



Jani Johnson - Head Coach

Jani begins her fourth season as head coach. Her impact has had a huge effect upon the performance of the programs. In this short time frame, the number of team members have more than tripled. The team's now carry approximately 25 cross country members and 70 track and field members. During her short tenure, Cuesta has risen to a perennial contender in the highly competitive, 13 team Western States Conference. In addition, the team has moved up the ranks in the California Community College Championships in both Cross Country and Track and Field each season.

Jani has extensive running and track and field experience. She was the first Cal Poly female athlete to receive a scholarship in the mid 1970's. She was a four time All American in track and cross country at Cal Poly. In 1988 she was an Olympic Trials qualifier in 5000 meters while representing the Reebok National Road Racing Team. She had personal bests of 16:37 for 5K, 33:53 for 10k and 2:53 for the marathon.

Jani earned her B.S degree in Physical Education from Cal Poly SLO in 1979, and her M.S. degree in Education from Southern Illinois University in 1981.

She has taught in the Physical Education Department at Cuesta since 1990. She is married to 1972 Olympic Medalist Jan Johnson who serves as the Cuesta Pole Vault coach. They have two children: Chelsea who attends UCLA, (forth place in the 2004 Olympic Trials Pole Vault, and Clay who attends Cuesta and is a top competitive surfer and pole vaulter.

Community

Cuesta Community College is located between Morro Bay and San Luis Obispo, on California's beautiful Central Coast. Cuesta is located in one of the most vibrant college towns in America. San Luis Obispo is also home to Cal Poly State University (19,000 students). Approximately 50% of Cuesta's (11,000 students) come from out of the San Luis Obispo area. Cuesta students live in a variety of off campus dorms, apartments, and houses primarily in San Luis Obispo.

Academics

Cuesta offers an extensive curriculum of academic and vocational courses aimed at preparing its students for their next academic or career steps. Cuesta has a strong reputation among community colleges in California. The college has one of the highest transfer rates of all 109 California community colleges. Cuesta has been designated as an "elite academic institution" by the California Community college system. Cuesta offers associate degrees in both designated and general studies curriculums, in addition to a wide variety of certificates and certifications. This information may be viewed at www.cuesta.edu

Program Philosophy:

Jani and her staff have developed a fun, high energy atmosphere. The growing team competitiveness and Cuesta's academic reputation offers a compelling stimulus for an individual's athletic and academic goals. Jani and her staff view Cuesta as a stepping stone to the next level of athletic and academic excellence. In the past three seasons, Cuesta has promoted many athletes on to four year schools across the entire country.

Facilities:

Cuesta has outstanding cross country and track facilities. Both the new all-weather track and field facility and the Fairbanks cross country course are located on the San Luis Obispo campus in the beautiful central coast foothills. In addition, Cuesta has great coastal California weather, ideal for year round outdoor training. many great running and mountain biking trails are located in the area, along with surfing, rock climbing and hang gliding.

Costs

The annual approximate costs to attend Cuesta are as follows:

Resident tuition (California residents)... \$26 per semester unit

Non-resident (out of state tuition)... \$160 per semester unit

International Tuition... \$186 per semester unit

Full time students are required to take a minimum of 12 units per semester. An average course load is 15 units per semester.

Lots of student housing exists in the San Luis Obispo area. The cost of renting a student apartment is currently approximately \$400 per month to share a room. Please refer to the web sites listed elsewhere in this flyer for more information.

Books and other fees depending on your chosen curriculum will run approximately \$1000 per year.

***Please note that California Community colleges do not offer athletic scholarships, however, many forms of financial aid exist. This information may be viewed at www.cuesta.edu under the students section on the Cuesta home page.

Cuesta College Cross Country, Track & Field

Cuesta Track & Field Men's Records

- 100 M - Ron Clifton - 1978 - 10:51
- 200 M - Jake Brown - 1990 - 21:51
- 400 M - Troy Johnson - 1991 - 47:49
- 800 M - Mike Bisbee - 1977 - 1:49.62
- 1500 M - Kip Ortenburger - 1993 - 3:51.00
- 3000 M - Sergio Reyes - 2000 - 8:57.2
- 5000 M - Tom McKeown - 1981 - 14:39.4
- 10000 M - Tom McKeown - 1982 - 30:49.6
- Steeplechase - Matt Armbruster - 1981 - 9:27.6
- 110 HH - C. Hatch, K. Scott - 1974, 1981 - 14.2
- 400 LH - John Walker - 2000 - 53:46
- 4 x 100 Relay - 1977 - 42:34
- 4 x 200 Relay - 1990 - 1:28.2
- 4 x 400 Relay - 1982 - 3:11.9
- 4 x Mile Relay - 1982 - 16:41.4
- Sprint Medley - 1990 - 3:30.4
- Distance Medley - 1989 - 10:19.5
- High Jump - Sean Chambers - 1985 - 7-0
- Long Jump - Henry Jenkins - 1998 - 23-10.75
- Triple Jump - Mario Smith - 1987 - 45-10.5
- Pole Vault - Chase Shealy - 2004 - 17-3
- Shot Put - Dan Lewis - 1973 - 52-10.75
- Discus - Paul Merdinger - 1986 - 150-0
- Javelin - John Amneus - 1990 - 208-3
- Hammer - Matt Goodbehere - 1993 - 152-10
- Decathlon - Geoff Bradshaw - 1989 - 6246 pts

Cuesta Track & Field Women's Records

- 100 M - Julia Turing - 1988 - 11.68
- 200 M - Julia Turing - 1988 - 23.86
- 400 M - Heather Owens - 1986 - 56.43
- 800 M - Kathryn Krieger - 1988 - 2:11.45
- 1500 M - Kathryn Krieger - 1989 - 4:30.98
- 3000 M - Kathryn Krieger - 1989 - 9:57.67
- 5000 M - Cathy Hennelly - 1988 - 17:53.60
- Steeplechase - Clare Nowel - 2005 - 11:48
- 100 HH - Beth Ault - 1991 - 15:34
- 400 LH - Christi Binns - 1986 - 1:03.24
- 4 x 100 Relay - 1986 - 48:89
- 4 x 400 Relay - 1986 - 3:51.37
- Distance Medley - 1988 - 11:59.86
- High Jump - E. Baston, S. Chan, T. Noble - 5-4
- Long Jump - Julia Turing - 1989 - 18-6.5
- Triple Jump - Tee Noble - 1998 - 38' 2"
- Pole Vault - Tamara Neeley - 2004 - 12' 0'
- Christine Silva - 2004 - 12' 0'
- Shotput - Lara Newill - 1993 - 44' 3"
- Discus - Debra Hiner - 1976 140" 0'
- Javlin - Julia Turing - 1989 - 148" 10'
- Hammer - Jennifer Wright - 1997 - 134" 7'
- Hepthalon - Julia Turing - 1988 - 4,232 Pts



Adam Sprein

2003 State Finalist HH to Cal Poly-San Luis Obispo



Christina Reyes

2003-4 6 All State CC & Track Cedarville College, Ohio



Ryan Tonneson

2003-4 2 Time All State Pole Vault to Cal State Long Beach



Keri Gross

2004 State Finalist 400 M IH to Humbolt State



Leilani Greene

2004 State Runner Up Pole Vault to Georgetown University



Tamara Neely

2004 State Champion Pole Vault to Stanislaus St.

Coaching Staff

Jani Johnson

Head Coach Track and Cross Country
jjohnson@cuesta.edu
1-805-546-3100 ext. 2716

Dave Pomfret

Assistant Coach
Davidpomfret@hotmail.com
Throws & Jumps
Office Phone 1-805-546-3100 ext. 2716

Jan Johnson

Assistant Coach
Pole Vault
jan@skyjumpers.com
Office 1-805-466-8273

Miles Neisser

Assistant Coach
Middle & Long Distance

Greg Ross

Assistant Coach
Sprints & Hurdles

Phil Volta

Assistant Coach
Throws



Support Staff

Bob Mariucci

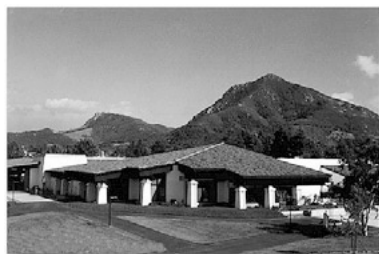
Athletic Director
rmariucc@cuesta.edu
Office 1-805-546-3100 ext. 2709

Blake Reed

Academics Counselor
breed@cuesta.edu
805-546-3100 ext. 2482
Office Phone 1-805-546-3211 ext. 2709

Pete Schuler

Sports Information
pschuler@cuesta.edu



Cuesta College Campus

2005 Cuesta College Cross Country Schedule

Sept. 9 So. Cal Preview @ San Diego
Sept. 17 Cuesta Pepsi Invite @ Cuesta
Sept. 24 Orange Coast Invite @ Costa Mesa
Sept. 30 Bakersfield Invite @ Bakersfield
Oct. 7 WSC Mini Meet @ Santa Clarita
Oct. 15 Cal Poly Invitational @ SLO
Oct. 25 WSC Championships @ Santa Maria
Nov. 4 Southern California Community College Regionals @ San Diego
Nov. 19 California Community College State Championships @ Fresno

2006 Cuesta College Track and Field Schedule

Feb. 4 Cuesta Open @ Cuesta
Feb. 10 WSC #1 (West LA, Bakersfield, Citrus, Hancock) @ Los Angeles
Feb. 17 WSC #2 (Moorpark, Hancock, LA Valley, Santa Monica) @ Moorpark
Feb. 25 Cerritos Invitational @ Cerritos
March 3 WSC #3 (Glendale, Hancock, Santa Barbara) @ Cuesta
March 18 Cal Poly Invitational @ San Luis Obispo
March 21,22 State Community College Multi Event Championships @ Moorpark
March 25 Fresno Relays @ Fresno
March 25 Stanford Invitational @ Palo Alto
March 31 WSC #4 (Canyons, Oxnard, Ventura) @ Cuesta
April 8 Mt. Sac-Azusa Invite @ Walnut
April 18 Western States Conference Prelims @ West LA
April 22 Western States Conference Finals @ Moorpark
April 28 Southern California Community College Prelims @ Mt. Sac
May 6 Southern California Community College Finals @ Mt. Sac
May 12,13 California Community College Championships @ Bakersfield

Cuesta is approximate 1/2 way between San Luis Obispo and Morro Bay,
California on the beautiful Central Coast
www.morrobay.org

Cal Poly State University is also located in San Luis Obispo
www.calpoly.edu

The City of San Luis Obispo is approximate 180 miles north of Los
Angeles and 150 miles South of San Francisco
www.visitslo.com/ecm/Home.html

The Tribune is a popular SLO newspaper
www.sanluisobispo.com

Visitors guide to SLO
www.visitslo.com

Stenner Glen is a popular residence hall for both Cal Poly
and Cuesta students
www.stennerglen.com/cafeteria.php

Cuesta Housing info web page
www.cuesta.edu/campus/lead/housing_06.htm

The Southern edge of Big Sur coast line is only 45 min. North of SLO
www.jrabold.net/bigsur

Cuesta financial aid
www.academic.cuesta.edu/finaid

Morro Rock is just one of the many spectacular
sights you'll find in San Luis Obispo County



The 2005 Cuesta Track Team is comfortable in shorts
and t-shirts even in the month of December



Over 70 Community College Participate in Track & Field in
California. Here are the average performances for the first
and sixth place finishers over the past five years in the
California Community College State Championships.

	Men		Women	
	First	Sixth	First	Sixth
100m	10.31	10.65	11.82	12.46
200m	20.91	21.91	24.52	25.84
400m	46.62	48.37	55.61	60.23
800m	1:52.2	1:57.7	2:16.4	2:23.6
1500m	3:54.5	4:01.0	4:36.4	5:01.6
Step	9:21	9:39	10:56	12:15
5000	15:05	15:33	17:29	18:52
10K	31:56	32:50	38:07	39:59
HH	13.85	14.77	14.15	14:76
400 IH	51.60	54.73	62.1	68.2
HJ	6'10"	6'6"	5'8"	5'2"
PV	16'8"	14'9"	11'9"	11'0"
LJ	24'10"	23'2"	19'9"	18'7"
TJ	50'10"	47'4"	36'11"	35'5"
SP	58'6"	53'10"	44'10"	39'11"
Discus	172'	154'6"	147'2"	132'5"
Javelin	221'3"	174'8"	127'3"	113'5"
Ham	193'9"	164'11"	161'4"	139'8"
400 R	40.4	41.6	46.8	49.9
1600 R	3:10.7	3:15.8	3:52.8	4:09.8
Dec	6560	6207	4441	3761



CUESTA COLLEGE



Cuesta College
**Cross Country,
Track & Field**

www.cuesta.edu