



SOUTH COAST CONFERENCE

Academic and Athletic Excellence

MEN'S ALL-CONFERENCE TRACK AND FIELD TEAM

2009 Season

100M	Deandre Smith	Pasadena	4x100M Relay	Deandre Smith, Cameron Thomas, Stephen Peevy, Joshua Winfield	Pasadena
200M	Kelsey Caesar	Cerritos	4x400M Relay	Torion Bailey, Brandon Dickson, Marlon Austin, Kelsey Caesar	Cerritos
400M	Kelsey Caesar	Cerritos	High Jump	Anthony McClendon	Mt. SAC
800M	AJ Mitchell	El Camino	Pole Vault	Eric Adolphus	Mt. SAC
1,500M	Robert Santana	Mt. SAC	Long Jump	Kristen Joseph	Cerritos
5,000M	Steven Calise	El Camino	Triple Jump	Gyasi Rivers	East Los Angeles
10,000M	Steven Calise	El Camino	Shot Put	Jacob Weintraub	El Camino
110M Hurdles	Michael Hancock	Long Beach	Discus Throw	Jeremy Cutler	Cerritos
400M Hurdles	Jacob Yowell	El Camino	Hammer Throw	Gabriel Arcero	Mt. SAC
3,000M Steeplechase	Qualaun Reed	Cerritos	Javelin Throw	Mark Horist	Mt. SAC



Coaches of the Year

Head Coach
Doug Wells (Cerritos)

Assistant Coach
Pat Williams (Pasadena)

Athletes of the Meet

Running Events
Kelsey Caesar (Cerritos)
Steve Calise (El Camino)

Field Events
Nick Armstrong (Cerritos)
Jacob Weintraub (El Camino)

Athletes of the Year

Running Events
Michael Hancock (Long Beach)
A.J. Mitchell (El Camino)

Field Events
Nick Armstrong (Cerritos)



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WOMEN'S ALL-CONFERENCE TRACK AND FIELD TEAM

2009 Season

100M	Jessica Barfield	Cerritos	4x100M Relay	Michella Crabtree, Cyntrail Pierce, Jessica Barfield, Blair Allen	Cerritos
200M	Cyntrail Pierce	Cerritos	4x400M Relay	Christine Cortez, Secoral Yanez, Angelina Grigsby, Danielle Lopez	Mt. SAC
400M	Blair Allen	Cerritos	High Jump	Karen Guravska	Cerritos
800M	Christine Cortez	Mt. SAC	Pole Vault	Karen Guravska	Cerritos
1,500M	Christine Cortez	Mt. SAC	Long Jump	Jessica Barfield	Cerritos
5,000M	Lenore Moreno	Mt. SAC	Triple Jump	Jessica Barfield	Cerritos
10,000M	Lenore Moreno	Mt. SAC	Shot Put	Na'I Leni	El Camino
110M Hurdles	Brandi Gerardo	East Los Angeles	Discus Throw	Whitney Ashley	Cerritos
400M Hurdles	Erin Straughter	Cerritos	Hammer Throw	Arianna Lugo	Cerritos
3,000M Steeplechase	Sarah Muniz	Cerritos	Javelin Throw	Karen Guravska	Cerritos



Coaches of the Year

Head Coach
Michael Allen (Cerritos)

Assistant Coach
Jennie Clacken (Mt. SAC)

Athletes of the Meet

Running Events
Jessica Barfield (Cerritos)
Christine Cortez (Mt. SAC)
Lenore Moreno (Mt. SAC)

Field Events
Karen Guravska (Cerritos)

Athletes of the Year

Running Events
Christine Cortez (Mt. SAC)

Field Events
Jessica Barfield (Cerritos)
Karen Guravska (Cerritos)
Na'i Leni (El Camino)