

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		11.67					
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							
Clemesha Butler		14.34	13.64		13.46	13.74	13:32	13.52	13.59	13.39	13.19			
Lanette Holmes					14.42		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		23.02					
Ryan Butts		23.60			22.40									
Marquis Jefferson	23.40		22.72				23.49	23.85	23.88					
Eddie Russ		22.86												

Women's 200 Meters — 24.94 – 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
Clemesha Butler			29.06	29.35	28.07		26.86	27.87	27.81					
Shameka Alexander	27.28	27.73	27.54				26.90							
Lanette Holmes					30.47		28.87	29.28	28.44					
Jennifer Magnus					30.05		30.91	31.21						

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	52.89	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	54.36		52.92	53.02	54.69					

Women's 400 Meters — 54.52 – 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
Shameka Alexander					1:02.82			1:00.89	1:00.89	1:01.61				
Kristina Medal		1:08.25		1:06.52	1:05.97		1:06.12	1:05.70	1:05.58					
Jennifer Magnus				1:10.25	1:08.75		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
Kriss Knerr	2:03.28				1:58.76	2:02.56	2:13.06		2:00.61	2:00.32	1:59.70			
Jose Espeleta	2:02.92	2:06.02	2:01.56		2:01.00		2:00.53	2:02.24	2:00.98	2:02.39				
Paul Quiroz	2:02.34	2:05.35	2:01.33					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
Melissa Olmos	2:34.44	2:33.62						2:29.13						
Jewell Marleaux		2:54.39			2:41.46	2:42.47	2:40.35	2:35.43	2:38.93					
Michela Chilton		3:00.87												

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
Davey Ramos		4:36.87	4:23.21											
Josiah Downer		4:26.60	4:23.82					4:24.74						
Kriss Knerr		4:25.46												
Mike Miller	4:29.37		4:28.22											

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
Melissa Olmos	5:19.51	5:19.59	5:04.16		5:00.96	5:06.16				5:11.20				

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
Josiah Downer	9:48.93				9:39.87									
Davey Ramos	9:39.98				10:04.80									

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
Melissa Olmos			11:43.07											

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
Josiah Downer					16:56.63	16:14.89				16:32.31				
Davey Ramos					16:46.29	16:29.20				17:21.29				

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
Melissa Olmos										19:58.45				

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	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	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*	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	13-10 1/2	14-3	14-7	14-3	15-4 1/2		14-11		15-0			

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.	