

400
State best:
 Tony Berrian, Atwater46.49
CCS best:
 1, Jelani Hogg, Rioran 48.40
 2, Jason White, Milpitas 48.77
 3, Ernesto Salinas, Gilroy 48.88
 4, Brian Carson, Gunn 48.99
 5, Terry Wood, Rioran 49.62
Mission Valley best:
 Shaun Ross, Logan 49.41
 800

State best:
 James Levine, Merced Gldn Vly 1:48.85
CCS best:
 1, Brendan Fitzgibbon, SI 1:52.57
 2, Temo Trujillo, N.Mont.Co. 1:57.10
 3, Beau Williams, Gunn 1:57.35
 4, Brad Hansen, St. Ign. 1:57.37
 5, Jason Adkins, Wilcox 1:57.39
Mission Valley best:
 Jon Stevens, Mission San Jose ...1:51.33
 1,600

State best:
 Gavin Chamberlain, Oak Ridge ..4:12.63
CCS best:
 1, Brad Hansen, St. Ign. 4:14.4
 2, Brendan Fitzgibbon, SI 4:14.8
 3, Gary Passanisi, Aptos 4:16.6
 4, Cuco Chavez, Hollister 4:20.8
 5, Peter Carter, Los Gatos 4:21.67
Mission Valley best:
 Jon Stevens, Mission San Jose ...4:16.84
 D. Rodriguez, Mission SJ 4:16.87
 3,200

State best:
 D. RODRIGUEZ, MISSION SJ 9:08.27
CCS best:
 1, Gary Passanisi, Aptos 9:13.98
 2, Brendan Fitzgibbon, St. Ign. 9:15.2
 3, Brian Cooke, Burlingame 9:20.53c
 4, Brad Hansen, St. Ignatius 9:22.0
 5, Cuco Chavez, Hollister 9:27.4
Mission Valley best:
 David Rodriguez 9:08.27
 110 HH

State best:
 Dominique DeGrammont, Tustin 13.72
CCS best:
 1, Arend Watkins, Silver Creek 13.89
 2, Tony Galaviz, Gunderson 14.18
 3, Guy McGowan, Leigh 14.21
 4, Matua Mauga, Independence 14.60
 5, Brendan Hall, St. Ignatius 14.72

Mission Valley best:
 Jason Pease, Logan 15.02c
 300 IH

State best:
 Keyvon Rambo, Long Beach Poly ...36.66
CCS best:
 1, Guy McGowan, Leigh 38.06
 2, Thomas Hocker, Silver Creek 38.30
 3, Derek Seymour, SLV 39.23
 4, Brian Carroll, Saratoga 39.60
 5, Efrain Carrasco, Overfelt 39.91
Mission Valley best:
 Jerry Stephan, Mission San Jose ...40.60
 400 relay

State best:
 Pasadena Muir 40.28
CCS best:
 1, Oak Grove
 (Lacy, Martin, Wilson, Slaton) ... 41.54
 2, Yerba Buena 42.45
 3, Del Mar 42.7
 4, Cupertino (Urbano, Hesse,
 Whitaker, Jackson) 42.86
 5, St. Francis (Endaya, Nunn,
 Tanforan, Elliott) 42.87
Mission Valley best:
 Logan 42.40
 1,600 relay

State best:
 Pasadena Muir 3:08.72
CCS best:
 1, Gunderson (Ellis, Rastler,
 Morgan, Harris) 3:20.0
 2, Gunn (Zhang, Chang,
 Williams, Carson) 3:20.9
 3, Del Mar 3:21.2
 4, St. Francis 3:22.9
 5, St. Ignatius 3:23.9
Mission Valley best:
 Logan 3:26.11
FIELD EVENTS
 (all marks in feet and inches)

Shot
State best:
 Van Mounts, Bakersfield 66-1/2
CCS best:
 1, Peter Bjorklund, Los Altos 57-3/4
 2, Andre Carter, Oak Grove 56-10/16
 3, Eric Garrett, Rioran 50-2/2
 4, McCabe Callahan, Bellarmine 50-1
 Brandon Goldstein, Piedmont Hills 50-1
Mission Valley best:
 Jason Pease, Logan 51-11
Discus
State best (also top national mark):
 Scott Moser, Huntington Beach 207-3
CCS best:
 1, Brent Bower, Gunn 165-10
 2, Mike Donnelly, St. Ignatius 161-0
 3, Adam Sanborn, San Lorenzo Vly 157-9
 4, Brett Nichols, King City 155-11
 5, Billy Beltz, San Lorenzo Vly 155-6
Mission Valley best:
 Jason Pease, Logan 150-0
Long jump
State best:
 Derrick Kinelle, Mt. Eden 24-3/4
CCS best:
 1, Mike Nealy, Yerba Buena 23-1/4
 2, William Nero, Menlo-Atherton ... 23-1/2
 3, Fred Jackson, Wilcox 22-0
 4, Donald Strickland, Rioran 21-11
 5, Ceries Cagape, Yerba Buena 21-10
Mission Valley best:
 Thomas Hendrick, Logan 22-4
 Shaun Ross, Logan 22-4
Triple jump
State best:
 Drazer Rivers, San Diego Morse ...50-5/4
CCS best:
 1, William Nero, M-A 47-11
 2, Mike Cordoba, North Salinas 46-10
 3, Glen Stone, Yerba Buena 45-8/4
 4, Damon Gaston, Milpitas 45-5/4
 5, Kerry Quaries, Los Altos 44-9
Mission Valley best:
 Tafari Walston, Logan 45-1/4

State best:
 Kinshasa Davis, Wilson 23.53
CCS best:
 1, Damesha Craig, Menlo 24.39
 2, Enioli Smith, Gilroy 25.18
 3, Monica Coleman, Gunn 25.22
 4, Sah-nee Roseby, North Salinas 25.59
 5, Kristie Ostola, Hollister 25.64
 Kerry Blaschke, St. Francis 25.64
Mission Valley best:
 Carla Estes, Logan 24.92c
 Adrena Williams, Logan 24.94
 400

State best:
 Kinshasa Davis, Wilson 52.61
CCS best:
 1, Kameelah Elarms, Pied. Hills 55.65
 2, Deanna Slaton, Silver Creek 55.81
 3, Stephanie Chavez, Los Gatos 56.13
 4, Monica Coleman, Gunn 57.28
 5, Colleen Wrenn, Palo Alto 58.04
Mission Valley best:
 Carla Estes, Logan 55.71
 800

State best:
 Lindsay Hyatt, Auburn Placer 2:09.35
CCS best:
 1, Stephanie Chavez, Los Gatos 2:11.15
 2, Lina Biber-Ferro, Los Gatos 2:18.20
 3, Katie Rigney, Santa Catalina 2:18.60
 4, Deanna Slaton, Silver Creek 2:19.33
 5, Katie Appenrodt, St. Ignatius ... 2:20.75
Mission Valley best:
 Jennifer Bridgeman, Logan 2:11.75
 1,600

State best:
 Julia Stamps, Santa Rosa 4:44.65
 (indoor)
 Kristen Gordon, Carondelet 4:46.24
 (outdoor)
CCS best:
 1, Katie Appenrodt, St. Ignatius 5:08.5
 2, Marielle Schlueter, St. Ignatius ... 5:10.5
 3, Anne-Elyse Smith, Aptos 5:12.8
 4, Stephanie Chavez, Los Gatos 5:14.1
 5, Nicole Portley, Aragon 5:14.3
Mission Valley best:
 Katie Hotchkiss, Missn 5:00.72
 3,200

State best:
 Andrea Neipp, Highland 10:19.55
CCS best:
 1, Marielle Schlueter, St. Ignatius 11:04.36
 2, Ana Lilia Martinez, King City 11:14.12c
 3, Nicole Portley, Aragon 11:16.7
 4, Celeste Dunlap, Cupertino 11:17.5
 5, Chloe Glare, Menlo-Atherton 11:28.13c
Mission Valley best:
 Yvonne Liebig, Kennedy 10:51.59
 100 LH

State best:
 Daveetta Shepard, De Anza 13.84
CCS best:
 1, Damesha Craig, Menlo 14.67
 2, Tamisha Allen, North Salinas 14.90
 3, Mandy Mazik, Capuchino 15.00
 4, Leanne Slater, Leland 15.17
 5, Stephanie Downey, Los Altos 15.24
Mission Valley best:
 Natasha Neal, Logan 14.07
 300 IH

State best:
 NATASHA NEAL, LOGAN 41.94
CCS best:
 1, Mandy Mazik, Capuchino 44.30
 2, Michelle Steingart, St. Francis 44.73
 3, Tenia Green, Mitty 44.91
 4, Leanne Slater, Leland 44.96
 5, Carey Carver, Harbor 45.00
Mission Valley best:
 Neal 41.94
 400 relay

State best (also top time in nation):
 St. Bernard 45.60
CCS best:
 1, Milpitas 49.1
 2, Mitty 49.2
 3, Gunn 49.2
 4, St. Francis 49.6
 5, Leigh 49.7
Mission Valley best:
 Logan (Smith, Estes,
 Neal, Williams) 45.67
 1,600 relay

State best:
 Long Beach Wilson 3:40.33
CCS best:
 1, Gunn (Lin, McDevitt,
 Graham, Coleman) 3:59.2
 2, Mitty 4:00.13
 3, Los Gatos 4:01.06
 4, Piedmont Hills 4:02.81
 5, St. Ignatius 4:04.9
 Leland 4:04.96
Mission Valley best:
 Logan 3:50.51

FIELD EVENTS
 (all marks measured in feet and inches)
Shot
State best:
 Chaniqua Ross, Laguna Creek 47-10
CCS best:
 1, Amy Thiel, Fremont Christian 40-1/4
 2, Jennifer Santos, Los Altos 38-6/16
 3, Heather Hill, SH Cathedral 38-2
 4, Diane Williams, Hillsdale 37-10
 5, Shanah Keyes, Gilroy 37-5
Mission Valley best:
 Melissa Reis, Logan 39-0
Discus
State best:
 Chaniqua Ross, Laguna Creek 176-5
CCS best:
 1, Amy Thiel, Fremont Christian ... 154-10
 2, Katie Firih, ND-Salinas 122-8
 3, Edie Lee, Burlingame 120-7
 4, Jennifer Santos, Los Altos 120-2
 5, Christine Skionsby, Burl. 114-9/2
Mission Valley best:
 Melissa Reis, Logan 147-1/2
Long jump
State best:
 Akiba McKinney, Spring Valley
 Monte Vista 18-11/2
CCS best:
 1, Kameelah Elarms, Pied. Hills 18-6
 2, Becca Saenz, Los Altos 17-7/2
 3, Sah-nee Roseby, North Salinas ... 17-6/4
 4, Christine Chan, Mountain View ... 17-4
 Tammy Monson, Mitty 17-6
Mission Valley best:
 Carla Estes, Logan 18-9

Track and field

Top times 5-16-97

Boys
 Best marks in Central Coast Section and Mission Valley Athletic League this season through Wednesday (only the best time for each individual athlete is represented by event; based on reported times):
RUNNING EVENTS
 (all distances in meters)
 100
State best:
 AARON BRYANT, WILCOX 10.50
CCS best:
 1, Bryant 10.50
 2, Kenny Slaton, Oak Grove 10.70
 3, Steve Harris, Del Mar 10.77
 4, James Julian, Menlo-Atherton 10.84
 Rhad Urbano, Cupertino 10.84c
Mission Valley best:
 Minh Nguyen, Logan 10.84c
 200
State best:
 Sultan McCullough, Muir 21.04
CCS best:
 1, Steve Harris, Del Mar 21.63
 2, Laurent Harris, Gunderson 21.71
 3, Kenny Slaton, Oak Grove 21.74
 4, Aaron Bryant, Wilcox 21.82
 5, Jeff Hesse, Cupertino 22.14c
 Hung Nguyen, Silver Creek 22.14c
Mission Valley best:
 Cornell Coleman, Logan 21.74c

High jump
State best:
 Jason Howard, Ridgeview 7-2/4
CCS best:
 1, Darren Marble, Los Altos 6-9
 2, Ty Edwards, Hollister 6-6
 Cisco Narewski, King City 6-6
 4, Brian Auch, Cupertino 6-5
 5, Ben Cook, Carmel 6-4
 Mike Kelly, Mitty 6-4
Mission Valley best:
 David Colin, Logan 6-8
Pole vault
State best
 (also equals top national mark):
 STEVE HARRIS, DEL MAR 17-1
CCS best:
 1, Harris 17-1
 2, David Grijalva, No. Mont. Co. 14-6
 3, Robert Carbajal, Mt. Pleasant 14-0
 4, Conor Riley, St. Francis 13-6
 Justin Nikbash-Tali, Mitty 13-6
 Forrest Wells, King City 13-6
Mission Valley best:
 Brandon Braunstein, Newark 13-1

Triple jump
State best:
 Andria Booker,
 El Camino Oceanside 39-5/2
CCS best:
 1, Evelyn Shih, Gunn 37-6/2
 2, Shawna Adkins, P.Hills 37-4
 3, Becca Saenz, Los Altos 36-2
 4, Nikki Gillott, N.Mont.Co. 35-10/2
 5, Lesley Muller, St. Francis 35-3/4
Mission Valley best:
 Beth Johnson, Logan 38-1/2
High jump
State best:
 KIM STONE, YORK 5-9/2
CCS best:
 1, Stone 5-9/2
 2, Loren Gualco, ND-Belmont 5-6
 Holly Demeter, Los Altos 5-6
 Sandra Butler, Gunderson 5-6
 5, Danielle Dupree, York 5-4
 Jenny Lee, St. Ignatius 5-4
Mission Valley best:
 Kibbi Bodden, Logan 5-5/2
Pole vault
State best:
 Brooke Lankard, Golden West 12-1/2
CCS best:
 1, Vanessa Yebra, Gonzales 10-8
 2, Iran Serrano, Gonzales 10-0
 3, Kimberly Foxx, ND-Salinas 9-6
 Lindsay Sarn, Mitty 9-6
 5, Several at 9-0
Mission Valley best:
 Maria Lopez, Newark Mem. 11-1
 C — converted

Girls RUNNING EVENTS
 (all distances in meters)
 100
State best:
 Angela Williams, Chino 11.50
CCS best:
 1, Damesha Craig, Menlo 11.93
 2, Sah-nee Roseby, N. Salinas 12.18
 3, Enioli Smith, Gilroy 12.19
 4, Kerry Blaschke, St. Francis 12.32
 Osaku Osoka, Independence 12.32
Mission Valley best:
 Adrena Williams, Logan 11.94c
 200

The top times in the state appear courtesy Mike Kennedy and Jack Shepard.