

HAAL Championships
Chabot College

May 7/9, 1996

Event 400R

	Place	Mark
GFS CV	2	55.53
BFS CV	4	48.69
GV CV	3	53.04
BV CV	4	45.80

Event 1600m

Teresa Ko	1	5:50.8
Jennifer Chung	3	5:59.6
Jesselle Loss	4	6:09.0
Jessica Van Norman	5	6:10.8
Theresa Robles	9	6:23.1

Joe Patterson	4	4:57.5
Kentoku Yamamoto	6	5:00.3
Josh Kalsbeek	9	5:09.6
Kenpei Yamamoto	10	5:12.2
Rob Arndt	11	5:15.1

Jennie Ewing	1	5:08.7
Michelle Marques	4	5:29.5
Angela Atwood	5	5:42.7
Stephanie Weisman	6	5:49.9
Amber Sammons	8	5:55.0

Peter Baria	3	4:34.0
Shane Dulaney	6	4:43.0
Tom Cathey	7	4:50.2
Mike Boruta	9	4:53.5
Jake Kalsbeek	10	4:59.3

Event 100/110m H

Marcia Wong	3	18.77
Shannon Oates	6	20.10
May Lee	8	21.78

April Wong	3	18.01
Lisa Clancy	4	18.25
Elizabeth Ewing	6	18.55

PJ Aguayo	2	18.43
Gabe Solberg	5	20.58
Rodney Cowin	scr	

Nick Holmes	1	15.84
Tony Moore	3	16.06
Naeem Amiri	5	16.12
Paul Anderson	6	16.74
Phil Fung	8	16.97

Event 400m

Kim Haw	4	67.46
Erica Schumann	7	69.10
Tina Schmidt	scr	

Steve Phillips	2	56.05
Damien Dulaney	3	56.47
Darryl Eng	5	57.15

Jenni Forsman	2	63.54
Valerie Lim	4	65.59
Gaylynn Pettersen	6	66.19
Jamie McHugh	8	67.91
Janet Groome	9	68.08
Genna Abramenko	5	52.98

Event 100m

Loryn Bailey	3	14.16
Michele Tobia	6	14.40
Becky Doerr	scr	

Ashli Tingle	1	13.08
Heather Duperroir	6	14.07

Nick Holmes	5	11.67
Reggie Bailey	6	11.69

Event 800m

Jennifer Chung	2	2:38.21
Tina Schmidt	3	2:43.22
Theresa Robles	8	2:54.90

Damien Dulaney	1	2:08.15
Darryl Eng	3	2:12.57
Kentoku Yamamoto	9	2:22.05

Jennie Ewing	1	2:22.62
Jenni Forsman	2	2:24.40
Michelle Marques	3	2:27.44
Jody Nickolopoulos	4	2:27.50
Angela Atwood	8	2:40.70

Seth Mellon	4	2:03.96
Peter Baria	scr	

Event 300m H

Jenny Ly	1	52.95
Marcia Wong	5	57.74
Shannon Oates	6	58.58

Mike Paik	1	45.0	Event 1600R		
Cory Rutherglen	7	51.1	GFS CV	3	4:35.3
Rodney Cowin	8	52.9	BFS CV	1	3:43.6
Gabe Solberg	9	54.1	GV CV	1	4:11.0
			BV CV	4	3:35.3
Valerie Lim	1	49.51			
Janet Groome	5	52.28			
Lisa Clancy	8	55.24	Event Discus		
			Meredith Weston	2	78-05
Tony Moore	2	41.47	Kamaria Howard	6	66-06
Phil Fung	6	44.55	Susan Kenna	10	47-07
Paul Anderson	7	45.53	Eileen Kong	11	47-01
Event 200m			Dan Franson	8	94-10
Kim Haw	2	29.22	Ryan Jones	9	94-00
Loryn Bailey	3	29.30	Robbie Collett	12	81-00
Michele Tobia	7	30.41	Dave Calahan	f	
Erica Schumann	9	31.13	Tak Nobori	f	
PJ Aguayo	scr		Barbara Klews	3	93-11
			Tashena Howard	9	68-10.5
Ashli Tingle	2	27.04			
Jenni Forsman	5	28.68	Mike Krause	19	50-08
Heather Duperroir	7	29.33			
Gaylynn Pettersen	scr		Event Long Jump		
			Shannon Oates	2	13-07.5
Genna Abramenko	5	23.64	Theresa Robles	4	13-02.5
			Jenny Ly	7	12-05.5
Event 3200m			Jill Bryce	10	11-05.75
Teresa Ko	2	12:49.7	Kathy Marra	16	10-03.25
Jessica Van Norman	3	13:41.4			
			Mike Paik	1	18-02.75
Damien Dulaney	1	10:37.9	Adam Henig	3	18-01.25
Kenpei Yamamoto	4	10:57.4	Gabe Solberg	10	16-02.5
Kentoku Yamamoto	6	11:07.6	Rodney Cowin	13	15-11.25
Josh Kalsbeek	8	11:20.9	Matt Omelagah	22	12-07.75
Richard Kuta	15	13:34.7			
			Amber Sammons	5	14-10.5
Jennie Ewing	1	11:22.4	April Wong	9	13-07.75
Michelle Marques	4	12:31.9	Maya Komadina	10	13-03.5
Stephanie Weisman	5	13:32.3	Amy Kohl	scr	
Amber Sammons	scr		Elizabeth Ewing	scr	
Angela Atwood	scr				
Valerie Lim	scr		Naeem Amiri	2	21-02.5
			Reggie Bailey	6	19-10.75
Peter Baria	3	10:28.3	Phil Ghaderi	15	16-02.75
Tom Cathey	5	10:36.1	Jon Mondino	16	15-07.5
Mike Boruta	6	10:47.2			
Jake Kalsbeek	10	11:12.2	Event Pole Vault		
Andy Randall	17	11:52.7	Becky Doerr	1	7-08
Shane Dulaney	scr		Jill Bryce	4	5-00
			Marcia Wong	5	5-00

PJ Aguayo	2	9-06	Barbara Klews	2	32-04
Brandon Tong	4	8-00	Nicole Abella	3	31-08
Mike Paik	7	7-06	Tashena Howard	5	29-09
Ricky Simons	9	7-00	Amy Kohl	f	
Richard Kuta	9	7-00	Nathan Grant	14	32-01.25
			Mike Krause	21	25-10.5
Elizabeth Ewing	1	8-06			
Lisa Clancy	3	7-06			
Amber Sammons	4	6-06	Event Triple Jump		
Becky Lacey	5	6-06	Jenny Ly	4	28-06.75
Jamie McHugh	scr		Shannon Oates	5	28-00.75
			Kathy Marra	7	22-06
Tony Moore	1	13-00			
Jeff Singson	4	10-06	Rodney Cowin	4	34-05.5
Bryan Talmadge	5	10-00	Adam Henig	7	34-00.5
Paul Anderson	9	9-00	Gabe Solberg	8	33-03.25
Nathan Grant	11	8-00	Matt Omelagah	nm	
Event High Jump			Maya Komadina	4	30-05
Loryn Bailey	1	4-09	April Wong	5	30-04.75
Jessica Van Norman	2	4-04	Janet Groome	6	29-10.25
Theresa Robles	3	4-04	Becky Lacey	10	28-06.25
Jill Bryce	4	4-00	Lisa Clancy	11	27-06
			Amy Kohl	scr	
PJ Aguayo	2	5-02			
Cory Rutherglen	7	4-08	Naeem Amiri	1	45-02.75
Matt Omelagah	7	4-08	Kevin Kramer	5	40-07.75
			Phil Fung	13	37-06
Amy Kohl	1	5-03	Jon Mondino	14	34-06.25
Maya Komadina	2	4-10			
Elizabeth Ewing	3	4-08			
Angela Atwood	7	4-06			
Kevin Kramer	1	5-10			
Naeem Amiri	4	5-08			
Paul Anderson	5	5-08			
Jon Mondino	nh				
Event Shot Put					
Meredith Weston	2	28-00			
Kamaria Howard	3	26-10			
Susan Kenna	11	18-07			
Jill Bryce	12	18-07			
Eileen Kong	13	18-03			
Dave Calahan	1	41-04.25			
Tak Nobori	2	40-03.5			
Robbie Collett	3	39-07.5			
Ryan Jones	6	37-07			
Dan Franson	15	30-01.5			