

**SOUTH COAST CONFERENCE
2010 MEN'S TRACK AND FIELD
SCC CHAMPIONSHIPS/TEAM RESULTS**

April 27/May 1---At Mt. San Antonio College

FINAL RESULTS	Points
1. Mt. San Antonio	272
2. Cerritos	242
3. El Camino	96
4. Pasadena City	61
5. Long Beach City	53
6. ECC Compton Center	13
7. LA Trade Tech	12
8. LA Southwest	10
9. East Los Angeles	9

INDIVIDUAL EVENTS/TOP 3 PLACINGS LISTED *2-Time SCC Champ in Event

100m Dash—1. Ameer Webb (CER) 10.26, 2. Isaiah Sims (PCC) 10.63, 3. Jacoby Nguyen (MSAC) 10.69

200m Dash—1. Ameer Webb (CER) 21.00, 2. Kevin Avery (CER) 21.66, 3. Juan Tapia (CER) 21.67

400m Dash—1. Juan Tapia (CER) 48.25, 2. Laron Taylor (CER) 48.59, 3. Manoah Wesson (COMP) 48.62

800m Run—1. Gabriel Hilbert (CER) 1:55.81, 2. Torion Bailey (CER) 1:57.21, 3. Daniel King (CER) 1:57.40

1,500m Run—1. Gabriel Hilbert (CER) 3:55.97, 2. David Cardona (ECC) 3:57.64, 3. Richard Zarazua (PCC) 4:00.04

5,000m Run—1. David Cardona (ECC) 15:06.71, 2. Jose Lezama (ECC) 15:06.72, 3. Gustavo Cruz (MSAC) 15:21.26

10,000m Run—1. Jose Lezama (ECC) 32:46.84, 2. Gustavo Cruz (MSAC) 33:24.12, 3. Angel Aguirre (CER) 33:51.68

110m Hurdles—1. Marcus Pope (MSAC) 14.01, 2. John Harris (MSAC) 14.22, 3. Emilio Estrada (MSAC) 14.59

400m Hurdles—1. Marcus Pope (MSAC) 52.70, 2. Ricco McCloud (LBCC) 53.88, 3. Kevin Jones (CER) 54.95

3,000m Steeplechase—1. Ernesto Rodriguez (PCC) 9:49.9, 2. Jason Zapien (CER) 9:50.2, 3. Sean Whitesitt (MSAC) 9:53.7

4x100 Relay—1. Mt. San Antonio 42.02, 2. Pasadena 42.57, 3. LA Southwest 44.09

4x400 Relay—1. Mt. San Antonio 3:14.68, 2. Cerritos 3:15.24, 3. Long Beach 3:20.35

High Jump—1. Justin Bethea (MSAC) 6-8, 2. Cordell Allmond (MSAC) 6-2, 3. Eddie Hughes (ECC) 6-2

Pole Vault—1. Jordan Alviso (MSAC) 16-0, 2. Dusty Brown (MSAC) 15-6, 3. Edgar Pellecer (MSAC) 15-0

Long Jump—1. De Marshay Lockett (CER) 23-8.25, 2. John Harris (MSAC) 23-5.25, 3. Eddie Hughes (ECC) 22-9.5

Triple Jump—1. Aaron Burke (CER), 46-3.25; 2. Eddie Hughes (ECC) 45-2.75, 3. Sweeney Williams (CER) 43-10

Shot Put—1. Sony Theodate (CER) 49-0.5, 2. Joel Baez (MSAC) 47-1.75, 3. Samuel Carrington (CER) 47-1.5

Discus—1. Joel Baez (MSAC) 150-2, 2. Vincent Huitt (CER) 145-7, 3. Sony Theodate (CER) 143-7

Hammer Throw—1. Vincent Huitt (CER) 163-11, 2. Noe Sosa (CER) 159-1, 3. Joel Baez (MSAC) 158-1

Javelin—1. Adam Bianchessi (MSAC) 191-4, 2. Benjamin Woodruff (ECC) 185-1, 3. Mark Horist (MSAC) 168-1