

## 2016 TCC Track & Field All-League

### BOYS: (3 MVP)

Overall MVP - Lawrence Evans - Inderkum

MVP Track Athlete - Geronimo Hernandez - Woodland

MVP Field Athlete - Puna Tongatea – Inderkum

### All League: (22)

Lawrence Evans	(Inderkum)	100m & 200m
Dante Love	(River Valley)	400m
Geronimo Hernandez	(Woodland)	800m & 1600m
Mateo Ramirez	(Inderkum)	3200m
Garrick Smigelski	(Woodland)	110m Hurdles
Imani Greene	(River City)	300m Hurdles
Kaiden Henry	(Yuba City)	Shot Put
Puna Tongatea	(Inderkum)	Discus
Zethan Dumpson	(Rio Linda)	High Jump
Munkhdulguun Munkbat	(Inderkum)	Pole Vault
David Gilmore	(Rio Linda)	Long Jump
Keith Cole	(River City)	Triple Jump

4x100m Relay – Inderkum

D'Angelo Morgan

Lawrence Evans

Davion Ross

Raekwon Turner

4x400m Relay – Inderkum

Izea Adams

Dontre Davis

D'Angelo Morgan

Justin Shedrick

### GIRLS: (3 MVP)

Overall MVP - Jasmyn Alfred - Inderkum

MVP Track Athlete - Hannah Holden - Pioneer

MVP Field Athlete - Allysa Ashburn - Yuba City

### All League: (22)

Jasmyn Alfred	(Inderkum)	100m & 200m
Genevieve Hagen	(River Valley)	400m
Brittany Logan	(River Valley)	800m

Hannah Holden	(Pioneer)	1600m & 3200m
Dinah Dumpson	(Rio Linda)	100m Hurdles
Destiny Mancilla	(Rio Linda)	300m Hurdles
Sarah Graves	(Pioneer)	Shot Put
Brianna Garcia	(Yuba City)	Discus
Brianna Staffler	(River City)	High Jump
Nicole Sainz	(Inderkum)	Pole Vault
Allysa Ashburn	(Yuba City)	Long Jump & Triple Jump

4x100m Relay – Inderkum

Onterrria Smith  
Anissa Hernandez  
Jaela Hemmingway  
Jasmyn Alfred

4x400m Relay – Rio Linda

Alyssa Francis  
Yessenia Garcia  
Destiny Mancilla  
Nia Powell