

CALIFORNIA COMMUNITY COLLEGE CROSS COUNTRY & TRACK COACHES ASSOCIATION (5CTCA)

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2016 STATE MEET EVENT-BY-EVENT WRAP

CERRITOS AND MT. SAC REPEAT AS CCCAA TRACK & FIELD CHAMPIONS

SAN DIEGO -- Cerritos College and Mt. San Antonio College repeated as CCCAA Track & Field team champions at the 2016 state meet held at San Diego Mesa College, May 20-21. Both teams wrapped up the titles early, compared to their 1-point wins in 2015.

Cerritos scored 92 points, clinching the win after the 200 meters, and finishing ahead of Riverside (80) and College of the Sequoias (75 1/3). Mt. SAC scored 148 points in the men's competition with Riverside (99) second. Modesto (63) won a tight third placed battle ahead of Sequoias (62), and American River (61).

The women chosen by coaches reps as athletes of the meet were distance runner Jenica Dodge of American River (track) and thrower Destiny Talalemotu of Cerritos (field).

--Dodge won the 10,000 meters on Friday in 36 minutes, 33.44 seconds, and the 5,000 on Saturday in 17:23.57. She ranks No. 2 nationally in both events this year with her season bests posted earlier.

--Talalemotu was a triple winner in the throws, taking the hammer throw on Friday at 174 feet, 11 inches; then on Saturday winning the shot put (48-3 1/2) and discus throw (155-8). She scored 30 points for the Falcons. Talalemotu won the discus and shot as a freshman in 2014 and became the first woman to earn five state throwing titles.

Selected as men's athletes of the meet were sprinter Cravon Gillespie of Mt. San Antonio (track), plus thrower Daniel Roberts of Modesto and vaulter Giovanni Hernandez of Mt. SAC (field).

--Gillespie, the U.S. community college season leader in both the 100 meters at (10.04) and 200 meters (20.20), won both sprints impressively in 10.21 and 20.86 (both wind-legal marks). He also anchored Mt. SAC's winning 4 x 100 meter relay, which ran 39.56, and figured in a total of 30 Mounties points.

--Roberts, a triple state champion as a freshman in 2015, repeated as state champion in the hammer throw on Friday (206-3) and discus throw on Saturday (179-0). He won five individual state titles over two seasons. Hernandez won the pole vault at 16-6 1/2. He is the national leader this year at 17-0 3/4 and just missed equaling that mark here.

A national leading performance: Melody Harris of Fresno had a U.S community college season leading throw in the javelin, 162-7.

Top Mark Doesn't Bring Gold: Julia Grimm of Santa Rosa JC became the impressive state leader in the high jump -- but doesn't have a gold medal to show for it. She high jumped 5-9 3/4 during the heptathlon (No. 2 in the U.S. this season) but wound-up second overall in the 7-event competition behind Juanita Webster of Cerritos. Grimm was fourth in the individual high jump last year and entered that event as the brand new state leader. But Bria Palmer of Cerritos won at 5-6 1/2, with Grimm second at 5-4 1/2. Grimm also placed fourth in the individual javelin throw at 134-10 (where she ranks No. 5 nationally at 137-7), and scored 21 points in the meet.

2016 TOP 20 TEAMS:

WOMEN: 1. Cerritos 92; 2. Riverside 80; 3. Sequoias 75 1/3; 4. Mt. San Antonio 55; 5. Fresno 48 5/6; 6. West Los Angeles 45 1/2; 7. Santa Rosa 43; 8. Diablo Valley 30 1/3; 9. American River 30; 10. De Anza 27; 11. Hartnell 25; 12. Ventura 23; 13. Canyons 22 1/2; 14. Cuesta 22; 15. Modesto 21 1/2; 16. Orange Coast 16; 17. Monterey Peninsula 15; 18. Yuba 14; 19. Siskiyou 13; 20. El Camino 12. (40 teams scored.)

MEN: 1. Mt. San Antonio 148; 2. Riverside 99; 3. Modesto 63; 4. Sequoias 62; 5. American River 61; 6. Cerritos 43; 7. Glendale 32; 8. Yuba 28; 9. Cuesta 24; 10. West Los Angeles 19; 11. Diablo Valley 18; 12. Chabot, Santa Rosa, & Butte 17; 15. San Bernardino Valley 15; 16. San Francisco 14; 17. Cuyamaca 13; 18. Bakersfield 12; 19. San Mateo 11; 20. Canyons 10. (36 team scored.)

Recap of 2015 TOP 10 TEAMS: (Both women's and men's team races were decided by one point.)

WOMEN: 1. Cerritos 68; 2. Mt. San Antonio 67; 3. Riverside 65; 4. Sequoias 58; 5. Fresno 52; 6. Southwestern 39; 7. American River & Laney 33; 9. Sacramento & De Anza 25. (40 teams scored.) **MEN:** 1. Mt. San Antonio 101; 2. Sequoias 100; 3. American River 69; 4. Modesto 49; 5. Riverside 46; 6. Hartnell 40; 7. Cerritos (37); 8. Fresno 33 1/2; 9. San Joaquin Delta 29; 10. Cuesta 28 1/2. (33 teams scored.)

Friday Events (May 20):

Women's Heptathlon

2016 US Community College Leader prior to weekend: 5,397 points, Ayesha Champagnie, Barton County, Kan.

2016 CCCAA Leader: 5,188, Juanita Webster, Cerritos (No. 2 on U.S. Community College Track Coaches Association season list.).

--State leader Juanita Webster of Cerritos held just a 6-point lead, 4,091-4,085, over Julia Grimm of Santa Rosa heading into the concluding 800 meters – and won the race in an impressive 2:25.14 to secure the victory with 4,846 points. Grimm was fourth in the race with a personal best 2:37.86 and held on to second place easily with 4,683 total points – moving up from her fourth place finish as a freshman in 2015. BreAnn Scally of Monterey Peninsula was third at 4,149. *Grimm had the best overall performance of the heptathlon, high jumping a state season best 5-9 1/4 (No. 2 nationally this season) and scoring 928 points in the event.*

Women's Hammer Throw

USCC Ldr: 191-11, Janeah Stewart, Iowa Central.

CCCAA Ldr: 185-5, Destiny Mack-Talalemotu, Cerritos (No. 2 USCC).

--SoCal champion Destiny Mack-Talalemotu of Cerritos was the only thrower to exceed 170 feet. The Falcons sophomore took the lead for good with her opening round throw (170 feet, 4 inches) and extended her winning mark to 174-11 on her sixth and final effort. De'ondra Young of Palomar was second at 169-6. NorCal champ Emma Seyer of De Anza finished third at 164-10 (the only other thrower over 50 meters at 50.25).

Men's Decathlon

USCC Ldr: 7,039, Gabe Moore, South Plains, Texas.

CCCAA Ldr: 6,142, Kasey Mancini, Santa Rosa (No. 5 USCC).

--State leader Kasey Mancini was in second place after the first day with 3,436 points – trailing Yuba's Davit Saghatelian (3,549). Mancini scored big points in all three field events on Saturday to take control. The Bearcubs sophomore threw the discus 125-5, pole vaulted 13-7 1/4, and threw the javelin 162-10 for a 9-event total of 5,987 and a 122-point lead over SoCal champ Chad Ponciano of Riverside -- entering the concluding 1,500 meters. Mancini ran 4:55.67 for 585 points and a final total of **6,572**. Ponciano ran 4:54.00 for 595 points and just held onto second place with 6,360 points. His RCC teammate Cole Hicks ran 4:45.99 for 643 points and finished just three points behind with 6,357. Saghatelian won the 1,500 race in 4:32.30 for 730 points to move up to fourth place in the final standings at 6,283 – ten points better than Aaron Cheeks of Cuesta, who dropped to fifth. Mancini moved up to No. 4 in the USCC national rankings

Men's Hammer Throw

USCC Ldr: 209-3, Daniel Roberts, Modesto.

--U.S. Community College leader Daniel Roberts of Modesto, a triple throws state champion in 2015, started his 2016 state meet campaign with a 206-3 hammer throw on Friday to win by 14 feet over Erick Loomis of Modesto. Nobody else surpassed 190 feet. Roberts had thrown a USCC best 209-3 to win the NorCal title.

Women's Javelin Throw

USCC Ldr: 156-1, Ayesha Champagnie, Barton County, Kan.

CCCAA Ldr: 154-3, Melody Harris, Fresno (No. 2 USCC).

--State leader Melody Harris of Fresno won the battle among four of the top 5 CC throwers in the nation. Her throw of 162-7 earned gold by more than 25 feet and established a new national best for 2016! SoCal champion Nicole Clark of El Camino was second at 135-11, followed by Daisy Newman of Siskiyou at 135-0 and Santa Rosa heptathlete Julia Grimm (134-10). They rank 1-3-4-5 nationally with the season bests.

Men's Javelin Throw

USCC Ldr: 223-9, Adrian Williams, South Plains, Texas.

CCCAA Ldr: 211-3, Tim Tatton, Siskiyou (No. 2 USCC).

--The initial throw of 186-8 by NorCal champion Alvin Sung from College of San Mateo was more than enough to win. But the Bulldogs sophomore didn't stop there, exceeding 180 on his next four efforts and winning with a best of 189-4 in the third round. SoCal champion Chris Rose of San Diego Mesa established second place with his first throw and improved slightly to 175-9 for the silver medal. Tristian Escobar of Cerritos was third with his initial effort, 172-6.

Women's 10,000 meters

USCC Ldr: 35:03.44, Leanne Pompeani, Iowa Central.

CCCAA Ldr: 36:17.90, Jenica Dodge, American River (No. 2 USCC).

--Jenica Dodge of American River, who set the NorCal meet record of 36:43.79 two weeks earlier, ran even faster to win the state title in 36:33.44 and improve one place from her 2015 finish. She ran at or near the front throughout the race. Brianna Jacklin of Riverside, third in 2015, was the main challenger and took silver in 36:45.19 – moving up to No. 3 in the USCC rankings. Santa Ana freshman Toni Lopez placed third (37:45.44).

Men's 10,000 meters

USCC Ldr: 30:04.84, Sylvester Barius, Iowa Western

CCCAA Ldr.: 30:48.11, Abdul Hamid, American River (No. 3 USCC),

--SoCal champion Vahagn Isayan of Glendale improved upon his best time by more than 40 seconds, going under 32 minutes for the first time for a narrow triumph in 31:19.65. With three laps to go, the top seven runners were together at 27:56 before Isayan established control. They were each in line, one second apart, with two to go. It was a 2-second separation among the top three at the bell. Isayan ran his final lap in 64 seconds to win, just holding off Ulysses Orozco of Saddleback, who had a 62.7 closer for second place in 31:20.45. Riveride's Dennis Gonzalez was third in 31:26.93. NorCal champ and state leader Abdul Hamid of American River, one of those final seven, was unable to kick with the leaders and finished sixth in 31:50.44.

Saturday Field Events (May 21):

Women's Long Jump

USCC Ldr: 20-7 ½ Moehsa Davidson, Fresno (updated)

Fresno's Moehsa Davidson successfully defended her state title, jumping 19-7 ½ in the second round to take control. Her season-long Central Valley Conference rival Deshaunda Morrison of Sequoias was second at 18-5 ¾. KiAnna Cunningham of Sequoias was the only other jumper over 18 feet, at 18-3.

Women's High Jump

USCC Ldr: 5-10 ¾, Vavara Klyuchnikova, Vincennes, Ind.

CCCAA Ldr: 5-6 1/2, Juanita Webster, Cerritos (was improved to 5-9 ¾, No. 2 USCC, by Julie Grimm, Santa Rosa, during Friday's heptathlon)

--SoCal champ Bria Palmer of Cerritos managed a personal best 5-6 1/2 for the gold medal, getting first attempt clearances at her first four heights before finally missing at 5-8 ¾ -- with the title already wrapped up. NorCal champion Julie Grimm of Santa Rosa, third in last year's state meet, took over the state lead with a 5-9 ¾ jump during the decathlon on Friday but couldn't repeat that effort on Saturday -- competing in her ninth "event" over two days. She still took silver at 5-4 1/2 and didn't miss until the winning height of 5-6 1/2, scoring 21 points in the meet. Five women cleared 5-4 1/2. Kaitlyn Matthews of Canyons and Ray Ven Sanders of Merritt shared the bronze medal, going clear until third try makes at their final height.

Women's Discus Throw

USCC Ldr: 166-4, Rochelle Frazer, New Mexico JC.

CCCAA Ldr: 163-3, Destiny Mack-Talalemotu, Cerritos (No. 3 USCC)

--SoCal champion Destiny Mack-Talalemotu of Cerritos threw 155-8 on her second effort to complete a double in the long throws, winning by more than 15 feet. Chabot's Adora Garrick had taken the lead at 140-5 in the first round and that held up for the silver medal. NorCal champ Anya Tonga of De Anza was third at 137-2. Mack-Talalemotu won the hammer throw on the first day.

Women's Triple Jump

USCC Ldr: 42-9 3/4, Lattavia Coombs, New Mexico JC.

CCCAA Ldr: 40-7 3/4, Destinee Widgins, Riverside (No. 3 USCC).

--SoCal champ Destinee Widgins of Riverside bettered 12 meters (12.08) on her first jump (39 feet, 7 3/4 inches) to take the lead at the outset. She improved to 39-11 1/2 in the third round and won easily ahead of Reagan Andrews of West Los Angeles at 38-2 1/4. BreAnn Scally of Monterey Peninsula took the bronze at 38-0 1/4, ahead of NorCal champion Moesha Davidson of Fresno (37-3). *It was the only event in which Davidson finished out of the top three medals but she still scored a pace-setting 31 points in four individual events.*

Women's Pole Vault

USCC Ldr: 12-6, Augusta Thomason, Cuesta.

--National leader Augusta Thomason of Cuesta repeated as state champion, clearing 12-5 1/4 (topping her 2015 winning mark by 1 1/4 inches). She grabbed the lead with her opening height first attempt clearance of 11-4 1/2. Madison McPeak of Riverside was the only competitor remaining after that -- with a second attempt clearance. That wound-up being the silver medal height.

Women's Shot Put

USCC Ldr: 53-6 1/4, Janeah Stewart, Iowa Central.

CCCAA Ldr: 50-1 1/4, Destiny Mack-Talalemotu, Cerritos (No. 4 USCC)

--Destiny Mack-Talalemotu of Cerritos completed a hammer-discus-shot triple with her 48-3 1/2 winning put. NorCal champ Brandy Williams of Diablo Valley, ranked No. 2 in the state, had her season best of 46-2 for the silver medal, followed by Yuba's Imani Bierly at 44-1 1/2. Bierly repeated her third place finish of 2015.

Men's Long Jump

USCC Ldr: 26 3 3/4, Fabian Edoki, South Plains, Texas

CCCAA Ldr: 25-6 1/4, Joseph Bryant, Mt. San Antonio (No. 2 USCC)

Bryce Huggins of Sequoias avenged his NorCal title loss to American River's Austin Collier, jumping 24-9 3/4 (with a slight aiding wind of 2.3 meters per second) for the gold medal. The Giants freshman had taken the lead in the second round with a wind legal 24-5 1/2, then upped the winning margin on his last jump. Collier, the first round leader at 23-9 1/2, improved to 24-1 1/2 to hold onto silver. Stacy Chuwunmezie of Cerritos was third (23-9 1/2).

Men's Shot Put

USCC Ldr: 61-1 1/4, Jared Kern, Lincoln College, Ill.

CCCAA Ldr: 58-2 1/2, Ryan Donnahoe, Yuba (No. 4 USCC).

SoCal champion James Jones of Riverside took the lead in the first round at 54-9 1/4 and extended it to 55-7 3/4 on his second effort for the win. State leader Ryan Donnahoe of Yuba got out to 54-9 1/4 in the fourth round for the silver medal, moving ahead of Josh McClure of Moorpark who finished third at 54-8.

Men's Triple Jump

USCC Ldr: 51-11 1/4, Jah-Nhai Perinchief, Iowa Central.

CCCAA Ldr: 51-5, Anthony Applequist, Mt. San Antonio (No 3 USCC).

--Zain Palacio of West Los Angeles, top returnee from 2015 (in sixth place) used his experience to take gold on his last jump, 49-3 3/4 – the only 15 meter (15.03) jump of the competition. He had been in third place until that point -- off his opening round 47-4 1/4 effort. Jahvad McDermott of Riverside reached a season best 49-1 3/4 on his last jump to finish second. Bryce Huggins of Sequoias, who had led after the first three rounds with his season best of 48-3 1/2, fell to third place. All of the top marks (over 14 meters) were wind legal. Pre-meet credentials were not a factor: SoCal champ James Wilson of Riverside finished fourth and NorCal champ Tristan Meyer of De Anza was fifth. State leader Anthony Applequist of Mt. SAC was eighth.

Men's Discus Throw

USCC Ldr: 207-5, Brian Williams, Iowa Central.

CCCAA Ldr: 183-7, Daniel Roberts, Modesto (No. 2 USCC).

--Daniel Roberts of Modesto opened with a throw of 179-0 (54.55 meters) to successfully defend his title and complete a repeat hammer-discus double. *He now has five CCCAA individual titles in the weight events (including the shot put in 2015).* Colton Waggoner of Yuba had the only other 54 meter toss (54.06), a season best 177 feet, 4 inches in the fifth round, to earn the silver medal. SoCal champion Zachary Fromm of Riverside finished third at 171-7.

Men's Pole Vault

--USCC Ldr: 17-0 3/4, Giovanni Hernandez, Mt. San Antonio.

In the meet's last event to finish, national leader Giovanni Hernandez of Mt. San Antonio had a third attempt clearance at 16-6 1/2 to take the gold medal, moving up from the bronze position in 2015. The Mounties sophomore failed in three attempts to equal his national leading 17-0 3/4 mark – but his ten points put an exclamation point on Mt. SAC repeat team title with a final total of 148 points. Joe Reeves of Cuesta edged teammate Joe Dreyer for the silver medal at 16-0 1/2, based upon fewer overall misses. NorCal champion Michael Fancey of San Joaquin Delta also cleared 16-0 1/2, but on his second attempt – resulting in a fourth place finish.

Men's High Jump

USCC Ldr: 7-5, Jah-Nhai Perinchief, Iowa Central.

CCCAA Ldr: 6-11 3/4, Joseph Bryant, Mt. San Antonio

--Mt. San Antonio's Joseph Bryant became the state's first 7-foot high jumper this season, improving his own state lead a half inch to 7-0 1/4 for the victory. Alex Templeton of Cuyamaca and Vincent Calhoun of Cerritos shared second place at 6-9 1/2. Bryant secured the victory with a third attempt clearance at 6-11 1/4, where the other pair went out, and then got the 7-footer on his first try. Bryant is also the state season leader in the long jump and No. 2 nationally (25-6 1/4) but finished seventh at the state finals.

Saturday Track Events (May 21):

Women's 3,000 Meter Steeplechase - 2015 champion: Laura Aceves, East Los Angeles, 10:54.87.

USCC Ldr: 11:12.65, Kelsey Montano, Pima, Ariz.

CCCAA Ldr: 11:25.22, Michele Perez-Lopez, De Anza.

--NorCal champion Michelle Perez-Lopez of De Anza led most of the race to win in 11:22.94, holding back Coast Conference rival Nancy Rodriguez of Hartnell, who ran a strong second in 11:29.39. Perez-Lopez moved up to No. 2 in this season's national rankings, with Rodriguez now No. 5. SoCal champion Jessica Ruiz of Canyons was third in 11:36.16, moving to No. 8.

Men's 3,000 Meter Steeplechase

USCC Ldrs: 9:12.36, Kelvin Keter, South Plains, Texas.

CCCAA Ldr: 9:15.07, Ethan Walker, Canyons (No. 2 USCC).

--SoCal champion Jason Hillquist of Canyons took the lead in the final backstretch and had a strong finish to win in 9:16.04 over Riverside's Michael Simpson (9:19.83). Hillquist just missed the state leading mark of 9:15.07 by his teammate Ethan Walker (who was not in the race), but still moved up to No. 3 nationally this season.

Women's 4 x 100 Meter Relay

USCC Ldr: 45.13, New Mexico JC.

CCCAA Ldr: 45.75, Sequoias (No. 4 USCC).

--State leader Sequoias took the early lead with strong legs by leadoff Joylynn Daily and No. 2 Meleni Rodney. But SoCal champ Cerritos caught the Giants on the final handoff as Meka Story brought the Falcons home first in 46.00. COS was second in 46.13 and defending champion Mt. SAC third (46.98). Rabia Hawes ledoff for Cerritos, followed by Najia Hudspeth and Nylia Hudspeth.

Men's 4 x 100 Meter Relay

USCC Ldr: 39.49, Sequoias.

--Mt. SAC posted a dominating win in 39.56 as anchor Cravon Gillespie (who went onto to win both individual sprints) extended the Mounties lead to the tape to defend their state title. Running the first three legs were Erik Cisneros, Camerson Akins, and Tubotein Taylor (who later won the 400). National leader Sequoias, with a best of 39.49, was a strong second in 49.88, followed by NorCal champion Modesto (41.03).

Women's 1,500 Meters

USCC Ldr: 4:25.11, Susan Ejore, Monroe College, N.Y.

CCCAA Ldr: 4:35.47, Malena Grover, Hartnell (No. 3 USCC)

--NorCal champ Malena Grover of Hartnell led all the way to win in 4:37.49 in a race involving three of the USA's top six runners. In the second place battle, No. 3 Erica Ruiz of Santa Rosa had the fastest final lap, 72.7, to finish in 4:41.58 and edge No. 6 Micayla Rennick of American River, who ran 4:41.96.

Men's 1,500 Meters

USCC Ldr: 3:50.13, Omer Almog, Iowa Central.

CCCAA Ldr: 3:54.41, Joshua Silva, Riverside (No. 6 USCC).

--State leader Joshua Silva of Riverside won the battle around the final turn to come home first in 3:55.65, ahead of NorCal champion Conor Wells of American River (3:57.13) and Riverside's Cristian Malloy (3:57.50). Eleven of the 12 finalists hit the bell lap (1,100 meters) in 2 minutes and 57 seconds, with Matthew Manalo of Glendale listed as the statistical leader at 2:57.10 -- just a hair ahead of Dejon Joseph of American River (2:57.17). Silva was eighth at 2:57.73, then completed the final lap in 57.9 seconds. Wells ran a 59.7 last lap and Malloy 59.9.

Women's 100 Meter Hurdles

USCC Ldr: 13.43, Danielle Riggins, Iowa Central

CCCAA Ldr: 13.52, Deshaunda Morrison, Sequoias (No. 2 USCC)

--State leader Deshaunda Morrison of Sequoias won this duel with Fresno's Moesha Davidson by .05 in 13.76. They rank No. 2 and 3 nationally this year. None of the other finalists came close to breaking 14 seconds. The race was aided by a 2.3 meters per second wind (over the limit of 2.0).

Men's 110 Meter Hurdles

USCC Ldr: 13.60, Ruebin Walters, Central Arizona.

CCCAA Ldr: 14.04, Cameron Akins, Mt. San Antonio (No. 3 USCC).

--State leader Cameron Akins of Mt. San Antonio won going away in 14.05, with Riverside's Ryan Muir second in 14.45. Leroy Elliott of Chabot was third in 14.55 and Dario Robinson of Cerritos, state runner-up in 2015, was fourth (14.67). There was a slight -0.1 m.p.s. headwind.

Women's 400 Meters

USCC Ldr: 53.79, Cameka Witter, Western Texas.

CCCAA Ldr: 53.89, Melena Rodney, Sequoias (No. 2 USCC).

--State leader Melena Rodney of Sequoias won her expected duel with SoCal champion Khadija Imara of Mt. San Antonio in 54.16. Imara was second in 55.37. Nylia Hudspeth of Cerritos paced a chase pack in 56.17 for third place.

Men's 400 Meters

USCC Ldr: 46.49, DeVante Lacy, South Plains, Texas

CCCAA Ldr: 46.56, Ohdel James, Sequoias (No. 2 USCC).

--SoCal champ Tubotein Taylor charged home first in 46.64, just .02 off his best (which ranks No. 3 nationally). NorCal champion Isaiah Johnson of Sequoias was second in 47.49, followed by David Christensen of Mt. SAC in 47.67.

Women's 100 Meters

USCC Ldr: 11.36, Moesha Davidson, Fresno.

--NorCal champion Strangena Campbell of Diablo Valley defeated national leader and defending state champ Moesha Davidson of Fresno for a second straight week, running 11.44 (with an aiding wind of 2.1 meters per second, just over the legal limit). SoCal champion Najia Hudspeth of Cerritos placed third in 11.63. All three runners rank among the top eight nationally this season.

Men's 100 Meters

USCC Ldr: 10.04w, Cravon Gillespie, Mt. San Antonio

--National leader Cravon Gillespie of Mt. San Antonio got out fast to win in 10.21, holding off double NorCal sprint champion Donovan Wallace (10.34) of Modesto and Holland Cabara (10.37) of Sequoias. Runners had a legal 1.5 m.p.s. aiding wind.

Women's 800 Meters

USCC Ldr: 2:06.73, Marleena Eubanks, Central Arizona.

CCCAA Ldr: 2:12.19, Doshawn Franks, West Los Angeles (No. 4 USCC).

--Crystal Tejeda of Riverside posted an upset win in a state-leading 2:10.59 (No. 3 nationally this year) over SoCal champion Angela Wilson of Antelope Valley (2:11.28). NorCal champ Cicelya Beard of San Joaquin Delta was third (2:13.92). Doshawn Franks of West Los Angeles, who came in as the state leader, finished fourth (2:15.14). Tejeda split 63.58 and 67.01. Wilson was the first lap leader, 63.10, and finished in 68.17.

Men's 800 Meters

USCC Ldr: 1:49.78, Mpho Makofane, Monroe College, N.Y.

CCCAA Ldr: 1:50.19, Gerardo Castro, San Francisco (No. 2 USCC).

--State leader Gerardo Castro of San Francisco won a race down the final stretch, passing leader Juman Randall of West Los Angeles on the inside to reach the tape first in 1:52.45. Conner Mckinnon of Chabot finished third (1:53.32).

Women's 400 Meter Hurdles

USCC Ldr: 1:00.44, Medinah Spencer, South Plains, Texas.

CCCAA Ldr: 1:01.79, Brittany Mitchell, Mt. San Antonio (No. 4 USCC).

--SoCal champion Brittany Mitchell of Mt. San Antonio came off the last hurdle to pass race leader Stephanie Fernandez of Santa Rosa in the final strides for the victory in 1:02.59. Fernandez was second in 1:03.12.

Men's 400 Meter Hurdles

USCC Ldr: 51.15, Okean Williams, South Plains, Texas.

CCCAA Ldr: 52.11, Treshon Woods, American River (No. 5 USCC)

--SoCal champion Dylan Atencio of Mt. SAC posted the state's best time of the season, 51.50 to win handily over Justin Alexander of El Camino, 52.64. Chris Green of Sequoias finished third in 52.85. Treshon Woods of American River, who came in as the state leader, finished fifth.

Women's 200 Meters

USCC Ldr: 23.33, Kayelle Clarke, New Mexico JC.

CCCAA Ldr: 23.67, Najia Hudspeth, Cerritos (No 3 USCC).

--State leader Najia Hudspeth of Cerritos held off Strangena Campbell of Diablo Valley for the 200 win in 23.69. Campbell was less than a tenth back in 23.78, followed by the Sequoias duo of Meleni Rodney (24.27) and Joylynn Daily (24.61). Kayla Wilson of Riverside, the 2015 state runner-up, finished fifth (24.91). --*Hudspeth's win effectively clinched a repeat team championship for the Falcons.*

Men's 200 Meters

USCC Ldr: 20.20, Cravon Gillespie, Mt. San Antonio,

--National leader Cravon Gillespie of Mt. SAC won the race handily in 20.86 seconds with a legal aiding wind of 1.9 meters per second, followed by NorCal champion Donovan Wallace of Modesto in 21.14. The 1-3 finish by Gillespie and 400 champ Tubotein Taylor put Mt. SAC over the 100-point barrier at 105 and proved to be enough to secure the repeat team title.

Women's 5,000 Meters

USCC Ldr: 16:30.32, Leanne Pompeani, Iowa Central.

CCCAA Ldr: 17:08.12, Jenica Dodge, American River (No 2 USCC)

--State leader Jenica Dodge of American River completed an impressive 10K-5K double, winning in 17:23.57 by seven seconds. She established control of the race with five laps remaining by repeating 82-second laps. Runner-up Madeline Ogle of Cuesta improved her No. 5 ranking national time to 17:30.68. (Dodge ranks No. 2 at 17:08.12.) Third ranked Malena Grover of Hartnell, the 1,500 meter champion, finished third in 17:38.51. SoCal champ Brianna Jacklin of Riverside was fourth (17:58.00).

Men's 5,000 Meters

USCC Ldr: 14:19.87, Gilbert Kigen, Central Arizona.

CCCAA Ldr: 14:23.90, Michael Teran, San Bernardino Valley (No. 2 USCC).

--SoCal champ Michael Teran of San Bernardino Valley ran his own race, breaking from the pack with three laps to go to throw in a 61.2 lap and take command. His final two laps were 68.4 and 65.8. Teran won by four seconds in 14:57.05. Vahagn Isayan of Glendale, who had won the 10K on Friday night, finished second in 15:01.64, holding off Kevin Herrera of Mt. SAC (15:02.89), who had the fastest last lap of 63.3.

Women's 4 x 400 Meter Relay

USCC Ldr: 3:38.89, South Plains, Texas

CCCAA Ldr: 3:45.71, Cerritos (No. 6 USCC)

--Mt. San Antonio repeated as state champion in 3:46.27 with anchor Jhaylen Ball running 54.7. The first three Mounties runners were Kyadija Imara, Kyra White, and Joyclyn Arrington. State leader Cerritos was in front at the last exchange, following legs by Rabia Hawes (57.1), Najia Hudspeth (54.2) and Nylia Hudspeth (58.9). But anchor Tyler Simpson dropped the baton in the final stretch and had to recover it, still managing to finish in third place (3:54.64) – just ahead of Riverside (3:55.83).

WOMEN'S TEAM CHAMPION: Cerritos clinched the title by a fractional margin after the 200 meters and entered the concluding 4 x 400 relay with 86 points. Sequoias was in second, 10 2/3 points back with 75 1/3, and Riverside third at 75. Although all three had relay teams, first place was worth only 10 points. Cerritos repeated as team champion with 92 points, followed by Riverside with 80. Sequoias did not score and was third.

Men's 4 x 400 Meter Relay

USCC Ldr: 3:06.06, South Plains, Texas.

CCCAA Ldr: 3:07.53, Sequoias (No. 2 USCC)

--Mt. SAC led for most of the meet's concluding race. Sequoias anchor Isaiah Johnson, however, ran 47.2 to narrow the gap – pulling nearly even with the Mounties down the final straightaway. Mt. SAC anchor Chaio Winters (47.9) held on for the victory in 3:09.80. The Giants were second in 3:09.93. Defending champion COS came in ranked No. 2 nationally at 3:07.53 and Mt. SAC No. 4 (3:09.26).

MEN'S TEAM CHAMPION: Mt. SAC had already clinched a repeat team title prior to the 4 X 4 relay and finished with 148 points. Riverside was second with 99.

For complete results of each event, including lap & relay splits/names, plus field series, see:

<http://finishedresults.com/wp-content/uploads/2016/05/CCCAA/>

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