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California Community College Cross Country & Track Coaches Association
FOR IMMEDIATE RELEASE May 16, 2015 Contact: Fred Baer baerf@smccd.edu
CCCAA TRACK & FIELD CHAMPIONSHIP WRAP; top indiv. sums at bottom

CERRITOS WOMEN & MT. SAC MEN CLAIM CCCAA STATE TRACK & FIELD CHAMPIONSHIPS

The Cerritos College women and the Mt. San Antonio College men each pulled out victories by 1-point margins in the California Community College Athletic Association Track & Field Championships Saturday at College of San Mateo.

Both competitions were decided in the concluding 4 x 400 meter relays.

CERRITOS WOMEN EDGE DEFENDING CHAMP MT.SAC: In the women's relay, Cerritos finished fourth for five points to win the team title with 68 points. Defending team champion Mt. San Antonio, which won the final race in 3 minutes, 49.83 seconds for ten points, tallied 67. Riverside anchor Crystal Tejada caught the last Cerritos runner, Shukura Tyler, at the end to finish third in the race but it wasn't enough. The Tigers wound-up third in the team scoring with 65 points, followed by College of the Sequoias (54), and Fresno City College (52).

MT.SAC MEN END RIVERSIDE'S 3-YEAR RUN: The men's relay had a similar situation. Mt. San Antonio led Sequoias by three points, 93-90, entering the finale – where national community college leader COS (3:07.10) was the favorite. A second place finish would guarantee the championship for the Mounties. Sequoias won in 3:11.89 to total 100 points. Mt. SAC, in second at 3:13.79, received eight points and a final tally of 101. American River (64) was third, followed by Modesto JC (49), and three-time defending champion Riverside (43). Riverside had won six of the last seven state championships.

Women's Track & Decathlon – Olowora triples:

Aminat Olowora of Southwestern added the 1,500 meter championship in 4:33.09 to the 10K title she had won on Friday and then finished an outstanding triple by taking the 5,000 meters in 17:13.87. The freshman from Nigeria is the National JC/CC leader in all three distance races from the 1,500 (4:24.67) through the 10,000.

Mikala Fairchild had a strong finishing kick to take second in the 1,500 in 4:37.15 with Yesenia Silva (4:38.98) of Sequoias taking the silver medal. They reversed places in the 5K, with Silva (17:40.56) taking the silver and Fairchild (17:52.61) the bronze. **Olowora was the female track athlete of the meet.**

Jasmine Williams of Fullerton maintained her first day lead in the heptathlon to win the title handily with 4,620 points. Breanna Curry of Cerritos scored 4,375 point to hold off Katie Baxter of De Anza (4,347) for the silver medal.

Laura Aceves of East Los Angeles repeated as champion in Saturday's first running final the 3 000

Leandra Reeves of East Los Angeles repeated as champion in Saturday's first running final, the 3,000 meter steeplechase, in 10:54.87, lowering her seasonal national community college lead by .09 hundreds of a second. Jessica Betancourt (11.16.29) of Palomar finished second.

Mt. San Antonio College anchor Jhaylen Ball overcame Sequoias anchor Trudy McCalla to win the 4 x 100 meter relay in 47.08. The first three runners for the Mounties were Sarah Dunmore, Jazmine Robertson, and Khadifa Imara. Lauryn Ballard anchored Cerritos to second place (47.46). NorCal champion Laney failed to complete the second handoff and did not finish.

Kortni Smyers-Jones of Laney successfully defended her state title in the 100 meter hurdles in 13.61, holding off fast-closing Deshaunda Morrison (13.66) of Sequoias – who had scored an upset win the previous week at the Northern California Championships. Moesha Davidson (14.08) of Fresno finished third.

Deajah Stevens led wire to wire in the 400 meters, taking a convincing victory in CSM stadium record 53.88, ahead of Doshawn Franks (55.88) of West Los Angeles and Fanny Giron (56.15) of Fullerton.

Stevens also won the 200 meters by more than a second in 23.40. Kayla Wilson (24.59) of Riverside was second and defending champion Sarah Dunmore (24.75) of Mt. SAC placed third.

Moesha Davidson of Fresno City College blasted out of the blocks in the 100 meters and won in 11.48, improving her state-leading time and No. 4 ranking U.S. mark. Returning champion Dunmore was second in 11.67 and Wilson (11.78) placed third.

Sarah Brandt took the lead in the 800 meters from Glendale's Glindyll Mancia on the final backstretch and took the gold medal in 2:12.07. Crystal Tejada of Riverside (2:13.13) had a strong finish to place second, with Kandace Compton (2:14.80) of American River third.

Jeyla Spencer of Southwestern finished first in the 400 meter hurdles in 61.87 but Katie Baxter of De Anza was awarded a share of the title after initially placing second in the race. It was determined that one of the hurdles in Baxter's lane was set too high, impeding her progress. Instead of staging a rerun dual at a neutral site (Santa Barbara) next week, the two athletes agreed to share the title and split the team points (9 for each team).

Top Women's Field Athlete, Sac CC's Akauola:

Lovina Akauola of Sacramento CC won the shot put at 47-feet, 1 1/2 inches and the discus throw (138-8) to earn **women's field athlete of the meet honors**. Imani Bierly of Yuba placed second in the discus (138-3) and third in the shot (43-9).

Augusta Thomason of Cuesta, the national leader in the pole vault, won that event easily at 12-4, although a foot shy of her best.

Chantel Dunson of Long Beach CC was the triple jump winner at 38-0 1/4. Defending champion Kortni Smyer-Jones of Laney placed fifth.

Men's Track Events and Decathlon – Distance Triple By Hartnell's Leon:

Diego Leon of Hartnell pulled off an impressive gold medal triple. The winner of the 10,000 meters on Friday, Leon took the lead after one lap of the 1,500 meters on Saturday and raced to

meters on Friday, Leon took the lead after one lap of the 1,500 meters on Saturday and raced to the tape in 3:53.58, ahead of David Aguilar (3:54.20) of De Anza and Brandon Messerly (3:55.61) of Cuesta. The Panthers sophomore concluded the day with an impressive 5,000 meter run, the event in which he is the national community college leader this year at 14:26.55 – just three seconds better than No. 2 Connor Fisher of Cuesta

The pair dueled after the first kilometer until Leon took off at the final bell. A 65-second last lap gave Leon the victory in 14:40.53, with Fisher second in 14:44.63 and Ethan Walker of Canyons (the 10K runner-up) third in 15:01.44. **Leon was selected as the male track athlete of the meet.**

Chase Pacheco of Hartnell led throughout the final day to win the decathlon with 6,706 points, the second highest point total in the USA this year by a community college athlete. Cade Lindsay of Mt. SAC held onto second place but missed the 6,000-point mark by a single point.

Ethan Walker of College of the Canyons took the lead on the final backstretch of the 3,000 meter steeplechase from pacesetter Sean Gregg of American River to win the race in a state season best 9:16.32. Gregg, the previous leader at 9:16.88, took the silver medal in 9:19.74, just holding off Teddy Kassa (9:19.78) of El Camino.

Mt. San Antonio won the 4x100 meter relay impressively in a state season best and CSM stadium record 40.00 with a team of Erik Cisneros, Armani Mcneal, Isaiah Kennedy, and Cravon Gillespie. Modesto was second in 40.79. American River finished third but was disqualified for passing out of the zone – sidetracking the Beavers' team title hopes.

Mackenzi Rickman of Cerritos got out fast in the 110 meter hurdles and won in 14.28 over teammate Dario Robinson (14.49), with Leroy Elliott of Chabot third (14.57).

Alexander McElwee of Pasadena has a strong finish to win the 400 meters in 46.61, slightly off his state-leading and No. 2 U.S. ranking mark of 46.19. Daniel York-Mouton (47.14) of El Camino finished second and Theon Lewis (47.67) of Sequoias was third.

Drelan Bramwell of Sequoias equaled his state-leading season best of 10.38 to win the 100 meters, beating Armani Mcneal (10.46) of Mt. SAC and Adeeb Nasir (10.53) of Merritt. Bramwell also took the 200 meters in 21.36, topping state leader Virjilio Griggs of Cerritos, who was second in 21.54, and Mcneal (21.59).

In the closest race of the day, Gabe Toscano of Mt. San Antonio won the 800 meters in 1:52.75 by .01 over Antwain Prowes of Diablo Valley, with Eamon Smyth of Orange Coast third in 1:52.95. Defending state champion Logan Stahl of American River finished sixth.

Bas VanLeersum of Santa Barbara CC improved his own California leading time in the 400 meter hurdles to 52.20 to win that event. Mohamed Isse of Mt. SAC closed well to place second in 52.67, followed by Marlon Dixon (53.17 of Sequoias).

Roberts of Modesto Triples In The Throws: Daniel Roberts of Modesto JC completed a triple in the throws. The Pirates' freshman took the shot put at 56-11 1/2 and discus throw, 180-1 on Saturday to add to the hammer throw title he won on Friday. **Roberts was selected male field**

Saturday to add to the hammer throw title he won on Friday. ROBERTS was selected male field athlete of the meet.

Tacuma Anderson-Richards of Sequoias had the second best community college triple jump of the season, 52-2, to win that event and upset national leader Eric Sloan of San Joaquin Delta, who finished five inches back in second place.

Reed Scale of Mt. San Antonio, the national leader in the pole vault at 17-0 3/4, had no misses through 16-4 to get a narrow victory in that event. Alexander Law of Cuyamaca also cleared 16-4, but on his second try, and received the silver medal. He is now No. 3 on the season list.

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**California Community College Athletic Association
Track and Field Championships, May 15-16, 2015
at College of San Mateo**

Final Results

Women 100 Meter Dash Finals

(w: 1.3) 1, Moesha Davidson, Fresno, 11.48. 2, Sarah Dunmore, Mt. Sac, 11.67.

3, Kayla Wilson, Riverside, 11.78. 4, Kaira Saunders, Bakersfield, 11.98.

Women 200 Meter Dash

(w: -0.1) 1, Deajah Stevens, Sequoias, 23.40@. 2, Kayla Wilson, Riverside,

24.59. 3, Sarah Dunmore, Mt. Sac, 24.75. 4, Olivia Loy, Santa Barbar, 25.19.

Women 400 Meter Dash

1, Deajah Stevens, Sequoias, 53.88@. 2, Doshawn Franks, West Los Ang, 55.88.

3, Fanny Giron, Fullerton, 56.15. 4, Jhaylen Ball, Mt. Sac, 56.38.

Women 800 Meter Run

1, Sarah Brandt, Butte, 2:12.07. 2, Crystal Tejada, Riverside, 2:13.13. 3,

Kandace Compton, American Riv, 2:14.80. 4, Glindyll Mancina, Glendale, 2:15.12.

Women 1500 Meter Run

1, Aminat Olowora, Southwestern, 4:33.09. 2, Mikala Fairchild, Canyons,

4:37.15. 3, Yesenia Silva, Sequoias, 4:38.98. 4, Amanda Rodriguez, Sacramento,

4:40.45.

Women 5000 Meter Run

1, Aminat Olowora, Southwestern, 17:13.87@. 2, Yesenia Silva, Sequoias,

17:40.56. 3, Mikala Fairchild, Canyons, 17:52.61. 4, Malena

17:40.00. 3, Mikala Faltichio, Canyon, 17:02.01. 4, Malena Grover, Hartnell,
17:55.96.

Women 10000 Meter Run

1, Aminat Olowora, Southwestern, 35:31.92. 2, Jenica Dodge, American Riv,
37:11.39. 3, Brianna Jacklin, Riverside, 37:13.24. 4, Anna Welsh, Monterey,
37:26.95.

Women 100 Meter Hurdles

(w: 2.4) 1, Kortni Smyers-Jones, Laney, 13.61. 2, Deshaunda Morrison,
Sequoias, 13.66. 3, Moesha Davidson, Fresno, 14.08. 4, Jenai Vickers,
Cerritos, 14.27.

Women 400 Meter Hurdles

1, Jeyla Spencer, Southwestern, 61.87. 1, Katie Baxter, De Anza, J62.05. 3,
Rianna Chavez, Fresno, 62.80. 4, Casie Johnson, Siskiyou, 63.77.

Women 3000 Meter Steeplechase

1, Laura Aceves, East LA, 10:54.87. 2, Jessica Betancourt, Palomar,
11:16.29. 3, Haley Heinemann, El Camino, 11:31.72. 4, Rachel Shimabukuro,
Hartnell, 11:35.98.

Women 4x100 Meter Relay

1, Mt. Sac 47.08. 2, Cerritos 47.46. 3, Bakersfield 47.55. 4, American River
47.55.

Women 4x400 Meter Relay

1, Mt. Sac 3:49.83. 2, El Camino 3:51.84. 3, Riverside 3:53.45. 4, Cerritos
3:53.62.

Women High Jump

1, Breanna Curry, Cerritos, 1.66m, (5-05.25). 2, Mahogany Stitt, Merced,
J1.66m, (5-05.25). 3, Moesha Davidson, Fresno, 1.61m, (5-03.25). 4, Julia
Grimm, Santa Rosa, J1.61m, (5-03.25).

Women Pole Vault

1, Augusta Thomason, Cuesta, 3.76m, (12-04). 2, MaKenna Powell, West Los Ang,
3.40m, (11-01.75). 3, Deirdre Mercado, Mt. Sac, J3.40m, (11-01.75). 4, Arielle
Bray, Riverside, J3.40m, (11-01.75). 4, Sara Curran, El Camino, J3.40m,
(11-01.75).

Women Long Jump

1, Moesha Davidson, Fresno, 5.65m, w:1.9 (18-06.50). 2, Deajah Stevens, Sequoias, 5.53m, w:2.5 (18-01.75). 3, Kaniya Bawlson, East LA, 5.38m, w:1.4 (17-08). 4, Daria Sharova, Golden West, 5.34m, w:3.0 (17-06.25).

Women Triple Jump

1, Chantel Dunson, Long Beach, 11.59m, w:1.4 (38-00.25). 2, Ariel Thomas, Cerritos, 11.28m, w:2.2 (37-00.25). 3, Tricia Stewart, Laney, 11.00m, w:1.4 (36-01.25). 4, Raiven Ellis, Cerritos, 10.90m, w:2.4 (35-09.25).

Women Shot Put

1, Lovina Akauola, Sacramento, 14.36m, (47-01.50). 2, Sisilia Puaka, Cerritos, 13.36m, (43-10). 3, Imani Bierly, Yuba, 13.33m, (43-09). 4, Katlyne Brummett, Shasta, 12.58m, (41-03.25).

Women Discus Throw

1, Lovina Akauola, Sacramento, 42.28m, (138-08). 2, Imani Bierly, Yuba, 42.15m, (138-03). 3, Carolyn Nguyen, Mt. Sac, 41.85m, (137-04). 4, Samiyah Hawkins, Canyons, 40.97m, (134-05).

Women Hammer Throw

1, Jacklyn Chasteler, Saddleback, 56.98m, (186-11). 2, Melissa Garcia, Modesto, 50.04m, (164-02). 3, Hannah Peterson, Saddleback, 49.67m, (162-11). 4, Olivia Kana, Riverside, 47.92m, (157-03).

Women Javelin Throw

1, Kelsey Shaw, Siskiyou, 46.23m, (151-08). 2, Melody Harris, Fresno, 43.18m, (141-08). 3, Julia Grimm, Santa Rosa, 40.00m, (131-03). 4, Jessica Escalante, Santa Barbara, 38.92m, (127-08).

Women Heptathlon

1, Jasmine Williams, Fullerton, 4620. 2, Breanna Curry, Cerritos, 4375. 3, Katie Baxter, De Anza, 4347. 4, Julia Grimm, Santa Rosa, 4214.

Men 100 Meter Dash

(w: -0.5) 1, Drelan Bramwell, Sequoias, 10.38. 2, Armani Mcneal, Mt. Sac, 10.46. 3, Adeeb Nasir, Merritt, 10.53. 4, Cravon Gillespie, Mt. Sac, 10.61.

Men 200 Meter Dash

(w: 0.9) 1, Drelan Bramwell, Sequoias, 21.36. 2, Virjilio

Griggs, Cerritos,

21.54. 3, Armani Mcneal, Mt. Sac, 21.59. 4, Jacob Bryant, Sequoias, 21.64.

Men 400 Meter Dash

1, Alexander McElwee, Pasadena, 46.61. 2, Daniel York-Mouton, El Camino,

47.14. 3, Theon Lewis, Sequoias, 47.67. 4, Ohdel James, Sequoias, 47.78.

Men 800 Meter Run

1, Gabe Toscano, Mt. Sac, 1:52.75. 2, Antwain Prowes, Diablo Valle, 1:52.76.

3, Eamon Smythe, Orange Coast, 1:52.95. 4, David French, American Riv,

1:52.99.

Men 1500 Meter Run

1, Diego Leon, Hartnell, 3:53.58. 2, David Aguilar, De Anza, 3:54.20. 3,

Brandon Messerly, Cuesta, 3:55.61. 4, Luis Luna, American Riv, 3:56.21.

Men 5000 Meter Run

1, Diego Leon, Hartnell, 14:40.53. 2, Connor Fisher, Cuesta, 14:44.63. 3,

Ethan Walker, Canyons, 15:01.44. 4, Jason Intravaia, Chabot, 15:03.04.

Men 10000 Meter Run

1, Diego Leon, Hartnell, 31:20.63. 2, Ethan Walker, Canyons, 31:23.75. 3,

Abdul Hamid, American Riv, 31:27.57. 4, Teddy Kassa, El Camino, 31:41.14.

Men 110 Meter Hurdles

(w: 1.4) 1, Mackenzi Rickman, Cerritos, 14.28. 2, Dario Robinson, Cerritos,

14.49. 3, Leroy Elliott, Chabot, 14.57. 4, Chris Graham, El Camino, 14.62.

Men 400 Meter Hurdles

1, Bas VanLeersum, Santa Barbar, 52.20. 2, Mohamed Isse, Mt. Sac, 52.67. 3,

Marlon Dixon, Sequoias, 53.17. 4, John Turks, CCSF, 53.79.

Men 3000 Meter Steeplechase

1, Ethan Walker, Canyons, 9:16.32. 2, Sean Gregg, American Riv, 9:19.74. 3,

Scott Trummer, Chabot, 9:19.78. 4, Teddy Kassa, El Camino, 9:24.67.

Men 4x100 Meter Relay

1, Mt. Sac 40.00@. 2, Modesto 40.79. 3, Diablo Valley 41.10. 4, Riverside

41.31.

Men 4x400 Meter Relay

1, Sequoias 3:11.89. 2, Mt. Sac 3:13.79. 3, Diablo Valley 3:15.58. 4, American River 3:16.14.

Men High Jump

1, Xavier Howell, American Riv, 2.12m, (6-11.50). 2, Jonathan Moore, Sequoias, 2.07m, (6-09.50). 3, Edwin Matthews, American Riv, 2.02m, (6-07.50). 4, Tacuma Anderson-Richards, Sequoias, J2.02m, (6-07.50).

Men Pole Vault

1, Reed Scale, Mt. Sac, 4.98m, (16-04). 2, Alexander Law, Cuyamaca, J4.98m, (16-04). 3, Giovanni Hernandez, Mt. Sac, 4.83m, (15-10). 4, Jeremy Kimmer, Glendale, 4.68m, (15-04.25). 4, Joe Dreyer, Cuesta, 4.68m, (15-04.25).

Men Long Jump

1, Dwayne Lee, San Joaquin, 7.28m, w:3.5 (23-10.75). 2, David Booker, Fresno, 7.27m, w:-2.5 (23-10.25). 3, Tacuma Anderson-Richards, Sequoias, 7.19m, w:1.0 (23-07.25). 4, Hakeem Fairweather, Mt. Sac, 7.14m, w:-0.2 (23-05.25).

Men Triple Jump

1, Tacuma Anderson-Richards, Sequoias, 15.90m, w:3.0 (52-02). 2, Eric Sloan, San Joaquin, 15.77m, w:-0.9 (51-09). 3, Joshua Taylor, East LA, 15.08m, w:0.9 (49-05.75). 4, Darius Armstead, Fresno, 14.74m, w:0.7 (48-04.50).

Men Shot Put

1, Daniel Roberts, Modesto, 17.36m, (56-11.50). 2, Melvin Flax, San Joaquin, 16.10m, (52-10). 3, Henry Sharoyan, Sacramento, 15.99m, (52-05.50). 4, Mitch Dixon, Saddleback, 15.67m, (51-05).

Men Discus Throw

1, Daniel Roberts, Modesto, 54.88m, (180-01). 2, Aaron Russell, SD Mesa, 53.52m, (175-07). 3, James Hubbard, American Riv, 48.45m, (158-11). 4, Christopher Brown, Riverside, 47.56m, (156-00).

Men Hammer Throw

1, Daniel Roberts, Modesto, 57.45m, (188-06). 2, Mitch Dixon, Saddleback, 56.39m, (185-00). 3, James Hubbard, American Riv, 55.34m, (181-07). 4, Kesean

McCandless, Fresno, 53.15m, (174-04).

Men Javelin Throw

1, Elijah Marta, Siskiyou, 65.36m, (214-05). 2, Daniel Hernandez, Golden West, 60.29m, (197-10). 3, Aaron Mateski, Santa Barbara, 58.62m, (192-04). 4, Tyler Edwards, Saddleback, 57.02m, (187-01).

Men Decathlon

1, Chase Pacheco, Hartnell, 6706. 2, Cade Lindsay, Mt. Sac, 6488. 3, Spencer Stockton, Butte, 6384. 4, Jherrell Charles, Riverside, 6255.