

Northern California Community College 2010 - 4/20/2010 to 5/14/2010**Track and Field Championships Trials-Finals****American River College Sacramento CA****Results - Heptathlon****Women Heptathlon**

	Points	100H	HJ	SP	200	Day1	LJ	JT	800
1 Sarah Nichols Butte SO Team Points: 10	4713	15.69 NWI (753)	1.53m 5-00.25 (655)	11.24m 36-10.5 (611)	26.54 NWI (751)	2770	5.36m NWI (660)	35.03m 114-11 (572)	2:28.57 (711)
2 Emmanuelle Orleans Marin FR Team Points: 8	4293	15.10 NWI (828)	1.50m 4-11 (621)	10.38m 34-00.75 (554)	26.57 NWI (748)	2751	4.85m NWI (519)	21.88m 71-09 (324)	2:29.50 (699)
3 Alisa Jenkins Sacramento SO Team Points: 6	4117	15.27 NWI (806)	1.56m 5-01.25 (689)	9.68m 31-09.25 (509)	26.55 NWI (750)	2754	4.57m NWI (446)	28.67m 94-01 (451)	2:49.73 (466)
4 Kelli Stanley Butte SO Team Points: 5	4022	17.14 NWI (581)	1.43m 4-08.25 (544)	8.26m 27-01.25 (416)	27.35 NWI (683)	2224	4.96m NWI (548)	33.01m 108-04 (534)	2:28.18 (716)
5 Pilar Hastings-Smit Diablo Valley SO Team Points: 4	3902	16.15 NWI (696)	1.50m 4-11 (621)	7.55m 24-09.25 (370)	27.57 NWI (665)	2352	5.09m NWI (584)	20.47m 67-02 (298)	2:32.03 (668)
6 Sarah Hockensmith American River FR Team Points: 3	3662	17.38 NWI (554)	1.47m 4-09.75 (588)	8.33m 27-04 (421)	27.11 NWI (703)	2266	4.74m NWI (490)	24.90m 81-08 (380)	2:44.20 (526)
7 Annette Ruvalcaba Monterey SO Team Points: 2	3559	17.39 NWI (553)	1.37m 4-06 (481)	8.42m 27-07.5 (427)	27.92 NWI (637)	2098	4.47m NWI (421)	25.83m 84-09 (398)	2:34.17 (642)
8 Treya Winfield Hartnell SO Team Points: 1	3548	17.96 NWI (493)	1.40m 4-07 (512)	8.13m 26-08.25 (408)	27.17 NWI (698)	2111	4.23m NWI (362)	25.25m 82-10 (387)	2:30.35 (688)
9 Cyril Pascua Hartnell SO	3427	17.41 NWI (551)	1.40m 4-07 (512)	6.29m 20-07.75 (290)	27.79 NWI (647)	2000	4.56m NWI (443)	22.44m 73-07 (334)	2:33.48 (650)
10 Alisha Thompson Shasta SO	3203	17.10 NWI (585)	1.31m 4-03.5 (419)	9.44m 30-11.75 (493)	29.61 NWI (510)	2007	4.56m NWI (443)	25.98m 85-03 (401)	3:01.45 (352)
11 Lisa Oliveras De Anza FR	3092	18.53 NWI (435)	1.37m 4-06 (481)	6.58m 21-07.25 (308)	29.69 NWI (504)	1728	4.34m NWI (388)	25.36m 83-02 (389)	2:38.79 (587)
12 Nichole Schaller Shasta FR	3091	18.66 NWI (423)	1.25m 4-01.25 (359)	8.26m 27-01.25 (416)	29.11 NWI (546)	1744	4.00m NWI (308)	34.20m 112-02 (556)	2:48.19 (483)
13 Amethyst Monce San Mateo SO	3081	18.91 NWI (399)	1.22m 4-00 (331)	7.77m 25-06 (385)	29.09 NWI (548)	1663	4.25m NWI (367)	27.14m 89-00 (423)	2:35.30 (628)

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14	Teena Brazell	18.33	1.37m	ND	28.90	4.51m	28.68m	2:42.22
	Modesto	NWI	4-06		NWI	NWI	94-01	
	FR	2929 (455)	(481)	(0)	(562) 1498	(431)	(452)	(548)

15	Alyssa Sialaris	20.84	1.34m	11.39m	32.49	4.46m	34.12m	3:13.58
	De Anza	NWI	4-04.75	37-04.5	NWI	NWI	111-11	
	FR	2850 (236)	(449)	(621)	(322) 1628	(418)	(555)	(249)
