

**SEQUOIA / SIERRA  
DIVISIONAL**

**BOYS:**

**100 meter dash:**

10.78a Fred Worstein, Yosemite '04

**200 meter dash:**

21.71a Fred Worstein, Yosemite '04

**400 meter dash:**

48.60a Ceasar Gonzalez, Shafter '01

**800 meter run:**

1:57.00a Nick Cramer, Taft '02

**1600 meter run:**

4:18.04a Brandon Rooney,  
Tehachapi '05

**3200 meter run:**

9:20.60a Erick Garcia, Parlier '05

**110 meter HH:**

14.66a Jack ValRey, Dos Palos '01

**300 meter IH:**

38.27a Cody Alves, Selma '08

**4x100 meter relay:**

43.38a (Clark,Davis,Lowder,Heath)  
Tehachapi '10

**4x400 meter relay:**

3:26.58a ( )  
Shafter '05

**High Jump:**

6'8 Zack Ryan, Garces-bk '03

**Pole Vault:**

14'6 Roy Phelps, Coalinga '02

**Long Jump:**

23'3.25 Joey Souza, Kingsburg '13

**Triple Jump:**

45'10.5 Donte McDaniels, Selma '13

**CHAMPIONSHIP MEET  
2001-**

**Shot Put:**

57'3.5 Chris White, Garces-bk '03  
57'3.5 Joseph Munoz, Shafter '13

**Discus:**

183'3 Chris White, Garces-bk '03

**Boys Team Champions & Coaches**

'01 Selma Ryan Renz  
'02 Garces-bk Mike Susank  
'03 Shafter Dirk McJunkin  
'04 Coalinga Joanie Eifler  
'05 Shafter Dirk McJunkin  
'06 McFarland Amedor Ayon  
'07 Coalinga Amy Anfusio-Guinn  
'08 Exeter Darin Laskey  
'09 Selma Haskel Hansen  
Tehachapi Ed Weaver  
'10 Tehachapi Ed Weaver  
'11 Shafter Dirk McJunkin  
'12 Tehachapi Ed Weaver  
'13 Kingsburg Jason Crass  
'14

**Girls Team Champions & Coaches**

'01 Liberty-bk Cliff Bolton  
'02 Liberty-bk Cliff Bolton  
'03 Memorial John Prandini  
'04 Templeton Michael Tindell  
'05 Templeton Michael Tindell  
'06 Yosemite Walker Vaughn  
'07 Selma Haskel Hansen  
'08 Shafter Matt Godbehre  
'09 Clo North Sally Pearson  
'10 Exeter Darin Laskey  
'11 Exeter Darin Laskey  
'12 Exeter Darin Laskey  
'13 Exeter Darin Laskey  
'14

**GIRLS**

**100 meter dash:**

12.47a Brena Andrews,  
Independence-bk '10

**200 meter dash:**

25.20a Melissa Leyva, Exeter '10,

**T & F Record**

**400 meter dash:**

56.66a Melissa Leyva, Exeter '10

**800 meter run:**

2:10.42a Jordan Hasay,  
Mission Prep-SLO '09

**1600 meter run:**

4:58.53a Jordan Hasay,  
Mission Prep-SLO '08

**3200 meter run:**

10:33.23a Jordan Hasay,  
Mission Prep-SLO '07

**100 meter HH:**

15.09a Moesha Davidison, Kings  
Christian '13

**300 meter LH:**

45.31a Keenya McDaniels, Selma '09

**4x100 meter relay:**

49.47a (Gabourel,S.Archie,C.Archie  
Francis) Clovis North '09

**4x400 meter relay:**

4:00.51a (Gabourel,S.Archie,  
Nakamura,Francis) Clovis North '09

**High Jump:**

5'6 Holly Franks, Sierra '09

**Pole Vault:**

13'0 Kira Costa, Memorila-fr '03

**Long Jump:**

17'11 Nathalie Friessen,  
Immanuel-reedley '04

**Triple Jump:**

36'10 Nathalie Friessen,  
Immanuel-reedley '04

**Shot Put:**

54'4.75 Anna Jelmini, Shafter '09

**Discus:**

190'3 Anna Jelmini, Shafter '09  
(national record)

**SEQUOIA / SIERRA DIVISIONAL  
CHAMPIONSHIP WINNERS:**

**BOYS:**

**100 m dash:**

'01-	11.21a	K.McDaniels, Sel
'02-	10.84a	P. Williams, Ave
'03-	10.64aw	F. Worstein ,Yos
'04-	<b>10.78a</b>	<b>F.Worstien,Yos</b>
'05-	11.13a	M.Lewis ,Temp
'06-	10.97a	A.Feavel, Temp
'07-	11.33a	D. Miller, Coa
'08-	11.10a	B.Cervantes,Din
'09-	11.07a	T.Baker, Sie
'10-	11.29a	D.Dunn , Yos
'11-	11.19a	G.Singh, Din
'12-	11.02a	B.Heath, Teh
'13-	11.08a	J.Souza, Kb

**200 m dash:**

'01-	22.11a	C. Gonzalez,Shaf
'02-	21.85a	P. Williams, Ave
'03-	21.59aw	F. Worstien,Yos
'04-	<b>21.71a</b>	<b>F. Worsstein,Yos</b>
'05-	22.50a	A.Feavel, Temp
'06-	22.15a	A.Feavel, Temp
'07-	22.85a	T.Thompson,Shaf
'08-	22.41a	B.Cervantes, Din
'09-	22.23a	T.Baker, Sie
'10-	22.74a	B.Davis, Teh
'11-	22.67a	G.Singh, Din
'12-	22.32a	B.East, Kb
'13-	22.16a	J.Souza, Kb

**400 m dash:**

'01-	<b>48.60a</b>	<b>C. Gonzalez,Shaf</b>
'02-	51.10a	R. Gomez, Shaf
'03-	50.10a	R. Gomez, Shaf
'04-	50.22a	M. Patterson,Taft
'05-	50.12a	J. Blea, Yos
'06-	50.35a	W. Wells, FC
'07-	50.65a	S.Botts, Taft
'09-	50.84a	B. Davis, Teh
'10-	50.53a	P.Smee, Exe
'11-	51.42a	D.Barton, Shaf
'12-	50.93a	A.Mendez ,McF
'13-	51.17a	J.Zavala, Kb

**800 m run:**

'01-	1:59.03a	R. Barnes, Gar
'02-	<b>1:57.00a</b>	<b>N.Cramer, Taft</b>
'03-	1:59.34a	M. Stags, SJM
'04-	2:00.19a	J. Silva, Wasc
'05-	2:00.99a	C. Gomez, Shaf
'06-	1:57.85a	O. Ruiz, McF
'07-	2:01.07a	S. Morales, Coa
'08-	1:59.21a	J. Soltero, Ave
'09-	2:01.29a	G. Arellano ,Coa
'10-	1:59.62a	J.Calderon, Arv
'11-	1:58.14a	R.Leija, Par
'12-	1:57.95a	T.Guzman, Cor
'13-	1:59.41a	L.Orozco, McF

**1600 m run:**

'01-	4:24.36a	A. Gomez, McF
'02-	4:18.11a	B.Nelson, Taft
'03-	4:27.69a	M.Staggs, SJM
'04-	4:27.2	B.Rooney, Teh
'05-	<b>4:18.04a</b>	<b>B.Rooney, Teh</b>
'06-	4:22.10a	O.Ruiz, McF
'07-	4:26.00a	E.Garcia, Par
'08-	4:28.09a	D.Sanchez, Farm.
'09-	4:30.49a	T.Castanon, MI P
'10-	4:25.67a	E.Garcia, McF
'11-	4:23.52a	R.Leija, Par
'12-	4:23.86a	C.Patino, Wasc
'13-	4:19.74a	K.Knevelbaard,Imm

**3200 m run:**

'01-	9:33.13a	a Gomez, Mcf
'02-	9:37.01a	b nelson, Taft
'03-	9:57.03a	v Zavala, Mcf
'04-	9:49.7	e Garcia, Par
'05-	<b>9:20.60a</b>	<b>E Garcia, Par</b>
'06-	9:30.33a	E Garcia, Par
'07-	10:00.00a	E Garcia, Par
'08-	9:38.09a	D sanchez, Farm
'09-	9:50.87a	J.villalpando,Shaf
'10-	9:49.30a	J.Calderon, Arv
'11-	9:51.43a	E.Garcia, McF
'12-	9:43.85a	A.Gill, Shaf
'13-	9:35.46a	K.Knevelbaard,Imm

**110 m HH:**

'01-	<b>14.66a</b>	<b>J Valrey, DP</b>
'02-	15.04	R.Zulim, imm
'03-	15.10aw	B.Bean, Yos
'04-	15.01a	B.Adams, Taft
'05-	15.80a	A.Puente, Sel
'06-	15.68a	M.Barragan,,Fb
'07-	15.06a	A.Puente, Sel
'08-	15.01a	C.Alves, Sel
'09-	14.85a	D.Dunn Yos
'10-	14.71a	D.Dunn, Yos
'11-	15.25a	J.Sertich, Exe
'12-	14.76a	J.Sertich, Exe
'13-	15.32a	X.Jones, Din

**300m IH:**

'01-	39.68a	C.Thompson, Sel
'02-	40.32a	R.Gomez, Shaf
'03-	39.89a	R.Gomez, Shaf
'04-	41.76a	A.Hightower, Exe
'05-	40.74a	J.Gomez, Shaf
'06-	40.60a	M.Barragan ,Fb
'07-	40.23a	P.Gomez Shaf
'08-	<b>38.27a</b>	<b>C.Alves, Sel</b>
'09-	38.74a	D.Dunn, Yos
'10-	38.92a	D.Dunn, Yos
'11-	40.73a	R.Mendez, Sel
'12-	39.82a	R.Colebrooke, L-MR
'13-	42.27a	X.Jones Din

**4x100 m relay:**

'01-	43.49a	Dos Palos
'02-	43.50a	Graces
'03-	44.11a	Yosemite
'04-	43.64a	Yosemite
'05-	44.62a	Templeton
'06-	44.07a	Templeton
'07-	43.54a	Coalinga
'08-	44.20a	Dinuba
'09-	44.18a	Independence
'10-	<b>43.38a</b>	<b>Tehachapi</b>
'11-	44.09a	Tehachapi
'12-	43.64a	Tehachapi
'13-	43.76a	Selma

**4x400 m relay:**

'01-	3:32.72a	Shafter
'02-	3:29.93a	Graces
'03-	3:29.51a	Yosemite
'04-	3:29.71a	Taft
'05-	<b>3:26.58a</b>	<b>Shafter</b>
'06-	3:29.24a	McFarland
'07-	3:30.91a	Avenal
'08-	3:27.90a	Selma
'09-	3:26.90a	Tehachapi
'10-	3:27.91a	Shafter
'11-	3:29.53a	Shafter
'12-	3:28.87a	Tehachapi
'13-	3:31.45a	Shafter

**High Jump:**

'01-	6'6	A.Formella, Gar
'02-	6'7	Z.Ryan, Gar
'03-	<b>6'8</b>	<b>Z.Ryan, Gar</b>
'04-	5'10	M.Sales, Teh
'05-	6'2	M.Ledesma, Temp
'06-	5'10	D.Drockett, Gd v
'07-	6'0	M.Perez, Coa
'08-	6'0	T.Thompson, Shaf
'09-	6'4	J.Garcia, Coa
'10-	6'2	D.Dunn, Yos
'11-	6'2	J.Hudson, KC
'12-	6'4	J.Hudson, KC
'13-	6'0	T.Nash, Coa

**Pole Vault:**

'01-	14'0	R.Phelps, Coa
'02-	<b>14'6</b>	<b>R.Phelps, Coa</b>
'03-	11'0	B.Garcia, Coa
'04-	12'6	S.Granillo, Coa
'05-	14'0	J.Wallace, Wasc
'06-	13'6	S.McNaughton, Kb
'07-	14'0	A.Puente, Sel
'08-	13'0	C.Alves, Sel
'09-	13'0	R.Puente, Sel
'10-	14'0	T.Dombrowski ,KC
'11-	13'6	J.Heinrichs, Kb
'12-	12'6	T.Baker, KC
'13-	12'6	F.Barcis. Sie

**SEQUOIA/SIERRA DIVISIONAL  
CHAMPIONSHIP WINNERS**

**BOYS:**

**Long Jump:**

'01-	21'9	J.VelRey,	DP
'02-	21'5.5	R.Zulim,	Imm
'03-	22'1.25w	R.Phelps,	Coa
'04-	21'1.75	W.Kibler,	Sie
'05-	20'2.5	Woodward,	Kb
'06-	20'7.75	J.Johnson,	Gd V
'07-	21'3	T.Thompson	Shaf
'08-	21'1	T.Thompson	Shaf
'09-	22'0.75	F.Gaines,	Chow
'10-	21'4.5	A.Singh,	Inde
'11-	22'1.5	M.Lowder,	Teh
'12	22'2	J.Souza,	Kb
'13	<b>23'3.75</b>	<b>J.Souza,</b>	<b>Kb</b>

**Triple Jump:**

'01-	44'6	C.Thompson,	Sel
'02-	44'7 w	R.Phelps,	coa
'03-	43'1.5 w	C.Ballard,	wasc
'04-	41'3	J.Lopez,	Sie
'05-	42'1.5	R.Saldivar,	Din
'06-	43'0	E.Hodges,	Gd V
'07-	42'11	T.Thompson,	Shaf
'08-	44'9.5	T.Thompson,	Shaf
'09-	45'4.25	E.Abundis,	Sel
'10-	42'11	B.Winding,	Exe
'11-	44'6.75	J.Ford,	FC
'12	47'5.5 w	D.McDaniel,	Sel
'13	<b>45'10.5</b>	<b>D.McDaniel,</b>	<b>Sel</b>

**Shot Put:**

'01-	50'5.5	J.Krumpelman,	Imm
'02-	55'5	C.White,	Gar
'03-	<b>57'3.5</b>	<b>C.White,</b>	<b>Gar</b>
'04-	50'1	E.White,	Gar
'05-	50'5	S.Longong,	Yos
'06-	54'0	HPerez,	Shaf
'07-	49'10	A.Cisneros,	Coa
'08-	52'0.25	J.Laird,	bk Chr
'09-	48'5	J.Budwig,	Fow
'10-	47'7	J.Rosloffs,	CVC
'11-	51'11.75	K.Sundberg,	Fow
'12	53'1.5	M.Bender,	Shaf
'13	<b>57'3.5</b>	<b>J.Munoz,</b>	<b>Shaf</b>

**Discus:**

'01-	168'7	J.Pedersen,	Sie
'02-	173'6	C.White,	Gar
'03-	<b>183'3</b>	<b>C.White,</b>	<b>Gar</b>
'04-	153'8	M.Paramo,	Shaf
'05-	150'1	S.Long,	Yos
'06-	150'3	H.Perez,	Shaf
'07-	134'6	A.Cisneros,	Coa
'08-	160'9	J.Budwig,	Fow
'09-	170'4	J.Budwig,	Fow
'10-	170'11	J.Budwig,	Fow
'11-	153'3	M.Bender,	Shaf
'12	174'3	M.Bender,	Shaf
'13	165'8	M.Smith,	Bk Chr

**GIRLS:**

**100 m dash:**

'01-	12.91a	C.Davis,	Cor
'02-	12.82a	N.Friessen,	Imm
'03-	12.46aw	K.Costa,	Mem
'04-	12.99a	C.Merrill,	Bk Chr
'05-	12.86a	I.Oglesby,	DP
'06-	12.88a	A.Rivera,	Taft
'07-	12.74a	K.McDaniels,	Sel
'08-	12.95a	P.Corrales,	Din
'09-	12.48a	K.McDaniels,	Sel
'10-	<b>12.47a</b>	<b>B.Andrews,</b>	<b>inde</b>
'11-	12.80a	N.Bouvia,	CVC
'12	12.66a	H.Kemp,	Teh
'13	12.53a	M.Davidson,	KC

**200 m dash:**

'01-	25.27a	T.Gaines,	Chow
'02-	26.31a	C.Davis,	Cor
'03-	26.23a	N.Friessen,	imm
'04-	26.25a	C.Watson,	BkChr
'05-	26.52a	D.Williams,	Temp
'06-	26.38a	A.Rivera	Taft
'07-	26.32a	K.McDaniels,	Sel
'08-	26.68a	K.McDaniels,	Sel
'09-	25.35a	M.Leyva,	Exe
'10-	<b>25.20a</b>	<b>M.Leyva,</b>	<b>Exe</b>
'11-	26.09a	R.Dhillon,	Fow
'12	26.51a	L.Anderson,	DP
'13	25.81a	L.Anderson,	DP

**400 m dash:**

'01-	58.55a	T.Gaines,	Chow
'02-	60.46a	W.Cantu,	HW
'03-	60.93a	C.Williams,	DP
'04-	59.60a	K.Montag,	Yos
'05-	60.04a	C.Merrill,	Bk Chr
'06-	59.89a	D.Williams,	Temp
'07-	58.97a	K.McDaniels,	Sel
'08-	60.82a	K.McDaniels,	Sel
'09-	58.14a	A.Francis,	CN
'10-	<b>56.66a</b>	<b>M.Leyva,</b>	<b>Exe</b>
'11-	59.46a	R.Dhillon,	Fow
'12	59.44a	C.Moore,	SP
'13	59.42a	C.Moore,	SP

**800 m run:**

'01-	2:29.66a	M.Lovette,	Lib-bk
'02-	2:24.89a	A.Viess,	McF
'03-	2:22.96a	A.Viess,	McF
'04-	2:26.99a	R.Mitchell,	Exe
'05-	2:27.50a	R.Mitchell,	Exe
'06-	2:11.75a	J.Hasay,	Miss Prep
'07	2:25.13a	D.Berlin,	Exe
'08-	2:18.58a	K.Fry,	Exe
'09-	<b>2:10.42a j</b>	<b>hasay,miss prep</b>	
'10-	2:18.56a	K.Fry	Exe
'11	2:16.02a	K.Fry,	Exe
'12	2:20.77a	N.Aldape,	Shaf
'13	2:17.88a	C.Moore,	SP

**1600 m run:**

'01-	5:26.97a	K.Browning,	Temp
'02-	5:26.27a	A.Viess,	McF
'03-	5:22.84a	A.Viess,	McF
'04-	5:26.5	A.Simpson,	Temp
'05-	5:25.53a	A.Gonzales,	Exe
'06-	5:27.64a	E.Wittenberg,	Shaf
'07-	5:22.49a	A.Gonzales,	Exe
'08-	<b>4:58.53a</b>	<b>J.Hasay,</b>	<b>Mis Prep</b>
'09-	5:18.37a	A.Mooney,	Mis Prep
'10-	5:09.55a	K.Fry,	Exe
'11-	5:05.01a	K.Fry,	Exe
'12	5:14.18a	Y.Silva,	Exe
'13	5:05.78a	Y.Silva,	Exe

**3200 m run:**

'01-	11:49.57a	K.Browning,	Temp
'02-	12:04.73a	A.Viess,	McF
'03-	11:39.97a	S.Medrano,	Exe
'04-	12:05.0	K.Wimmer,	Temp
'05-	11:55.62a	A.Gonzales,	Exe
'06-	10:45.94a	J.Hasay,	Mis Prep
'07-	<b>10:33.23a</b>	<b>J.Hasay,</b>	<b>Mis Prep</b>
'08-	10:44.15a	J.Hasay,	Mis Prep
'09-	11:32.65a	J.Hasay,	Mis Prep
'10-	11:56.39a	C.Preston,	Shaf
'11-	12:05.21a	N.Aldape,	Shaf
'12	11:45.39a	Y.Silva,	Exe
'13	11:22.33a	Y.Silva,	Exe

**100 m HH:**

'01-	16.22a	K.Dahl,	Kb
'02-	16.0	M.Ford,	Lib-bk
'03-	14.58aw	K.Costa,	SJM-fr
'04-	16.51a	C.Watson,	BkChr
'05-	16.46a	C.George,	Yos
'06-	16.87a	A.Bledsoe,	Riv
'07-	16.23a	T.Jackson,	Front-bk
'08-	16.31a	M.Merrill,	Bk Chr
'09	15.75a	B Bledsoe,	Riv
'10-	15.82a	K.McDaniels,	Sel
'11-	17.19a	J.Hamlin,	Kb
'12	15.93a	D.Moesha,	King Chr
'13	<b>15.09a</b>	<b>D.Moesha,</b>	<b>KingChr</b>

**300 m LH:**

'01-	50.13a	J.Lafranchise,	Lib-bk
'02-	48.21a	J.Lafranchise,	Lib-bk
'03-	47.50a	C.Campagna,	SJM-fr
'04-	45.47a	C.Merrill,	Bk Chr
'05-	46.43a	C.Geprge,	Yos
'06-	49.15a	C.Watson,	Yos
'07-	48.52a	T.Jackson,	Front-bk
'08-	47.08a	M.Merrill,	bkd Chr
'09-	<b>45.31a</b>	<b>K.McDaniels,</b>	<b>Sel</b>
'10-	46.78a	K.McDaniels,	Sel
'11-	48.30a	D.Nederend,	CVC
'12-	46.23a	C.Hernandez,	McF
'13	47.48a	C.Hernandez,	McF

**SEQUOIA/SIERRA DIVISIONAL  
CHAMPIONSHIP WINNERS**

**GIRLS:**

**4x100 m relay:**

'01-	51.55a	Hanford West
'02-	51.76a	Dos Palos
'03-	52.46a	S J Memorial-fr
'04-	51.86a	Coalinga
'05-	53.44a	Selma
'06-	51.36a	Golden Valley-bk
'07-	51.11a	Taft
'08-	51.93a	Tehachapi
'09-	<b>49.47a</b>	<b>Clovis North</b>
'10-	50.61a	Independence-bk
'11-	50.14a	Cen Valley Chr
'12-	51.71a	Kings Christian
'13-	51.41a	Cen Valley Chr

**4x400 m relay:**

'01-	4:16.62a	Shafter
'02-	4:18.92a	Liberty-bk
'03-	4:16.09a	S J Memorial-fr
'04-	4:16.05a	El Diamante-vis
'05-	4:17.84a	Bksfd Christian
'06-	4:16.06a	Taft
'07-	4:10.73a	Taft
'08-	4:14.13a	Taft
'09-	<b>4:00.51a</b>	<b>Clovis North</b>
'10-	4:06.52a	Exeter
'11-	4:05.70a	Exeter
'12-	4:12.38a	Cen Valley Chr
'13-	4:06.28a	Cen Valley Chr

**High Jump:**

'01-	5'4"	L.Barnes, Tsft
'02-	5'0"	K.Montag, Yos
'03-	5'0"	K.Montag, Yos
'04-	5'4"	K.Montag, Yos
'05-	4'10"	L.Campbell, Teh
'06-	5'4"	J.Mcnamara, Yos
'07-	5'0"	H.Franks, Sie
'08-	5'0"	E.Watson, Exe
'09-	<b>5'6"</b>	<b>H.Franks, Sie</b>
'10-	5'4"	S.Hill, bk chr
'11-	5'2"	S.Hill, bk chr
'12-	5'4"	S.Hill, bk chr
'13-	5'2"	M.DeCraemer, Exe

**Pole Vault:**

'01-	11'6"	L.Dahl, Kb
'02-	8'0"	S.McGill, Temp
'03-	<b>13'0"</b>	<b>K.Costa, SJM-fr</b>
'04-	10'6"	S.McGill, Temp
'05-	8'0"	J.Ambrister, Coa
'06-	8'6"	C.Jones, Kb
'07-	8'6"	C.Jones, Kb
'08-	9'6"	C.Jones, Kb
'09-	8'6"	K.Farrahi, CN
'10-	9'0"	C.Doak, Taft
'11-	9'0"	H.Alvarado, Shaf
'12-	9'0"	G.Gibeault, Sie
'13-	9'6"	J.Falk, Sie

**Long Jump:**

'01-	16'9"	C.Davis, Cor
'02-	16'2" w	J.Magee, H W
'03-	18'6.25 w	N.Friessen, Imm
'04-	<b>17'11"</b>	<b>N.Friessen, Imm</b>
'05-	15'10"	S.Heames, WU
'06-	17'1.25"	S.Heames, WU
'07-	15'7"	C.Jones, Ave
'08-	15'10"	C.Jones, Ave
'09-	17'9.5"	C.Jones, Ave
'10-	17'4.25"	M.Leyva, Exe
'11-	16'3.25"	S.Sullivan, Exe
'12-	17'2"	J.Lasiter, Chow
'13-	16'6"	A.Regier, Imm

**Triple Jump:**

'01-	35'0"	A.Carsey, Sel
'02-	34'9"	A.Carsey, Sel
'03-	36'10.5 w	N.Friessen, Imm
'04-	<b>36'10"</b>	<b>N.Friessen, imm</b>
'05-	34'1.5"	D.Williams, Temp
'06-	36'7.5"	D.Williams, Temp
'07-	36'0"	L.McDaniels, Sel
'08-	34'10.5 P.	Czarnecki, mis prep
'09-	36'9.75"	S.Archie, CN
'10-	35'9.25"	S.Hill, Bk Chr
'11-	35'0"	S.Hill, Bk Chr
'12-	35'0.75"	S.Hill, Bk Chr
'13-	33'5"	D.Omahwahleh, Sel

**Shot Put:**

'01-	37'11"	E.Watson, Teh
'02-	39'4"	E.Watson, Teh
'03-	39'8.5"	E.Watson, Teh
'04-	40'8.75"	S.Ayala, Ave
'05-	41'6"	R.Sanchez, Sel
'06-	42'9.25"	R.Sanchez, Sel
'07-	48'3.5"	R.Sanchez, Sel
'08-	49'2.5"	A.Jelmini, Shaf
'09-	<b>54'4.75"</b>	<b>A.Jelmini, Shaf</b>
'10-	45'7.25"	L.Rasley, Shaf
'11-	41'3"	L.Rasley, Shaf
'12-	38'9"	A.Bremel, Kb
'13-	41'4.25"	A.Bremel, Kb

**Discus:**

'01-	110'7"	M.Cuttler, Shaf
'02-	122'0"	S.Ayala, Ave
'03-	123'9"	K.Fruguglietti, bkChr
'04-	136'11"	M.Giuffre, Teh
'05-	110'8"	T.Singleton, Cor
'06-	134'10"	A.jelmini, Shaf
'07-	141'4"	A.jelmini, Shaf
'08-	169'6"	A.Jelmini Shaf
'09-	<b>190'3"</b>	<b>A.Jelmini, Shaf NR</b>
'10-	130'7"	L.Rasley, Shaf
'11-	137'9"	L.Rasley, Shaf
'12-	135'11"	A.Bremel, Kb
'13-	145'7"	A.Bremel, Kb

**2013 teams:**

Arv	Arvin
Ave	Avenal
Bk Chr	Bakersfield Christian
Car	Caruthers
CVC	Central Valley Christian-visalia
CC	Cesar Chavez-Delano
Coa	Coalinga
Cor	Corcoran
Din	Dinuba
DP	Dos Palos
Exe	Exeter
Farm	Farmersville
Fb	Firebaugh
Fow	Fowler
FC	Fresno Christian
GH	Granite Hills-Porterville
Imm	Immanuel-Reedley
KC	Kings Christian-Lemoore
Kb	Kingsburg
L-mr	Liberty Madera Rancho
McF	McFarland
Men	Mendota
OC	Orange Cove
Par	Parlier
Riv	Riverdale
RFK	Robert F Kennedy-Delano
Sel	Selma
Shaf	Shafter
Sie	Sierra-tollhouse
SP	Sierra Pacific-Hanford
Str	Strathmore
Taft	Taft
Wasc	Wasco
WU	Washington Union-Easton
WL	Woodlake
Yos	Yosemite-Oakhurst

**Possible new schools**

Bishop
California City
Frazier Mt
Kern Valley
Rosamond

**Others from the past:**

CN	Clovis North
El D	El Diamante-Visalia
Fron	Frontier-Bakersfield
Gar	Garces-Bakersfield
GV	Golden Valley-Bakersfield
HW	Hanford West
Ind	Independence-Bakersfield
Lib-bk	Liberty-Bakersfield
Mis Prep	Mission Prep-SanLuisObispo
SJM	San Joaquin Memorial-fresno
Teh	Tehachapi
Temp	Templeton

**Sequoia/Sierra Championships**  
**Results: 5/8/13 @ Exeter**

**BOYS:**

**100 meter dash:** (2.0) (nwi+)

1-++Joey Souza,	Kb	11.08a
2-Lornzo Fraga,	Din	11.27a
3-+++Emmitt Brooks,	Kb	11.43a
4-Eduardo Gonzales,	Coa	11.58a
4-+++Ryan Ross,	CVC	11.58a+
6-+Michael Siordia,	Fow	11.62a
7-++Carlos Morfin,	Wasc	11.63a+
8-Jose Montenegro,	McF	11.70a+

**200 meter dash:** (2.2) (1.7\*)

1-++Joey Souza,	Kb	22.16aw
2-Donte McDaniels,	Sel	22.17aw
3-Derrick Barton,	Shaf	22.31aw
4-Lorenzo Fraga,	Din	22.99aw
5-Joshua Webber,	Fow	23.11aw
6-Eduardo Gonzales,	Coa	23.16aw
7-Mario Rodriquez,	Din	23.25a *
8-Jose Montenegro,	McF	23.57aw

**400 meter dash:**

1-+Joshua Zavala,	Kb	51.17a
2-Joshua Zavala,	Fow	51.39a
3-+Nicholas Adelizi,	Yos	52.14a
4-+Lorenzo Anzoleaga,	SP	52.15a
5-+Jesus Perez,	Ave	52.94a
6-Jose Cardenas,	Par	53.29a
7-Andres Ryan,	Fow	53.46a
8-+Oscar Gonzalez,	Arv	53.57a

**800 meter run:**

1-++Luis Orozco,	McF	1:59.41a
2-Dagoberto Guerrero,	Arv	2:00.54a
3-Derrick Rodriquez,	Fow	2:01.17a
4-++Jesus Sanchez,	Shaf	2:02.38a
5-+David Huerta,	Ave	2:03.41a
6-+David Puga,	Wasc	2:04.84a
7-+Caleb Reynaga,	GH	2:05.09a
8-+Jose Hernandez,	Exe	2:07.21a

**1600 meter run:**

1-++Kasey Knevelbaard,	Imm	4:19.74a
2-++Alex Torres,	Kb	4:25.39a
3-+Alek Simpson,	Yos	4:25.80a
4-+David Huerta,	Ave	4:26.87a
5-Jose Espinosa,	Shaf	4:27.70a
6-+Andrew Sutton,	Exe	4:29.64a
7-++Luis Orozco,	McF	4:30.65a
8-+Jafet Sanchez,	Par	4:31.66a

**3200 meter run:**

1-++Kasey Knevelbaard,	Imm	9:35.46a
2-++Alex Torres,	Kb	9:42.13a
3-+Danny Garcia,	McF	9:46.67a
4-+Sam Aleman,	Exe	9:50.75a
5-++Thomas Valles,	McF	10:01.27a
6-++Luis Orozco,	McF	10:01.52a
7-++Abran Ayon,	McF	10:11.01a
8-+Andrew Sutton,	Exe	10:13.64a

**110 meter HH:** (0.8)

1-+Xavier Jones,	Din	15.32a
2-+Gerardo Acevedo,	GH	15.99a
3-++Evan Herold,	Din	16.05a
4-Alan Mancini,	Kb	16.09a
5-+++Isaac Leppke,	Din	16.20a
6-Chrispen Reyes,	Men	16.91a
7-Josh Black,	Wasc	16.98a
8-+Angel Martinez,	Din	17.05a

**300 meter IH:**

1-+Xavier Jones,	Din	42.27a
2-+++Isaac Leppke,	Din	42.65a
3-Levi Flud,	Taft	43.03a
4-++Christian Gonzalez,	Fow	43.17a
5-+Alberto Perez,	RFK	43.57a
6-+Ramiro Carranza,	Str	43.62a
7-Alan Mancini,	Kb	44.30a
8-Josh Black,	Wasc	44.43a

**4x100 meter relay:**

1-Selma (barkley,mcdaniel,flewellen, Thomas)	43.76a
2-Dinuba (azpeitia,rodriques,jones, Kamerin)	44.25a
3-Kingsburg (brooks,souza,Zapata Macias)	44.50a
4-Coalinga (cole,douglas,Delano, Gonzales)	44.75a
5-Yosemite (mello,young,lee,adelizi)	45.36a
6-Exeter (cortez,Washington,grimes, Morris)	45.51a
7-Fowler (Martinez,munoz,reyna, Siordia)	45.58a
8-Liberty-Madera Ranchos (green, Wallace,juhrend,sanders)	45.80a

**4x400 meter relay:**

1-Shafter (cabazuena,sanchez, Verduzco,Espinoza)	3:31.45a
2-Fowler (webber,siordia,Rodriquez, Dhillon)	3:32.67a
3-Arvin (aguilar,guerrero,gonzalez, Cruz)	3:34.08a
4-Dinuba (escalera,kamerin,jones, Rodriquez)	3:34.50a
5-Mendota (reyes,mojarro,tapia, Rodriquez)	3:35.35a
6-Avenal (huerta,ponce,s.ramirez, a.ramirez)	3:36.87a
7-Liberty Madera Ranchos (thorne, McClure,smith,juhrend)	3:37.30a
8-Kingsburg (macias,brooks,mancini, Zavala)	3:38.01a

**High Jump:**

1-+Tyler Nash,	Coa	6'0
2-Austin Barkley,	Sel	6'0
3-DeAndre Miranda,	Car	5'10
4-+++Emmitt Brooks,	Kb	5'10
5-++Evan Herod,	Din	5'8
6-+Oliver Shevchenko,	Bk Chr	5'6
7-+++Isaac Leppke,	Din	5'6
7-Mitchell Billington,	Kb	5'6

**Pole Vault:**

1-+Forrest Barcus,	Sie	12'6
2-++Tanner Brooks,	Kb	11'6
3-+++Zack Gable,	Taft	11'0
4-+Patrick Hewitt,	Exe	11'0
5-++Dillon Fugate,	Cor	11'0
6-Brian Tenorio,	Yos	11'0
7-Josh Rodriquez,	Sel	11'0
8-+++Josh Gilliam,	Sie	10'0
8-+John Grimes,	Exe	10'0
8-John Douglas,	Sie	10'0
9-+Brandon Willett,	Cor	10'0
10-Herman Garcia,	RFK	10'0

**Long Jump: meet record**

1-++Joey Souza,	Kb	23'3.25 (1.4)
2-Donte McDaniel,	Sel	21'4.75(1.7)
3-Jose Montenegro,	McF	21'3.5 (1.2)
4-+Chad Zeibak,	Exe	21'2.5 (1.1)
5-Joshua Webber,	Fow	21'1.5 (0.7)
6-+++Seth Brooks,	Kb	20'10 (0.6)
7-Chris Kamerin,	Din	20'7 (0.3)
8-Derrick Barton,	Shaf	20'3 (0.0)

**Triple Jump: meet record**

1-Donte McDaniel,	Sel	45'10.5 (1.8)
2-+Tyler Nash	Coa	42'9.5 (1.5)
3-+Chad Zeibak,	Exe	42'4 (1.3)
4-+++Seth Brooks,	Kb	42'3.5 (1.2)
5-Austin Barkley,	Sel	40'9.5 (1.4)
6-Zachary Kawagoe,	Imm	40'0.5 (1.5)
7-+Angel Martinez,	Din	39'1w (3.2)
8-Jose Montenegro,	McF	39'0 (0.9)

**Shot Put: = meet record**

1-Joseph Munez,	Shaf	57'3.5
2-Kevin Sundberg,	Fow	54'3.75
3-Ethan Hoff,	Imm	54'7.5
4-++Matt Smith,	Bk Chr	47'2.75
5-+Bronson Espinoza,	CVC	46'2.25
6-+Eduardo Davila,	Coa	45'11.5
7-+Omar Ruiz,	Sel	44'7.75
8-++Arturo DeLos Reyes,	Shaf	44'2.75

**Discus:**

1-++Matt Smith,	Bk Chr	165'8
2-Kevin Sunberg,	Fow	160'3
3-++Nicholas Hudson,	KC	149'3
4-John Delano,	Coa	148'6
5-Jake Vela,	Din	143'9
6-Brendel James,	Sel	142'9
7-Joseph Munoz,	Shaf	139'5
8-+Eduardo Davila,	CVC	136'5

**Team Champion:**

**KINGSBURG**

**Sequoia/Sierra Championship  
Results 5/8/13 @ Exeter**

**GIRLS:**

**100 meter dash:** (1.3) (0.1\*)

1-Moesha Davidson, KC	12.53a
2-Lyric Anderson, DP	12.64a
3-Hali Kemp, Sie	12.81a
4-Kianna Cunningham, WL	13.13a
5-Siena Benavides, Arv	13.16a
6-Nicole Bouvia, CVC	13.18a
7-Sabrina Ruiz, Coa	13.41a*
8-Maria Galindo, Cor	13.42*

**200 meter dash:** (1.2) (1.1\*)

1-Lyric Anderson, DP	25.81a
2-Hali Kemp, Sie	26.53a
3-Ashley Foster, Shaf	27.25a
4-Veronica Nederend, CVC	27.26a
5-Brittany Bender, FC	27.35a
6-Brenda Otanez, Shaf	27.58a
7-Kianna Cunningham, WL	27.80a
8-Shannon Foy, Bk Chr	27.81a*

**400 meter dash:**

1-Courtney Moore, SP	59.42a
2-Gabby Satterlee, CVC	59.73a
3-Brittany Bender, FC	61.08a
4-Kyrstan Brandt, Imm	62.47a
5-Elchi Ipac, CC	63.57a
6-Norma Gomez, Farm	64.08a
7-Madison Rodriguez, Wasc	64.24a
8-Siena Rivera, Kb	64.26a

**800 meter run:**

1-Courtney Moore, SP	2:17.88a
2-Annette Acosta, Exe	2:18.62a
3-Gabby Satterlee, CVC	2:19.25a
4-Ysenia Silva, Exe	2:20.90a
5-Shani Slabber, CVC	2:27.43a
6-Azel Alvarez, Shaf	2:29.20a
7-Carina Perezchica, McF	2:32.82a
8-Ali Gursky, Cor	2:33.47a

**1600 meter run:**

1-Yesenia Silva, Exe	5:05.78a
2-Brittney Hughey, Yos	5:21.46a
3-Shani Slabber, CVC	5:22.78a
4-Rosalba Gomez, Cor	5:24.90a
5-Jennifer Ramirez, McF	5:26.18a
6-Nicolette Aldape, Shaf	5:32.03a
7-Karina Carstens, Exe	5:33.87a
8-Anna Sarabia, McF	5:34.12a

**3200 meter run:**

1-Yesenia Silva, Exe	11:22.33a
2-Sarah Reed, Exe	11:40.34a
3-Nicolette Aldape, Shaf	11:45.43a
4-Rosalba Gomez, Cor	11:46.24a
5-Caroline Diaz, McF	11:50.94a
6-Jennifer Ramirez, McF	12:12.14a
7-Veronica Garcia, McF	12:18.49a
8-Yvonne Sandoval, Fb	12:27.08a

**100 meter HH: (1.7) meet record**

1-Moesha Davidson, KC	15.09a
2-Celeste Navarrete, Str	15.87a
3-Idalis Rubacava, SP	16.26a
4-Jordann Hamlin, Kb	16.74a
5-Taylor Burrall, Yos	17.60a
6-Siena Benavides, Arv	17.63a
7-Vanessa Delgado, Kb	17.64a
8-Jayme Budwig, Fow	17.71a

**300 meter LH:**

1-Carmen Hernandez, McF	47.48a
2-Idalis Rubacava, SP	48.78a
3-Celeste Navarrete, Str	49.98a
4-Siena Benavides, Arv	50.50a
5-Sydney Horanic, L MR	50.75a
6-Liliana Portillo, Shaf	50.86a
7-Jayme Budwig, Fow	52.08a
8-Jordann Hamlin, Kb	51.17a

**4x100 meter relay:**

1-Central Valley Christian (bouvia, Tevelde, mayo, nederend)	51.41a
2-Dos Palos (Martinez, hall, smith, Anderson)	52.18a
3-Coalinga (nelson, barraza, ruiz, Kuchman)	52.23a
4-Sierra (kemp, gibeault, rix, falk)	52.36a
5-Corcoran (galindo, Martinez, Ramirez, Holt)	52.49a
6-Shafter (otanez, foster, portillo, Reyna)	53.15a
7-Fresno Christian (Erickson, bender, Rosik, khrono)	53.43a
8-Kingsburg (Wilson, Burge, Rivera, Rowland)	53.65a

**4x400 meter relay:**

1-Central Valley Christian (bouvia, Nederend, satterlee, slabber)	4:06.28a
2-Shafter (otanez, viss, portillo, aldape)	4:12.75a
3-Exeter (Acosta, carstens, Johnson, Silva)	4:13.40a
4-McFarland (Garcia, perezchica, Rangel, lopez)	4:13.68a
5-Corcoran (galindo, holt, Martinez, Gomez)	4:19.75a
6-Wasco (Arnold, verez, Rodriguez, Riddle)	4:22.18a
7-Fowler (budwig, cervanres, avila, Kahaian)	4:22.45a
8-Caruthers (Garcia, r. babb, j. babb, Mendoza)	4:22.50a

**High Jump:**

1-McKenna DeCraemer, Exe	5'2"
2-Idalis Rubacava, SP	5'2"
3-Taylor Burrall, Yos	5'2"
4-Lyric Anderson, DP	5'0"
5-Melissa Gonzalez, Sel	5'0"
6-Kacy Falk, Sie	4'10"
7-Brooke Poore, Sie	4'8"
8-Tina Nelson, Coa	4'8"

**Pole Vault:**

1-Joran Falk, Sie	9'6"
2-Gabriela Gibeault, Sie	9'6"
3-Katie Udell, CVC	8'6"
4-Clover Sexton, Coa	8'6"
5-Eva Viss, Shaf	8'0"
6-Katie Ramirez, Cor	8'0"
7-Kristen Kahaian, Fow	8'0"
8-Becky Hobbs, Exe	7'3"
8-Lacey Mallow, Kb	7'3"
8-Megan Stark, Sie	7'3"
8-Lesley Chan, Fow	7'3"

**Long Jump:**

1-Annie Regier, Imm	16'6" (2.0)
2-Dhaklya Omawahleh, Sel	16'0" w (2.1)
3-McKenna DeCraemer, Exe	15'9" w (2.4)
4-Jacque Hutcheson, Exe	15'8.5" (0.9)
5-Elchi Ipac, CC	15'8" (0.0)
6-Tatiana Bowlin, WU	15'5" (2.0)
7-Ashley Foster, Shaf	15'3" (0.5)
8-Carlynn Gonzales, Bk Chr	15'1" (0.4)

**Triple Jump:**

1-Dhakiya Omawahleh, Sel	33'5" (0.6)
2-Idalis Rubacava, SP	33'1" (0.5)
3-Melissa Gonzalez, Sel	31'11" (0.8)
4-Jacque Hutcheson, Exe	31'10" (0.7)
5-Xenia Freeman, Din	31'8" (0.9)
6-Kacy Falk, Sie	31.8" w (2.4)
7-Celia Hickman, Bk Chr	31'5" (0.2)
8-Dakota Thurston, Sel	31'3" (0.8)

**Shot Put:**

1-Amalie Bremel, Kb	41'4.25
2-Jessica DeLaO, Arv	35'5.25
3-Shaunice Sutton, Kb	34'7.75
4-Kelly McGiffney, Bk Chr	33'1"
5-Allyssa Klinger, Shaf	32'9"
6-Ayanna Cash, Cor	32'2"
7-Katie Verhoef, Bk Chr	31'10.5
8-Christy Norris, Exe	31'5.75

**Discus:**

1-Amalie Bremel, Kb	145'7"
2-Jessica DeLaO, Arv	109'10"
3-Shaunice Sutton, Kb	106'11"
4-Allyssa Klinger, Shaf	104'02"
5-Christy Norris, Exe	97'2"
6-Denise Castro, Shaf	97'1"
7-Ellen Nielsen, Fow	96'4"
8-Maribel Prieto, CC	93'9"

**Team Champion :**

**EXETER**

