

2001 Coast Conference Track and Field Championships at City College of San Francisco, April 26 & 28, 2001:

Tania Woods, City College of San Francisco's state-leading sprinter, set Coast Conference women's records in the 100 (11.62) and 200 (23.75) meters and ran a leg on the Rams' record-setting 47.17 4x100 meter relay team, while College of San Mateo's Cami Carroll tripled in the field at the 2001 Coast Conference track and field championships at City College of San Francisco.

Carroll set women's conference records in the hammer throw (170-5) and discus throw (148-2) and also won the shot put (34-11 $\frac{1}{2}$).

De Anza College won the women's title with 171 points, ahead of CCSF (129) and Chabot (123). De Anza champions included Inge Prasetyo in the long jump (17-7 $\frac{1}{2}$) and triple jump (36-6 $\frac{1}{2}$) and Kristen Kam in the 400 low hurdles (64.94).

Hartnell College, with Anthony Sanchez doubling in the shot put (48-8) and hammer throw (148-6), won the men's title with 209 points, followed by Chabot (146) and West Valley (145). Hartnell also had individual winners in the 1,500 meters (Josh Campbell, 3:58.83), the 3,000 meter steeplechase (Justin Hurd in 9:59.08), and the javelin throw (David Flores at 165-0).

Chabot had women's champions in high jumper Rachel McDonald (5-3) and pole vaulter Amber Sammons (9-6). Gladiator men's champions included Steve Fitch in the 400 meters (48.00) and Tyron Booker in the 100 meters (10.96).

For West Valley, D. J. Ozan won the men's 800 meters (1:58.04), Nate Boudreaux took the 400 meter hurdles (54.19), and Jeremiah Tolbert won the triple jump (45-5 $\frac{1}{2}$).

Phil Jackson took the men's 200 meters for CCSF in 21.78 and Robert Eap won the 10,000 meters in 33:31.67. San Francisco had additional women's champions in Anndria Norris, 58.47 in the 400 meters, and Simone Brooks, 15.15 in the 100 meter hurdles;

Note: CCSF's **Tania Woods**, 1999 state high school sprint champion for Oakland's Skyline High School, is the **No. 3 all-time 200 meter runner in high school history** at 22.88, behind prep record breakers **Marion Jones** (22.58) and **Chandra Cheeseborough** (22.77), both eventual **Olympic gold medalists**.

Women's Team Scores:

1. De Anza 171; 2. CCSF 129; 3. Chabot 123; 4. West Valley 95; 5. Hartnell 72; 6. College of San Mateo 37; 7. Monterey Peninsula 23; 8. Foothill 8; 9. San Jose City College 6.

Finals WOMEN'S 100 METER DASH

1. Tania Woods, CCSF 11.62 w:2.4; 2. Anita McCallum, CCSF 12.49 w:2.4; 3. Cinty McGowan, De Anza 12.63 w:2.4; 4. Akenja Jones, CCSF 12.77 w:2.4; 5. Jana Nadler, Monterey Pen 13.50 w:2.4.

Finals WOMEN'S 200 METER DASH

1. Tania Woods, CCSF 23.75 w:4.0; 2. Simone Brooks, CCSF 25.54 w:4.0; 3. Akenja Jones, CCSF 26.05 w:4.0; 4. Cinty McGowan, De Anza 26.13 w:4.0; 5. Kristen Ray, CCSF 26.62 w:4.0; 6. Jana Nadler, Monterey Pen 30.07 w:4.0; 7. Holly Hatlo, Monterey Pen 32.11 w:4.0.

Finals WOMEN'S 400 METER DASH

1. Anndria Norris, CCSF 58.47; 2. Michelle Armstrong, CCSF 59.91; 3. Tracy Hess, De Anza 60.83; 4. Tenisha Johnson, CCSF 61.05; 5. Michelle Bokamper, Chabot 61.88; 6. Lauren Vidal, West Valley 62.93; 7. Tanya Grow, Chabot 63.00; 8. Margarita Bogdanova, West Valley 63.90; 9. Holly Hatlo, Monterey Pen 72.24.

Finals WOMEN'S 800 METER RUN

1. Ginny Greene, West Valley 2:26.36; 2. Andrea Branco, Chabot 2:29.38; 3. Beverly Havner, West Valley 2:32.93; 4. Michelle Bokamper, Chabot 2:35.90; 5. Tanya Grow, Chabot 2:36.08; 6. Monica Eklund, CCSF 2:36.23; 7. Lindsay Scattini, Hartnell 2:37.30; 8. Erin Quick, West Valley 2:42.97.

Finals WOMEN'S 1,500 METER RUN

1. Celeste Dunlap, West Valley 4:56.59; 2. Beverly Havner, West Valley 5:04.36; 3. Andrea Branco, Chabot 5:05.31; 4. Amy Briley, Hartnell 5:06.14; 5. Erin Quick, West Valley 5:30.12; 6. Vanna Nget, Chabot 5:38.44; 7. Rebecca Hunzie, Hartnell 5:53.53.

Finals WOMEN'S 3,000 METER RUN

1. Celeste Dunlap, West Valley 11:10.69; 2. Diana Kirk, West Valley 11:31.76; 3. Monica Nicholson, Hartnell 11:36.83; 4. Vanna Nget, Chabot 12:05.11; 5. Dace Samta, San Mateo 12:06.91; 6. Mitzi Marter, De Anza 13:50.82.

Finals WOMEN'S 5,000 METER RUN

1. Monica Nicholson, Hartnell 20:25.41; 2. Mitzi Marter, De Anza 23:34.59; 3. Skye Standish, De Anza 24:27.49.

Finals WOMEN'S 10,000 METER RUN

1. Diana Kirk, West Valley 40:38.19; 2. Skye Standish, De Anza 47:38.52.

Finals WOMEN'S 100 METER HIGH HURDLES

1. Simone Brooks, CCSF 15.15 w:-5.2; 2. Rachel McDonald, Chabot 15.87 w:-5.2; 3. Kristen Kam, De Anza 16.27 w:-5.2; 4. Inge Prasetyo, De Anza 16.88 w:-5.2; 5. Lina Pimentel, West Valley 17.69 w:-5.2; 6. Gillian Stovall, San Mateo 19.57 w:-5.2; 7. Sarah Verbonich, Hartnell 20.90 w:-5.2; 8. Wendy Ballreich, De Anza 29.74 w:-5.2.

Finals WOMEN'S 400 METER LOW HURDLES

1. Kristen Kam, De Anza 64.94; 2. Lina Pimentel, West Valley 66.41; 3. Akia Hasan, San Jose 71.96; 4. Sarah Verbonich, Hartnell 79.68.

Finals WOMEN'S 4X100 METER RELAY

1. CCSF 47.17; 2. De Anza 50.06; 3. West Valley 51.96; 4. Chabot 52.83; 5. Monterey Pen 55.93.

Finals WOMEN'S 4X400 METER RELAY

1. CCSF 4:06.11; 2. De Anza 4:09.01; 3. West Valley 4:11.00; 4. Chabot 4:16.03.

Finals WOMEN'S HIGH JUMP

1. Rachel McDonald, Chabot 5-03 (1.60m); 2. Aliah Abdo, De Anza 5-0 (1.52m); 3. Monica Eklund, CCSF 5-0 (1.52m); 4. Wendy

Ballreich, De Anza 4-06 (1.37m); - Shannon Hammond, Hartnell NH.

Finals WOMEN'S POLE VAULT

1. Amber Sammons, Chabot 9-06 (2.90m); 2. Katrina Glenn, Chabot 8-06 (2.59m).

Finals WOMEN'S LONG JUMP

1. Inge Prasetyo, De Anza 17-07.50 w:-0.8 (5.37m); 2. Anita McCallum, CCSF 17-04 w:2.3 (5.28m); 3. Darlene Foster, Hartnell 16-02 w:-0.4 (4.93m); 4. Aliah Abdo, De Anza 15-11 w:3.4 (4.85m); 5. Tracy Hess, De Anza 15-07.50 w:2.1 (4.76m); 6. Rachel McDonald, Chabot 15-06.50 w:2.6 (4.74m); 7. Wendy Ballreich, De Anza 15-0 w:3.5 (4.57m); 8. Shannon Hammond, Hartnell 14-0 w:-0.5 (4.27m).

Finals WOMEN'S TRIPLE JUMP

1. Inge Prasetyo, De Anza 36-06.25 w:3.9 (11.13m); 2. Andrea Kincaid, CCSF 36-05.75 w:-0.8 (11.12m); 3. Rachel McDonald, Chabot 34-07.50 w:-1.1 (10.55m); 4. Aliah Abdo, De Anza 33-08.50 w:2.1 (10.27m); 5. Wendy Ballreich, De Anza 31-08.50 w:1.7 (9.66m); 6. Darlene Foster, Hartnell 31-00.25 w:1.9 (9.46m); - Shannon Hammond, Hartnell FOUL w:NWI.

Finals WOMEN'S SHOT PUT

1. Cami Carroll, San Mateo 34-11.75 (10.66m); 2. Wendy Ballreich, De Anza 34-11 (10.64m); 3. Cassy August, Hartnell 33-05.50 (10.20m); 4. Bernadette Purtle, Chabot 33-03.50 (10.15m); 5. Aliah Abdo, De Anza 29-09.50 (9.08m); 6. Sandra Maldonado, Hartnell 28-05.50 (8.67m); 7. Anna Herrera, De Anza 24-04.75 (7.44m); 8. Valerie Mathis, Hartnell 23-04.75 (7.13m).

Finals WOMEN'S DISCUS THROW

1. Cami Carroll, San Mateo 148-02 (45.16m); 2. Bernadette Purtle, Chabot 131-06 (40.08m); 3. Sandra Maldonado, Hartnell 119-09 (36.50m); 4. Cassy August, Hartnell 108-08 (33.12m); 5. Anna Herrera, De Anza 88-03 (26.90m); 6. Wendy Ballreich, De Anza 63-08 (19.41m).

Finals WOMEN'S HAMMER THROW

1. Cami Carroll, San Mateo 170-05 (51.94m); 2. Bernadette Purtle, Chabot 124-02 (37.85m); 3. Allsun Howe, Foothill 113-07 (34.62m); 4. Cassy August, Hartnell 109-08 (33.43m); 5. Anna Herrera, De Anza 64-02.50 (19.57m).

Finals WOMEN'S JAVELIN THROW

1. Alexis Bonilla, Monterey Pen 123-04 (37.59m); 2. Aliah Abdo, De Anza 115-10 (35.31m); 3. Rachel McDonald, Chabot 101-09 (31.01m); 4. Wendy Ballreich, De Anza 97-03 (29.64m); 5. Sandra Maldonado, Hartnell 79-01 (24.10m); 6. Bernadette Purtle, Chabot 79-0 (24.08m); 7. Allsun Howe, Foothill 75-07 (23.04m); 8. Tanya Grow, Chabot 72-0 (21.95m); 9. Sandre Alejandre, Hartnell 64-02 (19.56m); 10. Anna Herrera, De Anza 59-08 (18.19m); - Akia Hasan, San Jose FOUL.

Men's Team Scores:

1. Hartnell 209; 2. Chabot 146; 3. West Valley 145; 4. San Jose 68; 5. Monterey Peninsula 58; 6. CCSF 55; 7. College of San Mateo 44; 8. De Anza 27; 9. Foothill 18.

Finals MEN'S 100 METER DASH

(w:1.2): 1. Tyron Booker, Chabot 10.96; 2. Paki Gordon, Chabot 10.97; 3. Tremayne Cantey, Chabot 11.02; 4. Jimmy Velasquez, Monterey Pen 11.08; 5. Andre Burke, Hartnell 11.14; 6. Everado Gaxiola, San Mateo 11.23; 7. David Nesby, Foothill 11.29; 8. Cedric Jones, Hartnell 11.32; 9. Rigo Canela, De Anza 11.53.

Finals MEN'S 200 METER DASH

(w:1.0): 1. Phil Jackson, CCSF 21.78; 2. Steve Fitch, Chabot 21.84; 3. Hung Nguyen, West Valley 21.86; 4. Ricco Brown, Chabot 22.18; 5. Jimmy Velasquez, Monterey Pen 22.36; 6. Tremayne Cantey, Chabot 22.53; 7. Paki Gordon, Chabot 22.62; 8. Tyron Booker, Chabot 22.66; 9. Everado Gaxiola, San Mateo 22.71.

Finals MEN'S 400 METER DASH

1. Steve Fitch, Chabot 48.00; 2. Ricco Brown, Chabot 48.96; 3. Hung Nguyen, West Valley 49.64; 4. Antowian Vaughns, Monterey Pen 49.68; 5. Phil Jackson, CCSF 49.75; 6. Michael Prestano, West Valley 50.53; 7. Sterling Willis, Hartnell 50.72; 8. Michael Taylor, Chabot 51.63; 9. Dan Finlayson, CCSF 52.47.

Finals MEN'S 800 METER RUN

1. D.J. Ozan, West Valley 1:58.04; 2. Spartacus Guillory, San Mateo 2:00.17; 3. Nick Cervantes, West Valley 2:00.28; 4. Josh Campbell, Hartnell 2:00.93; 5. Jamaal Bradshaw, CCSF 2:01.03; 6. Faisel Javed, San Mateo 2:01.93; 7. Steve Perry, Foothill 2:03.86; 8. Kiflay Habte, Chabot 2:04.90; 9. Chris O'Neal, San Jose 2:05.04.

Finals MEN'S 1,500 METER RUN

1. Josh Campbell, Hartnell 3:58.83; 2. D.J. Ozan, West Valley 4:02.02; 3. Eddie Alaniz, San Jose 4:05.09; 4. Aaron Buttery, West Valley 4:05.90; 5. Enrique Henriquez, Chabot 4:08.27; 6. Steve Perry, Foothill 4:12.24; 7. Spartacus Guillory, San Mateo 4:15.31; 8. Sam Ramirez, Hartnell 4:18.56; 9. Kiflay Habte, Chabot 4:23.10; 10. Juan Baylon, CCSF 4:23.90; 11. Cesar Alcazar, Chabot 4:32.97.

Finals MEN'S 5,000 METER RUN

1. Eddie Alaniz, San Jose 15:35.51; 2. Enrique Henriquez, Chabot 15:48.20; 3. Aaron Buttery, West Valley 16:22.62; 4. Aaron Jacobsen, West Valley 16:25.70; 5. Erik Wackemstedt, West Valley 16:33.45; 6. David Leon, West Valley 16:41.82; 7. Pastor Bejinez, Chabot 16:53.92; 8. Eric Nilsen, West Valley 16:53.96; 9. Brian Villegas, Hartnell 17:03.60; 10. Juan Baylon, CCSF 17:12.20; 11. Alec Zelenkovsky, CCSF 18:09.90; 12. Alan Ng, CCSF 18:34.01; 13. Rafael Cerna, CCSF 18:50.48.

Finals MEN'S 10,000 METER RUN

1. Robert Eap, CCSF 33:31.67; 2. David Leon, West Valley 34:26.94; 3. Chikara Omime, CCSF 34:30.62; 4. Aaron Jacobsen, West Valley 34:52.32; 5. Pastor Bejinez, Chabot 36:00.76; 6. Josh Morales, Hartnell 36:04.83; 7. Jesus Pineda, West Valley 38:06.62; 8. Arturo Gonzales, Hartnell 39:15.56.

Finals MEN'S 110 METER HIGH HURDLES

(w:-3.8): 1. Maurice Mann, Monterey Pen 15.17; 2. Dominic Barbaria, San Jose 15.30; 3. Jeremy Johnson, West Valley 15.45; 4. Willie Brown, Hartnell 15.59; 5. Erik Allen, Chabot 15.66; 6. Jason Sickelsteel, West Valley 15.80; 7. Kevin Coelho, Hartnell

16.02; 8. Vincent Boatwright, Chabot 16.26; 9. Nate Boudreaux, West Valley 16.38.

Finals MEN'S 400 METER INT HURDLES

1. Nate Boudreaux, West Valley 54.19; 2. Nick Pardo, Monterey Pen 54.81; 3. Erik Allen, Chabot 54.96; 4. Terrance Robinson, Hartnell 55.05; 5. Miguel Celaya, Hartnell 55.98; 6. Emmanuel Johnson, CCSF 56.16; 7. Rigo Canela, De Anza 57.02; 8. Jeremy Johnson, West Valley 57.53; 9. Willie Brown, Hartnell 59.82.

Finals MEN'S 3,000 METER STEEPLECHASE

1. Justin Hurd, Hartnell 9:59.08; 2. Chris O'Neal, San Jose 10:13.04; 3. Eric Nilsen, West Valley 10:21.99; 4. Carlos Melchor, San Jose 10:28.66; 5. Chip Powers, Hartnell 10:34.46; 6. Matt Fears, Hartnell 11:01.14.

Finals MEN'S 4X100 METER RELAY

1. Chabot 42.01; 2. Monterey Pen 42.72; 3. CCSF 42.98; 4. West Valley 43.21; 5. Hartnell 43.35; 6. De Anza 44.45.

Finals MEN'S 4X400 METER RELAY

1. Hartnell 3:18.57; 2. West Valley 3:19.73; 3. Monterey Pen 3:20.82; 4. Chabot 3:21.63; 5. CCSF 3:23.75; 6. De Anza 3:29.68.

Finals MEN'S HIGH JUMP

1. Vincent Boatwright, Chabot 6-06 (1.98m); 2. Rueben Mastin, De Anza 6-03 (1.91m); 2. James Randle, Hartnell 6-03 (1.91m); 4. Willie Brown, Hartnell 6-0 (1.83m); 4. Kevin Coelho, Hartnell 6-0 (1.83m); 6. La Vinciano Fowler, CCSF 6-0 (1.83m); 7. Clarence Salviejo, Hartnell 5-09 (1.75m); 8. Alvin Odom, De Anza 5-06 (1.68m).

Finals MEN'S POLE VAULT

1. Robert Carbajal, San Jose 15-0 (4.57m); 2. Clarence Salviejo, Hartnell 14-06 (4.42m); 3. Mike Comarato, San Mateo 14-06 (4.42m); 4. Vincent Boatwright, Chabot 14-0 (4.27m); 5. Justin Hurd, Hartnell 14-0 (4.27m); 6. Jason Cornillez, San Jose 12-06 (3.81m); 7. Ben Barber, Hartnell 12-06 (3.81m); 8. T.J. Tonks, Hartnell 12-06 (3.81m); 9. Mitch De Jesus, De Anza 12-0 (3.66m); 9. Norm Chou, San Mateo 12-0 (3.66m); 11. Ben Greenbaum, Chabot 12-0 (3.66m); 12. Le Roy Smith, Chabot 11-0 (3.35m); 13. Adam Johnson, Hartnell 11-0 (3.35m).

Finals MEN'S LONG JUMP

1. Maurice Mann, Monterey Pen 22-11.50 w:-3.6 (7.00m); 2. Jeremiah Tolbert, West Valley 22-0 w:-1.4 (6.71m); 3. Skip Powers, Hartnell 21-02 w:-1.4 (6.45m); 4. Christopher Coffey, CCSF 21-01 w:1.0 (6.43m); 5. Niani White, San Jose 20-10 w:-4.3 (6.35m); 6. Clarence Salviejo, Hartnell 20-08.50 w:-2.6 (6.31m); 7. Eddie Anderson, Monterey Pen 20-03 w:-4.6 (6.17m); 8. Greg Jones, Chabot 19-09 w:-0.4 (6.02m); 9. Alvin Odom, De Anza 19-05 w:-2.8 (5.92m); 10. Dallas Cornell, Hartnell 18-07.50 w:1.1 (5.68m); 11. Jan Jonsson, Monterey Pen 18-05.50 w:-2.4 (5.63m); 12. Mike Cordoba, Hartnell 18-05 w:-4.7 (5.61m); 13. Daniel Zenteno, Hartnell 17-05 w:-2.0 (5.31m); - David Nesby, Foothill FOUL w:NWI.

Finals MEN'S TRIPLE JUMP

1. Jeremiah Tolbert, West Valley 45-05.75 w:-1.6 (13.86m); 2. Niani White, San Jose 44-07.50 w:-1.0 (13.60m); 3. Greg Jones, Chabot 43-08 w:-2.4 (13.31m); 4. Mike Cordoba, Hartnell 42-05.25 w:1.6 (12.93m); 5. Alvin Odom, De Anza 40-00.75 w:-2.4 (12.21m); 6. James Randle, Hartnell 39-11 w:-0.7 (12.17m); 7. Dallas Cornell, Hartnell 38-05.25 w:3.0 (11.72m); 8. Jeff Dougherty, Hartnell 37-06.75 w:0.5 (11.45m); 9. Rahm Hodge, De Anza 37-01 w:1.1 (11.30m).

Finals MEN'S SHOT PUT

1. Anthony Sanchez, Hartnell 48-08 (14.83m); 2. Mike Sagapolu, Chabot 43-08.25 (13.32m); 3. Anthony Resendez, San Jose 41-05.25 (12.63m); 4. Chance Holzart, Hartnell 38-02 (11.63m); 5. Nick Peterson, Hartnell 37-10.75 (11.55m); 6. Seth Andrews, West Valley 36-05.50 (11.11m); 7. Kevin Coelho, Hartnell 35-06.75 (10.84m); 8. Michael Houlihan, Foothill 35-03 (10.74m); 9. Demetrius Hatcher, Chabot 33-10.25 (10.32m); 10. Jeff Burns, Foothill 32-04.25 (9.86m); 11. Robert Massman, Foothill 30-04.50 (9.26m); 12. Dennis Achoka, Foothill 29-10.50 (9.11m).

Finals MEN'S DISCUS THROW

1. Randy Gates, San Mateo 144-03 (43.97m); 2. Anthony Sanchez, Hartnell 137-10 (42.01m); 3. Mike Sagapolu, Chabot 136-02 (41.50m); 4. Jeff Burns, Foothill 126-04 (38.51m); 5. Sivan Wilensky, San Mateo 124-08 (38.00m); 6. Seth Andrews, West Valley 118-11 (36.25m); 7. Michael Houlihan, Foothill 117-01 (35.69m); 8. Gabe Scarpelli, De Anza 114-04 (34.85m); 9. Nick Peterson, Hartnell 111-11 (34.11m); 10. Demetrius Hatcher, Chabot 108-05 (33.05m); 11. Dennis Achoka, Foothill 82-08 (25.20m).

Finals MEN'S HAMMER THROW

1. Anthony Sanchez, Hartnell 148-06 (45.26m); 2. Richard Magdaleno, Hartnell 127-0 (38.71m); 3. Chance Holzart, Hartnell 114-08 (34.95m); 4. Joe Carlon, Hartnell 113-11 (34.72m); 5. Seth Andrews, West Valley 112-10 (34.39m); 6. Michael Houlihan, Foothill 103-09 (31.62m); 7. Nick Peterson, Hartnell 98-11.75 (30.17m).

Finals MEN'S JAVELIN THROW

1. David Flores, Hartnell 165-0 (50.29m); 2. Jeff Dougherty, Hartnell 161-08 (49.28m); 3. Gabe Scarpelli, De Anza 160-05 (48.90m); 4. Matt Ellis, San Mateo 158-04 (48.26m); 5. Kevin Coelho, Hartnell 150-08 (45.92m); 6. Mike Comarato, San Mateo 146-09 (44.73m); 7. Greg Jones, Chabot 139-03 (42.44m); 8. Mike Sagapolu, Chabot 135-11 (41.43m); 9. Charlie Von Hofen, San Mateo 135-0 (41.15m); 10. Michael Houlihan, Foothill 132-09 (40.46m); 11. Dennis Achoka, Foothill 128-02 (39.07m); 12. Sivan Wilensky, San Mateo 123-05 (37.62m); 13. Clarence Salviejo, Hartnell 122-0 (37.19m); 14. Nick Dickinson, De Anza 1.25 (0.03m).