



The 1989 Sacramento Meet of Champions was held at Toomey Field at The University of California, Davis on Friday May 6, comencing at 5:00pm and ending at 8:23pm. Temperature at 4:00 was 94°, Humidity was 34%. All times in hundreths are official Accutrak, others are hand timed. Winds were negligible. Sprints, hurdles, and horizontal jumps should be considered wind legal. Meet Directors-Jerry Colman, Steve Fagundes, and Steve Kester.

RESULTS (# Denotes a meet record)

Girl's Long Jump

1. J.C. Broughton (Woodland)	18-3
2. Debbie Allen (Anderson)	17-7.5
3. Angie Scott (Cordova)	17-5.75
4. Martha Atkinson (Napa)	17-5
5. Joy Jackson (Chico)	16-5.25
6. Heather Myrick (Wheatland)	16-0.25
7. Treena Woodward (Edison)	15-11

Girl's Shot Put

1. Danyel Mitchell (Vallejo)	42-3#
2. Lateshia Taylor (Burbank)	41-6.5
3. Tanishia Huddleston (Merced)	38-6
4. Brooke Flagg (Anderson)	37-11.5
5. Tina Cruz (Sonora)	36-9
6. Kris Borden (Nevada Union)	36-8.5
7. Stephanie Halcrow (Vintage)	36-7
8. Deborah Lowe (St. Mary's)	35-11.5
9. Jackie Nasca (Del Campo)	35-1
10. Kim Kenline (Corning)	33-1

Boy's Discus

1. Tim Fua (Lodi)	167-3
2. Richard Nolette (Napa)	166-8
3. John Hurley (Rio Linda)	166-2
4. Jason Ford (Casa Roble)	163-6
5. Jack Booker (Merced)	163-0
6. Todd Rozendal (El Camino)	147-7
7. Dave Hawley (El Camino)	147-0
8. Bobby Boykin (Vacaville)	145-7.5
9. Roger Johnson (Atwater)	136-1.5

Boy's Long Jump

1. John Prudenti (Justin)	23-1.75
2. Derrick Smith (Wheatland)	22-3
3. Carl Mack (Davis)	21-4.75
4. James Johnson (Grant)	21-3.75
5. Charles Satcher (Hogan)	21-2.5
6. Juan Givens (Kennedy)	20-5.5
7. Anthony Leggett (Atwater)	19-11
8. Shane Johnson (P. Valley)	19-3

Boy's 4x100 Relay

1. Wheatland	42.58
2. Valley	42.99
3. Grant	43.12
4. Vallejo	43.13
5. Hogan	43.69

Boy's 110 High Hurdles

1. John Prudenti (Justin)	13.8ht	#
2. Tom Cook (Merced)	14.1ht	
3. Anthony Austin (Los Banos)	14.1ht	
4. Ray Johnson (Vacaville)	14.3ht	
5. Mark Higgins (Fairfield)	14.6ht	
6. Tyronne Thompson (Modesto)	15.0ht	
7. Vern Watson (Lassen)	15.3ht	

Girl's 4x100 Relay

1. Cordova	49.08
2. Merced	49.68
3. Vallejo	49.73
4. Yuba City	49.99
5. Franklin	50.00
6. Valley	50.24
7. Edison	50.5ht

Girl's 100 Hurdles

1. Kwani Stewart (Yuba City)	13.93#
2. Nicole Redmon (Hogan)	14.50
3. Michelle Silva (Valley)	15.20
4. Lori Hossler (Casa Roble)	15.31
5. Traci Ciapponi (Chico)	15.79
6. Martha Atkinson (Napa)	15.80
7. Michele Johnson (Vaca.)	16.10
8. Tanya Smith (Cordova)	DNF

Girl's High Jump

1. J.C. Broughton (Woodland)	5-10	#
2. Cindy Harmon (Oak Ridge)	5-7	
3. Lani Lakata (El Camino)	5-4	
4. Tanya Smith (Cordova)	5-4	
5. Jeni Oxford (West Valley)	5-2	
tie 6. Heather Mincas (Turlock)	5-0	
tie 6. Shalene Celestine(5-0	

Girl's 1600 Meters

1. Tina Grobet (Lassen)	5:09.19
2. Chrissy Look (Nova)	5:10.16
3. Jennifer Hohman (N. Union)	5:10.83
4. Christy Olivera(W. Valley)	5:12.14
5. Jennifer Hewitson(Bella Vista)	5:13.80
6. Amy Davidson (Bret Harte)	5:25.50

Boy's 1600 Meters

1. John Mumm (Nevada Union)	4:18.44
2. John Dahl (Sacramento)	4:19.10
3. James Johnson (Jesuit)	4:20.20
4. Alvaro Luna (Corning)	4:22.10
5. Niel Sawliew (Davis)	4:22.50
6. Chris Flanders (Casa Roble)	4:22.90
7. Roger Woosley (Bella Vista)	4:27.80

Girl's Triple Jump

1. J.C. Broughton (Woodland)	37-1.75
2. Larissa Love (Rio Linda)	35-10.75
3. Joy Jackson (Chico)	35-3
4. Tashanda Lewis (Mes Verde)	35-0
5. Heather Myrick (Wheatland)	34-2.5
6. Debbie Allen (Anderson)	33-11
7. Teri Ciapponi (Grant)	33-7.5

Girl's 400 Meters

1. Tanya Dooley (Bret Harte)	55.10 #
2. Nicole Teter (West Valley)	55.49
3. Shirley Terrell (Vallejo)	57.60
4. Jennifer Murphy (Loretto)	58.76
5. Karen Tynner (Del Campo)	59.20
6. Lania Brice (Tokay)	59.96
7. Sachi Weinkle (Bret Harte)	63.60

Boy's 400 Meters

1. Scott Bryan (Placer)	48.68
2. Khari Nelson (Kennedy)	49.24
3. Marcus Jackson (Valley)	49.31
4. Jeff Holland (Justin)	49.64
5. Alex Oreil (Turlock)	49.97
6. Darrell Doby (Calaveras)	50.17
7. Sean Adams (Fairfield)	50.24

Girl's 100 Meters

1. Kwani Stewart (Yuba City)	12.19
2. Carmen Bedford (Highlands)	12.57
3. Tashanda Lewis (Mesa Verde)	12.68
4. Miyoshi Williamson (Merced)	12.70
5. Sheena Moore (Franklin)	12.6ht
6. Tammy Woodard (Edison)	12.9ht

Boy's 100 Meters

1. Willie Clark (Wheatland)	10.84
2. Clint Primm (Vallejo)	11.06
3. Keith Williams (Tokay)	11.16
4. Robert Davis (Grant)	11.17
5. Tyrone Oden (Wheatland)	11.23
6. John Rushing (Merced)	11.2ht

Boy's 800 Meters

1. David Welsh (Jesuit)	1:53.90
2. James Warhover(Fairfield)	1:54.12
3. Eric Elwess (Downey)	1:55.74
4. Jon Stember (Jesuit)	1:55.84
5. David Mastro (Del Campo)	1:58.61
6. Max Estrada (Tokay)	1:59.12

Girl's 800 Meters

1. Nicole Teter (West Valley)	2:16.67#
2. Michelle Rodda (Vacaville)	2:17.34
3. Denise Walker (Golden Sierra)	2:18.28
4. Carrie Luis (Escalon)	2:21.95
5. Rachel Austin (Del Campo)	2:22.21
6. Theresa Meza (Bella Vista)	2:28.53
7. Terryl Ellison (Edison)	2:29.6ht

Girl's 300 Hurdles

1. Kwani Stewart (Yuba City)	43.68 #
2. Katie Brown (Davis)	44.45
3. Michelle Silva (Valley)	44.98
4. Stacy Mikaelson(placer)	45.62
5. Amanda Dias (Manteca)	45.69
6. Traci Ciapponi (Chico)	47.97

Girl's Discus

1. Connie Spesert (Vintage)	130-11
2. Stephanie Halcrow (Vintage)	127-5
3. Stephanie Schlueter (Yreka)	124-4
4. Tanisha Huddleston (Merced)	118-8
5. Erin Lathrop (Manteca)	112-8
6. Danyel Mitchell (Vallejo)	110-4
7. Jackie Nasca (Del Campo)	105-7
8. Christina McKinnon (Yreka)	101-4

Boy's 200 Meters

1. Willie Clark (Wheatland)	21.74
2. Tom Cook (Merced)	22.01
3. Scott Bryan (Placer)	22.06
4. Clint Primm (Vallejo)	22.42
5. Robert Davis (Grant)	22.44
6. Nate Thomas (Cordova)	23.09
7. Mike Lee (Burbank)	23.34
8. Patrick Howell (McClatchy)	23.97

Girl's 3200 Meters

1. Chrissy Look (Nova)	11:15.20
2. Tina Gorbet (Lassen)	11:15.31
3. Barbie Sittman (Placer)	11:20.53
4. Brooke Prichard (Vacaville)	11:29.70
5. Eva Belt (El Dorado)	11:44.60
6. Erica Greene (Turlock)	11:57.70
7. Heather Trout (Casa Roble)	12:16.13

Pole Vault

1. Jeremy Moore (Yreka)	15-1.5	#
2. Seb Cippoheri(Hughson)	14-6	
3. Tim Pust (Modesto)	14-0	
4. Shane Wool (Modesto)	14-0	
5. Koke Conners (Jesuit)	14-0	
6. Dan Wheeler (Nevada Union)	14-0	
7. Blake Burnett (Manteca)	13-6	
8. Steve Waldeck (Woodland)	13-0	
9. Steve Giovannonni (Jesuit)	13-0	

Boy's Triple Jump

1. Carl Mack (Davis)	47-8.75
2. Derrick Smith (Wheatland)	46-7
3. James Johnson (Grant)	45-0
4. Damon Smith (Fairfield)	43-6
5. Ian Hatada (Casa Roble)	42-5.5

Boy's Shot Put

1. Roger Johnson (Atwater)	56-0
2. Dave LaRock (Oakridge)	54-11.5
3. Tim Fua (Lodi)	53-7
4. Jason Ford (Casa Roble)	53-6.5
5. Jason Newborn (Oakmont)	53-2.5
6. Joe Glover (Yuba City)	52-7.5
7. Rick Asbell (Manteca)	51-0
8. Jack Booker (Merced)	50-2.5
9. Frank Duran (Patterson)	48-5

Boy's 3200 Meters

1. Damon Chamberlain (Casa Roble)	9:21.45
2. Eric Taylor (Grant)	9:28.87
3. John Leder (Bella Vista)	9:32.58
4. Neil Haggard (Paradise)	9:37.7
5. Cory Davis (Vacaville)	9:38.8
6. Ron Ames (Yreka)	9:43.4
7. Dan Shutteroff (Yreka)	9:43.84

Girl's 4x400 Relay

1. West Valley	4:00.1ht
2. Del Campo	4:00.6ht
3. Merced	4:03.0ht
4. Vacaville	4:04.1ht
5. Cordova	4:04.6ht
6. Tokay	4:05.6ht
7. Turlock	4:05.6ht

Boy's 4x400 Relay

1. Fairfield	3:19.1ht	#
2. Vallejo	3:21.6ht	
3. Christian Brothers	3:21.9ht	
4. Valley	3:22.8ht	
5. Jesuit	3:23.3ht	
6. Modesto	3:24.5ht	
7. Turlock	3:26.2ht	
8. Lassen	3:26.9ht	

Boy's High Jump

1. Brett Miller (Fairfield)	6-9#
tie2. Kimoni Haaziq (Las Plumas)	6-4
tie2. Derek Orel (Yuba City)	6-4
4. John McCants (Cordova)	6-4
tie5. Aaron Parker (Placer)	6-2
tie5. Don Donaldson (Ceres)	6-2
7. Paul Berger (Placer)	6-2
8. Chris Ritz	6-0

Boy's 300m Hurdles

1. John Prudenti (Justin Sienna)	37.38	#
2. Mike Parham (Vallejo)	38.43	
3. Mark Higgins (Fairfield)	38.90	
4. Vern Watson (Lassen)	39.34	
5. Tyronne Thompson (Modesto)	39.50	
6. Paul Porter (Turlock)	39.97	
7. Ray Johnson (Vacaville)	40.03	

Girl's 200 Meters

1. Tanya Dooley (Bret Harte)	25.12
2. Shirley Terrell (Vallejo)	25.49
3. Carmen Bedford (Highlands)	25.66
4. Angie Scott (Cordova)	26.38
5. Amy Young (Tokay)	26.68

5 meet records in Boy's competition

6 meet records in Girl's competition

Outstanding Athletes - Boy's

John Prudenti and Willie Clark

Outstanding Athletes - Girl's

Kawani Stewart and JC Broughton