

Southern California Championships - 5/7/2016 to 5/14/2016

Antelope Valley College

Results - Finals

Women 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Najia Hudspeth	SO	Cerritos	11.64 10
2 Taira Saunders	SO	Bakersfield	11.91 8
3 Rahmah Baaree	FR	Mt. Sac	11.95 6
4 Kayla Wilson	SO	Riverside	11.98 5
5 Tiarah McDaniel	SO	Riverside	12.03 4
6 Meka Story	FR	Cerritos	12.17 3
7 Alisha Greenlaw	FR	Ventura	12.20 2
8 Sharidan Sharpe	FR	Riverside	12.44 1
9 Victoria Sandoval	FR	Mt. Sac	12.46 0.9

Women 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Najia Hudspeth	SO	Cerritos	23.67 10
2 Tiarah McDaniel	SO	Riverside	24.68 8
3 Alexis Henry	FR	West Los Ang	24.71 6
4 Rahmah Baaree	FR	Mt. Sac	24.78 5
5 Kyra White	FR	Mt. Sac	25.02 4
6 Daeniesha Burrell	SO	Southwestern	25.03 3
7 Kayla Wilson	SO	Riverside	25.04 2
8 Khadija Imara	SO	Mt. Sac	25.16 1
9 Sharidan Sharpe	FR	Riverside	26.02 2.6

Women 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Khadija Imara	SO	Mt. Sac	55.11 10
2 Nylia Hudspeth	SO	Cerritos	55.79 8
3 Daeniesha Burrell	SO	Southwestern	56.24 6
4 Alexis Henry	FR	West Los Ang	57.22 5
5 Jhaylen Ball	SO	Mt. Sac	57.30 4
6 Kyra White	FR	Mt. Sac	58.05 3
7 Joyclyn Arrington	FR	Mt. Sac	58.46 2
8 Christine Moreno	SO	Cuesta	58.64 1
--- Rabia Hawes	FR	Cerritos	FS

Women 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Angela Wilson	FR	Antelope Val	2:13.16 10
2 Savanna Perez	FR	San Bernardi	2:17.84 8
3 Doshawn Franks	SO	West Los Ang	2:18.11 6
4 Ellie Koncki	FR	West Los Ang	2:18.55 5
5 N'FINITY Lindley	FR	West Los Ang	2:18.68 4
6 Crystal Tejada	SO	Riverside	2:19.38 3
7 Maria Orosco	SO	Cerritos	2:21.31 2
8 Agnes Kirakosian	FR	Glendale	2:24.86 1
9 Giselle Masedo	FR	Glendale	2:30.03

Women 1500 Meter Run

Name	Yr	School	Finals
Finals			
1 Miranda Daschian	FR	Cuesta	4:43.59 10
2 Giselle Masedo	FR	Glendale	4:46.90 8
3 Maria Orosco	SO	Cerritos	4:49.00 6
4 Bethani Heising	FR	Orange Coast	4:49.58 5
5 Crystal Tejada	SO	Riverside	4:52.05 4
6 Alyssa Allen	FR	Orange Coast	4:52.55 3
7 Caroline Dagarin	FR	Saddleback	5:00.04 2
8 Emma Fleming	FR	Moorpark	5:03.08 1
9 Sydney Roman	FR	Bakersfield	5:04.78
10 Gabriela Von Borstel	FR	Cuyamaca	5:08.84
--- Xitlalic Canchola	SO	El Camino	DNF

Women 5000 Meter Run

Name	Yr	School	Finals
Finals			
1 Brianna Jacklin	SO	Riverside	18:19.84 10
2 Madeline Ogle	FR	Cuesta	18:43.80 8
3 Toni Lopez	FR	Santa Ana	18:59.69 6
4 Brenda Sanchez	SO	Glendale	19:16.33 5
5 Rachal Naugle	FR	Allan Hancoc	19:28.61 4
6 Crystal Jardines	FR	Mt. Sac	19:31.57 3
7 Jenessa Reyes	SO	Orange Coast	19:37.50 2
8 Jessica Ruiz	FR	Canyons	19:41.37 1
9 Dominique Delgado	SO	Mt. Sac	19:47.49
10 Fabiola Naranjo	FR	Glendale	19:59.27
11 Amanda De Jesus	SO	Canyons	19:59.73
12 Celina Lepe	FR	Cuyamaca	20:02.68
13 Sandrine Urias	SO	Mt. Sac	20:13.33
14 Jasmine Vasquez	SO	Southwestern	20:21.94
15 Alexandra Whitman	SO	Canyons	20:32.41
16 Sandra Garcia	SO	Canyons	20:38.97
17 Stephanie Perea	SO	Cerritos	20:40.99
18 Charlotte Owen	FR	Saddleback	20:41.55
19 Lucik Minassian	SO	Glendale	20:46.64
20 Doone Riley Chapman	FR	Palomar	20:49.82
21 Natalie Vaughn	FR	Riverside	21:17.52
22 Kenia Rendon	SO	Cuyamaca	21:35.38

Women 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Alisha Greenlaw	FR	Ventura	14.74 10
2 Taylor Sims	SO	Orange Coast	15.11 8
3 Carissa Baker	SO	West Los Ang	15.23 6
4 Brittany Mitchell	FR	Mt. Sac	15.34 5
5 Sherrice Pelle	FR	Long Beach	15.39 4
6 Sidney LuVisi	FR	Palomar	16.00 3
7 Queana Hornsby	FR	Mt. Sac	16.11 2



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Finals ... (Women 100 Meter Hurdles)

Name	Yr	School	Finals
8 Samantha Duong	SO	Fullerton	16.41 1
9 Tiano Carson	FR	Santa Monica	16.65 -4.2

Women 400 Meter Hurdles

Name	Yr	School	Finals
1 Brittany Mitchell	FR	Mt. Sac	61.79 10
2 Samantha Duong	SO	Fullerton	63.98 8
3 Tiara Litonjua	FR	Ventura	64.29 6
4 Amanda Yager	FR	Santa Monica	64.93 5
5 Janeth Moya	FR	Southwestern	65.21 4
6 Jada Selexman	SO	Canyons	67.23 3
7 Hannah Heising	SO	Orange Coast	68.06 2
8 Carissa Baker	SO	West Los Ang	69.32 1
9 Taylor Sims	SO	Orange Coast	75.74

Women 3000 Meter Steeplechase

Name	Yr	School	Finals
1 Jessica Ruiz	FR	Canyons	11:55.54 10
2 Alyssa Hebb	FR	San Bernardi	12:00.06 8
3 Rachel Oberschelp	FR	Saddleback	12:05.10 6
4 Lizeth Flores	FR	Canyons	12:08.75 5
5 Amanda De Jesus	SO	Canyons	12:22.46 4
6 Sandra Garcia	SO	Canyons	12:24.97 3
7 Chelsea Wells	FR	Canyons	12:27.72 2
8 Sarah Martinez	SO	Palomar	12:31.71 1
9 Grace Agyan	FR	Palomar	12:35.25
10 Viridiana Hernandez	SO	East LA	12:47.81
11 Alexandra Whitman	SO	Canyons	12:49.70
12 Angel Vallier	FR	Saddleback	12:52.65

Women 4x100 Meter Relay

Team	Relay	Finals
1 Cerritos		46.24 10
1) Rabia Hawes FR	2) Najia Hudspeth SO	
3) Nylia Hudspeth SO	4) Meka Story FR	
2 Mt. Sac		46.70 8
1) Rahmah Baaree FR	2) Kyra White FR	
3) Khadija Imara SO	4) Shian Long FR	
3 West Los Angeles		46.95 6
1) Taji McKinley SO	2) Doshawn Franks SO	
3) Jordyn Dorsey FR	4) Alexis Henry FR	
4 Riverside		47.60 5
1) Sharidan Sharpe FR	2) Kayla Wilson SO	
3) Tiarah McDaniel SO	4) Aaliyah Goshen SO	
5 Bakersfield		47.72 4
1) Emagee Tyler FR	2) Taira Saunders SO	
3) Cassidy Murphy FR	4) Kaira Saunders SO	

6 Orange Coast	48.19 3
1) Hannah Heising SO	2) Taylor Sims SO
3) Mychal Robinson FR	4) Decontee Ayers SO
7 Ventura	49.30 2
1) Aiza Sarmiento FR	2) Alisha Greenlaw FR
3) Marissa Tobin FR	4) Danielle Colvin FR
8 Canyons	49.46 1
1) Marissa Kneisel FR	2) Tisian Nealy SO
3) Jada Selexman SO	4) Tayler Stiverson FR
--- SD Mesa	DNF
1) Daniesha Clayton FR	2) Kaleigh Winner FR
3) Sharik Figueroa FR	4) Stacey Moore SO

Women 4x400 Meter Relay

Team	Relay	Finals
1 Cerritos		3:45.71 10
1) Rabia Hawes FR	2) Najia Hudspeth SO	
3) Nylia Hudspeth SO	4) Tyler Simpson FR	
2 Mt. Sac		3:47.03 8
1) Khadija Imara SO	2) Kyra White FR	
3) Joyclyn Arrington FR	4) Jhaylen Ball SO	
3 West Los Angeles		3:47.97 6
1) Taji McKinley SO	2) Ellie Koncki FR	
3) Doshawn Franks SO	4) Alexis Henry FR	
4 Riverside		3:54.92 5
1) Sharidan Sharpe FR	2) Kayla Wilson SO	
3) Tiarah McDaniel SO	4) Crystal Tejada SO	
5 Ventura		3:59.74 4
1) Alisha Greenlaw FR	2) Tiara Litonjua FR	
3) Danielle Colvin FR	4) Marissa Tobin FR	
6 Canyons		3:59.99 3
1) Diani Ellis FR	2) Tisian Nealy SO	
3) Jada Selexman SO	4) Tayler Stiverson FR	
7 Long Beach		4:02.72 2
1) Malika Spencer SO	2) Seayanna Crawford FR	
3) Sherrice Pelle FR	4) Shavone Nora SO	
8 Orange Coast		4:11.89 1
1) Hannah Heising SO	2) Bethani Heising FR	
3) Mychal Robinson FR	4) Taylor Sims SO	
9 Santa Monica		4:13.08
1) Amanda Yager FR	2) Unique Nichols FR	
3) Tiano Carson FR	4) Jayde McCoy FR	

Women High Jump

Name	Yr	School	Finals
1 Bria Palmer	FR	Cerritos	1.66m 10
2 Kaitlyn Matthews	FR	Canyons	J1.66m 8
3 Tiona Jones	FR	Golden West	1.61m 5.5
3 Karla Alatore	SO	Riverside	1.61m 5.5
5 Destinee Widgins	FR	Riverside	J1.61m 3.5



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Finals ... (Women High Jump)

Name	Yr	School	Finals
5 Danielle Spargur	SO	Riverside	J1.61m 3.5
7 Yazmine Al-Uqdah	FR	El Camino	1.56m 2
8 Taylor Sims	SO	Orange Coast	J1.56m 1
9 Madison Apolarin	FR	Mt. Sac	1.46m

Women Pole Vault

Name	Yr	School	Finals
Finals			
1 Augusta Thomason	SO	Cuesta	3.59m 10
2 Erica Davis	SO	Cerritos	3.44m 8
3 Raelyn Abbinanti	FR	West Los Ang	3.29m 6
4 Angela Griffin	FR	Riverside	3.14m 4.5
4 Madison McPeak	FR	Riverside	3.14m 4.5
6 Jayme Stanford	SO	Mt. Sac	J3.14m 3
7 Marissa Tobin	FR	Ventura	J3.14m 2
8 Izzy Ironhill	FR	Ventura	2.99m 1
9 Kim Klarar	FR	Cuyamaca	2.84m

Women Long Jump

Name	Yr	School	Finals
Finals			
1 Marissa Kneisel	FR	Canyons	5.64m 10
2 Danielle Colvin	FR	Ventura	5.62m 8
3 Reagan Andrews	FR	West Los Ang	5.56m 6
4 Lauren Delgadillo	FR	Orange Coast	5.50m 5
5 Yazmine Al-Uqdah	FR	El Camino	5.43m 4
6 Destinee Widgins	FR	Riverside	5.26m 3
7 Carissa Baker	SO	West Los Ang	5.18m 2
8 Monica Ayala	FR	Orange Coast	5.17m 1
9 Kaira Saunders	SO	Bakersfield	5.06m NWI
9 Dawn Rivera	FR	Southwestern	5.06m NWI
11 Sedona Williams	FR	Ventura	4.96m NWI
12 Suyan Carcedo	FR	Cerritos	4.81m NWI

Women Triple Jump

Name	Yr	School	Finals
Finals			
1 Destinee Widgins	FR	Riverside	12.39m 10
2 Zaynab Bent-Mikail	SO	El Camino	11.98m 8
3 Reagan Andrews	FR	West Los Ang	11.95m 6
4 Danielle Colvin	FR	Ventura	11.78m 5
5 Mari Dear	FR	West Los Ang	11.39m 4
6 Dominique Rhaburn	FR	West Los Ang	11.16m 3
7 Dawn Rivera	FR	Southwestern	10.91m 2
8 Nicolez Blackmon	FR	West Los Ang	10.78m 1
9 Michannai Wright	SO	Cerritos	10.60m NWI
10 Veronica Slade	FR	Bakersfield	10.29m NWI
11 Monica Ayala	FR	Orange Coast	10.17m NWI
12 Miranda Valentin	FR	Cerritos	9.60m NWI

Women Shot Put

Name	Yr	School	Finals
Finals			
1 Destiny Mack-Talalemotu	SO	Cerritos	13.91m 10
2 Tierra Adams	FR	Mt. Sac	13.02m 8
3 Shedella Smith	FR	Riverside	12.68m 6
4 Ashley Santos	SO	Riverside	12.24m 5
5 Richelle Kafoa	SO	Riverside	12.10m 4
6 Taylor Nevitt	FR	Allan Hancock	12.05m 3
7 Sabrina Dozier	FR	Cuyamaca	11.75m 2
8 Teairah Jackson	FR	Southwestern	11.66m 1
9 De'ondra Young	SO	Palomar	11.33m
10 Kori Sprague	FR	Riverside	10.84m
11 Mailani Thomas	FR	Riverside	10.82m
12 Madison Fitzpatrick	FR	Fullerton	10.68m

Women Discus Throw

Name	Yr	School	Finals
Finals			
1 Destiny Mack-Talalemotu	SO	Cerritos	46.95m 10
2 Taylor Nevitt	FR	Allan Hancock	40.94m 8
3 Marilyn Quintero	SO	Bakersfield	39.90m 6
4 Alison Meegan	SO	Cuyamaca	38.01m 5
5 Ashley Santos	SO	Riverside	37.85m 4
6 Ashley Wells	FR	El Camino	37.30m 3
7 Jessica Tobias	SO	Cerritos	37.01m 2
8 Sabrina Dozier	FR	Cuyamaca	36.50m 1
9 Tierra Adams	FR	Mt. Sac	36.30m
10 Alyssa Carrillo	FR	Ventura	34.77m
--- Mailani Thomas	FR	Riverside	FOUL
--- Brittani Wynn	FR	Antelope Val	FOUL

Women Hammer Throw

Name	Yr	School	Finals
Finals			
1 Destiny Mack-Talalemotu	SO	Cerritos	56.51m 10
2 De'ondra Young	SO	Palomar	52.67m 8
3 Jessica Tobias	SO	Cerritos	47.26m 6
4 Sabrina Dozier	FR	Cuyamaca	44.65m 5
5 Kori Sprague	FR	Riverside	44.08m 4
6 Briana Gaipa	SO	Cuyamaca	44.03m 3
7 Crystal Rodriguez	FR	Cerritos	42.95m 2
8 Richelle Kafoa	SO	Riverside	42.74m 1
9 Ashley Santos	SO	Riverside	42.41m
10 Ajah Wilson	FR	Riverside	41.32m
11 Alison Meegan	SO	Cuyamaca	40.41m
--- Maya Nelson	FR	Santa Barbar	FOUL



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Women Javelin Throw

Name	Yr	School	Finals
Finals			
1 Nicole Clark	FR	El Camino	43.58m 10
2 Raena Ramirez	SO	Golden West	38.46m 8
3 Destiny Mack-Talalemotu	SO	Cerritos	38.01m 6
4 Ashley Flores	FR	Cerritos	36.27m 5
5 Sarah Baker	SO	Cerritos	35.52m 4
6 Crystal Rodriguez	FR	Cerritos	33.88m 3
7 Dana Bowers	FR	Canyons	33.75m 2
8 Sarah Montion	FR	SD Mesa	31.32m 1
9 Tyra Williams	FR	West Los Ang	29.28m
10 Aaliyah Goshen	SO	Riverside	28.72m
11 Diamond Scott	FR	Riverside	27.95m
12 Madison Fitzpatrick	FR	Fullerton	24.39m

Men 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Cravon Gillespie	SO	Mt. Sac	10.04 10
2 Erik Cisneros	SO	Mt. Sac	10.53 8
3 Cameron Akins	SO	Mt. Sac	10.59 6
4 Clifford Scott	SO	Cerritos	10.62 5
5 Giovanni Brooks	FR	SD Mesa	10.62 4
6 Cavan Bluitt	FR	Mt. Sac	10.73 3
7 Chaio Winters	FR	Mt. Sac	10.74 2
8 Frank Mccomb	FR	Mt. Sac	10.94 1
9 Jonathan Smith	FR	Riverside	11.15 3.1

Men 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Cravon Gillespie	SO	Mt. Sac	20.20 10
2 Tubotein Taylor	SO	Mt. Sac	20.52 8
3 Gabe Warner	FR	Orange Coast	20.85 6
4 Cavan Bluitt	FR	Mt. Sac	21.24 5
5 Manuel Delatorre	FR	Glendale	21.51 4
6 Gabriel Berkovick	FR	Santa Monica	21.65 3
7 Erik Cisneros	SO	Mt. Sac	21.68 2
8 David Christensen	SO	Mt. Sac	22.05 1
9 Cameron Akins	SO	Mt. Sac	26.67 1.5

Men 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Tubotein Taylor	SO	Mt. Sac	46.62 10
2 Gabe Warner	FR	Orange Coast	47.05 8
3 David Christensen	SO	Mt. Sac	47.28 6
4 Tristan Griffith	FR	Ventura	47.82 5
5 Joshua Cummings	SO	Antelope Val	47.86 4
6 Jose Prieto	SO	Southwestern	47.88 3

7 Robert Brennan	SO	Canyons	48.42 2
8 Trevor Fischer	SO	Mt. Sac	48.57 1
9 Deondre Brooks	SO	Riverside	49.88

Men 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Eamon Smythe	SO	Orange Coast	1:52.89 10
2 Juman Randall	SO	West Los Ang	1:53.14 8
3 Oscar Soto	SO	Cuyamaca	1:53.38 6
4 Isaiah Marshall	SO	Cerritos	1:53.54 5
5 Joshua Silva	FR	Riverside	1:53.56 4
6 Supervoid Mack	SO	Riverside	1:53.93 3
7 Devon Hallinan	SO	Cuesta	1:55.94 2
8 James De Mello	FR	Canyons	1:59.51 1
9 Keith Turner	FR	Cerritos	2:05.27

Men 1500 Meter Run

Name	Yr	School	Finals
Finals			
1 Matthew Manalo	SO	Glendale	4:04.21 10
2 Joshua Silva	FR	Riverside	4:05.32 8
3 Hayden Hinsch	FR	El Camino	4:05.47 6
4 Joel Estrada	SO	Canyons	4:06.76 5
5 Jeronimo Brito	SO	Riverside	4:08.28 4
6 Jonathan Mijares	FR	Mt. Sac	4:08.72 3
7 Cristian Malloy	FR	Riverside	4:09.39 2
8 Christopher Moreno	SO	Bakersfield	4:09.73 1
9 Ronen Skarsten	FR	Saddleback	4:10.31
10 Alex Ramirez	FR	Santa Barbar	4:10.94
11 Sam Boyle	SO	Ventura	4:12.59
12 Arnold Bautista	SO	Canyons	4:14.98

Men 5000 Meter Run

Name	Yr	School	Finals
Finals			
1 Michael Teran	FR	San Bernardi	15:22.55 10
2 Ulysses Orozco	SO	Saddleback	15:24.58 8
3 Luis Ortega	FR	San Bernardi	15:24.66 6
4 Kevin Herrera	FR	Mt. Sac	15:25.07 5
5 Daniel Harrigan-Cota	SO	Mt. Sac	15:27.00 4
6 Vahagn Isayan	SO	Glendale	15:29.38 3
7 Shane Thompson	FR	Glendale	15:35.04 2
8 Cody Salter	FR	Mt. Sac	15:49.20 1
9 Derek Barnett	SO	San Bernardi	15:56.81
10 Tate Graham	FR	Cuyamaca	15:58.39
11 Dennis Gonzalez	SO	Riverside	16:04.70
12 David Flores	FR	Southwestern	16:07.33
13 Bradley Apodaca	SO	Santa Barbar	16:09.71
14 Joseph Centeno	FR	Mt. Sac	16:12.71
15 Sean McDermott	FR	Cuesta	16:14.34
16 Sam Boyle	SO	Ventura	16:15.59



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Finals ... (Men 5000 Meter Run)				
Name	Yr	School	Finals	
17	Danny Dominguez	FR	Orange Coast	16:17.24
18	David Hughes	FR	San Bernardi	16:20.24
19	Alejandro Ambrossio	FR	Glendale	16:22.29
20	Michael Simpson	FR	Riverside	16:23.51
21	Ryan Najera	SO	Cuyamaca	16:32.06
22	Oscar Salas	FR	Orange Coast	16:46.70
23	Hector Peralta	FR	Mt. Sac	17:01.59
24	Nicholas Medina	FR	Mt. Sac	17:22.37
25	Galyn Nash	FR	Orange Coast	19:14.57

Men 110 Meter Hurdles				
Name	Yr	School	Finals	
Finals				
1	Justin Walker	FR	Fullerton	14.34 10
2	Cameron Akins	SO	Mt. Sac	14.35 8
3	Elisha Edwards	FR	Moorpark	14.64 6
4	Ryan Muir	FR	Riverside	14.70 5
5	Dario Robinson	SO	Cerritos	14.76 4
6	Leonardo Brown	FR	Mt. Sac	14.85 3
7	Gary Hawkins	FR	Mt. Sac	14.92 2
8	Matt Tyler	SO	Cuesta	15.42 1
9	Dylan Atencio	FR	Mt. Sac	15.48 -3.2

Men 400 Meter Hurdles				
Name	Yr	School	Finals	
Finals				
1	Dylan Atencio	FR	Mt. Sac	52.88 10
2	Justin Alexander	FR	El Camino	53.23 8
3	Jaydan Logan	FR	Cerritos	54.36 6
4	Joshua Taylor	SO	Mt. Sac	54.38 5
5	Anton Nilsson	FR	Santa Barbar	55.02 4
6	Leonardo Brown	FR	Mt. Sac	55.59 3
7	Trevor Fischer	SO	Mt. Sac	55.82 2
8	Maurice Jones	FR	El Camino	56.32 1
9	Elisha Edwards	FR	Moorpark	60.97

Men 3000 Meter Steeplechase				
Name	Yr	School	Finals	
Finals				
1	Jason Hillquist	SO	Canyons	9:28.01 10
2	Michael Simpson	FR	Riverside	9:28.03 8
3	Sean McDermott	FR	Cuesta	9:43.43 6
4	Hector Peralta	FR	Mt. Sac	9:44.77 5
5	Nicholas Medina	FR	Mt. Sac	9:48.20 4
6	Alec Franco	SO	Antelope Val	9:53.84 3
7	Cesar Marquez	SO	West Los Ang	9:53.99 2
8	Dane Randolph	FR	Cuyamaca	9:54.54 1
9	Miles Brubacher	SO	Saddleback	9:57.07
10	Lawrence Stokes	SO	Cuesta	10:06.62
11	Carlos Barrios	FR	Mt. Sac	10:07.38

12	Alejandro Rios	SO	Cerritos	10:38.46
Men 4x100 Meter Relay				
Team	Relay	Finals		
Finals				
1	Mt. Sac		39.87	10
	1) Erik Cisneros SO	2) Cameron Akins SO		
	3) Tubotein Taylor SO	4) Cravon Gillespie SO		
2	Riverside		42.03	8
	1) Ryan Muir FR	2) Christopher Kessee FR		
	3) Wyatt Staggers SO	4) Kristopher Handy FR		
3	Cerritos		42.32	6
	1) Clifford Scott SO	2) Nick Garcia SO		
	3) Ricardo Thomas SO	4) Tayric Elliott FR		
4	Orange Coast		42.66	5
	1) Jonathan Clayborne FR	2) Gabe Warner FR		
	3) Matt Oyakawa SO	4) Jeremiah Lewis FR		
5	Canyons		42.71	4
	1) James Berkley SO	2) Robert Brennan SO		
	3) James Chevious SO	4) Jonathan Choi SO		
6	Saddleback		42.79	3
	1) Jonathan Grumbling FR	2) Nicholas Van Vliet FR		
	3) Nicholas Sine FR	4) Josh Suri FR		
7	Cuesta		43.52	2
	1) Robert Fast FR	2) Joe Reeves FR		
	3) Raymond Smith FR	4) Joe Dreyer SO		
8	SD Mesa		43.64	1
	1) Stephen Adegoko SO	2) Giovanni Brooks FR		
	3) Ray Shields FR	4) Qwayjon Walker FR		
---	Glendale		DNF	
	1) Dante Jonhson FR	2) Keyon Hardin FR		
	3) Christopher Cabrera FR	4) Manuel Delatorre FR		

Men 4x400 Meter Relay				
Team	Relay	Finals		
Finals				
1	Mt. Sac		3:09.26	10
	1) David Christensen SO	2) Tubotein Taylor SO		
	3) Dylan Atencio FR	4) Chaio Winters FR		
2	Riverside		3:14.94	8
	1) Deondre Brooks SO	2) Kristopher Handy FR		
	3) Supervoid Mack SO	4) Albert Saura SO		
3	Glendale		3:15.65	6
	1) Manuel Delatorre FR	2) Keyon Hardin FR		
	3) Lonnie McNamee	4) Anthony McGinnis FR		
4	West Los Angeles		3:17.27	5
	1) Joseph Banks FR	2) Roque Pennell SO		
	3) Hasani Barrett FR	4) Juman Randall SO		
5	El Camino		3:17.45	4
	1) Nayveon Wheaton FR	2) Max Blaetter-Frenzel FR		
	3) Hayden Hinsch FR	4) Jerrett Anderson FR		



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Finals ... (Men 4x400 Meter Relay)

Team	Relay	Finals
6 Cuesta		3:17.50 3
1) Robert Fast FR	2) Devon Hallinan SO	
3) Matt Tyler SO	4) Raymond Smith FR	
7 Canyons		3:18.62 2
1) Robert Brennan SO	2) James De Mello FR	
3) Travis Larson FR	4) Cole Mears SO	
8 Saddleback		3:22.20 1
1) Josh Suri FR	2) Antonio Moralez SO	
3) Nicholas Van Vliet FR	4) Jonathan Grumbling FR	
9 Orange Coast		3:23.83
1) Noah Rogers SO	2) Jeremiah Lewis FR	
3) Eamon Smythe SO	4) Gabe Warner FR	

Men High Jump

Name	Yr	School	Finals
1 Joseph Bryant	FR	Mt. Sac	2.12m 10
2 Alex Templeton	FR	Cuyamaca	2.07m 8
3 Jeremy Kimmer	FR	Glendale	2.02m 6
4 Stirling McCulloch	FR	Santa Monica	J2.02m 4.5
4 Vincent Calhoun	SO	Cerritos	J2.02m 4.5
6 Jacob Bookout	FR	Bakersfield	1.97m 3
7 John Soriano	SO	Riverside	1.92m 2
8 Jacob Funes	FR	El Camino	J1.92m 1
9 Raymond Owens	SO	Mt. Sac	1.87m

Men Pole Vault

Name	Yr	School	Finals
1 Giovanni Hernandez	SO	Mt. Sac	5.20m 10
2 Joe Dreyer	SO	Cuesta	4.82m 8
3 Jeremy Kimmer	FR	Glendale	J4.82m 6
4 Joe Reeves	FR	Cuesta	4.67m 5
5 Andrew Hladek	SO	Cerritos	4.52m 4
6 Sean Griffin	SO	Mt. Sac	J4.52m 3
7 Nicholas Mendoza	FR	Cerritos	4.37m 1.5
7 Matt Logan	SO	SD Mesa	4.37m 1.5
9 Jorge Zapien	FR	Golden West	J4.37m
--- Ryan Polakiewicz	FR	Mt. Sac	NH

Men Long Jump

Name	Yr	School	Finals
1 Justin Walker	FR	Fullerton	7.40m 10
2 Vincent Calhoun	SO	Cerritos	7.38m 8
3 Stacy Chuwunmezie	FR	Cerritos	7.36m 6
4 Joseph Bryant	FR	Mt. Sac	7.23m 5
5 John Soriano	SO	Riverside	7.15m 4
6 Alexander Hammond	FR	Mt. Sac	7.13m 3
7 Luke Nickelson	FR	Allan Hancoc	6.97m 2

8 Jahvad McDermott	SO	Riverside	6.94m 1
9 Chris Park	SO	El Camino	6.86m NWI
10 Terrell Coleman	FR	Cerritos	6.66m NWI
11 Reynaldo Beech	FR	Mt. Sac	6.22m NWI

Men Triple Jump

Name	Yr	School	Finals
1 James Wilson	FR	Riverside	15.03m 10
2 Jahvad McDermott	SO	Riverside	14.87m 8
3 Zain Palacio	SO	West Los Ang	14.85m 6
4 Anthony Applequist	SO	Mt. Sac	14.54m 5
5 John Soriano	SO	Riverside	14.46m 4
6 Alexander Hammond	FR	Mt. Sac	14.35m 3
7 Cameron Shinn	FR	Santa Barbar	13.95m 2
8 Jacob Bookout	FR	Bakersfield	13.78m 1
9 Stewart McKenzie	FR	Pasadena	13.75m NWI
10 Blair Robinson	FR	Cerritos	13.27m NWI
11 Kylon Lincoln	FR	West Los Ang	13.08m NWI
--- David Williams	SO	Cerritos	FOUL

Men Shot Put

Name	Yr	School	Finals
1 James Jones	FR	Riverside	16.61m 10
2 Josh McClure	SO	Moorpark	16.19m 8
3 Zachary Fromm	SO	Riverside	15.56m 6
4 Lorenzo Mendoza	FR	Golden West	15.54m 5
5 Dillen Littles	SO	Bakersfield	15.39m 4
6 Kyle Jenkins	FR	Riverside	15.08m 3
7 Kyle Schilling	SO	Antelope Val	15.00m 2
8 Christopher Brown	SO	Riverside	14.23m 1
9 Jeremyah Quichocho	FR	Cuyamaca	13.93m
10 Cesar Santiesteban	SO	East LA	13.80m
11 Francisco Padilla	FR	Fullerton	13.41m
--- Donnie Silecchio	SO	Moorpark	FOUL

Men Discus Throw

Name	Yr	School	Finals
1 Zachary Fromm	SO	Riverside	54.09m 10
2 Jovann Letuli	SO	Cuyamaca	49.53m 8
3 Dillen Littles	SO	Bakersfield	46.74m 6
4 Garrett Burrow	SO	Riverside	46.21m 5
5 Jeremyah Quichocho	FR	Cuyamaca	45.57m 4
6 Christopher Brown	SO	Riverside	44.12m 3
7 Clinton Anderson	FR	Cerritos	43.86m 2
8 Alejandro Sandoval Guzman	FR	Mt. Sac	43.85m 1
9 Tyler Walker	SO	Mt. Sac	42.85m
10 James Jones	FR	Riverside	42.42m
11 Marcos Villegas	FR	Riverside	41.91m
12 Diontre Harris	FR	Canyons	39.59m



Southern California Championships - 5/7/2016 to 5/14/2016

Antelope Valley College

Results - Finals

Men Hammer Throw

Name	Yr	School	Finals
Finals			
1 Christopher Brown	SO	Riverside	52.27m 10
2 La Ronn Hill	SO	SD Mesa	51.29m 8
3 Aria Sadeghi	SO	Saddleback	49.81m 6
4 Zachary Fromm	SO	Riverside	47.33m 5
5 Ryan Alvarez	SO	Antelope Val	47.22m 4
6 Luigi Gonzalez	FR	Saddleback	J47.22m 3
7 Jovann Letuli	SO	Cuyamaca	46.98m 2
8 Kyle Schilling	SO	Antelope Val	46.55m 1
9 Semaj Coates	FR	Cerritos	43.37m
10 Lorenzo Mendoza	FR	Golden West	43.02m
11 John Jablonski	SO	Antelope Val	41.61m
12 Brian King	SO	Cerritos	41.02m

19) Antelope Valley	10
20) Fullerton	9
21) Saddleback	8
22) Long Beach	6
23) Santa Monica	5
24) SD Mesa	1

Men Javelin Throw

Name	Yr	School	Finals
Finals			
1 Chris Ross	FR	SD Mesa	57.32m 10
2 Cesar Santiesteban	SO	East LA	53.07m 8
3 William Dorosk	FR	West Los Ang	52.20m 6
4 John Soriano	SO	Riverside	50.44m 5
5 Cole Mears	SO	Canyons	50.35m 4
6 Tristian Escobar	SO	Cerritos	48.13m 3
7 Ruben Retana	FR	Mt. Sac	47.98m 2
8 Jeffrey Pulcher	FR	Mt. Sac	47.07m 1
9 Chad Ponciano	FR	Riverside	46.99m
10 Qwayjon Walker	FR	SD Mesa	46.35m
11 Hasani Barrett	FR	West Los Ang	45.20m
12 Ismael Guerrero	SO	Cerritos	42.90m

Women - Team Rankings - 21 Events Scored

1) Cerritos	161
2) Riverside	128.5
3) Mt. SAC	88
4) West Los Angeles	73
5) Canyons	59
6) Ventura	40
7) Cuesta	37
8) Orange Coast	34
9) El Camino	27
10) Bakersfield	18
11) Cuyamaca	16
11) San Bernardino	16
11) Southwestern	16
14) Allan Hancock	15
15) Glendale	14
16) Golden West	13.5
17) Palomar	12
18) Santa Ana	11



Southern California Championships - 5/7/2016 to 5/14/2016

Antelope Valley College

Results - Finals

24) Moorpark 1

Men - Team Rankings - 21 Events Scored

1) Mt. SAC	207
2) Riverside	156
3) Cerritos	57
4) Glendale	47
5) Cuesta	39
6) Cuyamaca	29
6) Orange Coast	29
8) Canyons	28
9) West Los Angeles	27
10) Saddleback	25
11) SD Mesa	24.5
12) Antelope Valley	20
12) El Camino	20
12) Moorpark	20
12) Fullerton	20
16) San Bernardino	16
17) Bakersfield	15
18) East LA	8
18) Santa Barbara	8
20) Santa Monica	7.5
21) Ventura	5
21) Golden West	5
23) Southwestern	4
24) Allan Hancock	2

