



VS ATHLETICS

TRACK CLUB

April 15, 2006

CARMELITA JETER PLACES 3RD IN MT. SAC 100 METERS

LOS ANGELES, CA—2004 Olympic Trials semi-finalist **Carmelita Jeter** continued her comeback with a 3rd place finish at the 48th annual Mt. SAC Relays in the prestigious Women's Invitational 100 Meters. "Jet" ran a season best time of **11.60** behind USC's Carol Rodriguez, runner-up in the NCAA Indoor Championships at 200 meters earlier this season. Carmelita missed the entire 2005 season with a severe hamstring injury. "Things are finally starting to come together, said VS Sprint Coach Cedric Hill. Carmelita is close to making a major breakthrough." After the 100, she placed 7th in the Women's Olympic Development 200 meters with a season best, though wind-aided, time of **24.13** (w +2.2).

Earlier in the week on Wednesday & Thursday at Azusa Pacific University, **Chris Staton** placed 7th in the Mt. SAC Relays Decathlon with **7,119 points**. Chris' best performance of the ten events was the high jump where he had an outstanding **6'10 3/4"** performance—good for 896 points. (*See his event summary below.*)

100M	LJ	SP	HJ	400M	110H	DT	PV	JAV	1500M	
11.38	6.90m	11.37m	2.10m	53.01	15.21	39.57m	4.25m	53.63m	4:53.87	
w+0.0	22-7 ^{3/4}	37-3 ^{3/4}	6-10 3/4		w -1.1	129-10	13-11 1/4	175-1		
(778pts)	(790)	(568)	(896)	(681)	3713pts	(824)	(656)	(688)	(642)	(596) 7,119pts

After sunny, hot weather on Thursday, for the first time in 20-years the Relays were almost washed-out on Friday by driving rain and gusty winds. Many events were cancelled, or postponed—where possible—until Saturday. Numerous athletes pulled out of events that were contested during Friday's monsoon rather than risk injury—including several VS team members.

Saturday, however, was blessed with mostly sunny skies and temperatures in the mid-60's. Early in the evening, **Roseline Addo-Agboke** placed 3rd in the Women's Olympic Development 800 meters. Minutes later, her VS teammate **Aleksandra Deren** placed 10th in the Women's Invitational 800 meters section. Though they ran season bests of **2:08.85** and **2:07.78** respectively, both races were disappointments. "We're lucky to have the largest annual track meet in America early in our season, said VS distance coach Skip Stolley. The Mt. SAC Relays is always a mid-term exam that reveals how well we can compete in the some of the toughest and deepest competition we are likely to see before the National Championships. We didn't have any failing grades, but we didn't have any A+'s either. But that's OK. Most of our athletes and coaches left with a detailed *Things To Do List* that will help elevate our performances to the next level in the next 2-months."

Complete Results:

Decathlon: <http://www.apu.edu/athletics/trackandfield/boxscores/8925>

Mt. SAC Relays: <http://www.mtsacrelays.com/archives/2006/results/index.htm>

Athletes interested in joining the VS Athletics Track Club are invited to contact:

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VS ATHLETICS Track Club

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