

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Event 1 Women 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times
Friday 5/1/2009 - 2:55 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 3 Prelims

1	Kristen Lee	FR	American River	13.14
2	Melissa Sandoval	FR	Hartnell	12.70
3	Shanae Roach	FR	Laney	12.07
4	Lauryn Newson	FR	Laney	11.73
5	Quianna Wilson	FR	Laney	12.01
6	Tasha Mizel	SO	CCSF	12.62
7	Shamari Nelson	FR	Modesto	13.01

Heat 2 of 3 Prelims

1	Leslie Rangel	SO	Monterey	13.22
2	Elena Maxey	FR	Modesto	12.71
3	Lakesha Adams	SO	Monterey	12.39
4	Angelica Earls	FR	American River	11.85
5	Davina Collins	SO	Sacramento	12.01
6	Sharonda Clark	FR	Laney	12.55
7	Jenna Aluisi	FR	Fresno	12.85

Heat 3 of 3 Prelims

2	Sarah Nichols	FR	Butte	12.80
3	Malissa Anthony	SO	Laney	12.42
4	Samantha Tansil	FR	Sacramento	11.88
5	Sepanta Padrah	FR	Laney	11.96
6	Crystal Dorsey	SO	Modesto	12.48
7	Felesha Adams	SO	Monterey	12.81

Event 2 Men 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times
Friday 5/1/2009 - 3:10 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 3 Prelims

1	Blair Woods	FR	Fresno	11.02
2	Trevor Rogers	FR	CCSF	10.91
3	David Carcamo	SO	Modesto	10.78
4	Mike Pyrtle	FR	Merritt	10.58
5	Will Henry	FR	Sacramento	10.78
6	Stanley Arukwe	SO	Modesto	10.91
7	Charles Hudson	SO	De Anza	11.00
8	Marcus Cooper	FR	Fresno	11.07

Heat 2 of 3 Prelims

1	Pierce Cook	SO	Fresno	11.03
2	Michael Davis	FR	Fresno	10.92
3	Damon Bly	SO	Sequoias	10.79
4	Armahd Lewis	SO	Sacramento	10.64
5	Justin Mayo	SO	CCSF	10.76
6	Montrell Richardson	FR	San Joaquin Del	10.89
7	Isaias Valdez	FR	Hartnell	10.94
8	Kyle Johnston	FR	Shasta	11.04

Heat 3 of 3 Prelims

1	Hassan Yusuf	SO	San Mateo	11.03
2	Cole Johnston	FR	Shasta	10.93
3	Kevin Gonzales	FR	De Anza	10.84
4	Darius Ray	FR	Butte	10.68
5	Greg Turner	FR	American River	10.69
6	Mykel Block	FR	San Mateo	10.84
7	Manu Ngatikaura	SO	San Jose	10.94
8	Andy Goad	FR	Diablo Valley	11.03

Event 3 Women 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times
Friday 5/1/2009 - 4:25 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 3 Prelims

1	Elena Maxey	FR	Modesto	26.77
2	Crystal Dorsey	SO	Modesto	25.61
3	Samantha Tansil	FR	Sacramento	24.89
4	Lauryn Newson	FR	Laney	23.65
5	Sepanta Padrah	FR	Laney	24.86
6	Kristen Scott	FR	American River	25.43
7	Jenna Aluisi	FR	Fresno	26.77
8	Christina Dwyer	FR	Santa Rosa	27.62

Heat 2 of 3 Prelims

1	Leslie Rangel	SO	Monterey	26.94
2	Christene Jones	FR	Laney	25.68
3	Davina Collins	SO	Sacramento	24.93
4	Champelle Brown	SO	Laney	23.96
5	Shanae Roach	FR	Laney	24.80
6	Quianna Wilson	FR	Laney	25.33
7	Felesha Adams	SO	Monterey	26.77
8	Kristen Lee	FR	American River	27.06

Heat 3 of 3 Prelims

1	Shamari Nelson	FR	Modesto	27.01
2	Kaitlyn Castenada	FR	Fresno	26.08
3	Malissa Anthony	SO	Laney	25.19
4	Angelica Earls	FR	American River	24.70
5	Deirdra Pettigru	SO	De Anza	24.73
6	Marshey Brown	FR	De Anza	25.25
7	Sharonda Clark	FR	Laney	26.11
8	Kristina Lincoln	FR	Merritt	27.02

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Event 4 Men 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times
Friday 5/1/2009 - 4:40 PM

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	Wendell Sells	SO	Hartnell	22.38
2	Kwame Agyemang	SO	De Anza	22.12
3	Mike Pyrtle	FR	Merritt	21.93
4	Shyrod Taylor	SO	CCSF	21.33
5	Kevin Gonzales	FR	De Anza	21.92
6	Damon Bly	SO	Sequoias	22.11
7	Kyle Johnston	FR	Shasta	22.37
8	Michael Gil	FR	Santa Rosa	22.55

Heat 2 of 3 Prelims

1	Stanley Arukwe	SO	Modesto	22.38
2	Maurice Lewis	FR	Fresno	22.14
3	Greg Turner	FR	American River	21.93
4	Darius Ray	FR	Butte	21.50
5	Corey Arnold	SO	Butte	21.83
6	Remington Blair	SO	Modesto	22.07
7	Manu Ngatikaura	SO	San Jose	22.35
8	Ronald Hattin	SO	Fresno	22.42

Heat 3 of 3 Prelims

1	AJ Welch	FR	Fresno	22.38
2	Chris Valls	FR	American River	22.17
3	David Carcamo	SO	Modesto	22.02
4	Armahd Lewis	SO	Sacramento	21.65
5	Shane Daniel	SO	American River	21.79
6	Marquis Caldwell	FR	San Jose	22.02
7	Blair Woods	FR	Fresno	22.18
8	Michael Davis	FR	Fresno	22.40

Event 5 Women 400 Meter Dash

8 Advance: Top 1 Each Heat plus Next 6 Best Times
Friday 5/1/2009 - 2:25 PM

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Gustee Wolo	FR	American River	60.35
2	Aloria Roberson	SO	Modesto	59.63
3	Marshey Brown	FR	De Anza	57.77
4	Champelle Brown	SO	Laney	53.90
5	Christene Jones	FR	Laney	57.65
6	Brittney Chambers	FR	American River	58.89
7	Kristie Boyce	FR	Sacramento	60.06
8	Cezanne Morton	FR	American River	62.50

Heat 2 of 2 Prelims

1	Sharlia Gulley	FR	Modesto	60.75
2	Treya Winfield	FR	Hartnell	59.73
3	Kristen Scott	FR	American River	58.09
4	Deirdra Pettigree	SO	De Anza	56.78
5	Dominique Crosby	FR	Laney	56.88
6	Mia Moreno	FR	Sacramento	58.26
7	Jazmin White	SO	American River	59.74
8	Kristina Lincoln	FR	Merritt	61.92

Event 6 Men 400 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times
Friday 5/1/2009 - 2:40 PM

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	Mychal Ladd	FR	De Anza	50.12
2	Don Gaspar	SO	De Anza	48.96
3	Corey Arnold	SO	Butte	48.37
4	Kianti Gix	SO	American River	46.84
5	Shane Daniel	SO	American River	48.25
6	Roman Gray	SO	Sacramento	48.70
7	AJ Welch	FR	Fresno	49.71
8	Michael Dixon	FR	Modesto	50.41

Heat 2 of 3 Prelims

1	Deontae Jones	FR	Siskiyous	50.17
2	Vance Anderson	SO	Modesto	48.99
3	Marquis Caldwell	FR	San Jose	48.37
4	Remington Blair	SO	Modesto	47.01
5	Brandon Dawson	FR	Sacramento	48.24
6	Maurice Lewis	FR	Fresno	48.69
7	Greg Stewart	FR	Merritt	49.71
8	Anthony Bruno	FR	American River	50.39

Heat 3 of 3 Prelims

1	Boris Davis	FR	American River	50.25
2	Ronald Hattin	SO	Fresno	49.08
3	Belal Mogaddedi	FR	Merritt	48.61
4	Durawn Howard	FR	American River	47.35
5	Shyrod Taylor	SO	CCSF	47.37
6	J'Carroll Womack	FR	Sacramento	48.63
7	Abdiel Martinez Ramos	FR	Modesto	49.20
8	Michael Gil	FR	Santa Rosa	50.26

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Event 7 Women 800 Meter Run set alleys

8 Advance: Top 2 Each Heat plus Next 4 Best Times
Friday 5/1/2009 - 3:25 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 2 Prelims

1	Mercedes Brown	FR	Laney	2:22.78
2	Courtney Gooch	FR	Fresno	2:24.12
3	Leticia Saldana	FR	Hartnell	2:28.11
4	Franchesca Lacebal	FR	Butte	2:29.08
5	Araceli Hernandez	FR	Sequoias	2:31.48
6	Jalicia Cox	SO	Laney	2:17.31
7	Sable Browning	FR	Modesto	2:20.33
8	Pilar Hastings-Smith	FR	Diablo Valley	2:20.78
9	Amparo Olivo	FR	Hartnell	2:31.50

Heat 2 of 2 Prelims

1	Samantha Draper	SO	Modesto	2:21.78
2	Kelli Stanley	FR	Butte	2:26.67
3	Alicia Lueth	FR	Santa Rosa	2:27.49
4	Elizabeth Miranda	SO	Modesto	2:29.15
5	Kim Kilgroe	FR	De Anza	2:30.59
6	Jenna Lundgren	FR	Santa Rosa	2:17.41
7	Sierra Gonzales	SO	Sequoias	2:18.45
8	Jenifer McEntire	SO	Fresno	2:20.90
9	Daniela Chavez	FR	Santa Rosa	2:33.20

Event 8 Men 800 Meter Run

8 Advance: Top 2 Each Heat plus Next 4 Best Times
Friday 5/1/2009 - 3:40 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 2 Prelims

1	Alex Yonas	FR	Merritt	1:59.06
2	Reid Konkel	FR	Sacramento	1:56.94
3	Antonio Leal	SO	Hartnell	1:55.41
4	Andrew Ochoa	FR	Sequoias	1:54.74
5	Duncan Malova	FR	Sacramento	1:55.29
6	Esco Long	FR	San Jose	1:56.14
7	Christopher Ategeka	FR	Merritt	1:58.88
8	Donovan Lackey	FR	Shasta	2:01.68

Heat 2 of 2 Prelims

1	Vojta Ripa	FR	Santa Rosa	1:59.11
2	Darren Taggart	SO	San Mateo	1:57.55
3	Juan Martin	SO	Sequoias	1:55.52
4	Jacob Enemark	FR	Diablo Valley	1:54.86
5	Anthony Mallory	FR	Modesto	1:54.98
6	Joe Opoku	FR	Fresno	1:55.58
7	Dustin McAlpine	SO	Sequoias	1:57.68
8	Jeff Grogan	SO	San Mateo	1:59.38

Event 9 Women 1500 Meter Run

12 Advance: Top 4 Each Heat plus Next 4 Best Times
Friday 5/1/2009 - 1:25 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 2 Prelims

1	Claire Jenkins	FR	American River	5:05.22
2	Kim Chew	SO	De Anza	5:06.24
3	Stephanie Valenzuela	FR	Santa Rosa	5:16.14
4	Amanda Ray	FR	Diablo Valley	5:16.72
5	Danielle Juarez	FR	CCSF	5:18.54
6	Sable Browning	FR	Modesto	4:45.60
7	Kirsti Whitmyre	FR	De Anza	4:53.83
8	Jenifer McEntire	SO	Fresno	4:55.38
9	Araceli Hernandez	FR	Sequoias	5:22.66
10	Danielle Moriarity	SO	Shasta	5:30.83

Heat 2 of 2 Prelims

1	Jessica Paranthaman	SO	De Anza	4:58.82
2	Feliz Santillan	SO	Sequoias	5:07.77
3	Franchesca Lacebal	FR	Butte	5:13.66
4	Daniela Chavez	FR	Santa Rosa	5:18.04
5	Cyntia Salazar	FR	CCSF	5:18.37
6	Allison Gonzales	FR	Sequoias	4:46.38
7	Sierra Gonzales	SO	Sequoias	4:52.96
8	Alicia Lueth	FR	Santa Rosa	4:57.88
9	Danielle Day	FR	San Mateo	5:29.11
10	Kim Moyer	SO	San Mateo	5:29.68

Event 10 Men 1500 Meter Run

12 Advance: Top 3 Each Heat plus Next 6 Best Times
Friday 5/1/2009 - 1:40 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 2 Prelims

1	Mitchell Milligan	FR	American River	4:02.00
2	Jose Montoya	SO	San Mateo	4:03.34
3	Ronnie Bruce	FR	Modesto	4:06.71
4	Manuel Esparza	FR	Hartnell	4:07.22
5	Joal Deveyra	FR	San Mateo	4:10.12
6	Andrew Ochoa	FR	Sequoias	3:57.60
7	Dustin McAlpine	SO	Sequoias	3:58.50
8	Jacob Enemark	FR	Diablo Valley	3:58.64
9	James Johnstone	FR	Butte	4:12.28

Heat 2 of 2 Prelims

1	Daniel Tapia	SO	Hartnell	3:59.02
2	Antonio Tovar	FR	American River	4:06.50
3	Jason McRoberts	FR	American River	4:06.50
4	Vojta Ripa	FR	Santa Rosa	4:08.91
5	Thomas Setser	FR	San Mateo	4:10.09
6	Brandon Becerra	SO	San Mateo	3:58.43
7	David Sanchez	FR	Sequoias	3:58.47
8	Anthony Mallory	FR	Modesto	3:58.75
9	Cameron Cruse	FR	Monterey	4:16.38

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Event 11 Women 3000 Meter Steeplechase

Friday 5/8/2009 - 4:45 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Cathryn Guevarra	FR	CCSF	12:24.47
2	Elizabeth Miranda	SO	Modesto	12:32.25
3	Feliz Santillan	SO	Sequoias	12:36.27
4	Simone Julian	FR	American River	12:45.89
5	Laura Sosa	FR	American River	12:59.71
6	Kim Kilgroe	FR	De Anza	12:13.47
7	Julina White	FR	American River	12:13.92
8	Jazmin Suarez	SO	Hartnell	12:16.73
9	Jessica Barkley	SO	Sacramento	13:24.67
10	Eloradanan Morgan	FR	American River	14:00.26
11	Thuy-Vy Huynh	SO	De Anza	14:03.20
12	Brittany Williams	FR	Shasta	14:05.98
13	Yasamin Yazdi	FR	De Anza	14:20.80
14	Maura Villanueva	SO	De Anza	14:35.67

Event 12 Men 3000 Meter Steeplechase

Friday 5/8/2009 - 5:05 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Josh Cudworth	FR	Sacramento	10:20.88
2	Tim Falagan	FR	Fresno	10:24.20
3	Richard Nagel	SO	Sacramento	10:31.80
4	Benny Willers	FR	CCSF	10:34.29
5	Tyler Bowman	SO	Shasta	10:36.22
6	Chris Heylin	SO	American River	10:16.29
7	Anthony Fagundes	FR	American River	10:17.22
8	Joseph Castro	SO	Hartnell	10:20.53
9	Zach Grinstead	FR	American River	10:42.14
10	Adam Crowther	SO	Butte	10:43.24
Section 2 of 2 Finals				
1	Erik Gregory	SO	American River	9:46.80
2	Mark Frazier	FR	CCSF	9:47.29
3	Hector Aleman	SO	Hartnell	9:55.05
4	Tomas Evangelista	FR	American River	9:56.14
5	Jeremy Rubio	FR	Diablo Valley	9:58.60
6	Christopher Gerber	SO	CCSF	9:37.53
7	John Rea	SO	Modesto	9:41.86
8	Chris Walden	FR	American River	9:42.80
9	Luke Frazier	FR	CCSF	10:01.26
10	Adam Nacario	FR	American River	10:03.13
11	Christopher Ategeka	FR	Merritt	10:06.39
12	Luis Corvera	SO	Hartnell	10:09.39

Event 13 Women 5000 Meter Run

Friday 5/8/2009 - 7:50 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Kim Chew	SO	De Anza	19:48.72
2	Dominga Arzate	SO	Hartnell	19:50.77
3	Allison Gonzales	FR	Sequoias	19:56.49
4	Jordan Kramer	FR	Butte	20:02.67
5	Amanda Moreno	FR	Modesto	20:03.83
6	Kirsti Whitmyre	FR	De Anza	18:05.36
7	Jessica Paranthaman	SO	De Anza	19:30.58
8	Mary Courtright	SO	San Joaquin Del	19:39.40
9	Claire Jenkins	FR	American River	20:04.93
10	Sophia Villalobos	FR	Modesto	20:12.43
11	Feliz Santillan	SO	Sequoias	20:17.93
12	Natalie Benoy	SO	Modesto	20:22.80
13	Amanda Ray	FR	Diablo Valley	20:23.20
14	Suzanne Necoechea	FR	San Jose	20:39.10
15	Danielle Juarez	FR	CCSF	20:41.00
16	Julina White	FR	American River	20:41.20
17	Simone Julian	FR	American River	20:43.25
18	Chelsea Thommes	FR	Diablo Valley	20:52.23
19	Cyntia Salazar	FR	CCSF	21:02.36
20	Natalie Marquez	SO	Shasta	21:13.78
21	Maricela Flores	FR	Sequoias	21:33.18

Event 14 Men 5000 Meter Run

Friday 5/8/2009 - 8:15 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Mark Frazier	FR	CCSF	15:38.53
2	Erik Gregory	SO	American River	15:39.47
3	Hector Aleman	SO	Hartnell	15:40.99
4	Jose Montoya	SO	San Mateo	15:41.49
5	Fernando Diaz	FR	CCSF	15:43.12
6	Daniel Tapia	SO	Hartnell	14:39.47
7	David Sanchez	FR	Sequoias	15:18.28
8	Abiy Gebrekristos	FR	De Anza	15:33.16
9	Tomas Evangelista	FR	American River	15:45.30
10	Manuel Esparza	FR	Hartnell	15:45.83
11	Antonio Tovar	FR	American River	15:47.58
12	Sloane Cook	FR	CCSF	15:53.10
13	Brandon Becerra	SO	San Mateo	15:54.30
14	Clifford Crum	FR	De Anza	15:54.64
15	Chris Walden	FR	American River	15:59.26
16	Joseph Castro	SO	Hartnell	16:03.63
17	Anthoni Moots-Hotaling	FR	American River	16:04.77
18	Mitchell Milligan	FR	American River	16:05.45
19	Luke Frazier	FR	CCSF	16:06.48
20	Hamza Farhki	FR	San Mateo	16:09.76
21	James Johnstone	FR	Butte	16:14.52
22	David Urista	FR	CCSF	16:14.55

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Event 15 Women 10000 Meter Run

Friday 5/1/2009 - 4:55 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Section 1 of 1 Finals

1	Danielle Donohue	FR	San Mateo	43:11.65
2	Sophia Villalobos	FR	Modesto	43:32.84
3	Chelsea Thommes	FR	Diablo Valley	43:56.21
4	Julina White	FR	American River	44:48.76
5	Jordan Kramer	FR	Butte	45:06.89
6	Kirsti Whitmyre	FR	De Anza	40:22.57
7	Dominga Arzate	SO	Hartnell	42:45.71
8	Amanda Moreno	FR	Modesto	42:53.73
9	Natalie Benoy	SO	Modesto	45:08.63
10	Laura Sosa	FR	American River	46:11.65

Event 16 Men 10000 Meter Run

Friday 5/1/2009 - 6:15 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Section 1 of 1 Finals

1	Abiy Gebrekristos	FR	De Anza	33:13.63
2	Luke Frazier	FR	CCSF	33:21.67
3	Manuel Esparza	FR	Hartnell	33:27.28
4	Joseph Castro	SO	Hartnell	33:58.30
5	Clifford Crum	FR	De Anza	34:08.69
6	Daniel Tapia	SO	Hartnell	31:15.79
7	Hector Aleman	SO	Hartnell	32:33.86
8	Mark Frazier	FR	CCSF	33:12.05
9	Anthony Natera	FR	Sacramento	34:22.54
10	Hamza Farhki	FR	San Mateo	34:31.98
11	Martin Miller	FR	Chabot	34:33.59
12	Sloane Cook	FR	CCSF	34:46.23
13	Tomas Evangelista	FR	American River	35:00.13
14	Anthony Fagundes	FR	American River	35:05.40
15	David Sanchez	FR	Sequoias	35:28.30

Event 17 Women 100 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 5 Best Times

Friday 5/1/2009 - 1:55 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 3 Prelims

1	Vicky Leung	FR	De Anza	18.02
2	Liliana Villagomez	FR	Hartnell	17.08
3	Simone Lionudakis	FR	Modesto	16.31
4	Lauren Jackson	FR	Laney	14.61
5	Mary Ratterman	SO	Chabot	16.19
6	Marissa Miglin	FR	Modesto	16.84
7	Kim Kilgroe	FR	De Anza	18.02

Heat 2 of 3 Prelims

1	Meghan Thomas	FR	De Anza	18.11
2	Hollee Turner	FR	Modesto	17.24
3	Alisha Thompson	FR	Shasta	16.42
4	Aria Betts	SO	Laney	14.74
5	Mia Moreno	FR	Sacramento	15.90
6	Ki-Ana Lay	SO	Sacramento	16.70
7	Sammie Greene	FR	Reedley	17.82

Heat 3 of 3 Prelims

1	Alana Woodschan	FR	San Mateo	18.55
2	Shariah Pinkston	FR	American River	17.53
3	Shateir Butler	FR	Fresno	16.58
4	Ashley Frazier	FR	American River	15.55
5	Alisa Jenkins	FR	Sacramento	15.79
6	Sarah Nichols	FR	Butte	16.60
7	Angie Caudillo	FR	Fresno	17.79

Event 18 Men 110 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 5 Best Times

Friday 5/1/2009 - 2:10 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 3 Prelims

2	Bryant Washington	SO	Fresno	15.98
3	Seagram Kern-Wilson	SO	Sacramento	15.32
4	Ray (Tamas) Stewart	FR	Merritt	14.19
5	Jeff Lewis	SO	Sacramento	15.32
6	Jordan Lefler	SO	Modesto	15.63
7	Michael Beeman	FR	Modesto	16.46

Heat 2 of 3 Prelims

2	Michael Grayson	FR	Hartnell	16.03
3	Matt Reyes	FR	Sacramento	15.39
4	Daniel Chen	FR	De Anza	15.07
5	Chase Dixon	FR	Butte	15.23
6	Lamon Shears	FR	Modesto	15.54
7	Spencer Finch	SO	Modesto	16.37

Heat 3 of 3 Prelims

2	Eric Cary	FR	Sequoias	16.22
3	Cameron McFadden	SO	Hartnell	15.41
4	Mykel Block	FR	San Mateo	15.14
5	Dominick Eastman	FR	American River	15.20
6	Michael Gant	SO	Sacramento	15.44
7	Marko Vatauvuk	FR	De Anza	16.31

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Event 19 Women 4x100 Meter Relay

8 Advance: Top 1 Each Heat plus Next 6 Best Times
Friday 5/1/2009 - 1:00 PM

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 2 Prelims

2	Santa Rosa		52.54
	1) Natalie Carranza SO	2) Chima Ahanotu FR	
	3) Christina Dwyer FR	4) Jenna Lundgren FR	
3	Monterey		49.92
	1) Leslie Rangel SO	2) Lakesha Adams SO	
	3) Dakota Sanchez FR	4) Felesha Adams SO	
4	Laney		45.56
	1) Shanae Roach FR	2) Lauryn Newson FR	
	3) Champelle Brown SO	4) Sepanta Padrah FR	
5	Modesto		49.08
	1) Crystal Dorsey SO	2) Shamari Nelson FR	
	3) Sharlia Gulley FR	4) Elena Maxey FR	
6	Hartnell		51.56
	1) Melissa Sandoval FR	2) Treya Winfield FR	
	3) Liliana Villagomez FR	4) Cyril Pascua FR	

Heat 2 of 2 Prelims

2	Shasta		53.96
	1) Alisha Thompson FR	2) Ashley Webster FR	
	3) Alexis Han FR	4) Amanda Potts FR	
3	De Anza		50.19
	1) Natasha Sahu SO	2) Deirdra Pettigruie SO	
	3) Meghan Thomas FR	4) Marshey Brown FR	
4	Sacramento		46.85
	1) Mia Moreno FR	2) Davina Collins SO	
	3) Samantha Tansil FR	4) Alisa Jenkins FR	
5	American River		47.78
	1) Angelica Earls FR	2) Ashley Frazier FR	
	3) Jazmin White SO	4) Kristen Scott FR	
6	Fresno		50.39
	1) Jenna Aluisi FR	2) Chantele Simons SO	
	3) Kaitlyn Castenada FR	4) Shateir Butler FR	

Event 20 Men 4x100 Meter Relay

8 Advance: Top 1 Each Heat plus Next 6 Best Times
Friday 5/1/2009 - 1:10 PM

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 2 Prelims

2	Hartnell		42.43
	1) Isaias Valdez FR	2) Kenny Guereque SO	
	3) Wendell Sells SO	4) Prentice Dervin FR	
3	Modesto		41.79
	1) Michael Dixon FR	2) Stanley Arukwe SO	
	3) David Carcamo SO	4) Abdiel Martinez Ramos FR	
4	CCSF		41.02
	1) Trevor Rogers FR	2) Maurice Whitlock SO	
	3) Justin Mayo SO	4) Shyrod Taylor SO	
5	De Anza		41.57
	1) Earnest Sims FR	2) Charles Hudson SO	
	3) Kwame Agyemang SO	4) Kevin Gonzales FR	
6	San Mateo		42.17
	1) Hassan Yusuf SO	2) Mykel Block FR	
	3) Will Frazier FR	4) Eric Roberson FR	
7	Shasta		42.72
	1) Ronny Soulliere FR	2) Donovan Lackey FR	
	3) Kyle Johnston FR	4) Cole Johnston FR	
8	Siskiyou		42.98
	1) Danzell Bates FR	2) Skylar Schneider FR	
	3) Deontae Jones FR	4) Kevin Ramos SO	

Heat 2 of 2 Prelims

2	Merritt		42.45
	1) Tirrell Day FR	2) Belal Mogaddedi FR	
	3) Greg Stewart FR	4) Mike Pyrtle FR	
3	Fresno		41.80
	1) Michael Davis FR	2) James Smith FR	
	3) Maurice Lewis FR	4) Ronald Hattin SO	
4	American River		41.13
	1) Chris Valls FR	2) Greg Turner FR	
	3) Shane Daniel SO	4) Kianti Gix SO	
5	Sacramento		41.48
	1) Rashaad Nunnally SO	2) Will Henry FR	
	3) Brandon Dawson FR	4) Armahd Lewis SO	
6	Butte		41.91
	1) Corey Arnold SO	2) Darius Ray FR	
	3) Chase Dixon FR	4) Anthony Oliva FR	
7	San Joaquin Delt		42.64
	1) Keshawn Harrison FR	2) Montrell Richardson FR	
	3) Travis White FR	4) Buddy Hitchcock FR	
8	Santa Rosa		44.27
	1) Michael Gil FR	2) Steven Flynn FR	
	3) Chris Utroske	4) Alex Pili FR	

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Event 21 Women 4x400 Meter Relay

8 Advance: Top 2 Each Heat plus Next 4 Best Times
Friday 5/1/2009 - 5:45 PM

Lane	Team	Relay	Seed Time
Heat 1 of 2 Prelims			
2	Hartnell		4:13.78
	1) Treya Winfield FR	2) Melissa Sandoval FR	
	3) Leticia Saldana FR	4) Jazmin Suarez SO	
3	Sacramento		4:04.40
	1) Mia Moreno FR	2) Kristie Boyce FR	
	3) Samantha Tansil FR	4) Davina Collins SO	
4	Laney		3:45.78
	1) Dominique Crosby FR	2) Mercedes Brown FR	
	3) Christene Jones FR	4) Champelle Brown SO	
5	De Anza		4:01.28
	1) Marshey Brown FR	2) Jessica Paranthaman SO	
	3) Deirdra Pettigrue SO	4) Kim Chew SO	
6	Butte		4:08.16
	1) Katie Brandt FR	2) Sarah Nichols FR	
	3) Franchesca Lacebal FR	4) Kelli Stanley FR	
Heat 2 of 2 Prelims			
2	Santa Rosa		4:22.02
	1) Jenna Lundgren FR	2) Christina Dwyer FR	
	3) Kate Ferland FR	4) Alicia Lueth FR	
3	Modesto		4:04.65
	1) Aloria Roberson SO	2) Samantha Draper SO	
	3) Sharlia Gulley FR	4) Marissa Miglin FR	
4	American River		3:52.38
	1) Brittney Chambers FR	2) Angelica Earls FR	
	3) Kristen Scott FR	4) Jazmin White SO	
5	Monterey		3:58.33
	1) Lakesha Adams SO	2) Dakota Sanchez FR	
	3) Leslie Rangel SO	4) Felesha Adams SO	
6	Fresno		4:05.86
	1) Shateir Butler FR	2) Kaitlyn Castenada FR	
	3) Courtney Gooch FR	4) Jenifer McEntire SO	

Event 22 Men 4x400 Meter Relay

8 Advance: Top 2 Each Heat plus Next 4 Best Times
Friday 5/1/2009 - 6:00 PM

Lane	Team	Relay	Seed Time
Heat 1 of 2 Prelims			
1	San Mateo		3:27.13
	1) Will Frazier FR	2) James Byrnes FR	
	3) Robert Belvini SO	4) Jarrett Gooden FR	
2	Hartnell		3:21.99
	1) Isaias Valdez FR	2) Shane Truett SO	
	3) Ritchie Garban FR	4) Benny Lopez FR	
3	De Anza		3:18.65
	1) Mychal Ladd FR	2) Kevin Gonzales FR	
	3) Kwame Agyemang SO	4) Don Gaspar SO	
4	American River		3:11.15
	1) Shane Daniel SO	2) Durawn Howard FR	
	3) Boris Davis FR	4) Kianti Gix SO	
5	Butte		3:16.45
	1) Darius Ray FR	2) Chase Dixon FR	
	3) Kris Waters FR	4) Corey Arnold SO	
6	Merritt		3:21.72
	1) Greg Stewart FR	2) Belal Mogaddedi FR	
	3) Tirrell Day FR	4) Ray (Tamas) Stewart FR	
7	Chabot		3:26.98
	1) Anthony McCan SO	2) Durrell Finch FR	
	3) Christopher Beamon FR	4) Anthony Peeler FR	
8	San Joaquin Delt		3:34.43
	1) Keshawn Harrison FR	2) Travis White FR	
	3) Buddy Hitchcock FR	4) Montrell Richardson FR	

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Heat 2 of 2 Prelims...(Event 22 Men 4x400 Meter Relay)

1	San Jose	3:27.23
	1) Paul Gowans FR	2) Vincent Nguyen-Bui SO
	3) Marquis Caldwell FR	4) Esco Long FR
2	Shasta	3:23.63
	1) Cole Johnston FR	2) Kyle Johnston FR
	3) Donovan Lackey FR	4) Derek Evans FR
3	Fresno	3:19.50
	1) Blair Woods FR	2) James Smith FR
	3) Bryant Washington SO	4) AJ Welch FR
4	Sacramento	3:14.48
	1) Gerren Taylor FR	2) Duncan Malova FR
	3) J'Carroll Womack FR	4) Armahd Lewis SO
5	Modesto	3:15.79
	1) Vance Anderson SO	2) Remington Blair SO
	3) Michael Dixon FR	4) Abdiel Martinez Ramos FR
6	Siskiyou	3:20.46
	1) Shawn Purkis SO	2) Deontae Jones FR
	3) Kevin Ramos SO	4) Skylar Schneider FR
7	Santa Rosa	3:26.89
	1) Michael Gil FR	2) Vojta Ripa FR
	3) Steven Flynn FR	4) Chris Utroske
8	Sequoias	3:30.30
	1) Jamel Goston SO	2) Antonio Loya FR
	3) Johnny Sears FR	4) David Guzman FR

Event 23 Women 400 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Friday 5/1/2009 - 3:55 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 3 Prelims

2	Amethyst Monce	FR	San Mateo	71.70
3	Gustee Wolo	FR	American River	66.92
4	Lakesha Adams	SO	Monterey	62.03
5	Makeal Davis	FR	Laney	66.61
6	Mary Ratterman	SO	Chabot	70.74

Heat 2 of 3 Prelims

2	Hollee Turner	FR	Modesto	73.07
3	Dominique Knowles	FR	Laney	67.02
4	Ashley Frazier	FR	American River	63.06
5	Marissa Miglin	FR	Modesto	66.11
6	Meghan Thomas	FR	De Anza	70.29
7	Vicky Leung	FR	De Anza	75.36

Heat 3 of 3 Prelims

2	Chima Ahanotu	FR	Santa Rosa	73.76
3	Shateir Butler	FR	Fresno	67.33
4	Dakota Sanchez	FR	Monterey	63.60
5	Mia Moreno	FR	Sacramento	63.63
6	Ki-Ana Lay	SO	Sacramento	69.02
7	Angie Caudillo	FR	Fresno	74.81

Event 24 Men 400 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Friday 5/1/2009 - 4:10 PM

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Heat 1 of 3 Prelims

2	Bryant Washington	SO	Fresno	56.53
3	Gerren Taylor	FR	Sacramento	56.07
4	Kianti Gix	SO	American River	52.29
5	David Guzman	FR	Sequoias	56.03
6	David Atiz	FR	Hartnell	56.41
7	Antwain Hawkins	FR	CCSF	58.15
8	Jake Kyle	SO	Shasta	58.39

Heat 2 of 3 Prelims

2	Michael Beeman	FR	Modesto	56.90
3	Marko Vatauvuk	FR	De Anza	56.18
4	Michael Broussard	FR	Sacramento	53.19
5	James Smith	FR	Fresno	55.96
6	Daniel Chen	FR	De Anza	56.21
7	Michael Grayson	FR	Hartnell	58.02
8	Ricky Marshall	FR	Sacramento	59.41

Heat 3 of 3 Prelims

2	Alex Pili	FR	Santa Rosa	57.05
3	Chase Dixon	FR	Butte	56.20
4	Seagram Kern-Wilson	SO	Sacramento	53.66
5	Lamon Shears	FR	Modesto	55.15
6	Michael Gant	SO	Sacramento	56.20
7	Matt Reyes	FR	Sacramento	57.81

Event 25 Women High Jump start 1.50m**Top 12 Advance by Mark**

Friday 5/1/2009 - 4:00 PM

Pos	Name	Yr	School	Seed Mark
-----	------	----	--------	-----------

Flight 1 of 1 Prelims

1	Lauren Jackson	FR	Laney	4-07.00
2	Alisha Thompson	FR	Shasta	4-09.00
3	Jasmine Ross	FR	Laney	4-09.00
4	Jinnee Miller	SO	American River	4-10.00
5	Brittany Turner	SO	Sacramento	4-11.00
6	Kim Kilgroe	FR	De Anza	4-11.00
7	Kelli Stanley	FR	Butte	4-11.00
8	Paige Turner	FR	Modesto	5-00.00
9	Brittney Chambers	FR	American River	5-00.00
10	Brianna Burks	SO	Fresno	5-00.50
11	Pilar Hastings-Smith	FR	Diablo Valley	5-01.00
12	Alisa Jenkins	FR	Sacramento	5-02.00
13	Genevieve Perdue	FR	Santa Rosa	5-02.25
14	Lauren Johnson	FR	San Joaquin Delt	5-04.00
15	Lauryn Newson	FR	Laney	5-04.00
16	Marlies Van Haaren	FR	Sacramento	5-07.00
17	Susan Jackson	FR	Sacramento	5-09.00

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Event 26 Men High Jump start 1.80m

Friday 5/8/2009 - 6:00 PM

Pos	Name	Yr	School	Seed	Mark
-----	------	----	--------	------	------

Flight 1 of 1 Finals

1	Sadig Elbashir	SO	Chabot	6-01.00
2	Carl Aufdermaur	FR	Modesto	6-02.00
3	Spencer Finch	SO	Modesto	6-02.75
4	Daniel Young	FR	American River	6-02.75
5	Skylar Schneider	FR	Siskiyou	6-03.00
6	Eric Cary	FR	Sequoias	6-04.00
7	Jordan Lefler	SO	Modesto	6-04.00
8	David Dosanjh	FR	Modesto	6-06.00
9	Johnny Sears	FR	Sequoias	6-06.00
10	Austin Wagenknecht	SO	Sacramento	6-06.00
11	Jeff Brenner	FR	Fresno	6-06.00
12	Derrick Toney	FR	Hartnell	6-07.00
13	Michael Souza	FR	Sacramento	6-08.00
14	Makana Rice	FR	Butte	6-09.00
15	Anthony McCan	SO	Chabot	6-10.00
16	Fletcher Carlyle	SO	Sacramento	7-01.00

Event 27 Women Pole Vault start 2.40m

Friday 5/8/2009 - 2:00 PM

Pos	Name	Yr	School	Seed	Mark
-----	------	----	--------	------	------

Flight 1 of 1 Finals

1	Amanda Potts	FR	Shasta	8-10.25
2	Jinnee Miller	SO	American River	9-00.00
3	Linda Saunders	SO	Chabot	9-06.00
4	Kaitlyn Castenada	FR	Fresno	9-06.25
5	Hannah Peters	FR	Modesto	10-00.00
6	Goziam Okolie	FR	Fresno	10-06.00
7	Melissa Sandoval	FR	Hartnell	10-06.00

Event 28 Men Pole Vault start 3.60m

Top 12 Advance by Mark

Friday 5/1/2009 - 11:00 AM

Pos	Name	Yr	School	Seed	Mark
-----	------	----	--------	------	------

Flight 1 of 1 Prelims

1	Andrew Le	FR	San Jose	12-03.00
2	Shawn Purkis	SO	Siskiyou	12-06.00
3	Tom Mathis	FR	Yuba	12-06.00
4	Cameron Purkis	FR	Siskiyou	12-06.00
5	Johnny Shepherd	FR	American River	12-07.25
6	Marko Vataavuk	FR	De Anza	12-11.50
7	Colby Williams	FR	Hartnell	13-00.00
8	Simranjeet Singh	FR	Chabot	13-00.00
9	Jordan Lefler	SO	Modesto	13-00.00
10	Talor Fulfer	SO	American River	13-00.00
11	Stephan Fitzpatrick	FR	Santa Rosa	13-03.00
12	Chase Hixson	SO	Fresno	13-07.00
13	David Kimari	SO	Santa Rosa	13-09.00
14	Travis Folsom	FR	American River	14-00.00
15	Thao Tran	FR	Modesto	14-00.00
16	Michael Barrios	SO	De Anza	14-01.25
17	Tyler Bickley	FR	Sacramento	14-06.00
18	Belal Mogaddedi	FR	Merritt	15-03.00
19	David Dosanjh	FR	Modesto	15-10.00
20	Jeff Lewis	SO	Sacramento	16-00.00
21	Jeff Brenner	FR	Fresno	16-02.75

Event 29 Women Long Jump

Top 12 Advance by Mark

Friday 5/1/2009 - 1:30 PM

Pos	Name	Yr	School	Seed	Mark
-----	------	----	--------	------	------

Flight 1 of 1 Prelims

1	Tasha Mizel	SO	CCSF	15-06.75
2	Aria Betts	SO	Laney	15-09.75
3	Paige Turner	FR	Modesto	15-09.75
4	Ejiro Ntekume	SO	Laney	15-10.00
5	Jasmine Ross	FR	Laney	16-03.50
6	Kelli Stanley	FR	Butte	16-04.25
7	Chantele Simons	SO	Fresno	16-05.00
8	Dominique Knowles	FR	Laney	16-05.75
9	Alisha Thompson	FR	Shasta	16-07.00
10	Lauren Jackson	FR	Laney	16-10.50
11	Amanda Taylor	SO	American River	16-11.25
12	Alisa Jenkins	FR	Sacramento	17-00.50
13	Goziam Okolie	FR	Fresno	17-01.00
14	Christina Dwyer	FR	Santa Rosa	17-02.00
15	Lauren Johnson	FR	San Joaquin Delta	17-04.75
16	Marshey Brown	FR	De Anza	17-05.25
17	Michelle Miller	FR	Laney	17-11.50
18	Susan Jackson	FR	Sacramento	18-01.75
19	Sarah Nichols	FR	Butte	18-01.75
20	Davina Collins	SO	Sacramento	18-05.00
21	Lauryn Newson	FR	Laney	20-03.75

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Event 30 Men Long Jump**Top 16 Advance by Mark
Friday 5/1/2009 - 11:00 AM**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Raphael Stevens	SO	Modesto	21-05.50
2	Marco Buckingham	FR	Fresno	21-10.75
3	Ernest Graham	FR	Reedley	21-11.00
4	Genesis Hampton	SO	American River	21-11.50
5	Ashton Gallagher	FR	Marin	22-00.00
6	Kris Waters	FR	Butte	22-01.75
7	Eric Roberson	FR	San Mateo	22-03.75
8	Chris Gray	SO	Sacramento	22-04.00
9	Cole Sugimura	SO	CCSF	22-04.50
10	Greg Stewart	FR	Merritt	22-07.00
11	John Waiters	FR	Sacramento	22-08.00
12	Rashaad Nunnally	SO	Sacramento	22-09.00
13	Fletcher Carlyle	SO	Sacramento	22-09.50
14	Trevor Rogers	FR	CCSF	22-09.75
15	James Mabrey	SO	CCSF	22-10.50
16	Greg Mayo	SO	Fresno	23-00.50
17	Dan Burcham	FR	Butte	23-02.00
18	Pierce Cook	SO	Fresno	23-02.00
19	TJ Anderson	SO	Fresno	23-04.50
20	Dominick Eastman	FR	American River	23-05.50
21	Chase Baker	FR	American River	24-01.00

Event 31 Women Triple Jump**Top 12 Advance by Mark
Friday 5/1/2009 - 5:15 PM**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Kimiyo Jones	FR	Hartnell	29-02.50
2	Alexis Han	FR	Shasta	29-10.50
3	Paige Turner	FR	Modesto	30-06.75
4	Larhonda Saunders	SO	American River	31-03.75
5	Brittany Turner	SO	Sacramento	32-11.25
6	Lumuli Kyumba	SO	American River	33-05.00
7	Christina Dwyer	FR	Santa Rosa	34-01.50
8	Ejjiro Ntekume	SO	Laney	34-03.50
9	Marshey Brown	FR	De Anza	35-03.75
10	Treya Winfield	FR	Hartnell	35-05.50
11	Amanda Taylor	SO	American River	35-09.00
12	Lauren Johnson	FR	San Joaquin Del	35-11.25
13	Chantele Simons	SO	Fresno	36-00.00
14	Jasmine Ross	FR	Laney	36-05.75
15	Davina Collins	SO	Sacramento	36-06.50
16	Dominique Knowles	FR	Laney	36-07.75
17	Susan Jackson	FR	Sacramento	36-10.25
18	Goziam Okolie	FR	Fresno	39-01.00

Event 32 Men Triple Jump**Top 15 Advance by Mark
Friday 5/1/2009 - 3:15 PM**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Yev Kaplinskiy	SO	San Mateo	41-04.50
2	Aamir Khan	FR	San Joaquin Del	41-04.50
3	Tyler Edwards	FR	Shasta	41-07.25
4	Onkardeep Grewal	FR	San Joaquin Del	41-08.00
5	Andrew Asuncion	FR	Hartnell	42-02.00
6	Ronny Soulliere	FR	Shasta	42-03.50
7	Ashton Gallagher	FR	Marin	42-05.00
8	Tim Stanislaw	FR	De Anza	42-05.50
9	Ted Green	FR	De Anza	43-01.50
10	Eugene Dawson	FR	Fresno	43-04.25
11	Kris Waters	FR	Butte	43-05.00
12	John Waiters	FR	Sacramento	44-05.00
13	Anthony Carter	FR	Butte	45-02.50
14	Ka Wai Ng	FR	De Anza	45-05.75
15	Keith Lester	FR	American River	45-06.25
16	Raphael Stevens	SO	Modesto	45-11.00
17	Dominick Eastman	FR	American River	46-11.75
18	Genesis Hampton	SO	American River	47-00.75
19	TJ Anderson	SO	Fresno	47-11.75
20	Aaron Green	SO	Fresno	48-00.00
21	Greg Mayo	SO	Fresno	48-07.50
22	James Mabrey	SO	CCSF	48-09.50

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Event 33 Women Discus Throw**Top 12 Advance by Mark****Friday 5/1/2009 - 3:00 PM**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Hazul Gapul	FR	Hartnell	101-10
2	Lacey DeBois	FR	Santa Rosa	102-00.25
3	Paris Dixon-Buckley	SO	Laney	102-05
4	Ima Khodakaram	FR	Santa Rosa	102-07
5	Kat Luna	FR	Sacramento	108-10.25
6	Whitnee Garrett	SO	De Anza	109-05.75
7	Melissa Reis	FR	Chabot	111-01.25
8	Melanie Weatherly	FR	Sequoias	111-02.25
9	Jessica Gran	FR	San Joaquin Del	111-09.25
10	Ashley Webster	FR	Shasta	111-11
11	Kristin McClure	FR	Modesto	113-03.75
12	Danielle Wilson	FR	Sacramento	117-03.25
13	Ellie Fanaika	FR	Sacramento	120-06.25
14	Amanda Potts	FR	Shasta	125-03
15	Jamila McIntosh	FR	De Anza	126-02.75
16	Kristen Esterheld	FR	Santa Rosa	127-02.25
17	Prisca Pasina	FR	Butte	128-00
18	Korina Gonzalez	FR	Fresno	129-01
19	Kelly Young	SO	San Mateo	134-09.25
20	Colleen Wachter	FR	American River	135-03
21	Holly Lohse	FR	Shasta	155-08
22	Jasmine Steward	SO	Fresno	156-11

Event 34 Men Discus Throw**Top 12 Advance by Mark****Friday 5/1/2009 - 5:00 PM**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Marcus Sannadan	FR	Shasta	133-06
2	Eric Wright	SO	Shasta	135-09
3	Quinton Agosta	SO	Santa Rosa	136-00.25
4	Talor Fulfer	SO	American River	137-02
5	Rene Stephan	SO	De Anza	137-05.50
6	Andrew Fabela	FR	Sequoias	137-06
7	Dallon Stang	SO	Monterey	139-00
8	Martin Jucatan	FR	San Joaquin Del	141-02
9	Christian Millard	FR	Fresno	141-03.50
10	Joshua Sanford	SO	Siskiyou	146-09
11	Andrew Bower	FR	Modesto	147-06.75
12	Aaron Volkman	FR	Diablo Valley	148-04
13	Michael Pryor	SO	Merced	149-09.50
14	Justin Williamson	SO	San Joaquin Del	149-11
15	James Aubrey	FR	San Mateo	149-11.50
16	Jon Pack	FR	Butte	150-01.50
17	Chris Hamilton	SO	American River	153-06.50
18	Nate Moses	FR	Fresno	166-05
19	Russell Price	SO	Modesto	166-07.50
20	Cesar Puga	SO	Hartnell	170-07

Event 35 Women Hammer Throw**Top 12 Advance by Mark****Friday 5/1/2009 - 10:45 AM**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Prelims				
1	Hazul Gapul	FR	Hartnell	101-09
2	Brittney Medina	FR	Hartnell	102-03
3	Melissa Reis	FR	Chabot	104-04.25
4	Jessica Gran	FR	San Joaquin Del	111-11.25
5	Ima Khodakaram	FR	Santa Rosa	116-05
6	Amanda Potts	FR	Shasta	116-10
7	Korina Gonzalez	FR	Fresno	119-04
8	Jamila McIntosh	FR	De Anza	119-07.75
9	Sam Christensen	FR	Butte	125-04
10	Ashley Webster	FR	Shasta	127-03
11	Melanie Weatherly	FR	Sequoias	128-08
12	Kristin McClure	FR	Modesto	130-09
13	Carlota Merino	SO	San Jose	133-08
14	Whitnee Garrett	SO	De Anza	133-11
15	Kat Luna	FR	Sacramento	136-09.50
16	Ellie Fanaika	FR	Sacramento	140-01
17	Prisca Pasina	FR	Butte	140-11.50
18	Kristen Esterheld	FR	Santa Rosa	141-00
19	Danielle Wilson	FR	Sacramento	143-00.75
20	Colleen Wachter	FR	American River	144-01
21	Kelly Young	SO	San Mateo	148-11.75
22	Hannah Royall	SO	Butte	149-02
23	Jasmine Steward	SO	Fresno	150-05.75
24	Holly Lohse	FR	Shasta	162-05

Northern California Community College 2009 - 4/14/2009 to 5/8/2009

Track and Field Championships Trials-Finals

Diablo Valley College Pleasant Hill, Calif

Meet Program

Event 36 Men Hammer Throw**Top 12 Advance by Mark
Friday 5/1/2009 - 1:00 PM**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Jonathan Cucculelli	FR	Chabot	128-10.25	
2	David Segovia	FR	Sequoias	130-00	
3	Daniel Jimenez	FR	Hartnell	130-03	
4	Charles Olaires	FR	San Mateo	130-07.25	
5	Derek Wood	SO	Butte	132-01	
6	Aurelio Duenas	FR	Modesto	133-05	
7	Ian Quiros	FR	Hartnell	134-11	
8	Aaron Volkman	FR	Diablo Valley	136-05	
9	Marcus Sannadan	FR	Shasta	138-03	
10	Rene Stephan	SO	De Anza	141-11.75	
11	Frank Herrera	FR	Hartnell	142-02	
12	Jeff Jaime	FR	Fresno	144-09.25	
13	Jon Pack	FR	Butte	145-03	
14	Christian Millard	FR	Fresno	147-11.75	
15	James Aubrey	FR	San Mateo	149-10	
16	Joshua Sanford	SO	Siskiyou	152-04	
17	Jason Gomez	FR	Sequoias	153-02	
18	Quinton Agosta	SO	Santa Rosa	154-04.25	
19	Callan Duffy	SO	Fresno	157-11.50	
20	Andrew Bower	FR	Modesto	163-02.50	
21	Cesar Puga	SO	Hartnell	164-08	
22	Chris Hamilton	SO	American River	168-02	
23	Eric Wright	SO	Shasta	174-04	
24	Russell Price	SO	Modesto	181-09.75	

Event 37 Women Javelin Throw**Friday 5/8/2009 - 2:00 PM**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Jacquelin Maciel	FR	Fresno	91-03	
2	Lauren Jackson	FR	Laney	92-01.75	
3	Jessica Gran	FR	San Joaquin Del	94-03	
4	Paris Dixon-Buckley	SO	Laney	97-00.50	
5	Colleen Wachter	FR	American River	98-06	
6	Simone Lionudakis	FR	Modesto	103-03	
7	Carlota Merino	SO	San Jose	103-03.25	
8	Cassandra Calderon	FR	Modesto	108-04	
9	Amanda Potts	FR	Shasta	108-08	
10	Pilar Becerra	FR	Fresno	118-00	
11	Amanda Taylor	SO	American River	118-10	
12	Jodie Ban	FR	Fresno	121-10.75	
13	Sarah Nichols	FR	Butte	124-10.25	
14	Kelly Young	SO	San Mateo	140-02	

Event 38 Men Javelin Throw**Top 12 Advance by Mark
Friday 5/1/2009 - 11:00 AM**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Andrew Bower	FR	Modesto	153-04	
2	Peni Tafuna	FR	San Mateo	156-07.50	
3	Estaban Jaykins	FR	San Jose	157-06	
4	David Glemann	FR	Santa Rosa	157-08	
5	Mike Hoffman	FR	Yuba	158-01	
6	Russell Price	SO	Modesto	158-02	
7	Jorge Muniz	SO	Hartnell	158-06	
8	Chase Knisley	SO	Hartnell	158-09	
9	Ashanti Watson	FR	San Mateo	159-08	
10	Hardy Langi	FR	San Mateo	160-02.25	
11	Jose Valle	FR	San Jose	160-09.50	
12	Aaron Victorian	FR	San Jose	161-06.75	
13	David Guzman	FR	Sequoias	161-08.50	
14	Garrett Andrews	SO	San Joaquin Del	164-10	
15	Derek Carothers	FR	Sacramento	172-02.50	
16	Rene Stephan	SO	De Anza	172-05.25	
17	Adam Ramoz	FR	San Jose	173-01.50	
18	Tyler Clemens	FR	Siskiyou	177-09	
19	Talor Fulfer	SO	American River	186-09.50	
20	Kevin Kelly	SO	Reedley	194-01	

Event 39 Women Shot Put**Top 12 Advance by Mark
Friday 5/1/2009 - 1:00 PM**

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Prelims					
1	Hazul Gapul	FR	Hartnell	31-02.00	
2	Jamila McIntosh	FR	De Anza	31-09.00	
3	Ejiro Ntekume	SO	Laney	31-09.50	
4	Andrea Navarro	FR	West Valley	31-11.50	
5	Ima Khodakaram	FR	Santa Rosa	32-09.50	
6	Carlota Merino	SO	San Jose	33-03.50	
7	Paris Dixon-Buckley	SO	Laney	33-10.25	
8	Kristen Esterheld	FR	Santa Rosa	34-10.50	
9	Melissa Reis	FR	Chabot	35-01.25	
10	Whitnee Garrett	SO	De Anza	35-04.50	
11	Kat Luna	FR	Sacramento	36-05.75	
12	Colleen Wachter	FR	American River	36-10.00	
13	Hannah Royall	SO	Butte	36-11.00	
14	Ellie Fanaika	FR	Sacramento	37-10.00	
15	Danielle Wilson	FR	Sacramento	38-00.75	
16	Jessica Gran	FR	San Joaquin Del	38-02.00	
17	Ashley Webster	FR	Shasta	39-02.00	
18	Kristin McClure	FR	Modesto	40-00.00	
19	Holly Lohse	FR	Shasta	41-07.00	
20	Kelly Young	SO	San Mateo	42-02.00	
21	Prisca Pasina	FR	Butte	43-07.00	

Northern California Community College 2009 - 4/14/2009 to 5/8/2009**Track and Field Championships Trials-Finals****Diablo Valley College Pleasant Hill, Calif****Meet Program****Event 40 Men Shot Put****Top 12 Advance by Mark****Friday 5/1/2009 - 3:00 PM**

Pos	Name	Yr	School	Seed	Mark
------------	-------------	-----------	---------------	-------------	-------------

Flight 1 of 1 Prelims

1	John Wang	FR	San Joaquin Del	42-07.00
2	Martin Jucatan	FR	San Joaquin Del	42-10.25
3	Trevor Drummond	FR	CCSF	43-00.50
4	Rene Stephan	SO	De Anza	43-04.25
5	Quinton Agosta	SO	Santa Rosa	43-04.50
6	Derek Wood	SO	Butte	43-06.00
7	Logan Harrison	SO	Monterey	43-10.00
8	Estaban Jaykins	FR	San Jose	44-01.25
9	Kashief Steen	SO	Reedley	44-01.50
10	Andrew Bower	FR	Modesto	44-05.50
11	Sidney Shired	FR	Santa Rosa	44-06.75
12	Edward Agbigay	FR	American River	44-10.75
13	Christian Millard	FR	Fresno	45-03.75
14	Nate Moses	FR	Fresno	45-04.50
15	Aaron Victorian	FR	San Jose	45-09.25
16	Eric Wright	SO	Shasta	45-10.50
17	Aaron Volkman	FR	Diablo Valley	47-04.50
18	Joshua Sanford	SO	Siskiyou	47-09.75
19	James Aubrey	FR	San Mateo	48-00.00
20	Marcus Sannadan	FR	Shasta	49-07.50
21	Jon Pack	FR	Butte	49-08.25
22	Cesar Puga	SO	Hartnell	51-02.25
23	Russell Price	SO	Modesto	56-03.00