

Northern California Community College 2009 - 4/14/2009 to 5/8/2009
Track and Field Championships Trials-Finals
Diablo Valley College Pleasant Hill, Calif

NorCal Meet - Records

1	Women 100 Meter Dash	11.45	1985	Monica Taylor - Sacramento City College
2	Men 100 Meter Dash	10.22	1992	Ato Bolden - San Jose City College
3	Women 200 Meter Dash	23.81	1986	Pat Mobley - San Jose City College
4	Men 200 Meter Dash	20.53	1988	Harland Davis - Taft College
5	Women 400 Meter Dash	54.00	2009	Champelle Brown - Laney
6	Men 400 Meter Dash	45.90	1991	Chris Taylor - Merritt College
7	Women 800 Meter Run	2:11.22	1983	Jill Moss - American River College
8	Men 800 Meter Run	1:49.08	1986	Dave Campbell - Foothill College
9	Women 1500 Meter Run	4:27.60	1980	Sabrina Peters - Monterey Peninsula
10	Men 1500 Meter Run	3:47.70	1979	John Sup - Monterey Peninsula
11	Women 3000 Meter Steeplechase	11:34.10	2003	Whitney Jacobsmeyer - Diablo Valley College
12	Men 3000 Meter Steeplechase	9:03.60	1983	Jesse Torres - San Jose City College
13	Women 5000 Meter Run	17:15.20	1985	Leslie Hawkins - Monterey Peninsula
14	Men 5000 Meter Run	14:22.94	1978	Bill Hurst - Modesto Junior College
15	Women 10000 Meter Run	38:25.1h	2003	Cassandra Goodson - Diablo Valley College
16	Men 10000 Meter Run	30:44.70	1978	Paul Mello - College of San Mateo
17	Women 100 Meter Hurdles	13.83	2003	Beyonka McDowell - Sacramento City College
18	Men 110 Meter Hurdles	13.49	1991	Eugene Swift - Merritt College
19	Women 4x100 Meter Relay	46.69	2009	Sacramento - Sacramento Moreno/Collins/Tansil/Jenkins
20	Men 4x100 Meter Relay	39.71	1991	Merritt College - Merritt College Swift/Taylor/Wright/Lanes
21	Women 4x400 Meter Relay	3:47.82	1984	Contra Costa College - Contra Costa College Carpenter/Rogers/LeeSimue
22	Men 4x400 Meter Relay	3:07.88	1991	Merritt College - Merritt College Taylor/Chambers/Swift/Maye
23	Women 400 Meter Hurdles	60.15	1996	Christyna Serrano - Hartnell College
24	Men 400 Meter Hurdles	50.48	1989	Michael Cox - Taft College
25	Women High Jump start 1.35	5-10.00	2003	Kim Harper - Modesto Junior College
26	Men High Jump start 1.80m	7-04.00	1981	Milton Goode - Alameda College
27	Women Pole Vault start 2.40m	11-08.00	2006	Gayle Greenough - Santa Rosa Jr. College
28	Men Pole Vault	17-05.00	1982	Ralph Preiman - Foothill College
29	Women Long Jump	20-04.00	1993	Sheila Nicks - College of the Sequoias
30	Men Long Jump	26-07.50	1987	Charles Brooks - Merritt College
31	Women Triple Jump	41-08.00	1985	Janis Diggs - Hartnell College
32	Men Triple Jump	53-11.50	1989	Brian Wellman - Taft College
33	Women Discus Throw	162-05	1998	Andrea Pappas - College of San Mateo
34	Men Discus Throw	192-01	1983	Todd Kaufman - San Jose City College
35	Women Hammer Throw	180-00	2003	Sara Clinkenbeard - Sacramento City College
36	Men Hammer Throw	61.35m	2008	K. P. Singh - Fresno City College
37	Women Javelin Throw	156-04	1984	Rosa Pugh - Shasta College
38	Men Javelin Throw	219-08	1989	Charles Langston - Shasta College
39	Women Shot Put	50-05.00	1983	Dot Jones - Modesto Junior College
40	Men Shot Put	60-11.00	1982	Jeff Voorhees - Santa Rosa Jr. College
41	Women Heptathlon	5353	1981	Kathy Raugast - Hartnell College
42	Men Decathlon	7144	1982	Darin Hall - Shasta College