

2016-17
Cuesta College
Male Athlete of the Year

SEAN MC DERMOTT
CROSS COUNTRY, TRACK & FIELD

CROSS COUNTRY

2016 CCCAA State Harrier of the Year
2016 CCCAA All-State First Team
2016 Western State Conference Harrier of the Year
2016 All-Western State Conference First Team
2016 Cuesta Cross Country Team MVP
Two-Time CCCAA All State First Team
Two-Time All-Western State Conference First Team
Two-Time Cuesta Cross Country Team MVP

TRACK & FIELD

2017 CCCAA State Track & Field Qualified- Steeplechase
2017 CCCAA State Track & Field Qualified- 5,000-meters
2017 Western State Conference First Team- Steeplechase
2017 Western State Conference Second Team- 10,000-meters
#1 Cuesta All Time Track & Field- 3,000-meters (8:31.36)
#1 Cuesta All Time Track & Field- Steeplechase (9:12.32)
#2 Cuesta All Time Track & Field- 5,000-meters (14:33.33)
#5 Cuesta All Time Track & Field- 10,000-meters (32:09.16)
#10 Cuesta All Time Track & Field- 800-meters (2:19.38)
Two-Time CCCAA State Track & Field Qualifier