

2008 Antelope Valley College Track and Field Results

Men's 100 Meters — 10.44 -- Wes Dunston, 1989															
2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
	11.58			11.09				11.19	11.37						
Terrance Shepard															
Gardell Baker															
Armand Martin															
Eddie Russ															
11.44 11.74 11.50															
Women's 100 Meters — 11.96 -- Tranisha Holmes, 1998															
2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
	12.65	12.39			12.18	12.66		12.19	12.54	12.10	12.31†	12.22	12.32	12.00	Seventh
Portia Bell															
Men's 200 Meters — 21.43 -- Varick Dabney, 1997															
2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
	22.69	23.05	23.82	22.84	22.16	22.6	22.61	22.63	22.73						
Gardell Baker															
Eddie Russ															
Mahealani Austin															
22.99 23.55 23.59															
Women's 200 Meters — 24.94 – Daunyae Harris, 2007															
2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
	25.72	26.91	25.44	25.53	25.39			25.10	25.37	25.31	25.24†	25.06	25.36		
Portia Bell															
Elizabeth Bandy															
29.25															
Men's 400 Meters — 47.74 -- George Daniels, 1996															
2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
	52.88	52.40	52.22	54.27	50.85	52.34	51.03	49.61	49.33	48.79†	48.18	48.18	47.80	48.40	State Place
Eddie Russ															
Mahealani Austin															
Gardell Baker															
Armand Martin															
Jared Thomas															
Edger Martinez															
55.38 55.28 55.84 54.39 54.90 54.97 56.13															
Women's 400 Meters — 54.52 – Daunyae Harris, 2007															
2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
	1:01.3			58.69											
Portia Bell															
Liz Bandy															
1:04.8															
Men's 800 Meters — 1:50.2 -- Larry Martin, 1977															
2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
	2:04.54			2:00.38				1:59.30	2:02.44	2:00.73					
Kurtis Rohrenback															
Juan Quevedo															
Dean Allen															
Aaron Wright															
Edgar Martinez															
2:12.58 2:05.07 2:13.87 2:03.71 2:05.09 2:03.12 2:03.04 2:09.66															





Women's 800 Meters — 2:11.39 – Daunya Harris, 2007

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
			2:32.48	2:32.88		2:31.49	2:35.45	2:47.18							

Elizabeth Bandy
Melissa Olmos

Men's 1500 Meters — 3:55.56 -- David Rhodes, 1991

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
			4:13.47	4:05.60		4:07.09			4:00.63						
			4:13.87				4:20.92		4:08.12	4:21.25	4:12.30	4:10.04			
			4:16.78	4:09.73											
			4:19.69												
			4:37.06	4:26.66					4:29.13						
			4:44.26			4:44.90	4:29.77		4:29.54						

Kurtis Rohrenback
Marco Quevedo
Juan Quevedo
Irvin Garcia
Joseph Whiting
Davey Ramos

Women's 1500 Meters — 4:44:05 -- Jean Harvey, 1991

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
			5:29.69	5:04.58											

Melissa Olmos

Men's 3000 Meters — 8:44.64 – Ryan Rogers, 2004

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
			9:08.28												
			9:36.91												

Irvin Garcia
Marco Quevedo
Davey Ramos
Joseph Whiting

Men's 5000 Meters — 14:58.2 -- Alan Delinger, 1983

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
			15:20.57		15:13.58								15:55.64		
			15:48.90										16:03.84		

Kurtis Rohrenback
Irvin Garcia
Marco Quevedo
Davey Ramos
Joey Whiting

Women's 5000 Meters — 17:02.5 – Jean Harvey, 1991

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
			19:00.00							20:13.92			19:34.69		

Melissa Olmos

Men's 10,000 Meters — 30:57.3 -- Alan Delinger, 1983

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
			36:59.00							34:33.68					
										37:02.77					

Irvin Garcia
Joseph Whiting

Men's 110 High Hurdles — 14.64 -- Stephan Flenoy, 1988; Andy Dumans, 1983

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
		17.32	16.24		16.34	16.46		17.80	16.28	16.55	16.30				
Mayron Castro	19.09	19.58	16.74	19.36	18.64	18.69	19.87								

Women's 100 High Hurdles — 14.76 -- Kristen Robinson, 2003

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
		19.37	21.01	17.74	18.74	19.33	19.80	19.27	19.52	19.22	18.67				

Men's 400 Meter Int. Hurdles — 53.34 -- Ross Brosius, 1970

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
		1:00.47			58.51	1:00.55	59.35	58.78	58.93	1:00.37		59.89			
Mayron Castro	1:03.70	1:01.55	1:02.04	1:01.18	1:01.21	1:00.66									

Women's 400 Meter Int. Hurdles — 1:02.52 -- Kristin Bostick, 1997

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
		1:22.50	1:19.06	1:18.90	1:18.33	1:16.98	1:17.57	1:13.20	1:20.80						

Men's 4x100 Relay — 40.72 -- 1995

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
		3:32.41	3:42.32	3:27.05	3:32.57	3:28.42	3:29.04	3:28.11	3:21.43	3:21.55	3:20.07				
Terrance Shepard	17-8	21-4	3/4	21-5	19-2	20-0	1/4	19-0	18-8	1/2					
Michael Ricker															

Men's 4x400 Relay — 3:12.91 -- 1996

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
		3:32.41	3:42.32	3:27.05	3:32.57	3:28.42	3:29.04	3:28.11	3:21.43	3:21.55	3:20.07				

Men's Long Jump — 24-5 3/4 -- Andre Velazquez, 1999

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
		22-0	1/4	17-8	21-4	3/4	21-5	19-2	20-0	1/4	19-0	18-8	1/2		

Women's Long Jump — 19-10 3/4 -- JoAnna Harper, 1983

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
		13-2	13-8	13-10	3/4	14-3	1/2	15-2	1/2	15-2	1/4				

Men's Triple Jump — 49-10 -- Aaron Mosley, 1983

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
		39-6	42-04	1/2	38-0	39-5	38-9	40-6	1/4	39-4	1/2	39-9			

Women's Triple Jump — 38-6 -- Cheaza Figueroa, 1994

2-2	2-8	2-14	2-22/23	2-29	3-7/8	3-14/15	3-28	4-4	4-11	4-19	4-25	5-3	5-10	5-16/17	State Place
		32-0	1/2	30-11	31-4	1/2	30-6	31-0	31-5	3/4	32-2	1/2	32-0	1/4	





Men's High Jump — 7-0 — Jerrick Holmes -- 2001
 2-2 2-8 2-14 2-22/23 2-29 3-7/8 3-14/15 3-28 4-4 4-11 4-19 4-25 5-3 5-10 5-16/17 State Place
 Eddie Russ 6-2
 Shawn DeHorney 5-10 5-10 6-0 5-10
 Michael Ricker 5-4 5-2 5-4 5-6 5-8

Women's High Jump — 5-2 -- **Kristina Medal, 2008 Ties old record by Sascha Stucky, 2005; Tonia King, 1990 and Courtney Allen, 1998
 2-2 2-8 2-14 2-22/23 2-29 3-7/8 3-14/15 3-28 4-4 4-11 4-19 4-25 5-3 5-10 5-16/17 State Place
 Kristina Medal 4-6 5-0 4-11 1/2 4-11 4-8 5-0 4-10 4-8 4-8 4-9

Men's Pole Vault — 15-2 -- Jacob Rivera, 2004
 2-2 2-8 2-14 2-22/23 2-29 3-7/8 3-14/15 3-28 4-4 4-11 4-19 4-25 5-3 5-10 5-16/17 State Place
 Jared Thomas 11-0 10-0 11-6 12-6 13-6 13-0
 Shawn DeHorney 11-0 12-6 13-7 1/4 13-0 14-0 14-0 14-0

Women's Pole Vault — 11-7 -- Rachelle Sabo, 2003
 2-2 2-8 2-14 2-22/23 2-29 3-7/8 3-14/15 3-28 4-4 4-11 4-19 4-25 5-3 5-10 5-16/17 State Place
 Liz Bandy 9-0 9-0 7-6 8-0 8-6 9-2 1/4 8-6 9-6 8-8 8-9 9-1

* INDICATES SCHOOL RECORD AS OF THAT DATE

† INDICATES FOOTHILL CONFERENCE CHAMPION

DATE	OPPONENT	SITE	TIME/MEN'S RSLTS	WOMEN'S RSLTS
Sat., Feb. 2	All Comers Meet	Northridge		
Fri., Feb. 8	*Foothill Conference Preview	El Cajon		
Thu., Feb. 14	*Chaffey, Victor Valley	Rancho Cucamonga	Cha 97, AVC 67; AVC 84, VVC 77	AVC 43, Cha 41; AVC 43, VVC 26
Feb. 22-23	Cerritos Invitational	Cerritos		
Fri., Feb. 29	*San Bernardino Val, Victor Valley	San Bernardino	SBV 243, AVC 124; VVC 167, AVC 119	AVC 88, SBV 80; AVC 90, VVC 87
Mar. 7-8	Ben Brown	Walnut		
Mar. 14-15	Bakersfield Relays	Bakersfield		
Fri., Mar. 28	Riverside CC Invitational	Riverside		
Fri., Apr. 4	Saddleback	Mission Viejo	Sad 73, AVC 36	Sad 58, AVC 33
Fri., Apr. 11	OCC Mini Invitational	Costa Mesa		
Sat., Apr. 19	*Foothill Conference Prelims	Rancho Cucamonga		
Fri., Apr. 25	*Foothill Conference Finals	El Cajon	Sixth – 59 pts.	Seventh – 49.5 pts.
Sat., May 3	SoCal Prelims	Bakersfield		
Sat., May 10	SoCal Finals	Bakersfield		
May 16-17	State Championships	Cerritos	32 nd – 4 pts.	34 th – 2 pts.

