

2009 Antelope Valley College Track and Field Results

Men's 100 Meters — 10.44 -- Wes Dunston, 1989
2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 Hawkins Falstaff 11.79 11.48 12.43 11.56 **11.19** 11.79 11.67
 Maquis Jefferson **11.36** 11.97 11.64 11.68 11.83 11.79 11.91

Women's 100 Meters — 11.96 -- Tranisha Holmes, 1998
2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 Shameka Alexander 13.14 13.70 13.14 13.58 **13.07** 13.52 13.59 13.39 13.19
 Clemesha Butler 14.34 13.64 13.46 13.74 13.32 13.52 13.59 13.39 13.19
 Lanette Holmes 14.42 14.42 14.42 13.94 13.94 14.12 **13.91**

Men's 200 Meters — 21.43 -- Varick Dabney, 1997
2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 Falstaff Hawkins 22.86 22.93 22.86 22.66 22.22 23.49 23.85 23.88
 Ryan Butts 23.60 **22.40**
 Marquis Jefferson 23.40 **22.72**
 Eddie Russ 22.86

Women's 200 Meters — 24.94 – Daunyah Harris, 2007
2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 Clemesha Butler 27.28 27.73 29.06 29.35 28.07 **26.86** 27.87 27.81
 Shameka Alexander 30.47 **26.90** 28.87 29.28 **28.44**
 Lanette Holmes 30.05 30.91 31.21
 Jennifer Magnus

Men's 400 Meters — ***47.22 – Eddie Russ Jr., 2009; Old record: 47.74 -- George Daniels, 1996**
2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 Eddie Russ 51.39 48.94 48.13 48.74 47.25* 47.94 47.54† **47.22*** 47.79 47.27 Third
 Stanley Hughes 52.81 51.47 51.90 **51.13** 52.99
 Anthony Hassan 52.62 **51.95**
 Duprese Barnett 53.96 53.24 53.83 54.99 **52.92** 53.02 54.69

Women's 400 Meters — 54.52 – Daunyah Harris, 2007
2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 Shameka Alexander 1:02.82 **1:00.89** 1:01.61
 Kristina Medal 1:08.25 1:06.52 1:06.12 1:05.70 **1:05.58**
 Jennifer Magnus 1:10.25 1:10.25 **1:08.14**
 Lauren Casper 1:10.04





Men's 800 Meters — 1:50.2 -- Larry Martin, 1977

2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
2:03.28	2:02.92	2:06.02	2:01.56	1:58.76	2:02.56	2:13.06	2:00.61	2:00.32	1:59.70	2:00.98	2:02.39		
Paul Quiroz	2:02.34	2:05.35	2:01.33	2:01.00	2:00.53	2:02.24	2:04.53						
Mike Miller	2:04.35	2:05.37	2:02.28	2:22.00									

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

2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
2:34.44	2:33.62	2:41.46	2:42.47	2:40.35	2:35.43	2:38.93	2:29.13						
Melissa Olmos	2:54.39	3:00.87											
Jewell Marleaux	3:00.87												
Michela Chilton													

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

2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
4:36.87	4:23.21	4:26.60	4:23.82	4:25.46	4:28.22	4:24.74							
Davey Ramos													
Josiah Downer													
Kriss Knerr													
Mike Miller													

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

2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
5:19.51	5:19.59	5:04.16	5:00.96	5:06.16									
Melissa Olmos													

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

2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
9:48.93	9:39.87	10:04.80											
Josiah Downer													
Davey Ramos													

Women's 3000 Meters — 9:56.56 -- Jean Harvey, 1991

2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
11:43.07													
Melissa Olmos													

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

2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
16:56.63	16:14.89	16:46.29	16:29.20										
Josiah Downer													
Davey Ramos													

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

2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
19:58.45													
Melissa Olmos													

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

2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 Josiah Downer 35:50.82

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

2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 Troy Arceneaux 15.57 16.35 15.39 15.95 15.03 15.77 15.32 15.47 15.41† 15.41
 Roland Teal 22.62

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

2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 Sibella Salazar 18.67 19.17 18.28 19.62 18.06 18.29 18.67 17.63 17.85
 Pegine Gray 17.84 18.30 18.52 18.37 18.67 18.57 17.85
 Jennifer Mangus 20.38 21.01

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

2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 Troy Arceneaux 1:01.95 58.25 59.27 56.13 56.22 57.15 57.21 56.61 55.82† 56.05
 Kevin McGrath 1:05.42 1:03.02 59.37 1:00.11 59.32 59.73 59.95 58.24 1:00.71 58.89 58.68
 Anthony Hasson 59.56 1:08.34 1:04.54
 Roland Teal 1:11.14 1:10.68

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

2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 Sibella Salazar 1:19.93 1:17.90 1:15.99 1:17.30 1:18.18 1:17.80 1:16.54 1:14.95 1:11.92 1:12.87
 Pegine Gray 1:18.54 1:14.60 1:15.19 1:17.44 1:16.70 1:16.02 1:15.70
 Jennifer Mangus 1:19.98 1:20.52

Men's 4x100 Relay — 40.72 -- 1995

2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 42.99 42.41 42.23 42.07 42.06 41.93

Women's 4x100 Relay — 48.67 -- Ainsworth, Moore, Chattman, Harris, 2007

2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 53.18 53.80 52.73 52.43 51.71

Men's 4x400 Relay — 3:12.91 -- 1996

2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 3:28.72 3:28.79 3:22.13 3:27.85 3:20.23 3:18.37 3:21.44 3:18.17 3:17.16† 3:16.07 3:16.80 3:17.93 Fifth

Women's 4x400 Relay — 3:50.77 by Chattman, Moore, Carter, Harris, 2007

2-6 2-12 2-20/212-27/28 3-7/8 3-13/14 3-20 3-27 4-10 4-18 4-24 5-2 5-9 5-15/16 State Place
 4:44.20 4:45.87 4:31.72 4:20.71 4:28.92 4:33.59 4:25.57 4:21.96





Women's High Jump — 5-2 -- Kristina Medal, 2008; Sascha Stucky, 2005; Tonia King, 1990 and Courtney Allen, 1998	2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
Kristina Medal	4-8	4-8	4-8	4-6										
Women's Pole Vault — 11-7 -- Rachelle Sabo, 2003	2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
Elizabeth Bandy	9-6	9-6	9-0											
Lauren Casper	9-6	9-2	9-6	9-0										
Men's Long Jump — ****New Record: 25-4 3/4 -- Ryan Butts; old record 24-5 3/4 -- Andre Velazquez, 1999	2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
Ryan Butts	22-6 1/4	24-11*	24-5 3/4	21-10 1/2	23-6	23-8	24-3 1/2	24-7 1/2	24-0†	24-2 1/2	24-0	25-4 3/4*	24-0	Champion
Devon Whitson			21-4 3/4											
Women's Long Jump — 19-10 3/4 -- JoAnna Harper, 1983	2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
Kristina Medal	15-2 1/2	1/213-10 1/2	14-3	14-7	14-3	15-4 1/2	14-11							
Men's Hammer Throw — 199-1 -- Larry Johnson, 1991	2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
Jose Sanchez	82-1													
Men's Discus — 157-7 1/2 -- Nick Saylor, 2006	2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
Dustin Cristos	75-9	86-1												
Jose Sanchez	79-3													
Micah Davis	73-9 1/2	78-7												
Men's Javelin — 197-6 -- Steve Schmidt, 1974	2-6	2-12	2-20/212-27/28	3-7/8	3-13/14	3-20	3-27	4-10	4-18	4-24	5-2	5-9	5-15/16	State Place
Micah Davis	111-0	19-6												
Dustin Cristos	108-0	96-3												
Jose Sanchez	102-5													

* INDICATES SCHOOL RECORD AS OF THAT DATE

† INDICATES FOOTHILL CONFERENCE CHAMPION

DATE	OPPONENT	SITE	TIME/MEN'S RSLTS	WOMEN'S RSLTS
Fri., Feb. 6	*Cha, VVC, RHC, SBVC	San Bernardino	AVC 80, Cha 24; AVC 77, RH 23; AVC 65, SBV 59	AVC 61, Cha 10; AVC 61, RH 29; AVC 60, SBV 27
Thu., Feb. 12	*RHC, VVC, Pal, SDM	San Diego	AVC 89, Pal 0; AVC 83, RH 24; AVC 76, SDM 44	Pal 75, AVC 63; AVC 66, RH 33; AVC 69, SDM 21
Feb. 20-21	Cerritos Invitational	Cerritos	9 th – 102 pts.	21 st – 24 pts.
Feb. 27-28	*Foothill Conf. Hep/Dec & Relays	El Cajon	2 nd – 106 pts.	1 st – 106 pts.
Mar. 7-8	Ben Brown	Fullerton		
Mar. 13-14	Bakersfield Invitational	Bakersfield	4 th – 97 pts.	5 th – 83 pts.
Fri., Mar. 20	Santa Barbara Easter Relays	Santa Barbara		
Fri., Mar. 27	Riverside Invitational	Riverside	4 th – 53 pts.	4 th – 55 pts.
Fri., Apr. 10	Orange Coast Invitational	Costa Mesa		
Sat., Apr. 18	*Foothill Conference Prelims	El Cajon		
Fri., Apr. 24	*Foothill Conference Finals	San Bernardino	5 th – 69 pts.	7 th – 26 pts.
Sat., May 2	So Cal Prelims	Walnut		
Sat., May 9	So Cal Finals	Walnut	15 th – 20 pts.	
May 15-16	State Finals	San Mateo	T. 18 th – 20 pts.	

