

CCS Track & Field Championships
5/22/04 Semi Finals @ San Jose City College
GIRLS Results

Girls 4x100 Meter Relay

Team	Relay	Prelims	
Heat 1 Preliminaries			
1 Carlmont High School		48.57	Q
2 St. Ignatius		50.68	q
3 Santa Cruz		51.06	
4 Del Mar		51.46	
5 Salinas High School		51.79	
6 Mt. View		52.03	
7 Leigh		52.35	
8 Rd Christian		53.48	
Heat 2 Preliminaries			
1 Mitty High School		49.10	Q
2 Silver Creek		49.46	q
3 Scotts Valley		51.58	
4 Pioneer		51.75	
5 San Benito		52.69	
6 Notre Dame San Jose		53.27	
7 Carmel High School		54.16	
--- No Salinas		DQ	
Heat 3 Preliminaries			
1 Los Gatos High School		50.15	Q
2 Mt. Pleasant		50.16	q
3 Monterey High School		52.45	
4 Mills High School		52.61	
5 Aragon High School		52.74	
6 Evergreen Valley		53.01	
7 Monta Vista		56.73	
Heat 4 Preliminaries			
1 Palo Alto High School		49.49	Q
2 Menlo Atherton		49.62	q
3 Wilcox High School		51.29	
4 North Monterey County		51.84	
5 Westmont High School		52.84	
6 Piedmont Hills		52.96	
7 Westmoor High School		53.01	
--- Milpitas High School		DQ	

Girls 1600 Meter Run

Name	Yr	School	Prelims	
Heat 1 Preliminaries				
1 Alicia Follmar	11	Saratoga	4:56.94	Q
2 Jessica Vanausdall		Aptos	5:02.57	Q
3 Thea Lee	9	Carmel	5:06.19	q
4 McKayla Plank	11	Mitty	5:06.37	q
5 MayC Huang	9	Lynbrook	5:06.86	q
6 Dana Underwood	12	Monta Vista	5:18.72	
7 Abby Herhold	09	Half Moon Ba	5:21.56	
8 Arely Marquez	09	Yerba Buena	5:21.98	
9 Jill Goodwin	9	Los Gatos	5:22.99	
10 Alex Bell	9	Salinas	5:24.00	
11 Adilene Sanchez	9	Alisal	5:27.89	
12 Rachael Ambrosia	10	Evergreen Vall	5:35.27	
13 Ally Ha	11	Andrew Hill	5:36.62	
14 Jessica Gonzales	10	Evergreen Vall	5:38.83	
15 Morgan Hancock	09	Leigh	5:39.34	
16 Madelyne Carriles	11	Seaside	5:45.09	

Girls 1600 Meter Run-Heat 2 continued

1 Ciara Viehweg	St. Ignatius	4:59.92	Q
2 Evelyn Wing	11 Valley Chr.	4:59.95	Q
3 Stephanie Hamilton	11 S.L.V.	5:07.89	q
4 Marie Nguyen	12 Milpitas	5:08.34	q
5 Tori Tyler	11 Gunn	5:11.63	q
6 Jo Welch	11 Rd Christian	5:15.09	q
7 Liza Hitchner	11 Half Moon Ba	5:17.58	q
8 Katie Voigtlander	10 Burlingame	5:20.63	
9 Aly Millett	10 Half Moon Ba	5:20.97	
10 Tomi Amos	10 Castilleja	5:22.31	
11 Ashley Benson	11 Burlingame	5:25.28	
12 Kristen Chiang	10 Mt. Pleasant	5:27.92	
13 Stephanie Radtke	11 Gilroy	5:40.94	
14 Michelle Apple	12 Leigh	5:44.17	

Girls 100 Meter Hurdles

Name	Yr	School	Prelims	
Heat 1 Preliminaries Wind: +0.0				
1 Galina Becker	11	Mt. Pleasant	15.09	Q
2 Christina Boykin	11	Mitty	16.10	
3 Stephanie LE Fever		Aptos	16.57	
4 Sally Stanton	12	Los Gatos	16.85	
5 Deanna Anderson	11	Mt. Pleasant	16.87	
6 Victoria Bates	11	Seaside	17.69	
7 Katie Lewis	12	Rd Christian	18.91	
Heat 2 Preliminaries Wind: 0.6				
1 Allie Miller	12	Los Altos	15.34	Q
2 Christine Nguyen	12	Milpitas	16.13	
3 Kate Kornegay	9	Mt. View	16.25	
4 Liza Lozovatskaya		St. Ignatius	16.91	
5 Caroline Gibbs	10	Menlo Atherto	18.00	
6 Lisa Aquilina	10	Mercy-Burl	18.22	
7 Karina Arevalo	12	Alisal	27.14	
Heat 3 Preliminaries Wind: 2.9				
1 Kristien Van Vlasselaer	10	Woodside	15.58	Q
2 Stephanie Christie	11	Salinas	15.96	q
3 Jennifer Connet	11	Menlo Atherto	16.02	q
4 Erica Buchinski	10	Cupertino	16.03	
5 Kelli Okuji	10	Stevenson	16.38	
6 Lindsay Koeppen	11	Hillsdale	17.45	
7 Anna Fernando	12	No Salinas	18.19	
Heat 4 Preliminaries Wind: 2.0				
1 Shera Iosefa	10	Oak Grove	15.74	Q
2 Julie Chen	12	Lynbrook	15.85	q
3 Eliza Finley	11	S. Creek	15.94	q
4 Christina Agoff	11	Aragon	16.55	
5 Ashley Decena	12	Santa Teresa	16.80	
6 Theresa Woods	11	ND Salinas	18.35	
7 Jennifer McNeil	12	Piedmont Hills	19.45	

Girls 400 Meter Dash

Name	Yr	School	Prelims	
Heat 1 Preliminaries				
1 Ali Dodson	12	Los Gatos	57.35	Q
2 Samantha Williams	10	St. Francis	58.21	q
3 Brianna Wright	9	Scotts Valley	58.74	q
4 Darragh Clancy	12	Carlmont	1:00.09	
5 Alex Sumner	9	MV Christian	1:00.23	
6 Tope Amos	11	Castilleja	1:03.33	
7 Patricia Avila	12	Alisal	1:04.71	

(Girls 400 Meter Dash-Heat 1 continued)

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Name	Yr	School	Prelims		5 Laura Dobbins	12 Wilcox	13.09		
8 Courtney Schembri	09	Westmont	1:06.63		6 Therese Ruffin	12 Seaside	13.14		
Heat 2 Preliminaries					7 Jullien Phan	12 Overfelt	13.35		
1 Seante Baker	12	Mitty	57.85	Q	Girls 800 Meter Run				
2 Bria Nelson	9	Los Altos	57.87	q	Name	Yr	School	Prelims	
3 Sharrell Smith	11	S. Creek	58.97		Heat 1 Preliminaries				
4 Mary Majchrowicz	11	Kings	59.44		1 Christine Jones	10	LiveOak	2:12.50	Q
5 Angela Pizzella	10	Willow Glen	1:00.47		2 Christine Whalen	11	Mitty	2:16.92	q
6 Camille Brown	11	Pioneer	1:00.67		3 Katie Jacobsen	11	Aptos	2:20.09	
7 Michelle Sanchez	11	San Benito	1:03.04		4 Dana Underwood	12	Monta Vista	2:23.37	
Heat 3 Preliminaries					5 Connie Wang	10	Leland	2:27.42	
1 Vanessa Block	11	S Catalina	56.92	Q	6 Kelly Marenberg	11	Mills	2:31.70	
2 Christina Heagney	12	Carlmont	57.17	q	7 Jen Lau	11	Mt. Pleasant	2:33.07	
3 Caroline Stege	11	Los Gatos	59.55		8 Cristina Diaz	11	Willow Glen	2:47.81	
4 Jamie O' brian	11	San Benito	1:00.26		Heat 2 Preliminaries				
5 Krysta McGowan	10	Mt. Pleasant	1:00.86		1 Evelyn Wing	11	Valley Chr.	2:16.31	Q
6 Bianca Chavous	09	Pioneer	1:02.42		2 Samantha Peppard	9	Los Gatos	2:17.86	q
7 Amanda Rivas	09	Mt. Pleasant	1:03.57		3 Kelly Long	10	S.L.V.	2:20.80	
8 Michaela King	11	Westmoor	1:04.97		4 Jessica Santos	11	No Monterey	2:24.44	
Heat 4 Preliminaries					5 Aly Millett	10	Half Moon Ba	2:26.74	
1 Raquel Butler	12	Gilroy	57.52	Q	6 Kim Nguyen	12	S. Creek	2:29.19	
2 Stacie Boyle	11	Cupertino	59.05		7 Victoria Chavez	11	Independence	2:32.95	
3 Amie Walden		Aptos	1:00.93		8 Renee Payne	09	Evergreen Vall	2:37.80	
4 Sanishya Fernando	10	Los Gatos	1:01.86		9 Tanya Ferreira	10	No Monterey	2:39.95	
5 Chau Pham	10	S. Creek	1:03.65		Heat 3 Preliminaries				
6 Jasmine Terry	11	Independence	1:05.13		1 Libby Jenke	11	Menlo	2:15.31	Q
--- Eileen Nguyen	9	Milpitas	DQ		2 Amanda Boyd	10	San Benito	2:19.98	q
Girls 100 Meter Dash					3 Vanessa Block	11	S Catalina	2:22.60	
Name	Yr	School	Prelims		4 Alyssa Flores	11	Salinas	2:25.17	
Heat 1 Preliminaries	Wind: 0.7				5 Audrey Chait	09	Menlo	2:26.51	
1 Orlie Kapitulnik	10	Gunn	12.53	Q	6 Jessica Butelo	10	Kings	2:28.52	
2 Deanna Anderson	11	Mt. Pleasant	12.84	q	Heat 4 Preliminaries				
3 Ashley Gadson	12	Palo Alto	13.00		1 Alicia Follmar	11	Saratoga	2:12.34	Q
4 Nathalie Bryant	11	Sequoia	13.11		2 Mandy Williams	12	Presentation	2:16.22	q
5 Lakesha Adams	9	Monterey	13.18		3 Ashley Benson	11	Los Gatos	2:20.27	
6 Ryan Rosario	10	Del Mar	13.36		4 Cynthia Chaidez	10	ND San Jose	2:23.59	
7 Lisa Sanchez	9	Rd Christian	14.44		5 Marlana Shile	10	Los Gatos	2:24.26	
Heat 2 Preliminaries	Wind: 2.2				6 Kimberly Chew	10	Cupertino	2:25.45	
1 Khrystal Carter	10	Valley Chr.	12.07	Q	7 Maria Morales	12	Burlingame	2:28.26	
2 Lauren Curtis	11	Mitty	12.56	q	8 Camilla Hall	10	Lincoln	2:29.03	
3 Sophia Case-Gabbard	12	S.L.V.	12.92		Girls 300 Meter Hurdles				
4 Jaimee Erickson	9	Los Gatos	12.99		Name	Yr	School	Prelims	
5 Kimberly Culclager	9	Fremont	13.00		Heat 1 Preliminaries				
6 Marissa Leconte	12	Mt. Pleasant	13.14		1 Allie Miller	12	Los Altos	45.24	Q
7 Cara Corrao	11	Salinas	13.59		2 Gwen Belomy	11	Saratoga	48.19	
8 Jessica Lunasco	10	ND San Jose	13.72		3 Lindsay Koeppen	11	Hillsdale	48.41	
Heat 3 Preliminaries	Wind: 1.4				4 Christine Nguyen	12	Milpitas	48.50	
1 Raquel Butler	12	Gilroy	12.56	Q	5 Erica Buchinski	10	Cupertino	48.70	
2 Stephanie Eckels	11	S. Creek	12.58	q	6 Jennifer Connet	11	Menlo Atherto	49.14	
3 Deiedra Pettigru	9	Homestead	12.96		7 Keri Herbert	10	Pioneer	50.89	
4 Courtney Grewohl	12	Soquel	12.98		8 Kali Rumwill		Rd Christian	55.74	
5 Victoria Solodavini	11	Mills	13.06		Heat 2 Preliminaries				
6 Britney King	12	Santa Teresa	13.16		1 Corey Sheredy	12	Scotts Valley	45.69	Q
7 Robin Galinato	09	S. Creek	13.38		2 Sally Stanton	12	Los Gatos	47.03	q
Heat 4 Preliminaries	Wind: 2.0				3 Haley Jours	11	Soquel	48.33	
1 Nicole Theus	12	Carlmont	12.33	Q	4 Shera Iosefa	10	Oak Grove	49.00	
2 Keianna Talton	09	Menlo Atherto	12.40	q	5 Jena Jordan	11	MV Christian	49.53	
3 Kate Howard	11	York	12.92		(Girls 300 Meter Hurdles Heat 2 Preliminaries continued)				
4 Courtney Morse	11	Menlo Atherto	13.08		6 Lisa Aquilina	10	Mercy-Burl	50.07	
(Girls 100 Meter Dash-Heat 4 continued)					7 Ashley Decena	12	Santa Teresa	50.38	
Name	Yr	School	Prelims						

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8	Lorraine McMillan	10	S. Creek	51.68		1	Tori Tyler	11	Gunn	10:52.97	Q	
Heat 3 Preliminaries												
1	Danielle Robinson		9	Mitty	46.18	Q	2	Erinn Kim	12	Milpitas	10:56.94	Q
2	Keriann Aronson		10	Mills	47.03	q	3	Marie Nguyen	12	Milpitas	10:59.38	q
3	Kristian Van Vlasselaer		10	Woodside	47.30		4	Alison Doniger	12	Menlo Atherto	11:22.57	q
4	Kendra Van Buren		12	St. Francis	47.48		5	Meghan Hunt	10	Aptos	11:29.94	q
5	Jessica Chen		11	Leland	47.50		6	Becky Palm	11	Pro	11:34.25	q
6	Reka Lassu		12	Del Mar	49.35		7	Arely Marquez	09	Yerba Buena	11:36.89	q
7	Dorine Hernandez		11	No Salinas	51.89		8	Veronica Vasquez	11	Overfelt	11:46.95	
							9	Ashley Benson	11	Burlingame	11:55.15	
Heat 4 Preliminaries												
1	Jamie O' brian		11	San Benito	45.68	Q	10	Lindsey Cooper	11	S.L.V.	11:56.30	
2	Stacie Boyle		11	Cupertino	46.58	q	11	Jaclyn Fowler	12	Salinas	11:59.66	
3	Stephanie Christie		11	Salinas	46.70	q	12	Jo Welch	11	Rd Christian	12:11.43	
4	Christina Agoff		11	Aragon	47.62		13	Ally Ha	11	Andrew Hill	12:22.15	
5	Brianna Hagen		10	Independence	48.72		14	Madelyne Carriles	11	Seaside	12:23.64	
6	Karina Arevalo		12	Alisal	50.41		15	Karina Sterrett	9	ND Salinas	12:54.69	
7	Marissa Silver		09	Pioneer	51.01		16	Jen Koscisko	10	Pro	13:03.72	
8	Jessica Hoffman			Carmel	53.01		Heat 2 Preliminaries					
							1	Melissa Grelli	12	Presentation	11:08.02	Q
							2	McKayla Plank	11	Mitty	11:09.11	Q
							3	MayC Huang	9	Lynbrook	11:18.67	q
							4	Lisa Worsham	9	Monta Vista	11:19.55	q
							5	Julianne Hansen	9	Cupertino	11:19.88	q
							6	Liza Hitchner	11	Half Moon Ba	11:40.23	
							7	Ellen Thompson	12	Mercy-Burl	11:57.68	
							8	Jessica Wacker	09	Westmont	12:03.98	
							9	Malinda Dominguez	11	S. Creek	12:04.02	
							10	Lisa Herrera	9	LiveOak	12:07.08	
							11	Katie Voigtlander	10	Burlingame	12:08.65	
							12	Michelle Meyer	11	Carmel	12:18.42	
							13	Julia Gordon	11	Carlmont	12:24.32	
							14	Michelle Bartlett	11	S. Creek	12:44.54	
							15	Debbie Ramirez	9	Alisal	13:09.66	
Girls 200 Meter Dash												
	Name		Yr	School		Prelims						
Heat 1 Preliminaries Wind: -0.9												
1	Katrina Zawojski		11	Palo Alto	25.50	Q						
2	Nicole Theus		12	Carlmont	26.12							
3	Darragh Clancy		12	Carlmont	26.38							
4	Courtney Grewohl		12	Soquel	26.76							
5	Krysta McGowan		10	Mt. Pleasant	26.80							
6	Stevie Odle		12	Del Mar	27.01							
7	Taylor O'Connor		10	Mercy-Burl	27.88							
Heat 2 Preliminaries Wind: 2.4												
1	Khrystal Carter		10	Valley Chr.	24.43	Q						
2	Vanessa Block		11	S Catalina	25.97							
3	Kimberly Culclager		9	Fremont	26.46							
4	Sophia Case-Gabbard		12	S.L.V.	26.73							
5	Anya Radanovich		10	Leigh	28.39							
Heat 3 Preliminaries Wind: 2.5												
1	Seante Baker		12	Mitty	25.11	Q						
2	Stephanie Eckels		11	S. Creek	25.20	q						
3	Orlie Kapitulnik		10	Gunn	25.81	q						
4	Deiedra Pettigree		9	Homestead	26.10							
5	Jaimee Erickson		9	Los Gatos	26.51							
6	Alex Sumner		9	MV Christian	26.65							
7	Mary Majchrowicz		11	Kings	26.72							
8	Bianca Chavous		09	Pioneer	27.47							
Heat 4 Preliminaries Wind: 0.6												
1	Keianna Talton		09	Menlo Atherto	25.30	Q						
2	Raquel Butler		12	Gilroy	25.46	q						
3	Ali Dodson		12	Los Gatos	25.56	q						
4	Victoria Solodavini		11	Mills	26.70							
5	Felesha Adams		9	Seaside	26.77							
6	Heather Molyneaux		11	LiveOak	27.67							
7	Lynn Larkin		11	ND Salinas	27.95							
Girls 4x400 Meter Relay												
	Team						Relay		Prelims			
Heat 1 Preliminaries												
	1	Mitty High School						3:56.00		Q		
	2	Milpitas High School						4:02.29		q		
	3	Carmel High School						4:13.39				
	4	Piedmont Hills						4:17.04				
	5	Hillsdale High School						4:17.87				
	6	Carlmont High School						4:21.53				
	7	Half Moon Bay						4:26.32				
	8	Overfelt						4:28.65				
Heat 2 Preliminaries												
	1	Los Gatos High School						4:00.34		Q		
	2	Menlo Atherton						4:07.63				
	3	Saratoga High School						4:07.72				
	4	MV Christian						4:16.12				
	5	San Benito						4:19.05				
	6	Evergreen Valley						4:23.89				
Heat 3 Preliminaries												
	1	Los Altos High School						4:01.87		Q		
	2	Scotts Valley						4:03.84		q		
	3	Cupertino High School						4:08.08				
	4	Salinas High School						4:09.36				
	5	Alisal High School						4:15.16				
(Girls 4x400 Meter Relay Heat 3 continued)												
	Team Relay							Prelims				
	6	Burlingame						4:19.87				
	7	Notre Dame San Jose						4:23.65				
Girls 3200 Meter Run												
	Name		Yr	School		Prelims						
Heat 1 Preliminaries												

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8	Independence	4:24.90	
Heat 4 Preliminaries			
1	St. Ignatius	4:02.12	Q
2	Silver Creek	4:03.29	q
3	San Lorenzo Valley HS	4:03.98	q
4	Homestead High School	4:10.31	
5	Leland	4:15.38	
6	The Kings Academy	4:19.85	
7	Santa Teresa	4:29.43	

Girls High Jump

Name	Yr	School	Prelims
Flight 1 Preliminaries			
1 Leah Parsons	10	ND Salinas	5-06.00 q
2 Chelsea Huff	11	Aptos	5-04.00 q
3 Amber Kaufman	10	Branham	J5-04.00 q
3 Laurie Roberts	11	Menlo Atherto	J5-04.00 q
5 Bethany Johansen	12	Mitty	J5-04.00 q
6 Michelle Johnson	11	Los Gatos	J5-04.00 q
7 Allie Miller	12	Los Altos	J5-04.00 q
8 Tayler O'Connor	10	Mercy-Burl	5-02.00 q
8 Jane Doolittle	11	Mt. View	5-02.00 q
10 Rachel Donnan	12	Carmel	J5-02.00
11 Connie Valdes	11	Gunn	5-00.00
11 Giana Belardi		Aptos	5-00.00
13 Akofa Tsiagbe	10	Wilcox	J5-00.00
14 Erin Lucey	10	Aragon	J5-00.00
15 Amanda Tretheway	10	El Camino	J5-00.00
16 Katy Wanner	10	Palo Alto	J5-00.00
17 Fern Lightfoot	9	Santa Cruz	4-10.00
17 Kristen Para	12	San Benito	4-10.00
19 Erica Preiman	12	Willow Glen	J4-10.00
19 Dana McKenzie	09	Leland	J4-10.00
21 Alexis Link	10	Menlo	J4-10.00
21 Katie Sue Gruener	10	Mitty	J4-10.00
23 Danielle Andrewson	11	San Benito	4-08.00
24 Ihunna Anyanwu	11	S. Creek	J4-08.00
25 Jessica Johnson	09	Independence	4-06.00
25 Jenny White	12	No Monterey	4-06.00
25 Richelle Harris	10	Independence	4-06.00
25 Angela Pizzella	10	Willow Glen	4-06.00
25 Onongaya Amaka	10	S. Creek	4-06.00
25 Maureen Ajoku	09	Branham	4-06.00
--- Kali Rumwill		Rd Christian	NH
--- Deleyinna Martinez	10	Alisal	NH
--- Mei Chen	12	Westmoor	NH

Girls Pole Vault

Name	Yr	School	Prelims
Flight 1 Preliminaries			
1 Stevie Odle	12	Del Mar	11-09.00 q
2 Carly Rayburn		St. Ignatius	11-00.00 q
3 Taylor Franklin	10	St. Francis	10-06.00 q
4 Sally Stanton	12	Los Gatos	J10-06.00 q
5 Kate Almond	11	Gonzales	J10-06.00 q
6 Natasha Barthel	9	Soquel	10-00.00 q
7 Tal Cohen	10	Gunn	J10-00.00 q

Flight 1 Preliminaries ... (Girls Pole Vault)

Name	Yr	School	Prelims
8 Reka Leissu	12	Del Mar	J10-00.00 q

9 Allison Sparrow		St. Ignatius	9-06.00
10 Beti Nham	11	Piedmont Hills	J9-06.00
11 Nicki Lopes	11	S.L.V.	J9-06.00
12 Alyssa Kahn	12	Carlmont	9-00.00
13 Allie Estes	12	ND Salinas	8-06.00
13 Richelle Harris	10	Independence	8-06.00
13 Domine Lombardino	12	No Monterey	8-06.00
13 Amanda Lee	12	S. Creek	8-06.00
13 Linda Burns	10	Aragon	8-06.00
18 Irene Chen	11	Piedmont Hills	8-00.00
18 Samantha Ngo	11	Piedmont Hills	8-00.00
20 Oanh Nguyen	09	S. Creek	7-06.00
20 Anna Fernando	12	No Salinas	7-06.00
20 Mindy Chu	09	Piedmont Hills	7-06.00
20 Melissa Wilenborg	10	Aragon	7-06.00
20 Megan Francisco	11	No Salinas	7-06.00
--- Carolina Avila	11	Alisal	NH
--- Kerian Aronson	10	Mills	NH

Girls Long Jump

Name	Yr	School	Prelims
Flight 1 Preliminaries			
1 Amber Kaufman	10	Branham	17-07.25 q 0.5
2 Maren Kennedy	11	Salinas	16-00.25 1.4
3 Nadia Walton	11	Del Mar	15-04.50 0.9
4 Danielle Vidal	9	ND San Jose	15-02.50 1.1
5 Erin Campbell	09	Willow Glen	14-03.25 0.5
6 Brittany Williams		Santa Cruz	14-01.00 +0.0
7 Anna Lee	12	Westmoor	13-10.00 0.2
8 Colleen Durbin	9	Rd Christian	13-07.50 1.1
Flight 2 Preliminaries			
1 Nicole Theus	12	Carlmont	18-02.00 q 0.7
2 Kendra Rimbach	09	Pro	17-02.00 1.2
3 Kelli Okuji	10	Stevenson	16-05.75 0.4
4 Jennifer Huynh	10	S. Creek	15-11.00 1.4
5 Tannia Hernandez	9	No Salinas	15-05.00 0.2
6 Stella Dougal	09	Mt. Pleasant	13-07.00 +0.0
Flight 3 Preliminaries			
1 Jazzmonai Gentry		St. Ignatius	17-08.00 q 0.9
2 Kristen Montgomery	10	Salinas	17-03.50 q 1.1
3 Ashley Gadson	12	Palo Alto	16-09.25 0.7
4 Julia Co	10	Monta Vista	16-08.00 2.7
5 Misty Mitchell	12	No Monterey	16-03.00 3.0
5 Adriana Strack	11	Hillsdale	16-03.00 1.5
7 Abby Damm	10	Mt. View	16-00.00 2.1
8 Eileen Nguyen	9	Milpitas	15-07.50 0.4
Flight 4 Preliminaries			
1 Galina Becker	11	Mt. Pleasant	18-04.50 q 0.4
2 Danielle Robinson	9	Mitty	18-00.50 q 2.1
3 Ricki Sullivan	11	Harbor	17-04.75 q 1.5
4 Katrina Zawojski	11	Palo Alto	17-04.00 q 2.0
5 Alexis Link	10	Menlo	16-11.00 0.5
6 Stacie Boyle	11	Cupertino	16-07.25 1.9
7 Therese Ruffin	12	Seaside	16-04.25 0.5
8 Oanh Nguyen	09	S. Creek	14-09.00 -0.1

Girls Triple Jump

Name	Yr	School	Prelims
Flight 1 Preliminaries			
1 Allie Miller	12	Los Altos	37-05.00 q NWI

CCS Track & Field Championships
5/22/04 Semi Finals @ San Jose City College
GIRLS Results

2	Kendra Rimbach	09	Pro	35-05.00	q	NWI
3	Erica Preiman	12	Willow Glen	34-00.25		NWI
4	Yelena Fuks	10	Capuchino	34-00.00		NWI
5	Danielle Vidal	9	ND San Jose	33-05.00		NWI
6	Alicia Babbs	11	Mills	33-01.50		NWI
7	McKenzie Pospishil	9	Carmel	33-01.25		NWI
8	Thuy Le	11	Overfelt	32-07.00		NWI
9	Christina Chang	10	Kings	30-11.50		NWI

Flight 2 Preliminaries

1	Monica Neri	11	Alvarez	35-00.25	3.6	
2	Samantha Bradley	12	Carlmont	35-00.00	1.5	
3	Melanie Boyle	10	Cupertino	34-08.50		NWI
4	Julia Co	10	Monta Vista	33-09.00		NWI
5	Jennifer Huynh	10	S. Creek	33-03.00	0.8	
6	Thao Pham	11	Piedmont Hills	32-08.00	3.4	

Flight 3 Preliminaries

1	Dawn Maxey	12	Mt. View	35-03.50	q	1.4
2	Christina Fukumoto	10	Homestead	34-09.75	1.3	
3	Kristen Montgomery	10	Salinas	34-08.50	2.2	
4	Christina Young	12	Sacred Ht. Cat	34-07.50	1.7	
5	Stephanie LE Fever		Aptos	34-07.25	3.1	
6	Laura Deely		St. Ignatius	34-03.25	1.3	
7	Adriana Strack	11	Hillsdale	34-02.00	1.7	
8	Deleyinna Martinez	10	Alisal	33-02.50	1.8	

Flight 4 Preliminaries

1	Galina Becker	11	Mt. Pleasant	38-10.75	q	1.6
2	Amber Kaufman	10	Branham	38-04.50	q	0.6
3	Mercedes Marchbanks	11	Sequoia	38-02.50	q	0.6
4	Katrina Zawojski	11	Palo Alto	37-00.00	q	1.9
5	Chelsea Huff	11	Aptos	36-02.50	q	1.9
6	Danielle Andrewson	11	San Benito	34-08.75	2.6	

Girls Discus Throw

Name	Yr	School	Prelims
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Flight 1 Preliminaries

1	Kelly Schumacher	12	Terra Nova	111-00	
2	Angelica Montelongo	11	Willow Glen	104-01	
3	Brittany Carter	12	Pioneer	96-02	
4	Pamela Gok	12	San Mateo	95-06	
5	Kim Hopper	11	Mills	92-05	
6	Erendira Ponce	10	Yerba Buena	90-06	
7	Laura Ashley Harris	9	Valley Chr - D	86-00	

Flight 2 Preliminaries

1	Ihunna Anyanwu	11	S. Creek	106-10	
2	Shea Dailor	11	Los Gatos	104-09	
3	Dami Wusu	11	Palo Alto	103-01	
4	Danielle Casas	12	No Monterey	100-00	
5	Catherine VanOppen	12	San Mateo	94-00	
6	Lauren Lavaysse	11	Mercy SF	93-07	
7	Crystal Baez	12	ND Salinas	92-11	

Flight 3 Preliminaries

1	Chidiwma Onyewuenyi	10	Oak Grove	118-09	q
2	Shalina Bottorff	11	Milpitas	112-07	
3	Azucena Atanacio	11	LiveOak	111-11	
4	Sierra Barozza	11	Gilroy	108-04	
5	Tyler Smith	12	Valley Chr.	102-05	

Flight 3 Preliminaries ... (Girls Discus Throw-continued)

Name	Yr	School	Prelims	
6	Akofa Tsiagbe	10	Wilcox	93-00
7	Tanya Eliapo	10	Oak Grove	88-10

Flight 4 Preliminaries

1	Julie Dufresne	11	Harbor	128-02	q
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2	Kelly Bushnell	11	Fremont	121-06	q
3	Monica Padron	11	Wilcox	119-05	q
4	Monica Gomez	11	Mt. Pleasant	119-04	q
5	Brittany McNamara	12	Monterey	117-08	q
6	Amanda Burns	12	Mitty	116-04	q
7	Marie Pink	12	Scotts Valley	113-01	q
8	Raquel Cruz	11	Soledad	103-09	

Girls Shot Put

Name	Yr	School	Prelims
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Flight 1 Preliminaries

1	Alexa Tafrales	09	Mills	33-06.00
2	Cindy Rojas	12	Alvarez	32-08.50
3	Tanya Tenorio	11	LiveOak	31-06.75
4	Catherine VanOppen	12	San Mateo	30-11.00
5	Crystal Baez	12	ND Salinas	30-04.50
6	Kim Hopper	11	Mills	29-02.00
7	Mary Von Urff	11	San Benito	28-08.50
8	Laura Ashley Harris	9	Valley Chr - D	28-01.00

Flight 2 Preliminaries

1	Shalina Bottorff	11	Milpitas	34-04.75
2	Tiana Barr	11	Wilcox	34-04.00
3	Pauline Regala	9	Mt. View	33-08.25
4	Marryanne Freitas	10	Independence	33-01.00
5	Sami Snook	09	Branham	32-04.50
5	Ashley Urgo	12	Carmel	32-04.50
7	Dami Wusu	11	Palo Alto	31-05.00

Flight 3 Preliminaries

1	Chidiwma Onyewuenyi	10	Oak Grove	38-01.50	q
2	Jenica Hadley	9	Soquel	35-08.50	
3	Charne Webster	09	Mt. Pleasant	35-03.50	
4	Kelly Bushnell	11	Fremont	34-11.00	
5	Landy Pula	11	Evergreen Vall	33-07.50	
6	Tyler Smith	12	Valley Chr.	33-00.25	
7	Lauren Lavaysse	11	Mercy SF	32-05.75	

Flight 4 Preliminaries

1	Julie Dufresne	11	Harbor	40-02.75	q
2	Monica Gomez	11	Mt. Pleasant	39-07.50	q
3	Sela Pains		St. Francis	39-04.50	q
4	Amanda Horowitz	12	Westmont	38-01.00	q
5	Marissa Gutierrez	12	Mills	37-09.00	q
6	Brittany McNamara	12	Monterey	37-00.00	q
7	Sandra Kiel	11	Homestead	35-10.00	q
8	Deanna Anderson	11	Mt. Pleasant	33-10.50	