aztec	41.41	03/20/04

**4 x 400m Relay**

1	CCSF	Stanford Invitatio.	3:09.17	03/27/04
2	L.Beach	USC Invitational	3:10.72	03/20/04
3	Cerritos	Jack Rose Relays	3:12.42	03/06/04
4	Sequoias	Stanford Invitatio.	3:12.61	03/27/04
5	Mt. SAC	Fresno Dual	3:14.81	03/26/04
6	Modesto	Norcal trials	3:17.54	05/01/04
7	Sacrmnto	<a href="#">Bay Valley Confere.</a>	<a href="#">3:17.59</a>	04/21/04
8	AmericanR	<a href="#">Bay Valley Confere.</a>	<a href="#">3:17.98</a>	04/21/04
9	Glendale	<a href="#">Western State Conf.</a>	<a href="#">3:19.28</a>	04/17/04
10	Bakersfld	<a href="#">Western State Conf.</a>	<a href="#">3:19.69</a>	04/17/04

**4 x 800m Relay**

1	Cerritos	Jack Rose Relays	7:50.88	03/06/04
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**Pole Vault**

#	Athlete	Yr Team	Meet	English	Metric	Date
1	<a href="#">Shealy, Chase</a>	Fr Cuesta	Mt. Sac Relays	17' 3"	5.25m	04/08
2	<a href="#">Tonneson, Ryan</a>	SoCuesta	Mt. Sac Relays	16' 0"	4.87m	04/08
3	<a href="#">Burnham, Tim</a>	SoOrange C	<a href="#">Orange Empire Conf.</a>	<a href="#">15' 10.75"</a>	4.85m	04/20
4	<a href="#">McCabe, Duane</a>	SoGolden W	<a href="#">Santiago C. G.</a>	<a href="#">15' 7"</a>	4.74m	04/02
5	<a href="#">Starnes, Clay</a>	Fr Saddleback	Mt sac Relays	15' 6"	4.72m	04/08
6	<a href="#">Rivera, Jacob</a>	SoAntelopeV	<a href="#">S.Barbara East.</a>	<a href="#">15' 2"</a>	4.62m	03/19
7	<a href="#">Garcia, Tony</a>	SoCuyamaca	<a href="#">SDM,SWC,SBVC,CHAF</a>	<a href="#">15' 1"</a>	4.59m	04/02
7	<a href="#">Poyner, Daniel</a>	SoCuyamaca	<a href="#">SDM,SWC,SBVC,CHAF</a>	<a href="#">15' 1"</a>	4.59m	04/02
9	<a href="#">Nunno, James</a>	Fr Cuesta	Mt. Sac Relays	15' 0"	4.57m	04/08
9	<a href="#">Rybacki, Steve</a>	Fr Cuesta	Mt. Sac Relays	15' 0"	4.57m	04/08

**Long Jump**

1	<a href="#">Taylor, Everton</a>	Fr L.Beach	USC Invitational	25' 7"	7.79m	03/20
2	<a href="#">Hill, Ron</a>	Fr Mt. Sac	<a href="#">Bakersfld Relays</a>	<a href="#">24' 10"</a>	7.56m	03/12
3	<a href="#">Blackmon, Andre</a>	Fr Sequoias	<a href="#">Fresno Invalidation.</a>	<a href="#">24' 1.5"</a>	7.35m	03/27
4	<a href="#">Miles, Anthony</a>	Fr L.Beach	<a href="#">Cerritos Invalidation.</a>	<a href="#">23' 10.25"</a>	7.27m	02/21
5	<a href="#">Wooldridge, Jeremy</a>	Fr Orange C	<a href="#">Orange C. Sadd.</a>	<a href="#">23' 8"</a>	7.21m	03/12
6	<a href="#">Duncan, Derrrian</a>	Fr Siskiyous	<a href="#">Stan Wright/Panthe.</a>	<a href="#">23' 6"</a>	7.16m	03/20
7	<a href="#">Hall, Robert</a>	Fr Hartnell	Hartnell Rotationa.	23' 6"	7.16m	04/02
8	<a href="#">Johnson, David</a>	Fr Riverside	<a href="#">Riverside, Fullert.</a>	23'5.75"	7.15m	04/02
9	<a href="#">McFarlane, Raphael</a>	Fr Saddleback	<a href="#">Orange Empire Conf.</a>	<a href="#">23' 4.5"</a>	7.13m	04/20
10	<a href="#">Lindquist, James</a>	SoMoorpark	Citrus WSC mini me.	23' 3.25"	7.09m	02/27

**Triple Jump**

1	<a href="#">Taylor, Everton</a>	Fr L.Beach	Jack Rose	50' 6"	15.39m	03/06/04
2	<a href="#">McFarlane, Raphael</a>	Fr Saddleback	<a href="#">Fresno Invalidation.</a>	<a href="#">48' 11.25"</a>	14.91m	03/27/04
3	<a href="#">Wright, Lawrence</a>	Fr Yuba	<a href="#">Stan Wright/Panthe.</a>	<a href="#">48' 9"</a>	14.85m	03/20/04
4	<a href="#">Grady, Jovan</a>	SoMt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">48' 0"</a>	14.63m	04/20/04
4	<a href="#">Ragland, Demetrius</a>	Fr Sequoias	<a href="#">Dia Valley Invi.</a>	<a href="#">48' 0"</a>	14.63m	04/16/04
6	<a href="#">Parsons, Donel</a>	SoSBernardno	Azusa	47' 5"	14.45m	04/10/04
7	<a href="#">Jones, Derek</a>	SoAmericanR	<a href="#">Bay Valley Confere.</a>	47'2.75"	14.39m	04/21/04
8	<a href="#">Wilson, Fred</a>	Fr SMonica	<a href="#">Western State Conf.</a>	<a href="#">47'2.5"</a>	14.38m	04/17/04
9	<a href="#">McKnight, Vonshae</a>	SoChabot	<a href="#">Stan Wright/Panthe.</a>	<a href="#">47' 1"</a>	14.35m	03/20/04
10	<a href="#">Brown, Chris</a>	Fr Hartnell	<a href="#">Ed Adams Invalidation.</a>	<a href="#">46' 10"</a>	14.27m	04/03/04

**Shot Put**

1	<a href="#">Young, Harold</a>	SoEl Camino	PCC Five Way	57' 9"	17.60m	03/04/04
2	<a href="#">Slowik, Robert</a>	Fr Moorpark	<a href="#">Western State Conf.</a>	<a href="#">57' 6"</a>	17.52m	04/17/04
3	<a href="#">Kwong, Ezra</a>	SoSan Mateo	<a href="#">Coast Conference C.</a>	<a href="#">54'1.5"</a>	16.49m	04/22/04
4	<a href="#">Reed, Michael</a>	Fr Reedley	<a href="#">Bakersfld Relays</a>	<a href="#">52'6.5"</a>	16.01m	03/12/04
5	<a href="#">Kujacznski, Jens</a>	Fr West Valley	<a href="#">Coast Conference C.</a>	51' 5.5"	15.68m	04/22/04

6	<a href="#">Smith, A.J.</a>	Fr Sequoias	<a href="#">Dia Valley Invi.</a>	49'9.75"	15.18m	04/16/04
7	<a href="#">Dinovitz, Antony</a>	Fr Moorpark	Mt Sac Relays	49' 8.5"	15.15m	04/08/04
8	<a href="#">Young, Craig</a>	Fr Shasta		49' 5"	15.06m	03/13/04
9	<a href="#">Scott, Justin</a>	Fr Canyons	<a href="#">Western State Conf.</a>	<a href="#">49' 4"</a>	15.03m	04/17/04
10	<a href="#">Smith, Fred</a>	Fr Southwstrn	<a href="#">Bakersfld Relays</a>	<a href="#">48' 11"</a>	14.90m	03/12/04

**Discus Throw**

1	<a href="#">Slowik, Robert</a>	Fr Moorpark	So Cal Prelims	198' 6"	60.50m	05/01/04
2	<a href="#">Young, Harold</a>	SoEl Camino	Jack Rose Relays	179' 1"	54.58m	03/06/04
3	<a href="#">Kujacznski, Jens</a>	Fr West Valley	<a href="#">Coast Conference C.</a>	177' 10"	54.20m	04/22/04
4	<a href="#">Kwong, Ezra</a>	SoSan Mateo	<a href="#">West Valley Open I.</a>	<a href="#">170' 9"</a>	52.04m	03/18/04
5	<a href="#">Chavez, Leo</a>	SoBakersfld	WSC Mini-Meet @ Sa.	159' 1"	48.48m	03/02/04
6	<a href="#">Lantz, Anthony</a>	Fr Siskiyous	<a href="#">NorCal Community C.</a>	<a href="#">155' 0"</a>	47.24m	04/19/04
7	<a href="#">Brongiel, Jeff</a>	SoSan Jose	<a href="#">Ed Adams Invalidation.</a>	<a href="#">154' 7"</a>	47.11m	04/03/04
8	<a href="#">See, Mark</a>	Fr Dia Valley	<a href="#">Ed Adams Invalidation.</a>	<a href="#">151' 9"</a>	46.25m	04/03/04
9	<a href="#">Rodriguez, Andrew</a>	Fr Chabot	<a href="#">Coast Conference C.</a>	<a href="#">147' 11"</a>	45.08m	04/22/04
10	<a href="#">Ninow, Andrew</a>	SoAmericanR	Aggie Classic	146' 6"	44.65m	03/13/04

**Hammer Throw**

1	<a href="#">Slowik, Robert</a>	Fr Moorpark	Mt. Sac Relays	211' 6"	64.46m	04/08/04
2	<a href="#">Ninow, Andrew</a>	SoAmericanR	Aggie Classic	187' 6"	57.15m	03/13/04
3	<a href="#">Mackenzie, Travis</a>	SoButte	<a href="#">Beaver Relays 2004</a>	<a href="#">173' 3"</a>	52.80m	03/06/04
4	<a href="#">Brongiel, Jeff</a>	SoSan Jose	<a href="#">Coast Conference C.</a>	<a href="#">173' 0"</a>	52.73m	04/22/04
5	<a href="#">Lamoure, Michael</a>	SoModesto	<a href="#">Dia Valley Invi.</a>	<a href="#">172' 5"</a>	52.55m	04/16/04
6	<a href="#">Chavez, Leo</a>	SoBakersfld	<a href="#">Western State Conf.</a>	<a href="#">170' 0"</a>	51.81m	04/17/04
7	<a href="#">Jones, Corey</a>	Fr AntelopeV	<a href="#">VVC,RHC,SANTA ANA</a>	<a href="#">154' 4"</a>	47.04m	04/02/04
8	<a href="#">Hutchison, Scott</a>	SoFullerton	MSAC RELAYS	152' 6"	46.48m	04/08/04
9	<a href="#">Sherry, Kyle</a>	Fr Moorpark	Cuesta WSC mini me.	151' 0"	46.02m	04/02/04
10	<a href="#">Scism, Dominic</a>	SoButte	stanilaus open	150' 0"	45.73m	04/10/04

**Javelin**

1	<a href="#">Taylor, Ryan</a>	Fr Siskiyous	<a href="#">NorCal Community C.</a>	194' 11"	59.41m	04/19/04
2	<a href="#">Kirkwood, Chris</a>	SoSanta Rosa	<a href="#">NorCal Community C.</a>	<a href="#">192' 6"</a>	58.67m	04/19/04
3	<a href="#">Countryman, Shaun</a>	SoModesto	<a href="#">Central Valley Con.</a>	<a href="#">184' 5"</a>	56.21m	04/24/04
3	<a href="#">Madsen, Adam</a>	SoCuesta	<a href="#">Western State Conf.</a>	<a href="#">184' 5"</a>	56.21m	04/17/04
5	<a href="#">Delaney, John</a>	Fr S.Barbara	<a href="#">S.Barbara East.</a>	183' 2"	55.85m	03/19/04
6	<a href="#">Dwyer, Matthew</a>	Fr Siskiyous	<a href="#">NorCal Community C.</a>	180' 11"	55.14m	04/19/04
7	<a href="#">Borjas, Aris</a>	Fr Fresno	<a href="#">Fresno Invalidation.</a>	180' 10"	55.11m	03/27/04
8	<a href="#">Grimm, Ross</a>	Fr Saddleback	<a href="#">Saddleback @ River.</a>	<a href="#">180' 0"</a>	54.86m	03/05/04
9	<a href="#">Ninow, Andrew</a>	SoAmericanR	<a href="#">Bay Valley Confere.</a>	<a href="#">177' 8"</a>	54.15m	04/21/04
10	<a href="#">Richardson, Christopher</a>	Fr Cerritos	So Cal Finals	177' 3"	54.02m	05/08/04

**Decathlon**

#	Athlete	Yr Team	Meet	Points	Date
1	<a href="#">Richardson,Christopher</a>	Fr Cerritos	So Cal Hep/Dec Fin	6386	03/24/04
2	<a href="#">Rimmer, Dan - D</a>	So West Vly	<a href="#">NorCal Community C</a>	<a href="#">5633</a>	04/15/04
3	<a href="#">Vukasinovic, Jeremy</a>	Fr SanMateo	<a href="#">NorCal Community C</a>	<a href="#">5610</a>	04/15/04
4	<a href="#">Bull, Kevin</a>	So De Anza	<a href="#">NorCal Community C</a>	<a href="#">5591</a>	04/15/04
5	<a href="#">Hall, Zach</a>	Fr Butte	<a href="#">NorCal Community C</a>	<a href="#">5514</a>	04/15/04
6	<a href="#">Brooks, Danny</a>	Fr Butte	<a href="#">NorCal Community C</a>	<a href="#">5444</a>	04/15/04
7	<a href="#">Fackrell, Shane</a>	Fr Sacrmnto	<a href="#">NorCal Community C</a>	<a href="#">5430</a>	04/15/04
8	<a href="#">De Glymes, Derek</a>	Fr AmericnR	<a href="#">NorCal Community C</a>	<a href="#">5211</a>	04/15/04
9	<a href="#">Burnham, Tim</a>	So OrangeC	Mnt. SAC Multi Eve	4845	03/23/04
0	<a href="#">Bare, David</a>	So OrangeC	Mnt. SAC Multi Eve	4654	03/23/04

**UPCOMING:**

**Friday-Saturday, May 14-15**

California Community College Championships at Bakersfield College

**California Community College Cross Country & Track Coaches Assn.**

**President: Doug Wells, Cerritos College, Norwalk, CA 90650**

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**-- Editor & Publisher of "JC TRACK & FIELD" since 1962**

**Calif. CC Track & Field Leaders – May 11, 2004 / from Direct Athletics; formatted by JC Athletic Bureau**

**CALIFORNIA COMMUNITY COLLEGE  
WOMEN'S TRACK & FIELD LEADERS**

"JC TRACK & FIELD"

**100m**

#	Athlete	Yr Team	Meet	Time	Date
1	<a href="#">Ned, Terica</a>	SoRiverside	Mt. SAC Invite	11.69	04/08/04
2	<a href="#">Moorer, Desiree</a>	Fr L.Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">11.76</a>	04/20/04
3	<a href="#">McClain, LaSadies</a>	Fr Sacrmnto	<a href="#">NorCal Community C.</a>	<a href="#">11.77</a>	04/19/04
4	<a href="#">Harrison, Whitney</a>	Fr Saddleback	<a href="#">Santiago C. G.</a>	<a href="#">12.00</a>	04/02/04
4	<a href="#">JORDAN, RAQUEL</a>	Fr West LA	WSC 2 CITRUS	12.00	02/27/04
6	<a href="#">Devine, Rayleen</a>	Fr Mt. SAC	ELAC Conference	12.04H	02/27/04
7	<a href="#">Avery, Niki</a>	SoModesto	<a href="#">NorCal Community C.</a>	<a href="#">12.19</a>	04/19/04
8	<a href="#">Emmons, Cortney</a>	Fr Mt. SAC	Fresno State/Mt. S.	12.25	03/26/04
9	<a href="#">Howell, Magnolia</a>	Fr Mt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">12.26</a>	04/20/04
9	<a href="#">Vega, Antonia</a>	Fr Modesto	Stanislaus Invitat.	12.26	04/11/04

**200m**

1	<a href="#">McClain, LaSadies</a>	Fr Sacrmnto	Hornet Invite	23.80	03/28/04
2	<a href="#">Ned, Terica</a>	SoRiverside	<a href="#">Orange Empire Conf.</a>	<a href="#">23.85</a>	04/20/04
3	<a href="#">Moorer, Desiree</a>	Fr L.Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">24.37</a>	04/20/04
4	<a href="#">Devine, Rayleen</a>	Fr Mt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">24.53</a>	04/20/04
5	<a href="#">JORDAN, RAQUEL</a>	Fr West LA	WSC 2 CITRUS	24.58	02/27/04
6	<a href="#">Howell, Magnolia</a>	Fr Mt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">25.07</a>	04/20/04
7	<a href="#">Austin, Brenda</a>	SoL.Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">25.11</a>	04/20/04
7	<a href="#">Bridgewater, Josanne</a>	Fr L.Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">25.11</a>	04/20/04
9	<a href="#">Davis, Amber</a>	SoL.Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">25.14</a>	04/20/04
10	<a href="#">Avery, Niki</a>	SoModesto	<a href="#">NorCal Community C.</a>	<a href="#">25.18</a>	04/19/04

**400m**

1	<a href="#">Livingston, Stacey</a>	SoL.Beach	La Verne Invitatio.	55.80	03/27/04
2	<a href="#">McClain, LaSadies</a>	Fr Sacrmnto	<a href="#">Stan Wright/Panthe.</a>	<a href="#">56.06</a>	03/20/04
3	<a href="#">Jordan, Raquel</a>	Fr West LA	<a href="#">Western State Conf.</a>	<a href="#">56.37</a>	04/17/04
4	<a href="#">Austin, Brenda</a>	SoL.Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">56.58</a>	04/20/04
5	<a href="#">Webb, Tyrene</a>	Fr Cerritos	So Cal Finals	56.75	05/08/04
6	<a href="#">Stanfield, Cheree</a>	SoModesto	<a href="#">Dia Valley Invi.</a>	<a href="#">57.02</a>	04/16/04
7	<a href="#">Bridgewater, Josanne</a>	Fr L.Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">57.35</a>	04/20/04
8	<a href="#">Hudson, Kimiah</a>	Fr Cerritos	Trojan Invitationa.	57.80	03/20/04
9	<a href="#">Calhoun, Taletha</a>	Fr Sequoias	<a href="#">Ed Adams Invitatio.</a>	<a href="#">57.97</a>	04/03/04
10	<a href="#">Barrow, Caitlin</a>	SoEl Camino	Northridge Invite	58.03	03/20/04

**800m**

1	<a href="#">Livingston, Stacey</a>	SoL.Beach	Benny Brown Invi.	2:09.83	03/13/04
2	<a href="#">Reyes, Christina</a>	SoCuesta	Bakersfld Relays	2:16.45	03/13/04
3	<a href="#">Jones, Ava</a>	SoOrange C	<a href="#">OCC 5 way</a>	<a href="#">2:17.50</a>	04/09/04
4	<a href="#">Gomez, Jessica</a>	Fr Canyons	<a href="#">Bakersfld Relays</a>	<a href="#">2:17.61</a>	03/12/04
5	<a href="#">Estrada, Zaira</a>	Fr Sacrmnto	<a href="#">NorCal Community C.</a>	<a href="#">2:17.74</a>	04/19/04
6	<a href="#">Botello, Jenessa</a>	Fr Cerritos	So Cal Finals	2:18.34	05/08/04
7	<a href="#">Brown, Lindsey</a>	Fr El Camino	Northridge Invite	2:19.04	03/20/04
8	<a href="#">McCoy, Erin</a>	Fr Modesto	<a href="#">NorCal Community C.</a>	<a href="#">2:19.42</a>	04/19/04
9	<a href="#">Trowbridge, Christine</a>	SoMerritt	<a href="#">NorCal Community C.</a>	<a href="#">2:19.5</a>	04/19/04
10	<a href="#">Garton, Ann</a>	SoOrange C	<a href="#">Orange Empire Conf.</a>	<a href="#">2:20.14</a>	04/20/04

**1,500m**

1	<a href="#">Jones, Ava</a>	SoOrange C	Aztec Invitational	4:38.1	03/20/04
2	<a href="#">Grimes, Brooklan</a>	SoBakersfld		4:40.08	03/20/04
3	<a href="#">Garton, Ann</a>	SoOrange C	<a href="#">Riverside, Fullert.</a>	<a href="#">4:42.5</a>	04/02/04
4	<a href="#">Valdez, Ludi</a>	Fr Orange C	<a href="#">Riverside, Fullert.</a>	<a href="#">4:44.9</a>	04/02/04
5	<a href="#">Reyes, Christina</a>	SoCuesta	Northridge Relays	4:45	03/20/04
6	<a href="#">Biggs, Mary</a>	SoVentura	Citrus Mini Meet	4:46.34H	04/02/04
7	<a href="#">Sather-Sperry, Caren</a>	Fr Moorpark	<a href="#">Western State Conf.</a>	<a href="#">4:49.13</a>	04/17/04
8	<a href="#">Nunez, Naomi</a>	Fr Citrus	<a href="#">Western State Conf.</a>	<a href="#">4:49.39</a>	04/17/04
9	<a href="#">Botello, Jenessa</a>	Fr Cerritos	Trojan Invitationa.	4:49.85	03/20/04
10	<a href="#">Iler, Zuzana</a>	Fr Bakersfld	<a href="#">Western State Conf.</a>	<a href="#">4:51.89</a>	04/17/04

**3,000m**

1	<a href="#">Jones, Ava</a>	SoOrange C	<a href="#">Riverside, Fullert.</a>	<a href="#">10:09.9</a>	04/02/04
2	<a href="#">Lara, Christina</a>	Fr Mt. SAC	Fresno Dual	10:14.19	03/26/04
3	<a href="#">Valdez, Ludi</a>	Fr Orange C	<a href="#">Riverside, Fullert.</a>	<a href="#">10:24.1</a>	04/02/04
4	<a href="#">Biggs, Mary</a>	SoVentura	Citrus Mini Meet	10:30.2	04/02/04
5	<a href="#">Cardenas, Maria</a>	Fr Mt. SAC	Fresno Dual	10:39.91	03/26/04
6	<a href="#">Acosta, Michelle</a>	Fr Mt. SAC	Fresno Dual	10:49.37	03/26/04
7	<a href="#">Montoya, Sandra</a>	SoOrange C	<a href="#">Riverside, Fullert.</a>	<a href="#">10:50.3</a>	04/02/04
8	<a href="#">Botello, Jenessa</a>	Fr Cerritos	SCC Relays	10:51.05	02/12/04
9	<a href="#">Perez, Dahamar</a>	SoFullerton	<a href="#">Riverside, Fullert.</a>	<a href="#">10:52.7</a>	04/02/04
10	<a href="#">Cherry, Becky</a>	Fr El Camino	Northridge Invite	10:54.58	03/20/04

**5,000m**

1	<a href="#">Jones, Ava</a>	SoOrange C	Stanford Invitatio.	17:03.79	03/26/04
2	<a href="#">Reyes, Christina</a>	SoCuesta	Mt. Sac Relays	17:48.50	04/08/04
3	<a href="#">Acosta, Michelle</a>	Fr Mt. SAC	Mt. SAC Relays	17:52.75	04/08/04
4	<a href="#">Lara, Christina</a>	Fr Mt. SAC	Mt. SAC Relays	17:54.83	04/08/04
5	<a href="#">Biggs, Mary</a>	SoVentura	Occidental Distanc.	18:10.83	03/19/04
6	<a href="#">Grimes, Brooklan</a>	SoBakersfld	<a href="#">Bakersfld Relays</a>	<a href="#">18:19.82</a>	03/12/04
7	<a href="#">Cardenas, Maria</a>	Fr Mt. SAC	Mt. SAC Relays	18:21.74	04/08/04
8	<a href="#">Montoya, Sandra</a>	SoOrange C	<a href="#">Orange Empire Conf.</a>	<a href="#">18:29.68</a>	04/20/04
9	<a href="#">Perez, Dahamar</a>	SoFullerton	MSAC RELAYS	18:32.96	04/08/04
10	<a href="#">Valdez, Luz</a>	SoFullerton	MSAC RELAYS	18:33.00	04/08/04

**10,000m**

1	<a href="#">Biggs, Mary</a>	SoVentura	<a href="#">Western State Conf.</a>	<a href="#">37:14.28</a>	04/17/04
2	<a href="#">Lara, Christina</a>	Fr Mt. Sac	<a href="#">Bakersfld Relays</a>	<a href="#">37:23.50</a>	03/12/04
3	<a href="#">Jones, Ava</a>	SoOrange C	<a href="#">Orange Empire Conf.</a>	<a href="#">37:47.78</a>	04/20/04
4	<a href="#">Iler, Zuzana</a>	Fr Bakersfld	<a href="#">Western State Conf.</a>	<a href="#">37:53.47</a>	04/17/04
5	<a href="#">Valdez, Luz</a>	SoFullerton	Oxy Dist. Carnival	38:09.43	03/19/04
6	<a href="#">Perez, Dahamar</a>	Fr Fullerton	Oxy Dist. Carnival	38:17.38	03/19/04
7	<a href="#">Acosta, Michelle</a>	Fr Mt. Sac	<a href="#">Bakersfld Relays</a>	<a href="#">38:20.00</a>	03/12/04
8	<a href="#">Nunez, Naomi</a>	Fr Citrus	<a href="#">Western State Conf.</a>	<a href="#">38:34.34</a>	04/17/04
9	<a href="#">Sandoval, Suzie</a>	Fr Ventura	<a href="#">Western State Conf.</a>	<a href="#">38:48.31</a>	04/17/04
10	<a href="#">Vargas, Itzel</a>	Fr Glendale	<a href="#">Western State Conf.</a>	<a href="#">38:57.02</a>	04/17/04

**100m High Hurdles**

1	<a href="#">Stokes, Danielle</a>	SoMerritt	Nor Cal Finals	14.13	05/08/04
2	<a href="#">Davis, Faunn</a>	Fr Sacrmnto	Johnny Mathis Invi.	14.48	04/03/04
3	<a href="#">Gaines, Toshica</a>	SoCerritos	So Cal Prelims	14.55	05/01/04
4	<a href="#">Mack, Alexis</a>	SoDia Valley	<a href="#">Bay Valley Confere.</a>	<a href="#">14.62</a>	04/21/04
5	<a href="#">Taylor, Latiffia</a>	Fr Hancock		14.74	03/05/04
6	<a href="#">Burrell, Christian</a>	Fr SMonica	WSC #3 @ SMC	14.84H	03/05/04
7	<a href="#">Fontenot, LaKischa</a>	Fr Sacrmnto	Stanislaus Open	14.89	04/10/04
8	<a href="#">Jordon, Laurn</a>	SoDelta	<a href="#">Bay Valley Confere.</a>	<a href="#">15.05</a>	04/21/04
9	<a href="#">Calhoun, Taletha</a>	Fr Sequoias	<a href="#">Ed Adams Invitatio.</a>	<a href="#">15.09</a>	04/03/04
10	<a href="#">Guillory, Alison</a>	Fr Merritt	<a href="#">Fresno Invitationa.</a>	<a href="#">15.29</a>	03/27/04

**400m Hurdles**

1	<a href="#">Calhoun, Taletha</a>	Fr Sequoias	<a href="#">Bakersfld Relays</a>	<a href="#">1:01.66</a>	03/12/04
2	<a href="#">Cendejas, Tassia</a>	Fr Mt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">1:03.41</a>	04/20/04
3	<a href="#">Tracey, Melissa</a>	Fr Modesto	<a href="#">NorCal Community C.</a>	<a href="#">1:03.46</a>	04/19/04
4	<a href="#">Nunes, Ashley</a>	SoSacrmnto	<a href="#">NorCal Community C.</a>	<a href="#">1:05.04</a>	04/19/04
5	<a href="#">Mack, Alexis</a>	SoDia Valley	<a href="#">Bert Bonanno Class.</a>	<a href="#">1:05.73</a>	04/10/04
6	<a href="#">Gross, Keri</a>	SoCuesta	Mt. Sac Relays	1:05.84	04/08/04
7	<a href="#">Geider, Hanni</a>	SoOrange C	<a href="#">Orange Empire Conf.</a>	<a href="#">1:06.98</a>	04/20/04
8	<a href="#">Turner, Gina</a>	Fr Delta	NORCAL Finals	1:07.03	05/08/04
9	<a href="#">Garton, Ann</a>	SoOrange C	<a href="#">Riverside, Fullert.</a>	<a href="#">1:07.5</a>	04/02/04
10	<a href="#">Gage, Charlotte</a>	SoCCSF	<a href="#">NorCal Community C.</a>	<a href="#">1:07.86</a>	04/19/04

**3,000m Steeplechase**

1	<a href="#">Cardenas, Maria</a>	Fr Mt. SAC	Aztec Invite	11:24.66	03/11/04
2	<a href="#">Valdez, Ludi</a>	Fr Orange C	<a href="#">OCC 5 way</a>	<a href="#">11:26.12</a>	04/09/04
3	<a href="#">Jacobsmeier, Whitney</a>	Fr Dia Valley	<a href="#">NorCal Community C.</a>	<a href="#">11:34.1</a>	04/19/04
4	<a href="#">Prado, Sandra</a>	Fr Glendale	APU INVIT.	11:54.74	04/10/04
5	<a href="#">Nelson, Kari</a>	Fr AmericanR	<a href="#">NorCal Community C.</a>	<a href="#">11:54.9</a>	04/19/04
6	<a href="#">Harvey, Ciara</a>	SoShasta	<a href="#">NorCal Community C.</a>	<a href="#">11:59.2</a>	04/19/04
7	<a href="#">Jones, Korina</a>	Fr Cuesta	Cuesta Open	12:00.01	02/20/04
8	<a href="#">Lange, Ligaya</a>	SoSaddleback	Meet of Champions	12:03.64H	04/10/04
9	<a href="#">Thompson, Lynette</a>	Fr Cerritos	<a href="#">SCC Conference Pre.</a>	<a href="#">12:03.94</a>	04/20/04
10	<a href="#">Hawkins, Meri</a>	Fr Hartnell	<a href="#">NorCal Community C.</a>	<a href="#">12:12.9</a>	04/19/04

**High Jump**

#	Athlete	Yr Team	Meet	English	Metric	Date
1	<a href="#">Avery, Niki</a>	SoModesto	<a href="#">Bakersfld Relays</a>	<a href="#">5' 6"</a>	1.67m	03/12/04
1	<a href="#">Fontenot, LaKischa</a>	Fr Sacrmnto	<a href="#">Stan Wright/Panthe.</a>	<a href="#">5' 6"</a>	1.67m	03/20/04
3	<a href="#">Gilbert, Mallory</a>	Fr Fresno	<a href="#">NorCal Community C.</a>	<a href="#">5' 6"</a>	1.67m	04/19/04
4	<a href="#">Jordon, Laurn</a>	SoDelta	<a href="#">Bay Valley Confere.</a>	<a href="#">5' 5"</a>	1.65m	04/21/04
5	<a href="#">Ingram, Sarah</a>	Fr S.Barbara	<a href="#">S.Barbara East.</a>	<a href="#">5' 4"</a>	1.62m	03/19/04
6	<a href="#">Delaunay, Vallery</a>	Fr Mt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">5' 4"</a>	1.62m	04/20/04
6	<a href="#">McCellan, Grace</a>	Fr Bakersfld	<a href="#">Western State Conf.</a>	<a href="#">5' 4"</a>	1.62m	04/17/04
6	<a href="#">Moorer, Desiree</a>	Fr L.Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">5' 4"</a>	1.62m	04/20/04
9	<a href="#">Johnson, Casey</a>	Fr Riverside	La Verne Open	5' 2.25"	1.58m	03/27/04
10	<a href="#">Bartley, Sharis</a>	Fr Merritt	<a href="#">Bakersfld Relays</a>	<a href="#">5' 2"</a>	1.57m	03/12/04

# Calif. CC Track & Field Leaders – May 11, 2004 / from Direct Athletics; formatted by JC Athletic Bureau

## WOMEN'S TRACK & FIELD LEADERS

### WOMEN'S 4 x 100m Relay

#	Team	Meet	Time	Date
1	L. Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">46.74</a>	04/20/04
2	Mt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">46.88</a>	04/20/04
3	Sacrmnto	<a href="#">Bay Valley Confere.</a>	<a href="#">47.1</a>	04/21/04
4	Cerritos	So Cal Finals	47.46	05/08/04
5	Modesto	<a href="#">Bakersfld Relays</a>	<a href="#">47.8</a>	03/12/04
6	Riverside	<a href="#">Orange Empire Conf.</a>	<a href="#">47.95</a>	04/20/04
7	Canyons	<a href="#">Western State Conf.</a>	<a href="#">48.28</a>	04/17/04
8	El Camino	<a href="#">SCC Conference Pre.</a>	<a href="#">48.77</a>	04/20/04
9	Merritt	<a href="#">Bay Valley Confere.</a>	<a href="#">49.3</a>	04/21/04
10	Dia Valley	<a href="#">Bay Valley Confere.</a>	<a href="#">50.0</a>	04/21/04

### 4 x 400m Relay

1	L. Beach	<a href="#">SCC Conference Pre.</a>	<a href="#">3:48.57</a>	04/20/04
2	Cerritos	So Cal Prelims	3:49.17	05/01/04
3	Sacrmnto	Hornet Invite	3:53.55	03/27/04
4	El Camino	Northridge Invite	3:53.84	03/20/04
5	Orange C	<a href="#">Orange Empire Conf.</a>	<a href="#">3:59.55</a>	04/20/04
6	Mt. SAC	ELAC Conference	4:00.24HT	02/27/04
7	Modesto	<a href="#">NorCal Community C.</a>	<a href="#">4:00.7</a>	04/19/04
8	Riverside	<a href="#">Riverside, Fullert.</a>	<a href="#">4:01.9</a>	04/02/04
9	CCSF	Stanford Invitatio.	4:05.75	03/27/04
10	Canyons	Bakersfld Invite	4:07.46	03/21/04

### 4 x 800m Relay

1	Modesto	Beaver Relays	10:20.29	03/06/04
2	Dia Valley	Beaver Relays	10:21.87	03/06/04

### Pole Vault

#	Athlete	Yr Team	Meet	English	Metric	Date
1	<a href="#">Silva, Christine</a>	Fr Cuesta	<a href="#">Western State Conf.</a>	<a href="#">12' 0"</a>	3.65m	04/17/04
2	<a href="#">Neely, Tamara</a>	SoCuesta	WSC #4 Cuesta	11' 9"	3.58m	04/02/04
3	<a href="#">Schlenker, Jill</a>	Fr Delta	<a href="#">Bay Valley Confere.</a>	<a href="#">11' 3"</a>	3.42m	04/21/04
4	<a href="#">Heatherwick, Erin</a>	SoCuesta	Mt. Sac Relays	11' 0"	3.35m	04/08/04
5	<a href="#">Earle, Marris</a>	Fr Cuyamaca	<a href="#">sdm,Swc,Sbvc,Chaf.</a>	<a href="#">10' 9.25"</a>	3.28m	04/02/04
6	<a href="#">Avent, Jacqueline</a>	SoFresno	<a href="#">Ed Adams Invitatio.</a>	<a href="#">10' 9"</a>	3.27m	04/03/04
7	<a href="#">Alton, Ashley</a>	Fr Mt. Sac	<a href="#">Bakersfld Relays</a>	<a href="#">10' 6"</a>	3.20m	03/12/04
8	<a href="#">Thompson, Jenny</a>	Fr Orange C	<a href="#">Orange Empire Conf.</a>	<a href="#">10' 6"</a>	3.20m	04/20/04
9	<a href="#">Lopez, Terri</a>	SoCuyamaca	<a href="#">OCC 5 way</a>	<a href="#">10' 0"</a>	3.04m	04/09/04
10	<a href="#">Condrashoff, Christine</a>	Fr Dia Valley	<a href="#">Ed Adams Invitatio.</a>	<a href="#">9' 9"</a>	2.97m	04/03/04

### Long Jump

1	<a href="#">Jordon, Lourn</a>	SoDelta	<a href="#">NorCal CommunityC.</a>	<a href="#">19' 7"</a>	5.96m	04/19/04
2	<a href="#">White, Jimia</a>	Fr Sacrmnto	Stanislaus Open	19'0.25"	5.79m	04/10/04
3	<a href="#">Tates, Nyisha</a>	Fr Sequoias	<a href="#">NorCal Community C.</a>	<a href="#">18' 10"</a>	5.74m	04/19/04
4	<a href="#">Ned, Terica</a>	SoRiverside	<a href="#">Riverside, Fullert.</a>	<a href="#">18' 8"</a>	5.68m	04/02/04
5	<a href="#">Miller, Willicia</a>	SoCerritos	Husky Relays	18' 4"	5.58m	04/10/04
6	<a href="#">Taylor, Latiffa</a>	Fr Hancock	<a href="#">Western State Conf.</a>	<a href="#">18' 0"</a>	5.48m	04/17/04
7	<a href="#">Mixon, Noanka</a>	SoLASouthwest	<a href="#">SCC Conference Pre.</a>	<a href="#">17'11.25"</a>	5.46m	04/20/04
8	<a href="#">Kotev, Nikki</a>	SoSaddleback	<a href="#">Fresno Invitationa.</a>	<a href="#">17' 10"</a>	5.43m	03/27/04
9	<a href="#">Brazley, Angela</a>	Fr Mt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">17' 8.25"</a>	5.39m	04/20/04
10	<a href="#">Hikichi, Sakurako</a>	Fr S.Barbara	<a href="#">S.Barbara East.</a>	<a href="#">17' 8"</a>	5.38m	03/19/04

### Triple Jump

1	<a href="#">Jordon, Lourn</a>	SoDelta	<a href="#">NorCal Community C.</a>	<a href="#">40'8.25"</a>	12.40m	04/19/04
2	<a href="#">Delaunay, Vallery</a>	Fr Mt. Sac	<a href="#">Bakersfld Relays</a>	<a href="#">39' 10"</a>	12.14m	03/12/04
3	<a href="#">Tates, Nyisha</a>	Fr Sequoias	<a href="#">NorCal Community C.</a>	<a href="#">38'3.25"</a>	11.66m	04/19/04
4	<a href="#">Brazley, Angela</a>	Fr Mt. SAC	<a href="#">SCC Conference Pre.</a>	<a href="#">37' 9.5"</a>	11.52m	04/20/04
5	<a href="#">Mixon, Noanka</a>	SoLASouthwest	<a href="#">SCC Conference Pre.</a>	<a href="#">37'4.75"</a>	11.40m	04/20/04
6	<a href="#">McPherson, Sheridan</a>	Fr San Jose	<a href="#">NorCal Community C.</a>	<a href="#">37' 2.75"</a>	11.34m	04/19/04
7	<a href="#">Smith, Catilla</a>	Fr Fresno	<a href="#">Fresno Invitationa.</a>	<a href="#">37' 0"</a>	11.27m	03/27/04
8	<a href="#">Kotev, Nikki</a>	SoSaddleback	<a href="#">Orange Empire Conf.</a>	<a href="#">36' 5"</a>	11.10m	04/20/04
9	<a href="#">Thurman, Star</a>	Fr El Camino	<a href="#">Bakersfld Relays</a>	<a href="#">35' 9"</a>	10.89m	03/12/04
10	<a href="#">Gilbert, Mallory</a>	Fr Fresno	<a href="#">Central Valley Con.</a>	<a href="#">35'5.75"</a>	10.81m	04/24/04

### Shot Put

1	<a href="#">Clinkenbeard, Sara</a>	SoSacrmnto	<a href="#">Bay Valley Confere.</a>	<a href="#">47'2.75"</a>	14.39m	04/21/04
2	<a href="#">Patton, Bobbie</a>	Fr Hancock		44' 9.5"	13.65m	03/05/04
3	<a href="#">Parsley, Elizabeth</a>	Fr Sacrmnto	<a href="#">Bakersfld Relays</a>	<a href="#">44' 7.5"</a>	13.60m	03/12/04
4	<a href="#">Marshall, Aspen</a>	SoSacrmnto	Stanislaus Open	44' 2.5"	13.47m	04/10/04
5	<a href="#">Isola, Katie</a>	SoSan Mateo	<a href="#">West Valley Open I.</a>	<a href="#">43' 0"</a>	13.10m	03/18/04

6	<a href="#">Lilly, Kendra</a>	Fr Cerritos	SCC Relays	41' 11"	12.77m	02/12/04
7	<a href="#">Robbins, Stephanie</a>	Fr El Camino	Azusa Pacific	41' 3"	12.57m	04/10/04
8	<a href="#">Popp, Shannon</a>	SoMoorpark	<a href="#">Western State Conf.</a>	<a href="#">40' 7"</a>	12.36m	04/17/04
9	<a href="#">Dominguez, Kristy</a>	SoSaddlbck	<a href="#">Saddlbck @ River.</a>	<a href="#">40' 2"</a>	12.24m	03/05/04
10	<a href="#">Trout, Aimee</a>	SoRiverside	<a href="#">Riverside, Fullert.</a>	<a href="#">39' 3"</a>	11.96m	04/02/04

### Discus Throw

1	<a href="#">Clinkenbeard, Sara</a>	SoSacrmnto	<a href="#">NorCal Community C.</a>	<a href="#">161' 3"</a>	49.14m	04/19/04
2	<a href="#">Bryant, Tamara</a>	SoMoorpark	<a href="#">Western State Conf.</a>	<a href="#">146' 2"</a>	44.55m	04/17/04
3	<a href="#">Lilly, Kendra</a>	Fr Cerritos	<a href="#">Bakersfld Relays</a>	<a href="#">145' 4"</a>	44.29m	03/12/04
4	<a href="#">Isola, Katie</a>	SoSan Mateo	<a href="#">Coast Conference C.</a>	<a href="#">143' 2"</a>	43.63m	04/22/04
5	<a href="#">Marshall, Aspen</a>	SoSacrmnto	Stanislaus Open	141' 9"	43.20m	04/10/04
6	<a href="#">Rice, Shelly</a>	SoBakersfld	<a href="#">Western State Conf.</a>	<a href="#">139' 4"</a>	42.46m	04/17/04
7	<a href="#">Grant, Samantha</a>	SoSaddlbck	Mt SAC Relays	134' 5"	40.97m	04/08/04
8	<a href="#">Bolles, Heather</a>	SoCuyamaca	<a href="#">Foothill Conferenc.</a>	<a href="#">133' 0"</a>	40.53m	04/20/04
9	<a href="#">Flannigan, Sharde</a>	Fr Hartnell	<a href="#">NorCal Community C.</a>	<a href="#">131' 0"</a>	39.92m	04/19/04
10	<a href="#">Rudrude, Wendy</a>	Fr Chaffey	<a href="#">Foothill Conferenc.</a>	<a href="#">129' 8"</a>	39.52m	04/20/04

### Hammer Throw

1	<a href="#">Clinkenbeard, Sara</a>	SoSacrmnto	<a href="#">Nor Cal #2 @SCC</a>	<a href="#">181' 2"</a>	55.21m	02/28/04
2	<a href="#">Popp, Shannon</a>	SoMoorpark	APU Meet of Champi.	171' 1"	52.14m	04/09/04
3	<a href="#">Marshall, Aspen</a>	SoSacrmnto	<a href="#">Bay Valley Confere.</a>	<a href="#">162' 2"</a>	49.42m	02/13/04
4	<a href="#">Bryant, Tamara</a>	SoMoorpark	APU Meet of Champi.	161' 6"	49.22m	04/09/04
5	<a href="#">Rice, Shelly</a>	SoBakersfld		140' 11"	42.95m	03/01/04
6	<a href="#">Moore, Caitlin</a>	SoShasta	<a href="#">Golden Valley Conf.</a>	<a href="#">140' 2"</a>	42.72m	04/21/04
7	<a href="#">Isola, Katie</a>	SoSan Mateo	<a href="#">NorCal Community C.</a>	<a href="#">139' 2"</a>	42.41m	04/19/04
8	<a href="#">Parker, Marisa</a>	SoButte	Woody Wilson Invit.	138' 2"	42.11m	04/17/04
9	<a href="#">Lilly, Kendra</a>	Fr Cerritos	Jack Rose Relays	134' 0"	40.84m	03/06/04
10	<a href="#">Ruiz, Naomi</a>	Fr San Jose	<a href="#">Coast Conference C.</a>	<a href="#">131' 8"</a>	40.13m	04/22/04

### Javelin

1	<a href="#">Faulkner, Sarah</a>	SoSan Mateo	Bert Bonano Classi.	139' 8"	42.57m	04/10/04
2	<a href="#">Parsley, Elizabeth</a>	Fr Sacrmnto	<a href="#">NorCal Community C.</a>	<a href="#">139' 3"</a>	42.44m	04/19/04
3	<a href="#">Lilly, Kendra</a>	Fr Cerritos	<a href="#">Ed Adams Invitatio.</a>	<a href="#">127' 7"</a>	38.88m	04/03/04
4	<a href="#">Hsu, Yun</a>	SoFresno	<a href="#">Central Valley Con.</a>	<a href="#">124' 9"</a>	38.02m	04/24/04
5	<a href="#">Jordon, Lourn</a>	SoDelta	<a href="#">NorCal Community C.</a>	<a href="#">119' 9"</a>	36.49m	04/19/04
6	<a href="#">Martinez, Desirae</a>	Fr Fullerton	<a href="#">Orange Empire Conf.</a>	<a href="#">118' 6"</a>	36.12m	04/20/04
7	<a href="#">Matthias, Nicole</a>	Fr Sacrmnto	<a href="#">NorCal Community C.</a>	<a href="#">116' 9"</a>	35.58m	04/19/04
8	<a href="#">Myers, Holly</a>	SoShasta	<a href="#">Golden Valley Conf.</a>	<a href="#">116' 1"</a>	35.38m	04/21/04
9	<a href="#">Bangasser, Cammie</a>	Fr Canyons	<a href="#">Western State Conf.</a>	<a href="#">115' 7"</a>	35.22m	04/17/04
10	<a href="#">Ruegg, Destiny</a>	Fr Butte	<a href="#">NorCal Community C.</a>	<a href="#">114' 8"</a>	34.95m	04/19/04

### Heptathlon

#	Athlete	Yr Team	Meet	Points	Date
1	<a href="#">Jordon, Lourn</a>	SoSJ Delta	<a href="#">NorCal Community C4763</a>	3748	04/15/04
2	<a href="#">Mack, Alexis</a>	SoDiaValley	<a href="#">NorCal Community C4140</a>	3622	04/15/04
3	<a href="#">Beeman, Amy</a>	SoModesto	<a href="#">NorCal Community C3881</a>	3548	04/15/04
4	<a href="#">Van De Walker, Geqi</a>	Fr OrangeC	Mnt. SAC Multi Eve	3748	03/23/04
5	<a href="#">Gilbert, Mallory</a>	Fr Fresno	<a href="#">NorCal Community C3735</a>	3622	04/15/04
6	<a href="#">Belvini, Samantha</a>	Fr SanMateo	<a href="#">NorCal Community C3648</a>	3622	04/15/04
7	<a href="#">Geider, Hanni</a>	SoOrangeC	Mnt. SAC Multi Eve	3622	03/23/04
8	<a href="#">Smith, Catilla</a>	Fr Fresno	<a href="#">NorCal Community C3475</a>	3443	04/15/04
9	<a href="#">Vaughan, Hailey</a>	Fr Hartnell	<a href="#">NorCal Community C3443</a>	2998	04/15/04
10	<a href="#">Geider, Jasmine</a>	SoOrangeC	Mnt. SAC Multi Eve	2998	03/23/04

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