

2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

Event 1 Women 4x100 Meter Relay

School	Seed	Finals
Finals		
1 SD Mesa 'A'	49.35	48.97
1) Stallman, Holly SO	2) Nosler, Carli FR	
3) Walker, Kayla FR	4) Weiden, Skyler FR	
2 Southwestern 'A'	51.43	49.97
1) Pharr, Kryschiana SO	2) Autry, Lachelle SO	
3) Montini-Maxwell, Gabriela FR	4) Bell, Tajanique SO	
3 Palomar 'A'	51.96	53.38
1) Ballard, Candice FR	2) Pedroza, Jennifer FR	
3) Lauritzen, Hanna FR	4) Zappia, Alicia FR	

Event 2 Men 4x100 Meter Relay

School	Seed	Finals
1 Southwestern 'A'	42.69	42.70
1) Paisely, Cullin FR	2) Brown, Isaiah FR	
3) Sanchez, Diego FR	4) James, Marvin FR	
2 SD Mesa 'A'	43.25	43.54
1) Clay, Jeremy FR	2) Curtis, Jake FR	
3) Mickelsen, Aaron SO	4) Cristobal, Troy FR	

Event 3 Women 1500 Meter Run

Name	Year School	Seed	Finals
1 Clifford, Courtney	FR Cuyamaca	5:21.88	5:22.18
2 Chaffin, Maia	FR Palomar	5:39.47	5:28.87
3 Lopez, Hannah	SO Palomar	5:26.73	5:33.75
4 Maldonado, Lessli	FR Palomar	5:44.23	5:42.31
5 O'Campo, Angela	FR San Bernardino	5:40.05	5:47.86
6 Dominguez, Lisset	FR Cuyamaca	5:51.49	6:06.38
7 Molina, Stephanie	FR Southwestern	6:23.24	6:17.02

Event 4 Men 1500 Meter Run

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Alcantar, Cristian	FR SD Mesa	4:10.97	4:17.29Q	2
2 Ibarra, Ian	FR SD Mesa	4:06.04	4:24.85Q	1
3 Labra, Isaiah	FR SD Mesa	3:56.20	4:17.32Q	2
4 DeLaTorre, Carlos	SO San Bernardino	4:12.20	4:25.31Q	1
5 Salinas, Sal	SO Cuyamaca	4:17.93	4:17.92Q	2
6 Duenas, Fernando	FR San Bernardino	4:14.63	4:25.32Q	1
7 Guzman, Humberto	SO San Bernardino	4:07.26	4:20.93Q	2
8 Hussein, Abdi	FR Cuyamaca	4:03.61	4:26.06Q	1
9 Gonzalez, Isaiah	FR San Bernardino	4:16.54	4:22.93q	2



For Live Results
Download the App



Use Discount Code
"FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

....Event 4 Men 1500 Meter Run

10	Lopez, John	SO SD Mesa	4:29.84	4:27.27q	1
11	Heredia, Alvaro	FR San Bernardino	4:29.64	4:32.68q	1
12	Vidrio, Fernando	SO San Bernardino	4:37.69	4:40.27q	2
13	Ramirez, Anjel	SO San Bernardino	4:44.16	4:52.98	2
14	Olsen, Stuart	FR Cuyamaca		5:08.00	1
15	Gonzalez, Joe	FR Southwestern	5:58.28	6:06.43	1

Event 4 Men 1500 Meter Run

Name	Year	School	Prelims	Finals
------	------	--------	---------	--------

Finals

1	Labra, Isaiah	FR SD Mesa	4:17.32	4:03.50
2	Hussein, Abdi	FR Cuyamaca	4:26.06	4:05.71
3	Alcantar, Cristian	FR SD Mesa	4:17.29	4:10.56
4	Gonzalez, Isaiah	FR San Bernardino	4:22.93	4:11.36
5	DeLaTorre, Carlos	SO San Bernardino	4:25.31	4:11.78
6	Ibarra, Ian	FR SD Mesa	4:24.85	4:11.84
7	Guzman, Humberto	SO San Bernardino	4:20.93	4:12.53
8	Duenas, Fernando	FR San Bernardino	4:25.32	4:19.77
9	Vidrio, Fernando	SO San Bernardino	4:40.27	4:39.32
10	Olsen, Stuart	FR Cuyamaca	5:08.00	4:50.41
11	Ramirez, Anjel	SO San Bernardino	4:52.98	4:54.47

Event 5 Women 100 Meter Hurdles

Name	Year	School	Seed	Finals	Wind
1	Bell, Tajanique	SO Southwestern	14.41	14.02	NWI
2	Sinclair, Alana	SO Cuyamaca	16.09	15.81	NWI
3	Ismay, Tria	FR Palomar	17.05	16.78	NWI
4	Pedroza, Jennifer	FR Palomar	16.91	17.03	NWI
5	Osuna, Alondra	FR Southwestern	17.35	17.27	NWI
6	Lauritzen, Hanna	FR Palomar	18.60	18.55	NWI
7	Beas, Jacqueline	FR Southwestern	21.46	21.05	NWI

Event 6 Men 110 Meter Hurdles

Name	Year	School	Seed	Finals	Wind
1	Clay, Jeremy	FR SD Mesa	14.82	14.78	NWI
2	Coleman, Dylan	FR Cuyamaca	15.24	15.13	NWI
3	Mickelsen, Aaron	SO SD Mesa	15.46	15.16	NWI
4	Vasquez, Jesus	FR Cuyamaca	15.76	15.51	NWI
5	Orozco, Andy	FR SD Mesa	16.36	16.25	NWI
6	Palmer, Ayries	FR San Bernardino	17.00	16.93	NWI
7	Fernandez, Diego	FR Southwestern	17.46	17.64	NWI
8	Ojajuni, Julius	FR Southwestern	17.63	17.70	NWI



Use Discount Code "FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

Event 7 Women 400 Meter Dash

Name	Year	School	Seed	Finals
1	Palacki, Toriana	FR SD Mesa	1:05.51	1:02.67
2	Weiden, Skyler	FR SD Mesa	1:04.54	1:05.22
3	Chelik, Angela	FR Southwestern	1:07.37	1:07.62

Event 8 Men 400 Meter Dash

Name	Year	School	Seed	Finals
1	Price, Charles	FR SD Mesa	49.00	49.93
2	Brown, Isaiah	FR Southwestern	50.45	50.59
3	Ndiaye, Saliou	FR SD Mesa	50.70	50.77
4	Burton, Jake	FR SD Mesa	51.23	51.67
5	Mitchell, Tyrel	FR Cuyamaca	52.60	52.77
6	Hernandez, David	FR San Bernardino	55.16	54.00

Event 9 Women 100 Meter Dash

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Bell, Tajanique	SO Southwestern	12.54	12.40Q	-0.7	1
2	Stallman, Holly	SO SD Mesa	12.23	12.69Q	0.3	2
3	Nosler, Carli	FR SD Mesa	12.50	12.70q	-0.7	1
4	Autry, Lachelle	SO Southwestern	12.96	13.07q	0.3	2
5	Ismay, Tria	FR Palomar	12.75	13.20q	0.3	2
6	Walker, Kayla	FR SD Mesa	13.11	13.22q	-0.7	1
7	Zappia, Alicia	FR Palomar	12.97	13.38q	-0.7	1
8	Montini-Maxwell, G	FR Southwestern	13.28	13.42q	0.3	2
9	Pharr, Kryschiana	SO Southwestern	13.32	13.52q	0.3	2
10	Espino, Shaileen	FR SD Mesa	13.72	14.03	-0.7	1
11	Castro, Kayla	FR Southwestern	14.25	14.66	-0.7	1
12	Beas, Jacqueline	FR Southwestern	14.89	15.07	0.3	2

Event 9 Women 100 Meter Dash

Name	Year	School	Prelims	Finals	Wind
Finals					
1	Bell, Tajanique	SO Southwestern	12.40	11.99	NWI
2	Stallman, Holly	SO SD Mesa	12.69	12.16	NWI
3	Nosler, Carli	FR SD Mesa	12.70	12.37	NWI
4	Ismay, Tria	FR Palomar	13.20	12.71	NWI
5	Autry, Lachelle	SO Southwestern	13.07	12.91	NWI
6	Pharr, Kryschiana	SO Southwestern	13.52	12.99	NWI
7	Walker, Kayla	FR SD Mesa	13.22	13.04	NWI
8	Zappia, Alicia	FR Palomar	13.38	13.17	NWI
9	Montini-Maxwell, G	FR Southwestern	13.42	13.31	NWI



Use Discount Code "FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

Event 10 Men 100 Meter Dash

Name	Year	School	Seed	Finals	Wind
1	Paisely, Cullin	FR Southwestern	10.94	11.01	NWI
2	James, Marvin	FR Southwestern	11.07	11.04	NWI
3	Cruz, Ezekiel	FR Southwestern	11.39	11.28	NWI
4	Sanchez, Diego	FR Southwestern	11.25	11.32	NWI
5	Daisley, Kenyon	FR San Bernardino	11.76	11.72	NWI
6	Echols, De'andre	FR Cuyamaca	12.63	12.13	NWI
7	Davis, Ernest	FR Cuyamaca	12.54	12.37	NWI
8	Gutierrez, Santiag	FR Southwestern	12.65	12.48	NWI
9	Johnson, Joshua	FR San Bernardino	12.88	12.77	NWI

Event 11 Women 800 Meter Run

Name	Year	School	Seed	Finals
1	Perez, Jasmine	FR SD Mesa	2:24.13	2:25.57
2	Jimenez, Annette	SO Cuyamaca	2:30.29	2:33.33
3	Chaffin, Maia	FR Palomar	2:53.70	2:42.91
4	Arlt, Vanessa	SO San Bernardino		2:45.64
5	Maldonado, Lessli	FR Palomar	2:35.97	2:49.35
6	Frain, Brianna	FR Palomar	2:40.08	2:49.61
7	O'Campo, Angela	FR San Bernardino	2:49.97	2:52.01
8	Molina, Stephanie	FR Southwestern	3:30.67	3:05.32

Event 12 Men 800 Meter Run

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Labra, Isaiah	FR SD Mesa	1:57.30	2:00.24Q	1
2	Hussein, Abdi	FR Cuyamaca	1:56.36	2:00.53Q	2
3	DeLaTorre, Carlos	SO San Bernardino	1:58.77	2:01.37Q	1
4	Guzman, Humberto	SO San Bernardino	2:03.72	2:01.88Q	2 2:01.871
5	Collier, Max	FR SD Mesa	2:00.34	2:01.88q	2 2:01.877
6	Garcia, Ricardo	SO SD Mesa	2:02.50	2:02.98q	1
7	Alcantar, Cristian	FR SD Mesa	2:01.89	2:03.73q	1
8	Stohs, Cameron	FR SD Mesa	2:03.52	2:04.41q	2
9	Duenas, Fernando	FR San Bernardino	2:03.89	2:05.16q	1
10	Lockmann, John	FR Cuyamaca	2:04.01	2:06.02	1
11	Jaques, Jose	FR Cuyamaca	2:06.74	2:06.50	2
12	Bell, Joshua	FR Southwestern	2:09.93	2:09.04	1
13	Gonzalez, Isaiah	FR San Bernardino	2:01.61	2:09.80	2
14	Lopez, John	SO SD Mesa	2:12.45	2:09.98	1
15	Garcia, Luis	FR San Bernardino	2:09.34	2:14.41	2
16	Ramirez, Anjel	SO San Bernardino	2:17.40	2:20.02	2
17	Gonzalez, Joe	FR Southwestern	3:03.11	2:54.68	2



Use Discount Code "FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

Event 12 Men 800 Meter Run

Name	Year	School	Prelims	Finals
Finals				
1	Hussein, Abdi	FR Cuyamaca	2:00.53	1:56.95
2	Garcia, Ricardo	SO SD Mesa	2:02.98	2:00.95
3	DeLaTorre, Carlos	SO San Bernardino	2:01.37	2:01.31
4	Collier, Max	FR SD Mesa	2:01.88	2:01.76
5	Stohs, Cameron	FR SD Mesa	2:04.41	2:01.92
6	Duenas, Fernando	FR San Bernardino	2:05.16	2:04.06
7	Alcantar, Cristian	FR SD Mesa	2:03.73	2:07.17
8	Guzman, Humberto	SO San Bernardino	2:01.88	2:07.24
9	Lockmann, John	FR Cuyamaca	2:06.02	2:08.59

Event 13 Women 400 Meter Hurdles

Name	Year	School	Seed	Finals
1	Bell, Tajanique	SO Southwestern	1:03.03	1:02.01
2	Ismay, Tria	FR Palomar	1:06.47	1:07.74
3	Pedroza, Jennifer	FR Palomar	1:12.30	1:08.61
4	Stevens, Faith	SO Southwestern	1:11.59	1:24.04
5	Beas, Jacqueline	FR Southwestern	1:24.27	1:24.38

Event 14 Men 400 Meter Hurdles

Name	Year	School	Seed	Finals
1	Vasquez, Jesus	FR Cuyamaca	57.84	56.13
2	Orozco, Andy	FR SD Mesa	57.25	58.53
3	Hernandez, David	FR San Bernardino	58.20	58.67
4	Murillo Guerrero,	SO Southwestern	1:00.64	1:00.21
5	Ojajuni, Julius	FR Southwestern	1:05.41	1:02.24
6	Calloway, Moise	FR SD Mesa	1:02.97	1:02.49
7	Bell, Joshua	FR Southwestern	1:06.64	1:06.03
8	Fernandez, Diego	FR Southwestern	1:03.37	1:09.34

Event 15 Women 200 Meter Dash

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Nosler, Carli	FR SD Mesa	25.72	25.91Q	0.6	1
2	Stallman, Holly	SO SD Mesa	25.65	26.00Q	-0.2	2
3	Pedroza, Jennifer	FR Palomar	26.76	26.44q	0.6	1
4	Ismay, Tria	FR Palomar	27.50	26.77q	-0.2	2
5	Perez, Jasmine	FR SD Mesa	26.84	26.89q	-0.2	2
6	Autry, Lachelle	SO Southwestern	27.95	27.09q	-0.2	2
7	Walker, Kayla	FR SD Mesa	27.61	27.44q	0.6	1
8	Zappia, Alicia	FR Palomar	29.03	27.70q	0.6	1
9	Pharr, Kryschiana	SO Southwestern	27.59	27.79q	0.6	1



For Live Results
Download the App



Use Discount Code
"FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

....Event 15 Women 200 Meter Dash

10	Montini-Maxwell, G	FR Southwestern	28.48	28.23	-0.2	2
11	White, Mya	FR Palomar	29.09	29.02	0.6	1
12	Castro, Kayla	FR Southwestern		30.30	-0.2	2
13	Anbestina, Sydney	FR Palomar	34.71	34.59	0.6	1

Event 15 Women 200 Meter Dash

Name	Year	School	Prelims	Finals	Wind
Finals					
1	Stallman, Holly	SO SD Mesa	26.00	25.21	NWI
2	Nosler, Carli	FR SD Mesa	25.91	25.79	NWI
3	Ismay, Tria	FR Palomar	26.77	26.47	NWI
4	Pedroza, Jennifer	FR Palomar	26.44	26.70	NWI
5	Perez, Jasmine	FR SD Mesa	26.89	26.77	NWI
6	Autry, Lachelle	SO Southwestern	27.09	27.00	NWI
7	Walker, Kayla	FR SD Mesa	27.44	27.50	NWI
8	Pharr, Kryschianna	SO Southwestern	27.79	27.58	NWI
9	Zappia, Alicia	FR Palomar	27.70	28.44	NWI

Event 16 Men 200 Meter Dash

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Price, Charles	FR SD Mesa	22.13	21.76Q	3.7	2
2	Ndiaye, Saliou	FR SD Mesa	22.57	22.52Q	0.7	1
3	Paisely, Cullin	FR Southwestern	22.72	22.51q	3.7	2
4	McElroy, Philip	FR Cuyamaca	22.18	22.59q	0.7	1
5	James, Marvin	FR Southwestern	23.25	22.65q	3.7	2
6	Brown, Isaiah	FR Southwestern	23.09	23.01q	0.7	1
7	Sanchez, Diego	FR Southwestern	23.02	23.10q	0.7	1 23.092
8	Burton, Jake	FR SD Mesa	22.85	23.10q	3.7	2 23.100
9	Echols, De'andre	FR Cuyamaca	25.76	25.36q	3.7	2
10	Gutierrez, Santiag	FR Southwestern	26.08	25.69	0.7	1
11	Davis, Ernest	FR Cuyamaca	26.06	25.76	0.7	1
12	Johnson, Joshua	FR San Bernardino	26.18	26.09	3.7	2

Event 16 Men 200 Meter Dash

Name	Year	School	Prelims	Finals	Wind
Finals					
1	Price, Charles	FR SD Mesa	21.76	21.79	NWI
2	Paisely, Cullin	FR Southwestern	22.51	22.23	NWI
3	McElroy, Philip	FR Cuyamaca	22.59	22.44	NWI
4	Ndiaye, Saliou	FR SD Mesa	22.52	22.61	NWI
5	James, Marvin	FR Southwestern	22.65	22.70	NWI
6	Sanchez, Diego	FR Southwestern	23.10	22.77	NWI
7	Brown, Isaiah	FR Southwestern	23.01	22.89	NWI



Use Discount Code "FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

....Event 16 Men 200 Meter Dash

8	Burton, Jake	FR SD Mesa	23.10	22.99	NWI
9	Echols, De'andre	FR Cuyamaca	25.36	25.20	NWI

Event 17 Women 10000 Meter Run

Name	Year School	Seed	Finals
1 Aranda, Marleen	SO Cuyamaca		44:29.73
2 Chaffin, Maia	FR Palomar		45:08.34
3 Frain, Brianna	FR Palomar		50:13.61
4 Fernandes, Kiani	SO San Bernardino		50:56.56
5 Armendariz, Lilly	SO San Bernardino		51:14.48
6 Maldonado, Lessli	FR Palomar		52:26.30
7 Molina, Stephanie	FR Southwestern		1:00:42.97

Event 18 Men 10000 Meter Run

Name	Year School	Seed	Finals
1 Rasmuson, Stefen	FR SD Mesa		33:00.82
1:17.819 (1:17.819)	2:41.374 (1:23.555)	4:01.469 (1:20.095)	5:20.228 (1:18.760)
6:39.668 (1:19.440)	8:01.607 (1:21.939)	9:23.558 (1:21.952)	10:44.927 (1:21.370)
12:06.859 (1:21.932)	13:28.209 (1:21.350)	14:46.472 (1:18.264)	16:10.663 (1:24.191)
17:29.909 (1:19.246)	18:54.891 (1:24.982)	20:14.996 (1:20.105)	21:35.157 (1:20.161)
22:59.477 (1:24.320)	24:16.104 (1:16.628)	25:31.772 (1:15.669)	26:47.945 (1:16.173)
28:04.755 (1:16.810)	29:21.710 (1:16.955)	30:37.460 (1:15.750)	31:51.848 (1:14.389)
33:00.819 (1:08.971)			
2 Ramirez, Michael	SO San Bernardino	32:23.50	33:07.07
1:17.941 (1:17.941)	2:41.554 (1:23.614)	4:01.596 (1:20.042)	5:20.272 (1:18.676)
6:39.715 (1:19.444)	8:01.470 (1:21.755)	9:23.603 (1:22.134)	10:45.163 (1:21.560)
12:07.060 (1:21.897)	13:28.371 (1:21.311)	14:46.768 (1:18.398)	16:10.548 (1:23.780)
17:30.086 (1:19.538)	18:54.718 (1:24.633)	20:15.349 (1:20.631)	21:35.440 (1:20.091)
22:59.237 (1:23.798)	24:15.628 (1:16.391)	25:31.479 (1:15.851)	26:47.698 (1:16.220)
28:04.515 (1:16.817)	29:21.447 (1:16.932)	30:37.881 (1:16.435)	31:53.258 (1:15.378)
33:07.064 (1:13.806)			
3 Woldu, Medhane	FR SD Mesa		33:36.52
1:18.528 (1:18.528)	2:42.217 (1:23.689)	4:02.435 (1:20.219)	5:20.878 (1:18.444)
6:40.858 (1:19.980)	8:02.411 (1:21.553)	9:24.486 (1:22.075)	10:45.637 (1:21.152)
12:07.615 (1:21.978)	13:28.787 (1:21.173)	14:47.710 (1:18.923)	16:11.032 (1:23.322)
17:30.781 (1:19.750)	18:55.225 (1:24.445)	20:15.944 (1:20.720)	21:36.105 (1:20.161)
23:00.362 (1:24.258)	24:17.094 (1:16.732)	25:34.268 (1:17.175)	26:54.380 (1:20.112)
28:14.645 (1:20.265)	29:37.154 (1:22.510)	30:58.037 (1:20.884)	32:20.298 (1:22.261)
33:36.513 (1:16.215)			



For Live Results
Download the App



Use Discount Code
"FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

....Event 18 Men 10000 Meter Run

4	Elias, Kibrom	SO Cuyamaca	32:53.38	34:03.94
	1:18.287 (1:18.287)	2:41.864 (1:23.578)	4:01.906 (1:20.042)	5:20.681 (1:18.775)
	6:40.112 (1:19.431)	8:01.875 (1:21.764)	9:23.870 (1:21.995)	10:44.842 (1:20.972)
	12:06.636 (1:21.795)	13:28.074 (1:21.439)	14:47.342 (1:19.268)	16:10.879 (1:23.538)
	17:30.427 (1:19.549)	18:55.065 (1:24.638)	20:15.681 (1:20.616)	21:35.732 (1:20.051)
	22:59.747 (1:24.015)	24:16.680 (1:16.934)	25:34.098 (1:17.419)	26:54.020 (1:19.922)
	28:15.385 (1:21.365)	29:42.098 (1:26.714)	31:09.584 (1:27.486)	32:38.777 (1:29.194)
	34:03.935 (1:25.158)			
5	Ramos, Mauricio	SO San Bernardino	33:28.14	34:24.95
	1:18.468 (1:18.468)	2:42.192 (1:23.724)	4:02.212 (1:20.021)	5:20.964 (1:18.752)
	6:40.425 (1:19.461)	8:02.052 (1:21.627)	9:24.139 (1:22.088)	10:45.320 (1:21.181)
	12:07.218 (1:21.899)	13:28.496 (1:21.278)	14:47.983 (1:19.488)	16:11.205 (1:23.222)
	17:31.389 (1:20.185)	18:54.597 (1:23.209)	20:14.690 (1:20.093)	21:34.849 (1:20.160)
	23:00.106 (1:25.257)	24:21.742 (1:21.636)	25:46.299 (1:24.558)	27:12.838 (1:26.540)
	28:38.574 (1:25.736)	30:07.822 (1:29.249)	31:33.966 (1:26.144)	33:03.350 (1:29.385)
	34:24.942 (1:21.593)			
6	Smith, Jason	FR Cuyamaca	36:41.25	
	1:26.551 (1:26.551)	2:52.467 (1:25.916)	4:15.306 (1:22.840)	5:40.667 (1:25.361)
	7:03.905 (1:23.239)	8:27.947 (1:24.042)	9:52.418 (1:24.472)	11:18.737 (1:26.320)
	12:45.250 (1:26.513)	14:11.493 (1:26.244)	15:39.605 (1:28.112)	17:08.636 (1:29.031)
	18:38.308 (1:29.673)	20:10.105 (1:31.797)	21:40.779 (1:30.675)	23:12.812 (1:32.033)
	24:43.273 (1:30.462)	26:13.647 (1:30.375)	27:44.774 (1:31.127)	29:14.930 (1:30.156)
	30:43.767 (1:28.837)	32:12.979 (1:29.213)	33:42.783 (1:29.805)	35:12.207 (1:29.425)
	36:41.242 (1:29.035)			
7	Aguiar, Francisco	FR Cuyamaca	35:57.46	38:43.21
	1:26.253 (1:26.253)	2:52.230 (1:25.977)	4:14.987 (1:22.758)	5:40.337 (1:25.350)
	7:05.928 (1:25.592)	8:31.877 (1:25.949)	9:58.518 (1:26.642)	11:27.538 (1:29.020)
	12:56.752 (1:29.215)	14:33.317 (1:36.565)	16:09.520 (1:36.203)	17:29.316 (1:19.796)
	19:13.437 (1:44.121)	20:51.599 (1:38.163)	22:31.482 (1:39.884)	24:10.366 (1:38.884)
	25:51.817 (1:41.452)	27:34.701 (1:42.884)	29:14.997 (1:40.297)	30:54.068 (1:39.071)
	32:38.737 (1:44.670)	34:07.057 (1:28.320)	35:43.756 (1:36.700)	37:19.287 (1:35.531)
	38:43.201 (1:23.915)			
8	Aird, Alexander	FR Cuyamaca	44:41.59	
	1:28.047 (1:28.047)	3:00.062 (1:32.016)	4:34.951 (1:34.889)	6:12.667 (1:37.717)
	7:54.827 (1:42.160)	9:39.733 (1:44.907)	11:27.265 (1:47.532)	13:14.757 (1:47.492)
	15:00.205 (1:45.449)	16:51.306 (1:51.101)	18:42.182 (1:50.876)	20:31.314 (1:49.133)
	22:20.578 (1:49.265)	24:11.365 (1:50.787)	26:00.679 (1:49.315)	27:51.387 (1:50.709)
	29:39.069 (1:47.682)	31:29.951 (1:50.882)	33:20.546 (1:50.595)	35:13.083 (1:52.538)
	37:02.881 (1:49.798)	38:49.322 (1:46.442)	40:25.519 (1:36.197)	42:36.433 (2:10.915)
	44:41.585 (2:05.152)			
9	Olsen, Stuart	FR Cuyamaca	45:17.88	
	1:31.799 (1:31.799)	3:15.670 (1:43.871)	5:03.057 (1:47.388)	6:51.571 (1:48.514)
	8:42.940 (1:51.370)	10:35.006 (1:52.066)	12:28.244 (1:53.239)	14:19.730 (1:51.486)
	16:13.693 (1:53.964)	18:08.512 (1:54.819)	20:05.252 (1:56.740)	22:02.905 (1:57.654)
	23:59.392 (1:56.488)	25:54.014 (1:54.622)	27:49.473 (1:55.460)	29:42.742 (1:53.269)
	31:33.270 (1:50.529)	33:21.692 (1:48.422)	35:09.897 (1:48.205)	36:58.403 (1:48.507)
	38:46.082 (1:47.679)	40:27.281 (1:41.200)	42:08.330 (1:41.050)	43:49.249 (1:40.920)
	45:17.877 (1:28.628)			



Use Discount Code "FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

Event 19 Women 3000 Meter Steeplechase

Name	Year	School	Seed	Finals
1	Hernandez, Darilyn	SO San Bernardino	12:47.54	12:24.44
2	Jimenez, Annette	SO Cuyamaca	12:20.32	12:28.11
3	Lopez, Hannah	SO Palomar	12:37.32	12:29.42
4	Frain, Brianna	FR Palomar	14:23.73	13:19.57
5	Arrington, Analisa	FR Cuyamaca	13:57.19	13:42.17
6	Running, Hannah	SO Cuyamaca	14:41.39	14:30.19

Event 20 Men 3000 Meter Steeplechase

Name	Year	School	Seed	Finals
1	Salinas, Sal	SO Cuyamaca	9:42.55	9:56.38
2	Jaques, Jose	FR Cuyamaca	10:18.25	10:18.00
3	Garcia, Luis	FR San Bernardino	10:35.84	10:41.69
4	Aguiar, Francisco	FR Cuyamaca	11:25.56	11:17.35

Event 21 Women 5000 Meter Run

Name	Year	School	Seed	Finals
1	Aranda, Marleen	SO Cuyamaca	19:58.21	20:38.35
2	Clifford, Courtney	FR Cuyamaca		20:47.65
3	Lopez, Hannah	SO Palomar		20:57.50
4	Chaffin, Maia	FR Palomar	21:05.71	21:26.67
5	Frain, Brianna	FR Palomar		23:11.23
6	Maldonado, Lessli	FR Palomar		23:24.19
7	Armendariz, Lilly	SO San Bernardino	21:55.18	23:41.68
8	Molina, Stephanie	FR Southwestern		24:41.13

Event 22 Men 5000 Meter Run

Name	Year	School	Seed	Finals
1	Labra, Isaiah	FR SD Mesa	14:33.28	15:34.93
2	Rasmuson, Stefen	FR SD Mesa	14:38.23	15:35.18
3	Elias, Kibrom	SO Cuyamaca		15:41.42
4	Brana, Bobby	FR SD Mesa		15:56.70
5	Woldu, Medhane	FR SD Mesa	15:49.41	16:02.18
6	Salinas, Sal	SO Cuyamaca	15:31.94	16:10.98
7	Lopez, John	SO SD Mesa	16:21.41	16:24.89
8	Heredia, Alvaro	FR San Bernardino	16:39.91	16:43.58
9	Guzman, Humberto	SO San Bernardino	15:54.44	16:49.39
10	Stephanos, Gus	FR SD Mesa	16:23.58	16:56.53
11	Smith, Jason	FR Cuyamaca	16:15.23	17:25.97
12	Vidrio, Fernando	SO San Bernardino	16:58.92	17:44.50
13	Aird, Alexander	FR Cuyamaca		19:57.64
14	Olsen, Stuart	FR Cuyamaca		20:27.37



Use Discount Code "FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

Event 23 Women 4x400 Meter Relay

School	Seed	Finals
1 SD Mesa 'A'	4:22.06	4:17.30
1) Perez, Jasmine FR	2) Nosler, Carli FR	
3) Palacki, Toriana FR	4) Weiden, Skyler FR	
2 Southwestern 'A'	4:45.72	4:25.42
1) Chelik, Angela FR	2) Stevens, Faith SO	
3) Bell, Tajanique SO	4) Osuna, Alondra FR	
3 Palomar 'A'	4:27.38	4:55.58
1) Ismay, Tria FR	2) Maldonado, Lessli FR	
3) Lopez, Hannah SO	4) Frain, Brianna FR	

Event 24 Men 4x400 Meter Relay

School	Seed	Finals
1 SD Mesa 'A'	3:23.94	3:26.88
1) Burton, Jake FR	2) Curtis, Jake FR	
3) Ndiaye, Saliou FR	4) Price, Charles FR	
2 San Bernardino 'A'	3:37.84	3:34.52
1) DeLaTorre, Carlos SO	2) Duenas, Fernando FR	
3) Gonzalez, Isaiah FR	4) Hernandez, David FR	
3 Southwestern 'A'	3:46.45	3:34.76
1) Murillo Guerrero, Ricardo SO	2) Sanchez, Diego FR	
3) Brown, Isaiah FR	4) Paisely, Cullin FR	
4 Cuyamaca 'A'	3:39.57	3:57.51
1) Jaques, Jose FR	2) Olsen, Stuart FR	
3) Lockmann, John FR	4) Aird, Alexander FR	

Event 25 Women Long Jump

Name	Year School	Seed	Finals	Wind
1 Stallman, Holly	SO SD Mesa	5.71m	5.88m	NWI 19-03.50
5.44m(NWI) 5.83m(NWI) FOUL	5.88m(NWI) PASS	PASS		
2 Autry, Lachelle	SO Southwestern	18-01.50	5.57m	NWI 18-03.25
FOUL 5.23m(NWI) FOUL	FOUL 5.57m(NWI) FOUL			
3 Zappia, Alicia	FR Palomar	5.30m	5.25m	NWI 17-02.75
5.25m(NWI) 5.09m(NWI) 5.07m(NWI) 5.01m(NWI) 5.20m(NWI) 5.04m(NWI)				
4 Weiden, Skyler	FR SD Mesa	4.24m	4.74m	NWI 15-06.75
4.40m(NWI) FOUL 4.74m(NWI) FOUL	4.49m(NWI) FOUL			
5 Perez, Jasmine	FR SD Mesa	4.78m	4.71m	NWI 15-05.50
FOUL 4.71m(NWI) 4.68m(NWI) 4.69m(NWI) FOUL	FOUL			
6 Castro, Kayla	FR Southwestern	14-03.50	4.48m	NWI 14-08.50
4.22m(NWI) 4.22m(NWI) 4.02m(NWI) 4.21m(NWI) 3.77m(NWI) 4.48m(NWI)				
7 Espino, Shaileen	FR SD Mesa	4.66m	4.47m	NWI 14-08.00
4.47m(NWI) 4.37m(NWI) FOUL	FOUL 4.03m(NWI) FOUL			
8 Osuna, Alondra	FR Southwestern	15-00.75	4.24m	NWI 13-11.00
4.24m(NWI) FOUL 3.96m(NWI) 3.85m(NWI) FOUL	FOUL			



Use Discount Code "FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

....Event 25 Women Long Jump

9 White, Mya FR Palomar 4.83m 3.74m NWI 12-03.25
 3.49m(NWI) 3.74m(NWI) PASS FOUL 3.74m(NWI) PASS

Event 26 Men Long Jump

Name	Year	School	Seed	Finals	Wind
1 Calloway, Moise	FR	SD Mesa	6.56m	6.81m	NWI 22-04.25
6.81m(NWI) FOUL	PASS	PASS	PASS		
2 Cruz, Ezekiel	FR	Southwestern	6.53m	6.52m	NWI 21-04.75
6.42m(NWI) 3.30m(NWI) 6.15m(NWI) FOUL			6.41m(NWI) 6.52m(NWI)		
3 Cristobal, Troy	FR	SD Mesa	6.60m	6.44m	NWI 21-01.50
6.44m(NWI) FOUL	6.24m(NWI) 5.94m(NWI) FOUL		FOUL		
4 Hale, Billy	FR	SD Mesa	5.98m	6.31m	NWI 20-08.50
FOUL 5.81m(NWI) 5.83m(NWI) 6.06m(NWI) 6.31m(NWI) FOUL					
5 Trickey, Christian	FR	SD Mesa	6.02m	6.20m	NWI 20-04.25
6.20m(NWI) FOUL	FOUL	FOUL	FOUL		
5 Daisley, Kenyon	FR	San Bernardino	6.41m	6.20m	NWI 20-04.25
FOUL FOUL 6.20m(NWI) FOUL FOUL			FOUL		
7 Coleman, Wesley	FR	Cuyamaca	20-06.00	6.13m	NWI 20-01.50
6.13m(NWI) 5.97m(NWI) 6.09m(NWI) 5.90m(NWI) 6.08m(NWI) 5.84m(NWI)					
8 Osgood, Chayin	FR	Southwestern	6.45m	6.12m	NWI 20-01.00
6.12m(NWI) 5.94m(NWI) 5.59m(NWI) 5.11m(NWI) FOUL			FOUL		
9 Palmer, Ayries	FR	San Bernardino	5.59m	5.84m	NWI 19-02.00
5.84m(NWI) 5.65m(NWI) 5.79m(NWI) 5.72m(NWI) 5.68m(NWI) 5.28m(NWI)					
10 Echols, De'andre	FR	Cuyamaca	5.40m	5.72m	NWI 18-09.25
FOUL 5.72m(NWI) 5.68m(NWI)					
11 Davis, Ernest	FR	Cuyamaca	5.16m	J5.72m	NWI 18-09.25
5.72m(NWI) 5.60m(NWI) 5.43m(NWI)					

Event 27 Women Shot Put

Name	Year	School	Seed	Finals
1 Encio, Bianca	FR	SD Mesa	11.37m	11.53m 37-10.00
FOUL 11.05m 11.10m 11.53m 11.29m FOUL				
2 Autry, Lachelle	SO	Southwestern	9.62m	10.20m 33-05.75
9.62m 10.20m 10.17m 10.13m PASS PASS				
3 Dutton, Jessica	FR	Palomar	9.62m	10.03m 32-11.00
9.46m 9.98m 10.03m 9.46m 10.02m 9.88m				
4 Tanori, Domonique	FR	San Bernardino	9.81m	9.67m 31-08.75
9.48m 9.32m FOUL FOUL 9.67m				
5 Ballard, Candice	FR	Palomar	8.83m	8.84m 29-00.00
8.84m 8.64m 8.18m 8.51m 8.01m 8.48m				
6 Duniphan, Ashley	FR	Palomar	7.57m	8.24m 27-00.50
FOUL 7.60m 8.24m 8.03m 8.18m 7.74m				
7 Palacki, Toriana	FR	SD Mesa	7.68m	8.12m 26-07.75
7.52m 7.16m 6.98m 7.78m 8.12m 7.95m				
8 Lauritzen, Hanna	FR	Palomar	7.38m	7.92m 26-00.00
7.66m 5.80m 6.62m 6.98m 7.92m 7.52m				



Use Discount Code "FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

Event 28 Men Shot Put

Name	Year	School	Seed	Finals
1 Allen, Terrence	FR	SD Mesa	12.61m	12.96m 42-06.25
				11.46m 12.38m 12.07m 12.25m 12.68m 12.96m
2 Folsom, Davey	FR	SD Mesa	14.30m	J12.96m 42-06.25
				FOUL FOUL 12.96m FOUL FOUL FOUL
3 Mitchell, Andrew	FR	SD Mesa	12.65m	12.70m 41-08.00
				11.97m 12.01m 12.68m FOUL FOUL 12.70m
4 Allen, Travis	FR	SD Mesa	11.60m	11.77m 38-07.50
				11.36m FOUL FOUL 11.77m FOUL FOUL

Event 29 Women Discus Throw

Name	Year	School	Seed	Finals
1 Dutton, Jessica	FR	Palomar	28.69m	30.93m 101-06
				30.59m 30.93m 29.17m 30.25m 30.26m 30.14m
2 Encio, Bianca	FR	SD Mesa	27.03m	30.07m 98-08
				29.75m 27.89m 28.86m 23.54m 30.07m FOUL
3 Tanori, Domonique	FR	San Bernardino	25.98m	29.60m 97-01
				27.63m 26.95m 27.95m 26.05m 27.27m 29.60m
4 Allen, Brittney	FR	Cuyamaca	26.93m	28.37m 93-01
				27.31m 28.37m 26.34m 28.33m FOUL 24.87m
5 Duniphan, Ashley	FR	Palomar	25.44m	25.90m 85-00
				23.94m 23.36m 23.05m 22.80m FOUL 25.90m
6 Ballard, Candice	FR	Palomar	24.76m	24.71m 81-01
				17.22m 24.71m 22.30m FOUL 12.85m 22.18m
7 Patricio, Reginaly	FR	Cuyamaca	16.31m	21.06m 69-01
				17.85m 21.06m 16.88m 18.92m FOUL 17.85m

Event 30 Men Discus Throw

Name	Year	School	Seed	Finals
1 Leber, David	FR	Cuyamaca	44.73m	44.93m 147-05
				44.93m FOUL FOUL FOUL FOUL FOUL
2 Mitchell, Andrew	FR	SD Mesa	41.54m	41.97m 137-08
				41.97m FOUL FOUL 39.55m 41.30m FOUL
3 Leyva, Juan	FR	SD Mesa	36.01m	37.20m 122-00
				FOUL 37.04m FOUL FOUL 37.20m 34.53m
4 Navarro, Oscar	FR	SD Mesa	36.75m	37.03m 121-06
				34.05m 37.03m FOUL FOUL FOUL 36.13m
5 Allen, Travis	FR	SD Mesa	39.12m	36.42m 119-06
				31.76m FOUL 33.30m 31.39m 36.42m 33.02m
6 Martz, Josh	FR	SD Mesa	34.82m	36.31m 119-01
				36.31m 33.48m FOUL FOUL 34.05m FOUL
7 Mickelsen, Aaron	SO	SD Mesa	25.67m	31.36m 102-11
				31.36m 28.61m FOUL 28.64m 25.83m 27.10m



For Live Results
Download the App



Use Discount Code
"FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

Event 31 Women Pole Vault

Name	Year	School	Seed	Finals
1 Devera, Izzy	FR	SD Mesa	2.30m	2.55m 8-04.25
2.10 2.25 2.40 2.55 2.70				
XO O O O XXX				
2 Hendrickson, Kyra	FR	Palomar	2.15m	2.40m 7-10.50
2.10 2.25 2.40 2.55				
O O XO XXX				
3 Williams, Erin	FR	Cuyamaca	2.20m	2.25m 7-04.50
1.95 2.10 2.25 2.40				
O O XO XXX				
4 Walker, Kayla	FR	SD Mesa		1.95m 6-04.75
1.80 1.95 2.10				
XO O XXX				
5 Weiden, Skyler	FR	SD Mesa		J1.95m 6-04.75
1.80 1.95 2.10				
XXO O XXX				
6 Atchison, Oceanna	FR	Cuyamaca	2.05m	J1.95m 6-04.75
1.80 1.95 2.10				
O XO XXX				

Event 32 Men Pole Vault

Name	Year	School	Seed	Finals
1 Coleman, Wesley	FR	Cuyamaca	4.10m	4.05m 13-03.50
3.75 3.90 4.05				
O O XXO				
2 Fitzgerald, Nico	FR	SD Mesa	4.37m	3.90m 12-09.50
3.90 4.05				
O XXX				
3 Rusnak, Thomas	FR	Cuyamaca	3.35m	3.30m 10-10.00
3.00 3.15 3.30 3.45				
O O XO XXX				
4 Perez, Alan	FR	Cuyamaca	3.20m	J3.30m 10-10.00
2.85 3.00 3.15 3.30 3.45				
O O O XXO XXX				
5 Flores, Dominic	FR	SD Mesa	3.20m	3.15m 10-04.00
2.85 3.00 3.15 3.30				
O O O XXX				
6 Calloway, Moise	FR	SD Mesa	3.20m	3.00m 9-10.00
2.85 3.00 3.15				
XXO XXO XXX				

Event 33 Women Triple Jump

Name	Year	School	Seed	Finals	Wind
1 Autry, Lachelle	SO	Southwestern	11.57m	11.40m	NWI 37-05.00
FOUL 11.40m(NWI) FOUL FOUL FOUL				11.10m(NWI)	



Use Discount Code "FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

....Event 33 Women Triple Jump

2	White, Mya	FR Palomar	10.00m	10.49m	NWI	34-05.00
	9.55m(NWI) 9.55m(NWI) 9.84m(NWI) 10.49m(NWI) 10.18m(NWI) 10.21m(NWI)					
3	Espino, Shaileen	FR SD Mesa	10.10m	9.62m	NWI	31-06.75
	FOUL FOUL 9.62m(NWI) 9.09m(NWI) FOUL FOUL					
4	Osuna, Alondra	FR Southwestern	9.28m	9.61m	NWI	31-06.50
	FOUL 9.61m(NWI) FOUL					

Event 34 Men Triple Jump

Name	Year School	Seed	Finals	Wind	
1	Vasquez, Jesus	FR Cuyamaca	13.44m	13.40m	NWI 43-11.75
	13.27m(NWI) FOUL 13.40m(NWI) 13.19m(NWI) 12.99m(NWI) 12.69m(NWI)				
2	Osgood, Chayin	FR Southwestern		12.22m	NWI 40-01.25
	12.22m(NWI) 11.31m(NWI) 11.78m(NWI) FOUL FOUL FOUL				

Event 35 Women High Jump

Name	Year School	Seed	Finals
1	Autry, Lachelle	SO Southwestern	1.37m 1.45m 4-09.00
	1.20 1.25 1.30 1.35 1.40 1.45 1.50 O O O O XXO O XXX		
2	Palacki, Toriana	FR SD Mesa	1.55m J1.45m 4-09.00
	1.40 1.45 1.50 O XXO XXX		
3	Perez, Jasmine	FR SD Mesa	1.50m 1.40m 4-07.00
	1.40 1.45 O XXX		
4	Espino, Shaileen	FR SD Mesa	1.35m J1.40m 4-07.00
	1.25 1.30 1.35 1.40 1.45 O O O XO XXX		
5	Pedroza, Jennifer	FR Palomar	1.34m 1.35m 4-05.00
	1.20 1.25 1.30 1.35 1.40 O O XO XXO XXX		
6	Osuna, Alondra	FR Southwestern	1.47m 1.30m 4-03.25
	1.20 1.25 1.30 1.35 O O XO XXX		
7	Lauritzen, Hanna	FR Palomar	1.28m 1.20m 3-11.25
	1.20 1.25 XXO XXX		
--	Weiden, Skyler	FR SD Mesa	1.55m NH
	1.40 XXX		

Event 36 Men High Jump

Name	Year School	Seed	Finals
------	-------------	------	--------



For Live Results
Download the App



Use Discount Code
"FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

....Event 36 Men High Jump

1	Coleman, Dylan	FR Cuyamaca	1.90m	1.95m	6-04.75
	1.80 1.85 1.90 1.95 2.00				
	O O O O XXX				
2	Cristobal, Troy	FR SD Mesa	1.83m	1.90m	6-02.75
	1.75 1.80 1.85 1.90 1.95				
	O O O O XXX				
2	Osgood, Chayin	FR Southwestern	1.95m	1.90m	6-02.75
	1.70 1.75 1.80 1.85 1.90 1.95				
	O O O O O XXX				
4	Larsen, Layne	FR Cuyamaca	1.78m	1.75m	5-08.75
	1.65 1.70 1.75 1.80				
	O O O XXX				
5	Cruz, Ezekiel	FR Southwestern	1.73m	1.70m	5-07.00
	1.50 1.55 1.60 1.65 1.70 1.75				
	O P P P XO XXX				
6	Mickelsen, Aaron	SO SD Mesa	1.70m	J1.70m	5-07.00
	1.65 1.70 1.75				
	O XXO XXX				
--	Hale, Billy	FR SD Mesa	1.73m	NH	
	1.65				
	XXX				

Event 37 Women Javelin Throw

Name	Year	School	Seed	Finals
1 Dutton, Jessica	FR	Palomar	26.79m	30.11m 98-09
				26.90m 28.99m 27.26m 26.75m 30.11m FOUL
2 Encio, Bianca	FR	SD Mesa	27.10m	28.90m 94-10
				26.37m 25.81m 28.90m 26.61m 27.92m 25.01m
3 Duniphan, Ashley	FR	Palomar	23.85m	24.48m 80-04
				20.34m 18.66m 16.24m 24.48m 21.94m FOUL
4 Patricio, Reginaly	FR	Cuyamaca	21.93m	23.27m 76-04
				22.30m FOUL FOUL FOUL 23.27m 19.20m
5 Perez, Jasmine	FR	SD Mesa	21.90m	23.10m 75-09
				16.99m 18.74m 20.62m 23.10m 18.09m FOUL
6 Ballard, Candice	FR	Palomar	24.70m	21.94m 72-00
				21.94m 21.39m 20.51m 19.39m FOUL 19.95m
7 Williams, Erin	FR	Cuyamaca	20.66m	21.55m 70-08
				16.91m 19.79m 18.98m 21.55m 19.79m 19.21m
8 Palacki, Toriana	FR	SD Mesa	22.90m	19.05m 62-06
				16.59m 17.39m 19.05m FOUL 18.30m 17.96m
9 Lauritzen, Hanna	FR	Palomar	14.46m	18.33m 60-02
				12.62m 18.33m 17.22m FOUL FOUL FOUL

Event 38 Men Javelin Throw

Name	Year	School	Seed	Finals
1 Mitchell, Andrew	FR	SD Mesa	46.97m	46.75m 153-04
				45.64m FOUL 46.75m FOUL 45.45m FOUL



For Live Results
Download the App



Use Discount Code
"FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

....Event 38 Men Javelin Throw

2	Allen, Terrence	FR SD Mesa	45.24m	46.15m	151-05
	42.51m 41.81m FOUL 41.10m 46.15m FOUL				
3	Navarro, Oscar	FR SD Mesa	46.15m	43.86m	143-11
	43.86m 41.99m 40.26m 39.40m FOUL 39.37m				
4	Mickelsen, Aaron	SO SD Mesa	43.58m	36.99m	121-04
	33.35m 32.22m 33.83m 36.99m FOUL 35.89m				
5	Allen, Travis	FR SD Mesa	35.78m	36.95m	121-03
	31.67m 32.46m 36.06m 36.03m 36.22m 36.95m				
6	Perez, Alan	FR Cuyamaca	33.38m	34.37m	112-09
	FOUL FOUL 21.79m 28.25m 30.10m 34.37m				
7	Rusnak, Thomas	FR Cuyamaca	31.64m	29.72m	97-06
	25.04m 26.25m 29.72m 27.95m 28.08m 26.71m				

Event 39 Women Hammer Throw

Name	Year School	Seed	Finals
1 Allen, Brittney	FR Cuyamaca	32.72m	32.81m 107-08
	FOUL 27.06m 31.53m 31.16m 27.56m 32.81m		
2 Encio, Bianca	FR SD Mesa	27.49m	26.91m 88-03
	17.90m FOUL 21.94m FOUL 26.91m FOUL		
3 Dutton, Jessica	FR Palomar	27.72m	26.42m 86-08
	22.27m 22.47m 22.50m 22.44m 26.42m 25.39m		
4 Ballard, Candice	FR Palomar	21.11m	21.20m 69-07
	19.75m 19.81m FOUL 21.20m 19.18m 17.88m		
5 Duniphan, Ashley	FR Palomar	18.21m	18.75m 61-06
	17.79m 17.39m 18.75m 17.21m 18.42m FOUL		
6 Patricio, Reginaly	FR Cuyamaca	20.11m	18.64m 61-02
	18.23m 15.93m 15.53m 17.16m 18.64m 15.28m		

Event 40 Men Hammer Throw

Name	Year School	Seed	Finals
1 Leber, David	FR Cuyamaca	45.37m	43.86m 143-11
	40.01m 43.86m FOUL 39.95m FOUL 41.80m		
2 Allen, Terrence	FR SD Mesa	36.68m	38.54m 126-05
	36.31m 38.54m FOUL FOUL 37.56m 37.17m		
3 Allen, Travis	FR SD Mesa	35.46m	37.66m 123-07
	35.51m FOUL FOUL FOUL 37.07m 37.66m		
4 Folsom, Davey	FR SD Mesa	39.61m	36.49m 119-09
	34.71m 36.49m FOUL 33.31m FOUL 32.80m		
5 Leyva, Juan	FR SD Mesa	31.01m	36.38m 119-04
	31.59m FOUL 29.60m FOUL FOUL 36.38m		
6 Navarro, Oscar	FR SD Mesa	42.95m	35.46m 116-04
	FOUL 34.31m FOUL 28.91m FOUL 35.46m		
7 Martz, Josh	FR SD Mesa	34.16m	33.65m 110-05
	31.27m 33.65m FOUL FOUL FOUL 31.98m		



Use Discount Code "FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

Event 41 Women Heptathlon

Name	Year	School	Seed	Finals	H#
1	Pedroza, Jennifer	FR Palomar		3413	
2	Perez, Jasmine	FR SD Mesa		3402	
3	Palacki, Toriana	FR SD Mesa		2906	
4	Lauritzen, Hanna	FR Palomar		2296	
5	Ballard, Candice	FR Palomar		1562	
6	Duniphan, Ashley	FR Palomar		1230	

Event 41 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year	School	Finals	Wind	Points
1	Pedroza, Jennifer	FR Palomar	16.91	NWI	607
2	Lauritzen, Hanna	FR Palomar	18.60	NWI	428
3	Perez, Jasmine	FR SD Mesa	19.58	NWI	338
4	Palacki, Toriana	FR SD Mesa	21.24	NWI	207
5	Duniphan, Ashley	FR Palomar	21.98	NWI	159
6	Ballard, Candice	FR Palomar	28.16	NWI	

Event 41 Heptathlon: #2 Women High Jump Heptathlon

Name	Year	School	Finals	Points
1	Palacki, Toriana	FR SD Mesa	1.49m	4-10.50 610
2	Perez, Jasmine	FR SD Mesa	1.46m	4-09.50 577
3	Pedroza, Jennifer	FR Palomar	1.34m	4-04.75 449
4	Lauritzen, Hanna	FR Palomar	1.28m	4-02.25 389
5	Ballard, Candice	FR Palomar	1.22m	4-00.00 331
--	Duniphan, Ashley	FR Palomar	NH	

Event 41 Heptathlon: #3 Women Shot Put Heptathlon

Name	Year	School	Finals	Points
1	Ballard, Candice	FR Palomar	8.83m	28-11.75 453
2	Palacki, Toriana	FR SD Mesa	7.51m	24-07.75 368
3	Duniphan, Ashley	FR Palomar	7.42m	24-04.25 362
4	Lauritzen, Hanna	FR Palomar	7.38m	24-02.50 359
5	Perez, Jasmine	FR SD Mesa	7.06m	23-02.00 339
6	Pedroza, Jennifer	FR Palomar	7.00m	22-11.75 335

Event 41 Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year	School	Finals	Wind	Points
1	Pedroza, Jennifer	FR Palomar	26.76	NWI	732
2	Perez, Jasmine	FR SD Mesa	26.84	NWI	725
3	Palacki, Toriana	FR SD Mesa	28.94	NWI	559
4	Ballard, Candice	FR Palomar	30.25	NWI	465



For Live Results
Download the App



Use Discount Code
"FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

....Event 41 Heptathlon: #4 Women 200 Meter Dash Heptathlon

5	Lauritzen, Hanna	FR Palomar	30.63	NWI	439
6	Duniphan, Ashley	FR Palomar	35.61	NWI	164

Event 41 Heptathlon: #5 Women Long Jump Heptathlon

Name	Year	School	Finals	Wind	Points
1	Pedroza, Jennifer	FR Palomar	4.55m	NWI 14-11.25	441
2	Perez, Jasmine	FR SD Mesa	4.44m	NWI 14-07.00	413
3	Palacki, Toriana	FR SD Mesa	4.16m	NWI 13-07.75	345
4	Lauritzen, Hanna	FR Palomar	3.76m	NWI 12-04.00	254
5	Duniphan, Ashley	FR Palomar	3.64m	NWI 11-11.50	229
--	Ballard, Candice	FR Palomar	FOUL		

Event 41 Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year	School	Finals	Points
1	Duniphan, Ashley	FR Palomar	21.46m	70-05 316
2	Ballard, Candice	FR Palomar	21.29m	69-10 313
3	Palacki, Toriana	FR SD Mesa	20.09m	65-11 291
4	Pedroza, Jennifer	FR Palomar	19.22m	63-01 274
5	Perez, Jasmine	FR SD Mesa	18.03m	59-02 252
6	Lauritzen, Hanna	FR Palomar	14.46m	47-05 187

Event 41 Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year	School	Finals	Points
1	Perez, Jasmine	FR SD Mesa	2:24.91	758
2	Pedroza, Jennifer	FR Palomar	2:39.82	575
3	Palacki, Toriana	FR SD Mesa	2:44.17	526
4	Lauritzen, Hanna	FR Palomar	3:14.72	240
--	Duniphan, Ashley	FR Palomar	DNF	
--	Ballard, Candice	FR Palomar	DNF	

Event 42 Men Decathlon

Name	Year	School	Seed	Finals	H#
1 #	1 Godfrey, Joshua	Southwestern		5722	
2	Mickelsen, Aaron	SO SD Mesa		5577	

Event 42 Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year	School	Finals	Wind	Points
1	Mickelsen, Aaron	SO SD Mesa	11.26	NWI	804
2 #	1 Godfrey, Joshua	Southwestern	11.57	NWI	738



Use Discount Code "FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

Event 42 Decathlon: #2 Men Long Jump Decathlon

Name	Year	School	Finals	Wind	Points
1 # 1 Godfrey, Joshua		Southwestern	6.66m	NWI 21-10.25	734
2 Mickelsen, Aaron	SO	SD Mesa	6.12m	NWI 20-01.00	613

Event 42 Decathlon: #3 Men Shot Put Decathlon

Name	Year	School	Finals	Points
1 Mickelsen, Aaron	SO	SD Mesa	10.26m	33-08.00 501
2 # 1 Godfrey, Joshua		Southwestern	9.34m	30-07.75 446

Event 42 Decathlon: #4 Men High Jump Decathlon

Name	Year	School	Finals	Points
1 # 1 Godfrey, Joshua		Southwestern	1.75m	5-08.75 585
2 Mickelsen, Aaron	SO	SD Mesa	1.70m	5-07.00 544

Event 42 Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year	School	Finals	Points
1 Mickelsen, Aaron	SO	SD Mesa	54.39	624
2 # 1 Godfrey, Joshua		Southwestern	54.84	605

Event 42 Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year	School	Finals	Wind	Points
1 Mickelsen, Aaron	SO	SD Mesa	15.71	NWI	766
2 # 1 Godfrey, Joshua		Southwestern	17.66	NWI	557

Event 42 Decathlon: #7 Men Discus Throw Decathlon

Name	Year	School	Finals	Points
1 # 1 Godfrey, Joshua		Southwestern	31.41m	103-01 492
2 Mickelsen, Aaron	SO	SD Mesa	25.67m	84-03 380

Event 42 Decathlon: #8 Men Pole Vault Decathlon

Name	Year	School	Finals	Points
1 # 1 Godfrey, Joshua		Southwestern	3.60m	11-09.75 509
2 Mickelsen, Aaron	SO	SD Mesa	3.35m	10-11.75 444



For Live Results
Download the App



Use Discount Code
"FINISHED"

For 15% Off at: VSathletics.com



2019 Pacific Coast Athletic Conference - 4/20/2019

Cuyamaca College

Results

Event 42 Decathlon: #9 Men Javelin Throw Decathlon

Name	Year	School	Finals	Points
1 # 1 Godfrey, Joshua		Southwestern	49.10m	161-01 575
2 Mickelsen, Aaron	SO	SD Mesa	42.04m	137-11 472

Event 42 Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year	School	Finals	Points
1 # 1 Godfrey, Joshua		Southwestern	5:14.08	481
2 Mickelsen, Aaron	SO	SD Mesa	5:24.10	429

Women - Team Rankings - 21 Events Scored

1) Palomar	208	2) SD Mesa	188
3) Southwestern	106	4) Cuyamaca	92
5) San Bernardino	32		

Men - Team Rankings - 21 Events Scored

1) SD Mesa	298.50	2) Cuyamaca	152
3) Southwestern	104	4) San Bernardino	48.50



For Live Results
Download the App



Use Discount Code
"FINISHED"

For 15% Off at: VSathletics.com

