



## 2017 PACIFIC COAST ATHLETIC CONFERENCE MEN'S TRACK & FIELD

Conference Championships at San Diego Mesa: 4-19-2017 and 4-22-2017

### Scoring

San Diego Mesa 341.5

Cuyamaca 208

San Bernardino Valley 151.5

Southwestern 57

### Awards

TRACK ATHLETE OF THE YEAR: Cooper Bibbs, San Diego Mesa

FIELD ATHLETE OF THE YEAR: Colton Clark, Cuyamaca

COACH OF THE YEAR: Rene Ross, San Diego Mesa

### Event Winners

100 meters – 1. Cooper Bibbs, San Diego Mesa, 10.79

200 meters – 1. Cooper Bibbs, San Diego Mesa, 21.78

400 meters – 1. Alberto Hernandez, Southwestern, 49.35

800 meters – 1. Hector Hernandez, San Bernardino Valley, 1:56.81

1500 meters – 1. Hector Hernandez, San Bernardino Valley, 4:04.0

5,000 meters – 1. Steven Lepe, Cuyamaca, 15:31.84

10,000 meters – 1. Steven Lepe, Cuyamaca, 33:13.30

110 hurdles – 1. Derreck Affor, San Bernardino Valley, 15.64

400 hurdles – 1. Alberto Hernandez, Southwestern, 54.83

3,000-meter steeplechase – 1. Jorge Gomez, Cuyamaca, 10:11.45

4x100 relay – 1. San Diego Mesa, 41.71

4x400 relay – 1. San Diego Mesa, 3:23.35

High Jump – 1. Tyler Arroyo, San Diego Mesa, 2.16 meters (7 feet, 1.04 inches)

Pole Vault – 1. Chase Poffek, San Bernardino Valley, 3.80 meters (12 feet, 5.61 inches)

Long Jump – 1. Mark English, San Bernardino Valley, 6.36 meters (20 feet, 10.39 inches)

Triple Jump – 1. Juba McClay, San Diego Mesa, 14.09 meters (46 feet, 2.72 inches)

Shot Put – 1. Colton Clark, Cuyamaca, 14.71 meters (48 feet, 3.13 inches)

Discus – 1. Colton Clark, Cuyamaca, 47.03 meters (154 feet, 3.57 inches)

Hammer – 1. Thomas Fadden, Cuyamaca, 47.45 meters (155 feet, 8.11 inches)

Javelin – 1. Chase Poffek, San Bernardino Valley, 38.69 meters (126 feet, 11.23 inches)