

# 001 California Community College Cross Country and Track Coaches Association Best Marks List - MAY 1, 2001

## 100m

### 100m Dash

nk Athlete	Team	Time	Date
Luiz Mello	Santa Rosa	10.52	03/17/01
Josh Norman	Fresno	10.55	03/31/01
Wesley Williams	Fresno	10.62	04/28/01
Christopher Hughes	Contra Costa	10.64	04/23/01
Kajari Burns	Contra Costa	10.70	03/17/01
Greg Stewart	Golden West	10.70	03/11/01
Brandon Huey	Golden West	10.70	03/11/01
Jeff Billing	Shasta	10.74	03/30/01
Jerron Ruffin	Citrus	10.74	04/02/01
Lawrence Parks	Merritt	10.74	03/31/01
Frantz Valbona	Cerritos	10.74	03/30/01
Alex Mandall	Modesto	10.78	04/27/01
LaMont Walker	San Joaquin Delta	10.79	03/17/01
Hung Nguyen	West Valley	10.81	03/24/01
Paul Edwards	American River	10.82	04/20/01
Harwell Lang Jr.	Contra Costa	10.83	04/25/01
Jason Rudison	Cerritos	10.84	03/09/01
Jairus Ellis	Citrus	10.84	04/02/01
Morris Washington	Fresno	10.84	03/03/01
Phillip Watson	Fresno	10.85	04/28/01

### 100m High Hurdles

Ben Clark	San Joaquin Delta	14.87	04/14/01
Maurice Mann	Monterey Peninsula	14.96	03/31/01
Nick Dickinson	De Anza	15.00	03/29/01
Wesley Williams	San Joaquin Delta	15.00	04/25/01
Logan Moore	Sacramento	15.10	04/25/01
Dominic Barbara	San Jose	15.30	04/28/01
Joran Bean	Sacramento	15.39	03/17/01
Jeremy Johnson	West Valley	15.40	03/02/01
Erik Allen Chabot		15.40	04/07/01
Christian Crosby	San Joaquin Delta	15.44	03/17/01
Willie Brown	Hartnell	15.44	03/31/01
Jeremy Garcia	Reedley	15.49	03/31/01
Tony Castro	Modesto	15.49	04/27/01
Kevin Coelho	Hartnell	15.55	03/17/01
Jason Sickelsteel	West Valley	15.58	04/28/01
Josh Nears	San Diego Mesa	15.60	02/16/01
Kenneth Pearson	San Joaquin Delta	15.72	04/25/01
Miguel Celaya	Hartnell	15.77	02/02/01
Nate Boudreaux	West Valley	15.79	04/28/01
Sean Leonard	Santa Rosa	15.80	04/25/01

### 100m Dash

Luiz Mello	Santa Rosa	21.18	04/25/01
Lorenzo Parham	Merritt	21.28	04/25/01
Paul Edwards	American River	21.31	04/25/01
Kajari Burns	Contra Costa	21.44	03/02/01
Josh Norman	Fresno	21.61	03/31/01
Charles Allgood	Cerritos	21.61	03/30/01
Jeff Billing	Shasta	21.64	04/14/01
Jerron Ruffin	Citrus	21.64	04/02/01
Lawrence Parks	Merritt	21.69	04/25/01
Christopher Hughes	Contra Costa	21.74	03/02/01
Frantz Valbona	Cerritos	21.74	03/30/01
Morris Washington	Fresno	21.74	02/02/01
Phil Jackson	CCSF	21.74	03/17/01
Steve Fitch	Chabot	21.84	04/28/01
Hung Nguyen	West Valley	21.86	04/28/01
Harwell Lang Jr.	Contra Costa	21.88	04/25/01
Darnell Anderson	Cerritos	21.89	04/12/01
Kevin Williams	Citrus	21.94	04/02/01
Jason Rudison	Cerritos	21.97	03/30/01
Aaron Polk	Cerritos	21.97	04/07/01

### 100m Dash

Lorenzo Parham	Merritt	46.68	04/25/01
Steve Fitch	Chabot	47.53	04/07/01
Darnell Anderson	Cerritos	48.09	03/30/01
Paul Edwards	American River	48.17	04/25/01
Greg Turner	Merritt	48.18	04/25/01
Frank Jordan	Fresno	48.42	04/20/01
Jeff Fennell	Merritt	48.48	04/25/01
Transeau Johnson	Cerritos	48.64	04/12/01
Kajari Burns	Contra Costa	48.64	03/02/01
Jamah Briggs	San Diego Mesa	48.80	03/02/01
Ricco Brown	Chabot	48.85	04/21/01
Laron Mitchell	Modesto	49.04	04/27/01
Phil Jackson	CCSF	49.14	04/07/01
Mike McCall	San Diego Mesa	49.28	04/24/01

15 Robert Peinado	Fullerton	49.30	03/09/01
16 Christian Monterroso	Saddleback	49.40	03/09/01
17 Andre Burke	Hartnell	49.47	03/20/01
18 Harwell Lang Jr.	Contra Costa	49.50	03/20/01
19 Sterling Willis	Hartnell	49.53	03/17/01
20 Hung Nguyen	West Valley	49.57	03/31/01

### 400m Intermediate Hurdles

1 Kito Andrews	Sacramento	53.36	04/06/01
2 Nate Boudreaux	West Valley	53.81	04/06/01
3 Rigo Canela	De Anza	54.14	04/06/01
4 Terrance Robinson	Hartnell	54.46	03/17/01
5 Ben Clark	San Joaquin Delta	54.46	04/25/01
6 Jessie Willis	Modesto	54.48	04/20/01
7 Nick Pardo	Monterey Peninsula	54.81	04/28/01
8 Erik Allen Chabot		54.96	04/28/01
9 Michael Kouri	American River	55.36	03/15/01
10 Joran Bean	Sacramento	55.47	04/25/01
11 Miguel Celaya	Hartnell	55.75	04/28/01
12 Sean Leonard	Santa Rosa	55.94	04/07/01
13 Josh Nears	San Diego Mesa	56.08	03/28/01
14 Emmanuel Johnson	CCSF	56.16	04/28/01
15 Maurice Mann	Monterey Peninsula	56.18	03/20/01
16 Willie Brown	Hartnell	56.41	03/20/01
17 Dan Mulverhill	Sequoias	56.45	04/12/01
18 Alex Steele	Fresno	56.45	04/06/01
19 Nick Dickinson	De Anza	57.03	04/06/01
20 Eric Peters	Modesto	57.09	02/02/01

### 800m Run

1 Phil Tabor	American River	1:53.69	03/31/01
2 Sean Ricketts	San Diego Mesa	1:53.96	03/31/01
3 John Morgan	Saddleback	1:54.20	04/06/01
4 Josh Campbell	Hartnell	1:54.70	04/06/01
5 Eddie Alaniz	San Jose	1:54.80	04/06/01
6 D.J. Ozan	West Valley	1:54.84	04/01/01
7 Juan Vazquez	Sequoias	1:55.96	03/08/01
8 Steve Smith	American River	1:56.02	04/25/01
9 Dale Hancock	Modesto	1:56.49	04/28/01
10 Don McClure	San Diego Mesa	1:56.55	03/31/01
11 Ryan Moorcroft	San Diego Mesa	1:56.70	03/02/01
12 Brian Winter	Citrus	1:56.70	03/31/01
13 Jeff Seborer	Sequoias	1:56.77	04/27/01
14 Blaine Ashley	San Mateo	1:56.90	03/15/01
15 Ryan Stepp	Fresno	1:56.93	04/27/01
16 Hector Alicea	Modesto	1:56.97	04/27/01
17 Joshua Foster	Diablo Valley	1:57.18	04/07/01
18 Jon Smith	American River	1:57.27	04/25/01
19 Robby McClendon	Saddleback	1:57.29	04/06/01
20 Josh Guidera	Sacramento	1:57.39	04/25/01

### 1,500m Run

1 Ryan Moorcroft	San Diego Mesa	3:52.00	04/14/01
2 Sean Ricketts	San Diego Mesa	3:55.40	04/14/01
3 Eddie Alaniz	San Jose	3:58.74	04/12/01
4 Josh Campbell	Hartnell	3:58.82	04/28/01
5 Chris Kemp	Saddleback	3:59.00	02/09/01
6 Blaine Ashley	San Mateo	3:59.05	04/01/01
7 D.J. Ozan	West Valley	4:00.38	04/12/01
8 Raphael Machado	San Diego Mesa	4:01.10	04/14/01
9 Pablo Gallegos	Oxnard	4:01.11	03/24/01
10 Juan Vazquez	Sequoias	4:01.11	04/12/01
11 Justin Willingham	Modesto	4:01.42	04/12/01
12 Jeff Seborer	Sequoias	4:02.22	04/27/01
13 Ben Bruce	San Diego Mesa	4:04.10	03/02/01
14 Stuart Danielsson	Citrus	4:04.30	03/31/01
15 Michael Kouri	American River	4:04.93	03/31/01
16 Chris Binschus	Redwoods	4:05.20	03/24/01
17 Aaron Buttery	West Valley	4:05.90	04/28/01
18 Joshua Foster	Diablo Valley	4:06.46	04/25/01
19 Delfino Arevalo	Modesto	4:07.01	03/15/01
20 Don McClure	San Diego Mesa	4:07.30	04/07/01

### 3,000m Run

1 Ben Bruce	San Diego Mesa	8:47.30	03/08/01
2 Enrique Guerrero	San Diego Mesa	8:52.10	03/09/01
3 Jesse Armijo	Saddleback	9:05.70	03/09/01
4 Pablo Gallegos	Oxnard	9:06.41	03/02/01
5 Adrian Garcia	San Diego Mesa	9:07.10	03/09/01
6 Carlos Rojas	Fullerton	9:07.40	03/09/01
7 Omar Zavala	San Diego Mesa	9:11.70	03/09/01
8 Baruch Vega	San Diego Mesa	9:15.20	02/09/01
9 Tyler Ludwig	San Diego Mesa	9:15.20	03/09/01
10 Chris Fetter	Saddleback	9:19.00	03/09/01
11 Eddie Alaniz	San Jose	9:20.00	02/02/01
12 Mark Marshall	San Diego Mesa	9:24.80	02/16/01
13 Ismael Padilla	Fullerton	9:29.00	03/09/01

14 Dawit Gezahegn	San Jose	9:32.10	02/02/01
15 Robert Eap	CCSF	9:34.85	03/30/01
16 Matt Hunt	Saddleback	9:35.80	02/16/01
17 Martin Gandara	Oxnard	9:38.42	03/02/01
18 Alex Cocina	San Diego Mesa	9:38.90	03/09/01
19 Chikara Omine	CCSF	9:42.16	03/30/01
20 Matthew Hall	Fullerton	9:43.80	03/09/01

### 3,000m Steeplechase

1 Ben Bruce	San Diego Mesa	9:21.70	04/28/01
2 Michael Kouri	American River	9:28.17	03/24/01
3 Michael Dolloff	American River	9:38.80	04/12/01
4 Blaine Ashley	San Mateo	9:41.55	03/24/01
5 Steven Nehls	Lassen	9:43.44	04/28/01
6 Jose Palma	Modesto	9:46.41	03/24/01
7 Macario Lara	Cerritos	9:53.90	04/12/01
8 Robby McClendon	Saddleback	9:55.70	03/17/01
9 Chris O'Neal	San Jose	9:58.87	03/31/01
10 Justin Hurd	Hartnell	9:59.08	04/28/01
11 Mark Marshall	San Diego Mesa	10:00.30	04/28/01
12 Jon Smith	American River	10:02.50	03/24/01
13 Chris Brown	Diablo Valley	10:05.86	04/07/01
14 Dawit Gezahegn	San Jose	10:06.01	03/20/01
15 Chris Fetter	Saddleback	10:09.25	03/23/01
16 Larry Blaylock	Sacramento	10:10.85	03/17/01
17 Michael Price	American River	10:18.30	04/25/01
18 Kala Donnelly	Sequoias	10:20.95	03/08/01
19 Eric Nilsen	West Valley	10:21.99	04/28/01
20 Chip Powers	Hartnell	10:22.25	03/08/01

### 5,000m Run

1 Eddie Alaniz	San Jose	14:47.73	03/31/01
2 Ryan Moorcroft	San Diego Mesa	14:48.52	03/31/01
3 Ben Bruce	San Diego Mesa	15:11.03	03/31/01
4 Enrique Guerrero	San Diego Mesa	15:12.42	03/24/01
5 Sean Ricketts	San Diego Mesa	15:16.10	03/02/01
6 Delfino Arevalo	Modesto	15:22.35	04/20/01
7 Enrique Henriquez	Chabot	15:23.74	03/24/01
8 Jesse Armijo	Saddleback	15:26.80	04/06/01
9 Evan Carroll	Fresno	15:27.60	04/06/01
10 Chris Kemp	Saddleback	15:28.20	03/23/01
11 Justin Willingham	Modesto	15:31.27	04/27/01
12 Pablo Gallegos	Oxnard	15:33.91	03/09/01
13 Kala Donnelly	Sequoias	15:37.60	04/06/01
14 Baruch Vega	San Diego Mesa	15:38.45	03/31/01
15 Omar Zavala	San Diego Mesa	15:38.91	04/28/01
16 Brian Smith	Shasta	15:42.00	03/17/01
17 Adrian Garcia	San Diego Mesa	15:43.73	04/14/01
18 Tyler Ludwig	San Diego Mesa	15:48.85	04/28/01
19 Victor Flores	Modesto	15:54.50	04/06/01
20 Arturo Lopez	Sequoias	15:55.30	04/06/01

### 10,000m Run

1 Enrique Guerrero	San Diego Mesa	31:49.20	03/30/01
2 Enrique Henriquez	Chabot	32:02.87	04/07/01
3 Kala Donnelly	Sequoias	32:26.70	04/12/01
4 Delfino Arevalo	Modesto	32:36.19	03/10/01
5 Adrian Garcia	San Diego Mesa	32:47.40	03/30/01
6 Pablo Gallegos	Oxnard	32:48.24	03/16/01
7 Omar Zavala	San Diego Mesa	33:01.30	03/30/01
8 Arturo Lopez	Sequoias	33:28.40	04/12/01
9 Robert Eap	CCSF	33:31.67	04/24/01
10 Roberto Loredano	San Joaquin Delta	33:34.20	04/12/01
11 Pastor Bejinez	Chabot	33:43.46	04/07/01
12 Jason Venzor	Citrus	34:03.00	03/30/01
13 Ben Bruce	San Diego Mesa	34:04.00	04/24/01
14 Chris Fetter	Saddleback	34:04.50	03/16/01
15 David Leon	West Valley	34:26.94	04/24/01
16 Chikara Omine	CCSF	34:30.62	04/24/01
17 Tyler Ludwig	San Diego Mesa	34:31.00	04/24/01
18 Jose Garcia	Oxnard	34:36.84	03/16/01
19 Aaron Jacobsen	West Valley	34:52.32	04/24/01
20 Billy Maas	Redwoods	34:54.00	04/27/01

### High Jump

1 Kurtiss Dille	Sacramento	7' 1"	03/31/01
2 Jon Willison	Santa Rosa	6' 10"	04/25/01
3 James Randle	Hartnell	6' 9"	02/23/01
4 William Halford	Fresno	6' 9"	04/27/01
5 Stanley Wright	Cosumnes	6' 8"	04/25/01
6 Kenneth Pearson	San Joaquin Delta	6' 8"	04/06/01
7 Mike Reynolds	Modesto	6' 7"	04/12/01
8 Vincent Boatwright	Chabot	6' 7"	02/23/01
9 Shaun Smith	Cuyamaca	6' 6.25"	02/15/01
10 Lucas Reynaud	Cuesta	6' 6"	03/23/01
11 Trenton Garland	Sacramento	6' 6"	04/25/01
12 James Perkins	Cerritos	6' 6"	03/30/01

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La Vinciano Fowler CCSF 6' 6" 02/23/01  
Willie Brown Hartnell 6' 5" 04/12/01  
Shane Ludington American River 6' 5" 04/12/01  
Nate Maxwell San Jose 6' 4" 03/10/01  
John Johnson Diablo Valley 6' 4" 03/10/01  
Rueben Mastin De Anza 6' 4" 03/17/01  
Mike Comarato San Mateo 6' 3.25" 04/17/01  
Clarence Salviejo Hartnell 6' 3" 02/08/01

## n's Pole Vault

Robert Carbajal San Jose 16' 7" 03/10/01  
Logan Odden Golden West 16' 3" 03/24/01  
Kriwinski Joel Butte 15' 10.75" 04/01/01  
Mike Comarato San Mateo 15' 6" 04/06/01  
Nate Guido Santa Rosa 15' 1" 03/30/01  
Matt Mathis Riverside 15' 0" 03/24/01  
Clarence Salviejo Hartnell 15' 0" 04/06/01  
Patrick Edquist Cerritos 14' 9" 04/07/01  
Beau Beavers Modesto 14' 6" 03/31/01  
Daniel Lundy American River 14' 6" 04/25/01  
Jesse Callwood Cuesta 14' 6" 03/02/01  
Mark Martello Saddleback 14' 6" 04/06/01  
Anthony Hall Citrus 14' 6" 03/09/01  
Eldwin Chappell Modesto 14' 6" 04/27/01  
Joel Vega Citrus 14' 6" 03/09/01  
Jason Cornillez San Jose 14' 3" 04/12/01  
Brandt Willingham Fresno 14' 2" 03/15/01  
John Hengel Butte 14' 1.5" 04/21/01  
Tommy Sparks Fullerton 14' 0" 02/16/01  
Kris Scotten Golden West 14' 0" 03/11/01

## ng Jump

Derick Anderson Cerritos 24' 5.25" 03/17/01  
Maurice Mann Monterey Peninsula 24' 2.25" 04/12/01  
Jeff Billing Shasta 24' 1.25" 04/28/01  
Allen Richmond Butte 23' 6" 04/21/01  
Kenneth Pearson San Joaquin Delta 23' 3" 03/17/01  
Frank Jordan Fresno 22' 11.5" 04/27/01  
Jeremiah Tolbert West Valley 22' 11" 04/06/01  
Jairus Ellis Citrus 22' 9.25" 04/06/01  
Jeremy Garcia Reedley 22' 9.25" 04/14/01  
Josh Norman Fresno 22' 9" 04/27/01  
Vincent Copeland Reedley 22' 7.5" 03/08/01  
Butch Lerma Saddleback 22' 6" 03/23/01  
Jon Willison Santa Rosa 22' 4.75" 03/10/01  
Marques Tucker Redwoods 22' 4" 04/06/01  
James Perkins Cerritos 22' 3.75" 03/30/01  
Nate Maxwell San Jose 22' 3.5" 04/06/01  
DaShawn Clark Sacramento 22' 3.25" 04/14/01  
Jessie Willis Modesto 22' 2" 04/27/01  
Kevin Williams Citrus 22' 1.5" 02/15/01  
Niani White San Jose 22' 1.5" 03/29/01

## iple Jump

Derick Anderson Cerritos 48' 6.25" 02/17/01  
Nate Maxwell San Jose 47' 10.5" 04/06/01  
Marques Tucker Redwoods 47' 4" 04/27/01  
DaShawn Clark Sacramento 47' 0" 04/14/01  
Butch Lerma Saddleback 45' 8.5" 03/02/01  
Jeremiah Tolbert West Valley 45' 5.75" 04/28/01  
Kenneth Pearson San Joaquin Delta 45' 5.75" 04/12/01  
Bobby Bernal Butte 45' 3.5" 03/30/01  
Mike Cordoba Hartnell 45' 2.75" 02/02/01  
Robert Nunn Cuesta 44' 10" 03/30/01  
Keith Mickey Contra Costa 44' 9.75" 02/17/01  
Niani White San Jose 44' 9.5" 04/12/01  
Morris Washington Fresno 44' 9.5" 03/03/01  
Kurtiss Dilley Sacramento 44' 0.5" 04/25/01  
John Seol Cuesta 44' 0" 03/24/01  
Jon Willison Santa Rosa 43' 11.5" 03/10/01  
Jay D. Coles American River 43' 8.5" 04/12/01  
Frank Jordan Fresno 43' 8.5" 04/23/01  
Greg Jones Chabot 43' 8" 04/28/01  
Laron Mitchell Modesto 43' 5" 04/23/01

## icus Throw

Lucas MacKay Moorpark 180' 8" 04/12/01  
Gilbert Rocha San Joaquin Delta 167' 3" 04/12/01  
Bryan Harris San Joaquin Delta 166' 10" 04/25/01  
Anton Alves Shasta 161' 1" 03/17/01  
Denver Guillory Santa Rosa 158' 0" 03/24/01  
Joe Lochridge Moorpark 155' 8" 03/24/01  
Kakami Malakai Reedley 152' 3" 04/06/01  
Chris Figures Bakersfield 152' 2" 03/17/01  
Chase Hanson Cuyamaca 150' 6" 03/09/01  
Robert Lugo Citrus 149' 9" 03/23/01  
Robert Linkul American River 147' 3" 04/25/01

Cole Sprague West Hills 146' 7" 04/27/01  
Travis Darby Sequoias 145' 10" 03/10/01  
Evan Rose San Diego Mesa 145' 2" 03/09/01  
Will Hunt Cuyamaca 145' 1.5" 02/09/01  
Mike Rosknecht Cuyamaca 145' 1" 02/15/01  
John Newell Sacramento 144' 10" 04/14/01  
Drew Tombleson Sacramento 144' 7" 04/25/01  
Randy Gates San Mateo 144' 3" 04/28/01  
Jared Casey Modesto 143' 11" 04/27/01

## Hammer Throw

1 Lucas MacKay Moorpark 208' 9" 04/12/01  
2 Evan Rose San Diego Mesa 173' 6" 04/24/01  
3 Robert Linkul American River 167' 11" 04/12/01  
4 Denver Guillory Santa Rosa 164' 10" 03/30/01  
5 John Newell Sacramento 164' 0" 04/06/01  
6 Bryan Harris San Joaquin Delta 161' 1" 04/25/01  
7 Vetto Cerrato San Joaquin Delta 160' 8" 04/25/01  
8 Robert Lugo Citrus 151' 6" 04/12/01  
9 Chris Figures Bakersfield 149' 0" 03/17/01  
10 Luis Medina Moorpark 148' 10" 04/12/01  
11 Anthony Sanchez Hartnell 148' 6" 04/24/01  
12 Anton Alves Shasta 147' 10" 03/18/01  
13 Cole Sprague West Hills 147' 5" 04/27/01  
14 Brian Crum American River 147' 0" 04/25/01  
15 Timothy Lembach Lassen 144' 9.5" 04/28/01  
16 Anthony Manansala Moorpark 143' 6" 04/04/01  
17 Jared Casey Modesto 143' 1" 03/10/01  
18 Mike Lamoure Modesto 143' 0" 04/14/01  
19 David Mosqueda Sacramento 141' 1" 04/25/01  
20 Ruben Masso Yuba 140' 11" 04/20/01

## Javelin

1 Matthew McGee Marin 188' 7" 03/24/01  
2 Andrew Phillips Cerritos 186' 3" 03/24/01  
3 Josh Meyer Reedley 184' 0" 04/06/01  
4 David Flores Hartnell 183' 4" 03/17/01  
5 Paul Carras Sacramento 182' 10" 03/03/01  
6 Ryan Burgess Modesto 180' 0" 04/27/01  
7 Logan Moore Sacramento 178' 4" 04/18/01  
8 Gabe Scarpelli De Anza 177' 4" 04/06/01  
9 Sean Blandford Sacramento 175' 4" 03/03/01  
10 Jason Johnson Sequoias 173' 6" 02/17/01  
11 Kakami Malakai Reedley 172' 6" 04/27/01  
12 Christian Amabisca Fresno 171' 11" 04/06/01  
13 Brandon Gardner Cuesta 171' 11" 03/30/01  
14 Jeff Dougherty Hartnell 170' 11" 04/12/01  
15 Drew Tombleson Sacramento 170' 7" 04/25/01  
16 Wade Pestoni Hartnell 170' 4" 02/23/01  
17 Ben Knight Cuyamaca 170' 1" 02/08/01  
18 Tim O'Hara Diablo Valley 165' 2" 03/10/01  
19 Quinn Garcia Cuesta 164' 4" 04/12/01  
20 Andre Mitchell Sequoias 164' 2" 04/27/01

## Shot Put

1 Lucas MacKay Moorpark 54' 11" 04/04/01  
2 John Newell Sacramento 51' 9.75" 04/25/01  
3 Cole Sprague West Hills 51' 1.5" 04/21/01  
4 Chris Figures Bakersfield 51' 1" 03/24/01  
5 Joe Lochridge Moorpark 50' 11" 03/24/01  
6 Denver Guillory Santa Rosa 50' 8" 04/25/01  
7 Jefferey Holder Citrus 50' 6.25" 04/12/01  
8 Vetto Cerrato San Joaquin Delta 50' 3.5" 04/25/01  
9 Anton Alves Shasta 49' 2.5" 03/10/01  
10 Evan Rose San Diego Mesa 48' 11" 04/28/01  
11 Anthony Sanchez Hartnell 48' 8" 04/28/01  
12 Wayne Hassey Cuyamaca 48' 6" 03/09/01  
13 Jeremy Holt Marin 48' 5.5" 02/23/01  
14 Bryan Harris San Joaquin Delta 48' 0.5" 04/25/01  
15 Drew Tombleson Sacramento 47' 11.25" 03/03/01  
16 Erik Swanson Sierra 47' 3.25" 04/12/01  
17 John Stokes Cuyamaca 46' 10" 02/09/01  
18 Ron Walters Sequoias 46' 9" 04/06/01  
19 Travis Darby Sequoias 46' 2" 02/17/01  
20 Gilbert Rocha San Joaquin Delta 46' 1" 04/06/01

## Decathlon

1 Logan Moore Sacramento 6038 03/31/01  
2 Vincent Boatwright Chabot 5947 04/18/01  
3 Kevin Coelho Hartnell 5467 04/18/01  
4 Jesse Simmons Butte 5463 04/18/01  
5 Clarence Salviejo Hartnell 5344 04/18/01  
6 Arthur Benedetti Redwoods 5198 03/02/01  
7 Charles Bailey San Diego Mesa 5161 03/28/01  
8 Greg Schwartz Contra Costa 4750 04/10/01  
9 Matthew McGee Marin 4471 04/15/01  
10 Sean Warner Yuba 4466 03/29/01

11 Joe Lemenager Yuba 4125 04/14/01  
12 Beau Beavers Modesto 3814 04/14/01

## 4 x 100m Relay

1 Cerritos 40.78 04/02/01  
2 Fresno 41.16 04/06/01  
3 Contra Costa 41.20 03/20/01  
4 Citrus 41.51 04/01/01  
5 Golden West 41.80 03/11/01  
6 Chabot 41.80 04/21/01  
7 Merritt 41.88 03/18/01  
8 Modesto 42.17 03/28/01  
9 Sacramento 42.47 03/31/01  
10 San Joaquin Delta 42.51 03/17/01  
11 Butte 42.54 04/21/01  
12 CCSF 42.70 04/01/01  
13 Monterey Peninsula 42.72 04/28/01  
14 Shasta 42.76 04/28/01  
15 Hartnell 42.78 03/16/01  
16 Saddleback 42.86 02/06/01  
17 West Valley 42.88 04/06/01  
18 San Diego Mesa 42.99 04/14/01  
19 Reedley 43.38 04/06/01  
20 Redwoods 43.40 03/30/01  
21 American River 43.50 03/05/01  
22 Cuesta 43.60 03/30/01  
23 De Anza 43.83 04/14/01  
24 Sequoias 43.99 02/02/01  
25 Merced 44.55 04/02/01

## 4 x 200m Relay

1 Contra Costa 1:26.03 03/27/01  
2 Fresno 1:26.64 03/10/01  
3 Merritt 1:26.64 04/20/01  
4 Modesto 1:28.59 04/06/01  
5 Chabot 1:28.83 03/10/01  
6 CCSF 1:30.36 03/10/01  
7 Butte 1:30.50 03/10/01  
8 West Valley 1:30.85 02/16/01  
9 San Joaquin Delta 1:31.00 03/05/01  
10 American River 1:32.40 02/16/01  
11 Saddleback 1:32.57 04/06/01  
12 Monterey Peninsula 1:32.80 02/16/01  
13 Sacramento 1:32.90 03/10/01  
14 Reedley 1:33.31 03/10/01  
15 Santa Rosa 1:37.54 03/10/01  
16 Yuba 1:40.10 02/16/01

## 4 x 400m Relay

1 Contra Costa 3:13.81 04/07/01  
2 Merritt 3:14.01 03/20/01  
3 Cerritos 3:16.39 03/17/01  
4 Fresno 3:16.57 04/09/01  
5 San Diego Mesa 3:17.99 04/28/01  
6 Sacramento 3:18.50 03/17/01  
7 Hartnell 3:18.57 04/28/01  
8 Chabot 3:18.58 03/24/01  
9 West Valley 3:18.66 04/01/01  
10 Modesto 3:18.67 04/06/01  
11 American River 3:19.21 04/06/01  
12 CCSF 3:20.80 03/17/01  
13 Monterey Peninsula 3:20.82 04/28/01  
14 Moorpark 3:21.71 03/24/01  
15 Saddleback 3:22.50 03/23/01  
16 Citrus 3:22.70 04/01/01  
17 Diablo Valley 3:25.88 04/07/01  
18 Santa Rosa 3:25.90 03/15/01  
19 De Anza 3:25.91 03/24/01  
20 San Joaquin Delta 3:26.15 03/18/01  
21 Sequoias 3:26.77 03/18/01  
22 Butte 3:27.90 03/17/01  
23 Shasta 3:28.12 03/10/01  
24 Cuesta 3:29.21 03/30/01  
25 Yuba 3:32.10 04/28/01

## 4 x 800m Relay

1 American River 7:59.94 03/10/01  
2 Sequoias 8:09.24 03/10/01  
3 Diablo Valley 8:26.21 03/10/01  
4 San Joaquin Delta 8:27.61 03/10/01  
5 Chabot 8:33.33 03/10/01

## 4 x 1,600m Relay

1 San Joaquin Delta 18:15.00 03/05/01  
2 Sequoias 18:38.43 03/10/01  
3 West Valley 18:45.87 03/10/01  
4 Sacramento 19:00.00 03/08/01  
5 Chabot 19:04.79 03/10/01

# 101 California Community College Cross Country and Track Coaches Association Best Marks List - MAY 1, 2001

## Women:

### **1m Dash**

Rank	Athlete	Team	Time	Date
1	Tania Woods	CCSF	11.49	04/22/01
2	Nikki Avery	Fresno	12.01	03/15/01
3	Priscilla Parker	San Diego Mesa	12.22	04/14/01
4	Dana Brewer	Contra Costa	12.36	04/20/01
5	Penny Osborns	Sequoias	12.37	03/17/01
6	Anita McCallum	CCSF	12.39	04/07/01
7	Jane Givens	San Diego Mesa	12.40	04/07/01
8	Andrea Kincaid	CCSF	12.43	04/07/01
9	Shatoria Williams	Cerritos	12.45	03/24/01
10	Misty Coston	Bakersfield	12.47	03/24/01
11	Quianna Starr	Fullerton	12.50	03/14/01
12	Andria Booker	San Diego Mesa	12.50	04/07/01
13	Brooke Meredith	Shasta	12.50	03/17/01
14	Cinty McGowan	De Anza	12.51	03/17/01
15	Takeela Beal	Cerritos	12.57	04/12/01
16	Omalara Odofin	Contra Costa	12.64	04/25/01
17	Akenja Jones	CCSF	12.70	04/12/01
18	Melissa Allen	Cerritos	12.71	04/12/01
19	Odri Pinnock	Contra Costa	12.72	04/25/01
20	Anna Hemenway	Butte	12.80	03/24/01

### **1m High Hurdles**

1	Andria Booker	San Diego Mesa	14.30	03/09/01
2	Simone Brooks	CCSF	14.68	04/01/01
3	Amber Price	Golden West	15.10	03/11/01
4	Lindsey Cox	Riverside	15.10	03/15/01
5	Susanna Wall	San Joaquin Delta	15.27	04/25/01
6	Rachel McDonald	Chabot	15.60	02/23/01
7	Takeela Beal	Cerritos	15.76	02/09/01
8	Brianna Cardenas	Yuba	15.78	03/24/01
9	Kristen Kam	De Anza	15.90	03/02/01
10	Ileah Jackson	Shasta	16.14	03/18/01
11	Stephanie Jzyk	Diablo Valley	16.17	04/07/01
12	Tiffany Bishop	Modesto	16.21	04/27/01
13	Heather Contreras	Yuba	16.21	04/20/01
14	Jennifer Cornelius	Sacramento	16.31	04/25/01
15	Diane Hubbell	Modesto	16.42	04/27/01
16	Maya Agarwal	American River	16.50	03/15/01
17	Jackie White	Santa Rosa	16.58	04/25/01
18	Rachael Mintz	Yuba	16.61	04/18/01
19	Jessie Spear	Cuesta	16.81	04/06/01
20	Laurel Damm	Redwoods	16.81	03/24/01

### **Women's 1,200m Sprint Medley**

1	Merritt	3:32.17	02/16/01
2	American River	3:32.19	02/16/01
3	Saddleback	3:34.45	02/24/01
4	Sacramento	3:38.80	02/16/01
5	Santa Rosa	3:40.02	02/16/01

### **Women's 1,600m Sprint Medley**

1	Merritt	3:29.41	03/10/01
2	West Valley	3:32.00	02/28/01
3	American River	3:32.19	03/05/01
4	San Joaquin Delta	3:34.00	03/05/01
5	Hartnell	3:35.46	02/16/01
6	Santa Rosa	3:35.59	03/10/01
7	Sacramento	3:36.00	03/08/01
8	CCSF	3:40.00	03/08/01
9	Monterey Peninsula	3:41.33	02/16/01
10	Yuba	3:42.00	03/07/01

### **Women's 4,000m Distance Medley**

1	American River	10:17.60	04/06/01
2	Saddleback	10:19.20	04/01/01
3	Sequoias	10:21.39	04/06/01
4	West Valley	10:24.35	04/06/01
5	Modesto	10:28.19	04/06/01
6	San Mateo	10:30.24	04/06/01
7	Sierra	10:41.35	04/06/01
8	Chabot	10:42.84	03/10/01
9	Sacramento	10:45.00	04/01/01
10	San Jose	10:45.08	02/16/01

### **Women's 200m Dash**

1	Tania Woods	CCSF	23.45	04/22/01
2	Orenda Talton	Cerritos	24.66	03/30/01
3	Priscilla Parker	San Diego Mesa	24.90	04/24/01
4	Jane Givens	San Diego Mesa	25.38	04/14/01
5	Nikki Avery	Fresno	25.44	04/12/01
6	June Martinez	Cerritos	25.52	04/12/01
7	Simone Brooks	CCSF	25.54	04/28/01
8	Kate Marshall	American River	25.54	04/25/01
9	Danielle Williams	Sacramento	25.60	04/25/01
10	Dana Brewer	Contra Costa	25.64	03/24/01
11	Melissa Allen	Cerritos	25.84	04/12/01
12	Michelle Armstrong	CCSF	25.93	04/12/01
13	Brooke Meredith	Shasta	26.04	04/28/01
14	Akenja Jones	CCSF	26.05	04/28/01
15	Penny Osborns	Sequoias	26.08	03/31/01
16	Cinty McGowan	De Anza	26.13	04/28/01
17	Odri Pinnock	Contra Costa	26.16	03/17/01
18	Kristen Wasser	Fresno	26.23	04/20/01
19	Misty Coston	Bakersfield	26.35	04/03/01
20	Andrea Kincaid	CCSF	26.47	02/23/01

### **400m Dash**

1	Jane Givens	San Diego Mesa	56.47	03/31/01
2	Orenda Talton	Cerritos	57.48	03/30/01
3	Dana Brewer	Contra Costa	58.20	04/12/01
4	Casey Holman	Bakersfield	58.20	04/12/01
5	June Martinez	Cerritos	58.23	03/30/01
6	Andria Norris	CCSF	58.46	04/28/01
7	Kristen Wasser	Fresno	58.48	04/20/01
8	Danielle Williams	Sacramento	58.77	04/25/01
9	Kate Marshall	American River	59.32	04/25/01
10	Michelle Armstrong	CCSF	59.91	04/28/01
11	Priscilla Parker	San Diego Mesa	59.93	02/24/01
12	Ginny Greene	West Valley	1:00.12	04/01/01
13	Kristen Ray	CCSF	1:00.29	04/07/01
14	Tenisha Johnson	CCSF	1:00.54	04/07/01
15	Tracy Hess	De Anza	1:00.74	04/14/01
16	Michelle Bokamper	Chabot	1:00.96	04/21/01
17	Penny Osborns	Sequoias	1:01.06	04/27/01
18	Angelica Casas	Sequoias	1:01.24	04/27/01
19	Shemilia Johnson	Contra Costa	1:01.48	04/25/01
20	Zettia Barney	Sacramento	1:01.54	04/25/01

### **400m Intermediate Hurdles**

1	Kristen Kam	De Anza	1:03.39	03/24/01
2	Lina Pimentel	West Valley	1:05.09	03/31/01
3	Susanna Wall	San Joaquin Delta	1:05.48	04/25/01
4	Angel Davis	Fullerton	1:06.00	03/14/01
5	Lindsey Cox	Riverside	1:06.60	03/15/01
6	Stephanie Jzyk	Diablo Valley	1:06.97	04/07/01
7	Jackie White	Santa Rosa	1:07.14	03/24/01
8	Jennifer Cornelius	Sacramento	1:07.53	04/25/01
9	Akia Hasan	San Jose	1:07.55	04/06/01
10	Michelle Armstrong	CCSF	1:08.45	02/23/01
11	Jane Givens	San Diego Mesa	1:09.20	03/02/01
12	Emilie Weichert	Modesto	1:09.53	04/27/01
13	Christina Shamass	Modesto	1:10.00	04/21/01
14	Dana Brewer	Contra Costa	1:10.26	03/20/01
15	Ginny Wright	Yuba	1:10.35	04/12/01
16	Andria Norris	CCSF	1:10.48	02/23/01
17	Andrea Branco	Chabot	1:11.10	03/29/01
18	Jessie Spear	Cuesta	1:11.21	03/17/01
19	Michelle Finch	Santa Rosa	1:11.67	04/25/01
20	Kristen Wasser	Fresno	1:12.60	03/15/01

### **800m Run**

1	Angelica Casas	Sequoias	2:14.33	04/27/01
2	Heidi Cavender	Mendocino	2:21.34	03/17/01
3	Aisha Harris	Cerritos	2:21.69	03/17/01
4	Shakela Wilson	Cerritos	2:22.37	03/17/01
5	Ginny Greene	West Valley	2:23.97	03/31/01
6	Celeste Dunlap	West Valley	2:24.02	03/31/01
7	Beverly Havner	West Valley	2:24.73	04/06/01
8	Monique Garcia	Modesto	2:25.16	04/20/01
9	Margaret Pridgen	Saddleback	2:25.29	04/06/01
10	Andrea Branco	Chabot	2:26.06	03/31/01
11	Kristie Gonzales	Sequoias	2:26.32	04/27/01
12	Allison Beatty	American River	2:26.33	04/25/01
13	Jessica Meyer	Santa Rosa	2:26.95	04/07/01
14	Erin Rau	American River	2:27.19	04/25/01
15	Melissa Hardy	Sierra	2:27.70	04/06/01
16	Sirena Alvarez	Modesto	2:28.51	03/15/01
17	Lorena Jimenez	San Diego Mesa	2:29.10	03/02/01
18	Karen Espinoza	Cerritos	2:29.39	03/30/01
19	Lina Pimentel	West Valley	2:29.70	03/15/01
20	Sheaya Rojas	Saddleback	2:29.80	03/02/01

### **Women's 1,500m Run**

1	Celeste Dunlap	West Valley	4:52.19	04/12/01
2	Heidi Cavender	Mendocino	4:54.00	03/23/01
3	Sirena Alvarez	Modesto	4:54.56	04/20/01
4	Cassandra Goodson	Diablo Valley	4:59.02	03/31/01
5	Kelly Smith	American River	5:00.78	04/12/01
6	Hannah Sellers	Sequoias	5:01.40	04/21/01
7	Andrea Branco	Chabot	5:02.87	04/07/01
8	Cecilia Goodman	San Diego Mesa	5:03.41	03/31/01
9	Beverly Havner	West Valley	5:04.36	04/28/01
10	Lorena Jimenez	San Diego Mesa	5:04.60	02/16/01
11	Melissa Hardy	Sierra	5:04.62	04/21/01
12	Amy Briley	Hartnell	5:06.14	04/28/01
13	Erin Rau	American River	5:07.07	04/25/01
14	Ivajo Otto	Mendocino	5:07.07	04/25/01
15	Monique Garcia	Modesto	5:09.76	04/12/01
16	Kristie Gonzales	Sequoias	5:11.08	04/27/01
17	Becka Zamolo	Diablo Valley	5:11.30	03/17/01
18	Whitney Garcia	Cuesta	5:11.54	03/23/01
19	Sheaya Rojas	Saddleback	5:12.80	03/23/01
20	Angelica Casas	Sequoias	5:13.50	04/21/01

### **3,000m Run**

1	Celeste Dunlap	West Valley	10:35.20	04/06/01
2	Kelly Smith	American River	10:37.50	04/12/01
3	Hannah Sellers	Sequoias	10:37.72	04/12/01
4	Lorena Jimenez	San Diego Mesa	10:46.37	02/24/01
5	Tirza Watts	Fullerton	10:52.15	03/24/01
6	Cassandra Goodson	Diablo Valley	10:56.33	04/12/01
7	Monica Nicholson	Hartnell	11:11.69	04/12/01
8	Ivajo Otto	Mendocino	11:12.80	03/17/01
9	Becka Zamolo	Diablo Valley	11:13.23	04/12/01
10	Whitney Garcia	Cuesta	11:16.01	03/17/01
11	Sarah Pond	American River	11:19.10	04/06/01
12	Genevieve Cruz	San Diego Mesa	11:21.10	02/02/01
13	Cristy Beatty	American River	11:22.28	04/12/01
14	Heidi Cavender	Mendocino	11:25.01	02/16/01
15	Cecilia Goodman	San Diego Mesa	11:26.20	02/24/01
16	Monique Garcia	Modesto	11:29.10	04/06/01
17	Diana Kirk	West Valley	11:30.84	03/31/01
18	Marta Vallier	Saddleback	11:35.00	03/09/01
19	Onita Nogales	American River	11:36.20	03/17/01
20	Araceli Garcia	Sequoias	11:39.57	03/31/01

### **5,000m Run**

1	Kelly Smith	American River	18:20.03	03/24/01
2	Cassandra Goodson	Diablo Valley	18:40.47	04/07/01
3	Hannah Sellers	Sequoias	18:46.90	04/12/01
4	Tirza Watts	Fullerton	18:54.70	03/14/01
5	Celeste Dunlap	West Valley	19:35.52	03/24/01
6	Monica Nicholson	Hartnell	19:38.10	04/12/01
7	Cristy Beatty	American River	19:41.93	04/06/01
8	Lorena Jimenez	San Diego Mesa	19:42.70	04/28/01
9	Araceli Garcia	Sequoias	19:45.25	04/06/01
10	Sarah Pond	American River	19:45.32	04/25/01
11	Genevieve Cruz	San Diego Mesa	19:47.30	03/31/01
12	Onita Nogales	American River	19:54.11	04/06/01
13	Monique Melara	Diablo Valley	20:00.27	04/07/01
14	Ivajo Otto	Mendocino	20:06.00	03/23/01
15	Katherine Trout	San Joaquin Delta	20:13.60	04/12/01
16	Whitney Garcia	Cuesta	20:22.70	04/12/01
17	Alison Graham	American River	20:27.85	04/06/01
18	Sharlet Gilbert	Contra Costa	20:30.93	04/25/01
19	Christina Escobar	San Joaquin Delta	20:41.45	04/25/01
20	Melanie Staton	Shasta	21:14.51	03/10/01

### **Women's 10,000m Run**

1	Diana Kirk	West Valley	40:38.19	04/24/01
2	Cassandra Goodson	Diablo Valley	40:59.34	03/17/01
3	Hannah Sellers	Sequoias	41:25.10	04/23/01
4	Kelly Smith	American River	41:25.90	04/25/01
5	Monica Nicholson	Hartnell	42:48.97	03/17/01
6	Cristy Beatty	American River	43:20.66	04/25/01
7	Sarah Pond	American River	43:22.00	03/17/01
8	Onita Nogales	American River	43:55.52	04/25/01
9	Katherine Trout	San Joaquin Delta	44:13.41	04/25/01
10	Genevieve Cruz	San Diego Mesa	44:42.19	04/24/01
11	Sharlet Gilbert	Contra Costa	44:46.05	04/25/01
12	Patty Beard	Citrus	45:13.00	03/23/01
13	Alison Graham	American River	45:24.45	04/25/01
14	Araceli Garcia	Sequoias	46:14.40	04/23/01
15	Jennifer Xepoleas	Diablo Valley	46:30.00	04/24/01

# 101 California Community College Cross Country and Track Coaches Association Best Marks List - MAY 1, 2001

## men's High Jump

Nikki Avery	Fresno	5' 6"	03/31/01
Brianna Cardenas	Yuba	5' 4"	04/25/01
Susanna Wall	San Joaquin Delta	5' 4"	04/25/01
Rachel McDonald	Chabot	5' 3"	04/28/01
Aliah Abdo	De Anza	5' 3"	03/29/01
Stephanie Jzyk	Diablo Valley	5' 2"	03/31/01
Ileah Jackson	Shasta	5' 2"	03/17/01
Monica Eklund	CCSF	5' 0"	04/28/01
Telita Wright	Sacramento	5' 0"	03/10/01
Leah Powers	San Joaquin Delta	5' 0"	04/12/01
Amber Price	Golden West	5' 0"	03/11/01
Andria Booker	San Diego Mesa	5' 0"	02/09/01
Jackie White	Santa Rosa	5' 0"	03/30/01
Rachael Moon	Cuesta	4' 10"	03/02/01
Danae Tate	Modesto	4' 9"	03/15/01
Megan Hastings	Merced	4' 9"	03/15/01
Tiffany Bishop	Modesto	4' 9"	04/27/01
Simoura Rahman	Lassen	4' 8"	03/30/01
Maya Agarwal	American River	4' 8"	02/16/01
Wendy Ballreich	De Anza	4' 8"	02/23/01

## le Vault

Crystal Marks	Shasta	11' 6"	03/18/01
Jessica Ruby	Golden West	10' 0"	03/11/01
Amber Sammons	Chabot	9' 9"	02/16/01
Amy Weddell	San Joaquin Delta	9' 9"	04/25/01
Kristen Arnold	Fresno	9' 7"	04/27/01
Kelly Worman	Modesto	9' 7"	04/27/01
Courtney Behee	Citrus	9' 6"	03/02/01
Katrina Glenn	Chabot	9' 6"	03/10/01
Dorthea Barrett	Sierra	9' 4"	02/23/01
Sarah Corda	Santa Rosa	9' 0.25"	04/07/01
Tanara Martinez	Santa Rosa	9' 0.25"	04/07/01
Jennie Nolan	Saddleback	9' 0"	02/09/01
Heather Moody	Citrus	9' 0"	03/09/01
Allison Beatty	American River	9' 0"	04/06/01
Lilly Perez	Cerritos	9' 0"	04/12/01
Kennetra Gowdy	Fresno	8' 7"	03/31/01
Claire Manneh	Sacramento	8' 6"	03/18/01
Karen Rich	Modesto	8' 1"	03/15/01
Jamie Maddox	American River	8' 0"	03/10/01
Catherine Richmond	Cuesta	8' 0"	03/09/01

## ng Jump

Andria Booker	San Diego Mesa	18' 11"	03/24/01
Brooke Meredith	Shasta	18' 4.75"	04/27/01
Quiana Starr	Fullerton	18' 3.5"	03/24/01
Inge Prasetyo	De Anza	18' 0.5"	04/14/01
Reanita Starr	Fullerton	17' 7.5"	03/14/01
Christyle King	Cerritos	17' 7"	03/17/01
Odiri Pinnock	Contra Costa	17' 4.75"	04/12/01
Anita McCallum	CCSF	17' 4"	04/24/01
Darcie Burton	Butte	17' 3"	04/28/01
Brianna Cardenas	Yuba	16' 10.75"	04/18/01
Melissa Miller	American River	16' 10.75"	03/10/01
Heather Contreras	Yuba	16' 10"	04/25/01
Ileah Jackson	Shasta	16' 6.75"	03/18/01
Telita Wright	Sacramento	16' 6.75"	03/31/01
Tracy Hess	De Anza	16' 5"	03/02/01
Allegra Kelly	Shasta	16' 4"	04/28/01
Darlene Foster	Hartnell	16' 2"	04/24/01
Lateena Ling	Sequoias	16' 0.5"	04/06/01
Aliah Abdo	De Anza	15' 11"	04/24/01
Rachel McDonald	Chabot	15' 10.75"	04/17/01

## iple Jump

Andria Booker	San Diego Mesa	40' 1"	03/31/01
Andrea Kincaid	CCSF	38' 3.5"	04/01/01
Heather Contreras	Yuba	37' 8"	03/10/01
Brooke Meredith	Shasta	37' 6"	03/10/01
Tamillya Brown	CCSF	37' 5"	03/02/01
Inge Prasetyo	De Anza	36' 10"	04/14/01
Amber Price	Golden West	36' 8.5"	03/24/01
Reanita Starr	Fullerton	36' 5"	03/24/01
Darcie Burton	Butte	34' 8"	04/28/01
Rachel McDonald	Chabot	34' 7.5"	04/28/01
Allegra Kelly	Shasta	34' 2"	04/28/01
Sylvia Castenllanos	Sacramento	33' 10"	04/14/01
Aliah Abdo	De Anza	33' 8.5"	04/28/01
Ashley Pena	Butte	33' 8"	03/17/01
Brianna Cardenas	Yuba	33' 4.5"	04/25/01
Jane Givens	San Diego Mesa	33' 3"	02/09/01
Christina Shamass	Modesto	33' 3"	04/12/01
Becky Mendonsa	American River	33' 1"	03/17/01
Darlene Foster	Hartnell	32' 11.5"	04/06/01
Sarah Yanes	Fresno	32' 10.5"	04/27/01

## Discus Throw

1 Sunny Larson	Moorpark	158' 6"	04/04/01
2 Cami Carroll	San Mateo	148' 2"	04/28/01
3 Laura Tave	Citrus	143' 3"	03/17/01
4 Lisa Krauter	Fresno	140' 2"	04/27/01
5 Bernadette Purtle	Chabot	134' 4"	04/21/01
6 Christine Benson	Sierra	133' 1"	03/24/01
7 Jamie Elemen	Modesto	132' 0"	04/27/01
8 Reena Gonzales	Fullerton	131' 5"	03/24/01
9 Amber Varner	Bakersfield	130' 6"	04/12/01
10 Ileen Lea'u	Cerritos	130' 5"	04/12/01
11 Katherine Kersh	Sierra	128' 5"	04/12/01
12 Amber Lund	Redwoods	127' 8"	03/24/01
13 Isabel Collazo	San Joaquin Delta	126' 0"	04/25/01
14 Tracy Baylis	Moorpark	124' 6"	04/04/01
15 Sandra Maldonado	Hartnell	123' 3"	04/12/01
16 Cassy August	Hartnell	120' 7"	04/12/01
17 Crystal Diaz	Moorpark	120' 6"	04/04/01
18 Jennifer Meier	Fullerton	120' 1"	03/14/01
19 Kasey Wittstrom	Cuesta	118' 6"	03/17/01
20 Kim Reese	Saddleback	117' 3"	03/17/01

## Hammer Throw

1 Shannon Daniels	Citrus	175' 5"	04/06/01
2 Cami Carroll	San Mateo	170' 5"	04/24/01
3 Sunny Larson	Moorpark	161' 1"	04/12/01
4 Lisa Krauter	Fresno	152' 2"	04/06/01
5 Katherine Kersh	Sierra	151' 2"	04/12/01
6 Angel Johnson	Lassen	144' 9.5"	04/28/01
7 Jamie Elemen	Modesto	141' 2"	03/31/01
8 Christine Benson	Sierra	139' 3"	04/25/01
9 Laura Tave	Citrus	137' 0"	03/30/01
10 Heather Hunt	Bakersfield	135' 9"	03/17/01
11 Amber Varner	Bakersfield	134' 6"	04/12/01
12 Ileen Lea'u	Cerritos	133' 7"	02/09/01
13 Christina Duncan	San Joaquin Delta	133' 3"	04/12/01
14 Omega Gentry	Santa Rosa	131' 10"	03/30/01
15 Tracy Baylis	Moorpark	124' 11"	04/04/01
16 Bernadette Purtle	Chabot	124' 2"	04/24/01
17 Allison Kennedy	Santa Rosa	122' 8"	04/25/01
18 Crystal Diaz	Moorpark	120' 11"	04/04/01
19 Heather Edelheit	Santa Rosa	120' 10"	04/07/01
20 Rachel Snyder	Santa Rosa	119' 3"	03/02/01

## Javelin

1 Heather Hunt	Bakersfield	125' 1"	04/12/01
2 Alexis Bonilla	Monterey Peninsula	123' 4"	04/24/01
3 Aliah Abdo	De Anza	120' 6"	04/06/01
4 Brandie Dressel	Sacramento	120' 2"	04/14/01
5 Ileah Jackson	Shasta	118' 3"	04/18/01
6 Melissa Hernandez	Sequoias	117' 11"	03/17/01
7 Christine Fleming	Riverside	117' 7"	03/24/01
8 Darcie Burton	Butte	111' 7.5"	04/27/01
9 Laurel Damm	Redwoods	111' 0"	03/10/01
10 Crystal Diaz	Moorpark	110' 6"	04/04/01
11 Amber Varner	Bakersfield	110' 5"	04/12/01
12 Crystal Marks	Shasta	110' 5"	03/18/01
13 Amanda Budge	Santa Rosa	110' 1"	03/30/01
14 Rachel McDonald	Chabot	107' 11"	04/17/01
15 Keri Guillemin	Fresno	106' 11"	03/10/01
16 Shelly Gowin	Yuba	106' 2"	04/12/01
17 Tiffany Bishop	Modesto	105' 11"	03/31/01
18 Lilly Perez	Cerritos	103' 9"	03/09/01
19 Paula Malvino	Santa Rosa	102' 7"	04/25/01
20 Makana Limary	Yuba	102' 5"	04/12/01

## Shot Put

1 Sunny Larson	Moorpark	45' 4.75"	04/12/01
2 Laura Tave	Citrus	42' 11.5"	03/31/01
3 Shickola Ricks	Merced	42' 4.25"	03/31/01
4 Amber Varner	Bakersfield	41' 2"	03/09/01
5 Angel Johnson	Lassen	40' 3.6"	03/30/01
6 Amber Lund	Redwoods	40' 3.5"	03/30/01
7 Lisa Krauter	Fresno	40' 2"	04/06/01
8 Isabel Collazo	San Joaquin Delta	40' 2"	04/25/01
9 Katherine Kersh	Sierra	39' 6.25"	04/12/01
10 Jamie Elemen	Modesto	39' 0.5"	03/31/01
11 Heather Hunt	Bakersfield	38' 1"	03/02/01
12 Shannon Daniels	Citrus	38' 0"	03/09/01
13 Omega Gentry	Santa Rosa	36' 6"	04/25/01
14 Cami Carroll	San Mateo	36' 0"	03/29/01
15 Wendy Ballreich	De Anza	35' 10"	04/28/01
16 Maria Sampang	Lassen	35' 1.5"	03/10/01
17 Ileen Lea'u	Cerritos	35' 0.5"	03/30/01
18 Cassy August	Hartnell	34' 9"	04/06/01
19 Elizabeth Lawson	Cosumnes	34' 8"	04/25/01
20 Ileah Jackson	Shasta	34' 4"	04/28/01

## Heptathlon

1 Laurel Damm	Redwoods	3627	03/02/01
2 Darcie Burton	Butte	3463	03/03/01
3 Ileah Jackson	Shasta	3230	04/10/01
4 Odiri Pinnock	Contra Costa	3136	04/10/01
5 Brianna Cardenas	Yuba	2928	03/14/01
6 Rachel McDonald	Chabot	2804	04/10/01
7 Aliah Abdo	De Anza	2749	04/08/01

## 4 x 100m Relay

1 CCSF	46.60	04/01/01
2 Cerritos	47.91	04/03/01
3 Contra Costa	48.29	04/25/01
4 San Diego Mesa	48.38	03/31/01
5 De Anza	49.10	04/14/01
6 Fresno	49.28	04/27/01
7 Fullerton	50.60	03/24/01
8 Bakersfield	51.36	04/12/01
9 Sequoias	51.71	04/27/01
10 West Valley	51.96	04/28/01
11 Sacramento	52.02	03/24/01
12 Modesto	52.38	04/12/01
13 Chabot	52.50	03/15/01
14 Yuba	52.61	04/28/01
15 American River	52.90	04/28/01

## 4 x 200m Relay

1 CCSF	1:43.15	03/10/01
2 San Joaquin Delta	1:45.00	03/05/01
3 De Anza	1:45.20	04/06/01
4 Fresno	1:45.70	04/06/01
5 Contra Costa	1:45.80	04/06/01

## 4 x 400m Relay

1 Cerritos	3:54.49	04/03/01
2 CCSF	3:55.33	03/24/01
3 San Diego Mesa	4:00.62	04/14/01
4 Sacramento	4:03.11	04/25/01
5 Contra Costa	4:03.19	04/07/01
6 De Anza	4:03.94	03/17/01
7 Chabot	4:09.07	04/21/01
8 West Valley	4:09.32	04/06/01
9 Modesto	4:16.94	04/06/01
10 Shasta	4:17.15	03/10/01
11 Santa Rosa	4:17.32	04/28/01
12 Bakersfield	4:18.33	03/24/01
13 American River	4:18.40	04/06/01
14 Saddleback	4:20.08	04/06/01
15 Cuesta	4:22.21	03/30/01

## 4 x 800m Relay

1 Sequoias	10:22.66	03/10/01
2 American River	10:27.99	03/10/01
3 West Valley	10:45.23	03/10/01

## 800mSprint Medley

1 CCSF	1:53.58	02/16/01
2 Chabot	1:59.27	02/16/01
3 Sacramento	2:01.52	02/16/01

## 4 x 1,600m Relay

1 Diablo Valley	23:13.33	03/10/01
2 American River	23:31.86	03/10/01
3 Sequoias	23:48.28	03/10/01

## 1,600mSprint Medley

1 West Valley	3:45.00	03/08/01
2 Chabot	4:24.32	03/10/01
3 CCSF	4:28.00	03/08/01

## 4,000mDistance Medley

1 West Valley	12:42.51	04/06/01
2 Modesto	12:53.58	04/06/01
3 Sequoias	12:57.74	04/06/01

**Note: Although performance submissions are complete for Northern California Community Colleges, several Southern California Community Colleges have not yet inputted their marks to the new CCCCCTCA data system ([DirectAthletics.com](http://DirectAthletics.com))**  
-- Data computed through DirectAthletics, Inc.  
-- For directions on submitting marks, go to [DirectAthletics.com](http://DirectAthletics.com) or contact Bob Rush at [rushruener@aol.com](mailto:rushruener@aol.com); phone: 650-593-5973.

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