



Mountain "T's" Indoor Track Meet

February 4, 2006

SPRINTERS CARMELITA JETER & WIL HILLS QUALIFY FOR INDOOR NATIONALS

FLAGSTAFF, AZ—Carmelita Jeter and Wil Hills became the first members of the new **VS Athletics Track Club** to qualify for the USA Indoor Championships today at the Mountain "T's" Indoor Invitational at Northern Arizona University's Skydome. Competing in the invitational sections of the 60 meter dash, Carmelita placed 3rd in the Women's final with a time of **7.49** behind former PAC-10 Champions Brianna Glenn (Arizona) and Porsha Carrol (ASU) to best the USATF qualifying standard of 7.60. Before Carmelita had put on her warm-up suit on, her VSATC teammate Wil Hills placed 2nd in the men's 60 final with a time of **6.73**, besting the USATF qualifying standard of 6.75.

Afterwards Carmelita said, "This was my first race since July 2004, so I felt a bit rusty in the prelims. But afterwards I had that old feeling back for the finals and had a much better start/acceleration phase of my race. Right now my start is where I can make the biggest improvement," she said. Carmelita has 100/200 meter PR's of 11.43 and 23.64 and was a 5-time NCAA Division-II All-America performer in the sprints while attending Cal State Dominguez Hills. In 2004, she placed 12th in the U.S. Olympic Trials at 100 meters.

VSA Sprint Coach **Cedric Hill** added, "Carmelita had not run full-throttle since the 2004 Olympic Trials due to ongoing complications from a severe hamstring injury. After a shaky start in the prelims, she got into the blocks with "fire" in her eyes and looked great in the final. We are both confident that 2006 is going to be a breakthrough year for her."

Wil Hills finished his collegiate eligibility at Eastern Michigan University last February, placing 3rd in the Mid-American Conference Indoor Championships at 60 meters and 2nd in the 200. Currently, he's completing his studies for a B.A. degree in social science at Cal State San Bernardino and, afterwards, plans to go into teaching. Outdoors Wil has 100/200m PR's of 10.42 and 21.13. His athletic goal is make a USA National Team. "Right now, I'm working on my starting mechanics and a more efficient running form, he says. The improvements in both were noticeable in my two races at Flagstaff."

"Will is a work in progress with tremendous upside, says Coach Hill. There is no question he is going to make dramatic improvements in his 100/200 PR's outdoors this season."

Complete results are available at <http://naustats.newtier.com/trackfield/Results.htm>

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