

**PASADENA CITY COLLEGE  
MEN'S TRACK AND FIELD  
STATE INDIVIDUAL CHAMPIONS (1953-Present)**

**RUNNING EVENTS**

**100 METERS**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	
Dave Morris	9.5	1962	(100 yards)
Anthony Miller	10.38	1986	
Juan Tobin	10.5	1988	

**200 METERS**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	
Bobby Poynter	21.2	1957	(220 yards)
*Dave Morris	20.3	1962	(220 yards-state record)
Adrian Jones	20.59	1980	
Michael Turner	20.98	1982	
Fabian Cooper	20.73	1984	
Anthony Miller	20.83	1986	
Edino Steele	20.76	2007	

**400 METERS**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	
Michael Turner	45.48	1982	
Vince Bostic	46.56	1983	
Edino Steele	45.77	2007	

**800 METERS**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	
Mario Cobian	1:51.13	2004	

**1,500 METERS**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	
Phil Gonzalez	3:54.17	1996	
Phil Gonzalez	3:57.22	1997	

**5,000 METERS**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	
No Champions			

**10,000 METERS**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	
No Champions			

**3,000 METER STEEPLECHASE**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	
Ruben Escobar	9:26.9	2001	

**110 METER HIGH HURDLES**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	
Clarence James	14.9	1953	(120 yards)
Walt Butler	14.1	1962	(120 yards)
Greg Tinnin	14.0	1972	(120 yards)
Omar Herrera	14.12	1984	

**400 METER INTERMEDIATE HURDLES**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>	
*Grant Niederhaus	50.8	1975	(440 yards-state record)
John Rudd	50.2	1976	
Elvester Strong	51.3	1977	

**4x100 METER RELAY**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>
PCC	39.56	1981
PCC	39.89	1984
PCC	40.26	2007

**4x400 METER RELAY**

<b>NAME</b>	<b>TIME</b>	<b>YEAR</b>
PCC	3:09.94	1980
PCC	3:06.16	1982
PCC	3:11.82	2007

**FIELD EVENTS****LONG JUMP**

<b>NAME</b>	<b>LENGTH</b>	<b>YEAR</b>	
*Kenneth Hays	26-2.75	1978	(current state record)
Tony Zaginul	24-9.25	1980	
Eric Thomas	25-4	1984	
Juan Tobin	25-1.5	1988	

**TRIPLE JUMP**

<b>NAME</b>	<b>LENGTH</b>	<b>YEAR</b>
Greg Riley	50-8.75	1977
Kenneth Hays	51-7.5	1978

**HIGH JUMP**

<b>NAME</b>	<b>LENGTH</b>	<b>YEAR</b>
Greg Tinnin	7-0	1972
Chris Bonner	7-4	1982
Jerome Carter	7-4	1984
Richard Wooten	7-2	1989
Chris Hicks	6-11	2008

**POLE VAULT**

<b>NAME</b>	<b>LENGTH</b>	<b>YEAR</b>
Dick Railsback	16-5.5	1966
Paul Hegler	16-0	1967

**SHOT PUT, JAVELIN, HAMMER THROW**

<b>NAME</b>	<b>LENGTH</b>	<b>YEAR</b>
No Champions		