

## 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
Terrance Shepard				11.58	<b>11.09</b>											
Gardell Baker								<b>11.19</b>	11.37							
Armand Martin								<b>11.44</b>	11.74							
Eddie Russ										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
Portia Bell			12.65	12.39		12.18	12.66		12.19	12.54	12.10	12.31†	12.22	12.32	<b>12.00</b>	<b>Seventh</b>

### 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
Gardell Baker	22.69	23.05	23.82	22.84	<b>22.16</b>	22.6		22.61	22.63							
Eddie Russ										22.73						
Mahealani Austin			<b>22.99</b>	23.55				23.59								

### Women's 200 Meters — 24.94 -- 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
Portia Bell		25.72	26.91	25.44	25.53	25.39			<b>25.10</b>	25.37	25.31	25.24†	25.06	25.36		
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
Eddie Russ									49.61		49.33	48.79†	48.18	<b>47.80</b>	48.40	<b>Fifth</b>
Mahealani Austin	52.88		52.40	52.22	54.27	50.85	52.34	51.03	50.89	49.36	50.03	<b>48.93</b>	49.28			
Gardell Baker	51.96		53.17		<b>51.37</b>	51.42	51.77									
Armand Martin			58.18	53.46	52.90	51.93	<b>51.69</b>			51.76	52.15					
Jared Thomas								52.81								
Edger Martinez	55.38			55.28	55.84		<b>54.39</b>		54.90	54.97	56.13					

### Women's 400 Meters — 54.52 -- 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
Portia Bell	1:01.3				<b>58.69</b>											
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
Kurtis Rohrenback									1:59.30							
Juan Quevedo					<b>2:00.38</b>				2:02.44	2:00.73						
Dean Allen	2:04.54		2:12.58	2:05.07	2:13.87			2:03.71	2:05.09	2:03.12	<b>2:03.04</b>					
Aaron Wright			2:10.73	<b>2:04.82</b>												
Edgar Martinez								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
Elizabeth Bandy				2:32.48			<b>2:31.49</b>	2:35.45	2:47.18							
Melissa Olmos				2:32.88												

**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
Kurtis Rohrenback			4:13.47	4:05.60			4:07.09			<b>4:00.63</b>						
Marco Quevedo			4:13.87							<b>4:08.12</b>						
Juan Quevedo			4:16.78	<b>4:09.73</b>			4:20.92				4:21.25	4:12.30	4:10.04			
Irvin Garcia			4:19.69													
Joseph Whiting			4:37.06	<b>4:26.66</b>						4:29.13						
Davey Ramos			4:44.26				4:44.90	4:29.77		<b>4:29.54</b>						

**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
Melissa Olmos			5:29.69	<b>5:04.58</b>												

**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
Irvin Garcia		9:08.28														
Marco Quevedo										9:14.36						
Davey Ramos		<b>9:36.91</b>								9:39.86						
Joseph Whiting					9:48.54					<b>9:48.36</b>						

**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
Kurtis Rohrenback						<b>15:13.58</b>						15:46.70		15:55.64		
Irvin Garcia				<b>15:20.57</b>								16:33.25				
Marco Quevedo				<b>15:48.90</b>								15:58.60		16:03.84		
Davy Ramos												17:11.56				
Joey Whiting						<b>16:46.94</b>						17:48.95				

**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
Melissa Olmos							<b>19:00.00</b>				20:13.92			19:34.69		

**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
Irvin Garcia											34:33.68					
Joseph Whiting						<b>36:59.00</b>					37:02.77					

**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
Mayron Castro			17.32	<b>16.24</b>				16.34	16.46	17.80	16.28	16.55	16.30			
Kevin McGrath		19.09	19.58	16.74			19.36	18.64	<b>18.69</b>	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
Sibella Salazar		19.37	21.01	<b>17.74</b>	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
Mayron Castro			1:00.47					58.51	1:00.55	59.35	58.78	<b>58.31</b>	59.89			
Kevin McGrath		1:03.70		1:01.55			1:02.04	1:01.18	1:01.21	1:00.66	<b>58.93</b>	1:00.37				

**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
Sibella Salazar		1:22.50		1:19.06	1:18.90		1:18.33	1:16.98	1:17.57	<b>1:13.20</b>	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
								44.42	43.31	<b>42.46</b>	43.41					

**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	<b>3:21.43</b>	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
Terrance Shepard		<b>22-0 1/4</b>		21-4 3/4	21-5											
Michael Ricker			17-8		19-2			<b>20-0 1/4</b>	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
Kristina Medal		13-2	13-8	13-10	3/4	14-4 3/4		14-3 1/2	<b>15-2 1/2</b>	15-2 1/4		13-8				

**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
Terrance Shepard			42-04 1/2													
Mike Ricker		39-6		38-0	39-5		38-9	<b>40-6 1/4</b>	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
Kristina Medal		32-0 1/2	30-11	31-4 1/2	30-6		31-0	31-5 3/4	<b>32-10 1/2</b>	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		<b>6-2</b>		5-10				6-0	5-10						
Michael Ricker		5-4	5-2		5-4				5-6			<b>5-8</b>				

**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	<b>5-2*</b>		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		<b>14-1</b>	<b>14-1</b>		
Shawn DeHorney	11-0		12-6			13-7 1/4	13-0	<b>14-0</b>	13-6	<b>14-0</b>						

**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	<b>9-6</b>	8-8	<b>9-6</b>	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 <sup>nd</sup> – 4 pts.	34 <sup>th</sup> – 2 pts.