



CERRITOS COLLEGE TOP FIVE MEN'S MARKS

100 Meters

10.21 w	Justin Anderson	1999
10.24	Houston McTear	1978
10.31 w	Thomas Hunter	2004
10.33	Frantz Valbona	2001
10.39 w	Travon Lee	2003

200 Meters

20.94	Jimmy Wilson	1981
21.97 w	Thomas Hunter	2004
21.04	Keith McCoy	1984
21.04	Antonious Dotson	1991
21.08	Travon Lee	2003

400 Meters

47.02	Antonious Dotson	1991
47.23	Jimmy Wilson	1981
47.37	Kenyon Stewart	2006
47.42	Travon Lee	2003
47.54	Len VanHofwegen	1967

800 Meters

1:52.13	Ivan Guillory	1989
1:52.24	Les Fendia	1964
1:52.24	Gil Acedo	1976
1:52.38	Jon Collins	2004
1:52.46	Omar Naranjo	1992

1500 Meters

3:53.64	Ralph Kolthoff	1980
3:56.84	Stan Madrid	1983
4:03.34	Daniel Clifford-Sorenson	2007
4:06.31	Edward Giles	2005
4:06.54	Jonathan Dillard	2007

3,000 Meter Steeplechase

9:15.38	Daniel Clifford-Sorenson	2007
9:26.64	Ralph Kolthoff	1979
9:32.44	David Rivera	1984
9:41.60	Tony Sanchez	1989
9:46.14	Melchor Lopez	1986

5,000 Meters

15:04.04	Bob Ridley	1979
15:08.40	Daniel Clifford-Sorenson	2007
15:17.64	Melchor Lopez	1986
15:18.44	John Carrasco	1981
15:19.89	Brandon Johnson	2006

10,000 Meters

31:20.84	Daniel Clifford-Sorenson	2007
31:29.64	David Rivera	1986
32:11.36	Vince Rojas	2006
32:40.89	Aurilio Trujillo	1987
32:42.84	John Carrasco	1981

110 Meter High Hurdles

14.39	Keith Pouncey	1991
14.43	Alonzo Wiggins	1995
14.47	Jeff Correia	1995
14.58	Jay Young	1996
14.63	Paul Pargen	1979

400 Meter Intermediate Hurdles

52.04	Alonzo Wiggins	1995
52.44	Kirk Ayers	1990
52.76	Jay Young	1996
52.84	Tony Amezcua	1979
52.84	Rod Lewis	1979

400 Meter Relays

39.64	Carchell Wright Bennie Robinson Charles Allgood Burnell Jordan	2002
39.87	Justin Anderson Darnell Anderson Derek Brown Ruben Smith	2000
40.13	Carchell Wright Travon Lee Chris Hardiman Thomas Hunter	2003
40.20	Emanuel Marshall Darnell Anderson Charles Allgood Frantz Valbona	2001
40.28	Deandre Burke Thomas Hunter Chris Hardiman Aaron Polk	2004

1600 Meter Relays

3:10.32	Brandon Brisco Antoine Woodard Chris Hardiman Travon Lee	2003
3:10.50	Charles Allgood Antoine Woodard Bennie Robinson Travon Lee	2002
3:10.63	Charles Allgood Marco Brown Transeau Johnson Darnell Anderson	2001
3:11.40	Michael Peters Antonious Dotson Byron Scott John Anthony	1991
3:12.42	Thomas Hunter Transeau Johnson Omari Hinkson Chris Hardiman	2004

CERRITOS COLLEGE



Javelin

235' 10"	*Frank Covelli	1962
199' 6"	Alex Murray	1998
191' 1"	Chris Richardson	2005
188' 8"	Andrew Phillips	2001
177' 2"	Mario Alcazar	1997
	*Old Javelin	

Hammer

163' 5"	Armando Ramirez	2005
157' 6"	Benjamin Smith	2007
145' 11"	Chris Wright	1992
145' 1"	Kayne Pedrick	1992
143' 2"	Chris Cerda	2006

Long Jump

25' 11/2"	w Derrick Anderson	2001
24' 7"	Chris Richardson	2005
24' 61/2"	John Anthony	1990
24' 5"	w Michael Bragg	2002
24' 4 1/2"	Josh Muwwakkil	2006
24' 1"	Jeff Clingan	1977

Triple Jump

51' 1"	Andre Cobbs	1984
49' 4"	Jeff Clingan	1977
48' 81/4"	Tony Turner	1999
48' 61/4"	Derrick Anderson	2001
48' 5"	Lyndon Wyse	2006

Shot Put

56' 1/2"	Pat Kelso	1962
55' 10"	Brodie Dunn	1966
54' 23/4"	Mike Bolden	1982
53' 1/2"	Pat Rose	1964
52' 21/2"	Glenn Klein	1974

Discus

172' 5"	Gary Ordway	1963
166' 8"	Brodie Dunn	1977
166' 8"	Troy Stricklin	1994
165' 6"	Mike Murphy	1979
164' 7"	Kevin Johnson	1970

High Jump

6' 11"	Dean Sears	1979
6' 10 1/2"	Josh Muwwakkil	2006
6' 10"	Paul Struber	1962
6' 10"	Bryant Hargrove	1997
6' 10"	Michael Bragg	2002
6' 9"	Randy Powell	1975
6' 9"	Randy Foss	1979
6' 8 3/4"	Marty Cowan	1982

Pole Vault

17' 1"	Dell Miller	1981
16' 3"	Dan Tapia	1993
16'	Clark Elliot	1980
15' 8"	Neil Chapman	1971
15' 3"	Andrew Phillips	2001

Decathlon

6980	Chris Richardson	2005
6789	Marty Cowan	1982
6643	Andrew Phillips	2001
6124	Pat McDermott	1982
5898	Jan Zeisel	2003





CERRITOS COLLEGE TOP FIVE WOMEN'S MARKS

100 Meters 200 Meters

11.41 w	April Brown	2002	23.91	April Brown	2003
11.88 w	Veronica Hill	2002	24.20	Vernecia Smith	1981
11.91	Sherrelle Dilworth	2006	24.45	Sherrelle Dilworth	2006
11.97	Tanisha Cole	2000	24.61	Lorraine Weldon	2003
12.02	Tammy Ortiz	1984	24.66	Orenda Talton	2001

400 Meters 800 Meters

54.78	Vernecia Smith	1981	2:12.53	Tyrene Webb	2005
55.32	Lorraine Weldon	2003	2:14.95	Susie Moreno	1980
55.69	Loretta Jordan	1983	2:15.92	Jenessa Botello	2005
56.30	Tyrene Webb	2005	2:16.67	Lea MacFarlane	1987
56.46	Orenda Talton	2001	2:16.90	Aisha Harris	2001

1500 Meters 3,000 Meter Steeplechase

4:41.21	Jenessa Botello	2005	11:48.63	Lynette Thompson	2004
4:45.64	Meryl Follosco	2006	12:35.78	Alana Atkins	2005
4:49.44	Pat Lopez	1981	12:49.32	Mercy Wedi	2003
4:53.64	Esther Cuellar	1987	12:54.15	Karen Espinoza	2002
4:53.83	Penny Miller	1982	13:09.40	Jessica Arzate	2006

5000 Meters 10,000 Meters

18:18.86	Meryl Follosco	2006	38:16.79	Jenessa Botello	2005
18:24.10	Jenessa Botello	2005	38:23.64	Meryl Follosco	2006
18:58.04	Antonia Avendano	1993	41:17.94	Bindya Bhakta	2004
19:03.68	Lynette Thompson	2004	41:28.45	Eneida Hernandez	2005
19:11.74	D'Anne Jorgensen	1988	41:48.54	Julie Stewart	2003

100 Meter High Hurdles

14.51	Toshica Gaines	2004
14.66	Patrice Hall	1990
14.68	Natalie Martin	1995
14.75	Yasmin Webb	2006
14.91	Jacqueline Taylor	2006

400 Meter Low Hurdles

61.40	Sonya Brisco	1981
61.56	Yasmin Webb	2006
63.33	Kelly Smith	2002
63.63	Barbara Guterac	1989
63.72	Cathy Ledesma	1982

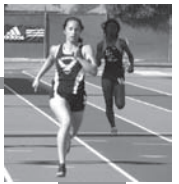
400 Meter Relay

45.74	Veronica Hill, April Brown, Cora Diggins Kelly Smith	2002
45.90	Toshica Gaines April Brown Cora Diggins Lorraine Weldon April Brown Lorraine Weldon	2003
45.98	Shatoia Williams April Brown Kelly Smith	2002
47.00	Dimitri Fuller Susan Medina Vernecia Smith Sonya Briscoe	1981
47.04	Toshica Gaines Tiffany Wright Brittany Marshall Dominique White June Martinez, Aisha Harri	2004

1600 Meter Relay

3:45.97	Dominique White, Kimiah Hudson Tiffany Wrih Tyrene Webb	2004
3:46.29	Cora Diggins Melissa Dixon	2003
3:46.30	Susan Medina Veronica Hill Dimitri Fuller Sonya Briscoe, Vernica Smith	1981
3:46.64	Sarah Scott Dimitri Fuller Cathy Ledesma, Loretta Jordan	1982
3:48.62	Melissa Allen Shakela Wilson	2001

CERRITOS COLLEGE



Javelin

143' 4"	Erika Spence	1994
140' 7"	Celeste Carrington	1983
136' 8"	Ellie Itkoff	1987
135' 2"	Tippy Borrego	1979
133' 11"	*Antares Vice	2002

*Denotes New Javelin

Long Jump

19' 5 ³ / ₄ "	Sheila Frye	1983
18' 4 ¹ / ₄ "	Stacey Cobb	1994
18' 4"	Allison Sarell	2006
18' 4"	Willicia Miller	2004
18' 1"	Lei Richardson	2006

Shot Put

44' 1 ¹ / ₄ "	Stephanie Baker	1984
43' 10"	Celeste Carrington	1983
42' 7 ³ / ₄ "	Kendra Lilly	2004
42' 3 ¹ / ₄ "	Maria Rodriguez	2007
41' 1 ¹ / ₂ "	Wendy Bryant	1994

High Jump

5' 8"	Deon Villa	1982
5' 6"	Antares Vice	2002
5' 5"	Tatyanna Ricks	2006
5' 5"	Sharon Gilbert	1987
5' 5"	Michelle Mitchell	1987
5' 4"	Katie Black	2006
5' 4"	Debbie Zuniga	1980
5' 4"	Jennifer Mercer	1983

Heptathlon

4499	Jacqueline Taylor	2006
4316	Tatyanna Ricks	2006
4022	Katie Black	2006
4007	Sharon Gilbert	1987
3589	Michelle Barisdale	1994

Hammer

162' 5"	Vanessa Feula	1997
140' 7"	Maria Rodriguez	2007
140' 5"	Kendra Lilly	2005
136'	Ileen Le'au	2001
124' 1"	Benetta Peggott	2006

Triple Jump

39' 3 ³ / ₄ "	Antares Vice	2000
38' 1 ¹ / ₂ "	Allison Sarell	2006
37' 1 ¹ / ₂ "	Tatyanna Ricks	2006
37' 1"	Jacqueline Taylor	2006
36' 10"	Cora Diggins	2002

Discus

146' 6"	Kendra Lilly	2005
132' 10"	Wendy Bryant	1994
130' 5"	Ileen Le'au	2001
127' 7"	Celeste Carrington	1983
125' 10"	Bernie Quinterros	1994

Pole Vault

11'	Jennifer Espinoza	2006
10'	Veronica Singh	2000
9' 6 1/4"	Myra Gutierrez	2004
9' 1/2"	Rocio Estevez	2005
9'	Lily Perez	2001



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