

NAIA DISTRICT 3

TRACK & FIELD CHAMPIONSHIPS

AZUSA PACIFIC UNIVERSITY

MAY 11-12, 1990

WOMEN'S HEPTATHLON FINAL

Alicia Harasty, PL	4145	Amy Hoksbergen, APU	2965
Pam Beaver, CL	4021	Kristen Conrad, APU	2781
Monica DeKoster, PL	3574	Julie Campbell, APU	2762
Sydney Dull, FP	3478	Michelle Mawby, FP	2670
Renee Carol, CC	3388	Rhonda Reid, APU	2533
Summer Gallup, WC	3061	Carrie Larson, PL	2241

WOMEN'S 5000 METERS FINAL

Stacia Larson, WC	18:03.45	Sasha Cooper Wc	19:30.89
Christy Grimsley BU	18:13.29	Lorraine Lewis clu	21:26.98
Jenee Ellis APU	18:32.63	Sara coats BU	23:42.69
Sonia Weir APU	19:13.31		

WOMEN'S LONG JUMP FINALS

Kim Armbrust, APU	5.35/17-6	Christine Richard, Biola	4.91/16-1½
Alicia Harasty, PLNC	5.28/17-4	Mary Ann Krause, FPC	4.72/15-6
Sonia Munoz, APU	5.13/16-10	Julie Campbell, APU	4.52/14-10
Kim Moreland, PLNC	4.97/16-3	Cindi Feldman, Biola	4.37/14-4

WOMENS 100 METER FINAL

Julie Rosemond, WC	12.42	Tania Love, CLU	12.80
Teresa Hortelano, APU	12.58	Alicia Harasty, PLNC	12.91
Susan Bluhm, CLU	12.60	Kara Witzke, Biola	13.14
Aminda Sloan, PLNC	12.72	Gabrielle Dwelle, Biola	13.25

## WOMENS DISCUS FINAL

Tracy Meadors, FPC	42.26/138-8	Stacy Hanes, PLNC	35.14/115-3
Diane Van Leuwen, APU	39.82/130-8.	Mary Guinan, PLNC	34.14/112-0
Brenda Haddox, WC	36.30/119-1	Nanci Burns, FPC	34.12/111-11
Monica De Koster, PLNC	35.92/117-10	Jaylene Johnson, CCI	30.20/99-1

## WOMENS JAVELIN FINAL

Karalee Hendrickson, APU	39.68/130-2	Mary Guinan, PLNC	26.82/88-0
Alicia Harasty, PLNC	39.18/128-6	Jaylene Johnson, CCI	26.74/87-9
Nanci Burns, FPC	35.48/116-5	Kara Lamb, CLU	74.94/81-1
Tracy Meadors, FPC	30.40/99-9	Marcia Farmer, WC	24.24/79-6

## WOMENS 10,000 METERS

Sherri Hall, SCC	36:56.56	Dena Pierce, CLU	45:07.20
Sonya Weir, APU	39:09.91	Lisa Askins, CLU	45:24.42
Francine Byrne, CLU	39:47.93	Renee Rogers, BU	47:27.56
Mary McKierman, BU	41:43.82		

## WOMENS HIGH JUMP FINAL

Latrese Johnson, APU	1.82/5-11 1/4
Anette Ronnerman, PL	1.57/5-2
Pam Beaver, CL	1.52/5-0
Kim Moreland, PL	1.42/4-8
Michelle Mawby, FP	1.42/4-8
Alecia Harasty, PL	NM
Summr Gallup, W	NM

## WOMENS 1500 FINAL

Vanessa Couch, PL	4.40.53
Stacia Larson, WC	4.44.40
Jenee Ellis, APU	4.45.25
Heidi Peterson, CLU	4.49.52
Christy Grimsley, BU	4.53.52
Sandy Belding, APU	4.55.87
Sasha Cooper, WC	5.03.35
Tira Johnson, APU	5.20.16

## WOMENS 4 X 100 RELAY FINAL

Cal Lutheran	49.75
Point Loma	50.48
Azua Pacific	50.59
Biola	50.73
Christ College	53.37
Westmont	54.6

## WOMENS 400 FINAL

Susan Bluhm, CLU	56.60
Anette Ronnerma, PL	57.51
Teresa Hortelano, APU	58.38
Amy Rico, CLU	59.41
Kara Witzke, BU	60.01
Staci Arthur, PL	61.11
Tira Johnson, APU	61.49

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WOMENS TRIPLE JUMP

Sonia Munoz, APU	10.72/33-1 3/4
Kim Mooreland, PL	10.31/33-10 W
Mary Ann Krause, FP	10.10/33-1 3/4 W
Cindi Feldman, BC	9.78/32-1 W
Tamar Nitcher, APU	9.71/31-10 1/4 W

WOMENS 100 HURDLES FINAL

Julie Rosemond, WC	15.2
Jenny Hively, BC	15.85
Alecia Harasty, PL	16.21
Sonia Munoz, APU	16.27
Krisi Lien, APU	16.81
Allison Jones, APU	17.33
Jennifer Wagner, CC	18.83

WOMENS 800 METER FINAL

Annette Ronnerman, PL	2,17.71
Vanessa Couch, PL	2.19.90
Tira Johnson, APU	2.20.09
Janelle Tozer, WC	2.20.25
Jenee Ellis, APU	2.21.43
Caroline Portzel, WC	2.23.18
Sandy Cuevas, PL	2.29.0

WOMENS 400 METER HURDLES FINAL

Jenny Hivley, BC	64.99
Julie Rosemond, WC	65.10
Pam Beaver, CL	68.63
Krisi Lien, APU	69.79
Allison Jones, APU	1.10.81
Tracy Bradley, PL	1.11.70

WOMENS 200 METER FINAL

Susan Bluhm, CL	25.60
Teresa Hortelano, APU	25.82
Aminda Sloan, PL	25.96
Kara Witzke, BC	26.5
Alecia Harasty, PL	26.5
Tania Love, CL	27.26
Christy Manske, CC	27.20
Amy Rico, CL	DNR

WOMENS SHOT PUT FINAL

Tracy Meadors, FP	11.82/38-9 1/2
Mary Gonian, PL	11.75/38-7
Monica DeKoster, PL	11.74/38-6 1/2
Stacie Hanes, PL	11.38/37-4 1/4
Diane Van Leuween, APU	10.81/35-6
Nanci Bornes, FP	10.54/34-7
Brenda Haddox, WC	10.09/33-2
Rhonda Reid, APU	9.09/29-10
Julie Nelms, BC	8.98/29-5 1/2
Janet Hinrichson, CL	8.83/29-0

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WOMENS 3000 METER FINAL

Christy Grinsley, BC	10.36.67
Vanessa Couch, PL	10.40.73
Sonia Weir, APU	10.55.72
Colleen Green, WC	11.15.57
Heidi VanPreyen, WC	11.27.70
Marianne Mitchell, APU	13.38

WOMENS 4 X 400 RELAY FINAL

Point Loma	4.00.35
Azusa Pacific	4.01.57
Cal Lutheran	4.06.97
Westmont	4.12.68
Biola	4.14.5

WOMEN'S FINAL TEAM SCORES

Point Loma	166
Azusa Pacific	147
Cal Lutheran	83
Westmont	66
Biola	60
Fresno Pacific	49
Southern Cal Coll.	10
Christ College	5

## Men's Results

## DECATHLON FINAL RESULTS

Vaughn Mealey, APU	6539
Jim Reid, APU	6307

## MENS HAMMER THROW FINAL

Ade Olukoju, APU	56.90/186-7	Dan Verdon, WC	41.11/141-5
Tommy Daniel, APU	54.29/178-1	Jeff Talley, CLU	39.05/128-1
Brad Bowden, APU	51.77/169-9		

## MENS SHOT PUT FINALS

Ade Olukoju, APU	15.16/49-9	Jeff Talley, CLU	13.21/43-4½
Chris Orrill, Biola	13.56/44-6	Kwame Moore, PLNC	11.65/38-2 ¾

## MENS 3000 METER STEEPLECHASE FINALS (hand times only)

Rick Penman, PLNC	9:23.7	Dave Sjogren, WC	9:47.9
Sean O'Hara, PLNC	9:25.0	Rick Jones, WC	9:53.4
Tom Davis, WC	9:29.0	Ryan Braithwaite, BU	11:59.1
Gus Arce, PLNC	9:38.7		

## MENS 100 METER FINALS (wind-aided)

Oliver Daniels, BU	10.60	Darren Bernard, CLU	11.04
Michael Silander, PLNC	10.77	Kevin Hatcher, CLU	11.04
Ronnie Skold, PLNC	10.91	Dave Dangleis, APU	11.18
Chris Hunter, APU	10.95	Peter Stahl, PLNC	11.25

## MENS POLE VAULT FINALS

Vince Beresford, APU	4.90/16-0 ¾	Pat Shaughnessy, APU	4.37/14-4
Brian Bixler, WC	4.77/15-8	Brian Grant, PLNC	4.17/13-8
Eric Whitcomb, APU	4.57/15-0	Mike Tadley CLU	3.97/13-0
Mike Duncan, APU	4.57/15-0		

## MENS 5000 METER FINALS

Goshu Tadese, PLNC	14:53.88	Monte Mickley, WC	15:42.68
Jonz Norine, CLU	15:12.50	Gordon Watt, APU	15:50.88
Andy Yaeger, Master's	15:24.57	Rick Jones WC	16:15.07
Matt Griffin, CLU	15:31.24	Tim Bryan, SCC	17:06.0
Jason Lindholm, FPC	15:38.23		

## MENS LONG JUMP FINAL

Eddie Carbin, APU	7.46/24-5 ¾	Ransford Samuda, PLNC	6.24/20-5
Ronnie Skold, PLNC	7.23/23-8	Jason Sadler, BU	6.09/19-11
Ron Laing, BU	6.76/22-2½	Craig Ashley, CLU	5.14/16-10½
Greg Gemmell, Master's	6.46/21-2½		

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MENS DISCUS FINAL

Ade Olukoju, APU	52.48/172.2
Kwame Moore, PL	42.74/140.3
Pat Shaughnessy, APU	40.52/132.11
Dan Verden, WC	40.40/132.6
Tommy Daniel, APU	39.48/129.6
Brad Noon, PL	39.34/129.1
Dana Zupke, CL	39.26/128.10
Brian Chapman, APU	38.14/125.1
Chris Orill, BI	31.22/102.5

MENS 4 X 100 RELAY

Point Loma	41.23
Azusa Pacific	41.99
Cal Lutheran	42.60
Westmont	43.71
Biola	DNF

MENS 1500 FINAL

Goshu Tadese, PL	3.54.38
Jonz Norine, CLU	3.54.45
Bob Goreman, WC	3.56.60
Scot Snyder, BU	3.57.15
Sean O'Hara, PL	3.58.75
Harrison Njoroge, APU	4.02.02
Jim Knox, WC	4.04.76
Jason Lindholm, FP	4.15.05

MENS HIGH JUMP FINAL

Dan Raatjes, PL	2.20/7-2 1/2
Mike Tapley, CL	1.98/6-6
Brian Chapman, APU	1.93/6-4
Ron Laing, BU	1.88/6-2

MENS 400 FINAL

Darren Bernard, CL	46.74
Joey Ellis, FP	47.26
Henry Wallace, APU	48.29
Michael Griffin, FP	49.63
Peter Johansson, PL	50.12
John Toro, PL	51.41
Carl Wright, BC	56.66

MENS 110 HURDLES FINAL

Eddie Carbin, APU	14.27
Kwame Moore, PL	14.41
Ronnie Skold, PL	15.17
Tom Raper, CC	15.91
Mike Tapley, CL	16.46
Craig Ashley, CL	17.8
Brian Chapman, APU	19.1

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MENS JAVELIN FINAL

Clint Gertenrich, APU	57.88/189-11
Pat Shaughnessy, APU	54.24/177-11
Christian Andreason, PL	54.16/177-8
Doug Hume, APU	52.54/172-4
Vince Beresford, APU	50.92/167-1
Chris Orill, BC	49.76/163.3
David Lee, CL	47.42/155-7
Dana Zupke, CL	46.72/153-3

MENS 800 METER FINAL

Scott Caldwell, WC	1.54.74
Doug Ravasdy, PL	1.55.07
Isaac Benton, FP	1.55.37
Todd Simpson, WC	1.56.30
Harrison Njoroge, APU	1.57.25
Scot Snyder, BC	1.57.48
Steve Girard, APU	2.00.46
Joey Ellis, FP	2.03.5

MENS 400 METER HURDLES FINAL

Eddie Carbin, APU	53.79
Brian Chapman, APU	53.96
Ronnie Skold, PL	54.06
Ezra Carbins, APU	56.66
Brian Bierman, CL	56.68
Paul Seitz, MC	59.99
Tim Miller, CL	61.26

MENS TRIPLE JUMP FINAL

Christian Andreasson, PL	14.42/47-3 3/4 W
Ronnie Skold, PL	14.36/47-1 1/2
Ransford Samuda, PL	13.67/44-10 1/4 W
Joey Ellis, FP	13.01/42-8 1/4
Mark Vollenweider, APU	12.96/42-6 1/4
Jason Sadler, BC	12.93/42-5 1/4 W
Tom Raper, CC	12.81/42- 1/2 W

MENS 200 METER FINAL

Oliver Danieleles, BC	21.43
Darren Bernard, CL	21.47
Wallace Henry, APU	21.85
Michael Silander, PL	21.88
Kevin Hatcher, CL	21.89
Peter Stahl, PL	22.13
Chris Hunter, APU	22.25
John Toro, PL	22.7

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MENS 10,000 METER FINAL

Goshu Tadese, PL	31.23.29
Monte Mickley, WC	32.20.96
Andy Yaeger, MC	32.29.13
Matt Griffin, CL	32.47.45
Rick Penman, PL	32.59.46
Tom Davis, WC	33.09.56
Gordon Watt, APU	33.56.98
Dave Sjogrn, WC	34.12.67
Rich Parris, FP	34.14.9
Scott Lardner, PL	34.20.2
Gus Arce, PL	35.16.3
Steve Friebus, WC	35.30.2
Miguel Lucas, BC	36.00.1

MENS 4 X 400 RELAY FINAL

Westmont	3.19.50
Fresno Pacific	3.20.29
Azusa Pacific	3.21.09
Biola	3.23.51
Cal Lutheran	3.23.60
Point Loma	3.37.9

FINAL MEN'S TEAM SCORES

Azusa Pacific	199
Point Loma	182
Cal Lutheran	76
Westmont	69
Biola	46
Fresno Pacific	32
Christ College	4
Southern California College	0