



May 21, 2006

CARMELITA JETER RUNS A SEASON BEST AT THE ADIDAS TRACK CLASSIC

CARSON, CA—Standout sprinter **Carmelita Jeter** continued her comeback with an 8th place finish and season best at the Adidas Track Classic at the Home Depot Center in Carson. After finishing a promising 12th place in the 100 meters at the 2004 U.S. Olympic Trials, “Jet” missed the entire 2005 season with a serious hamstring injury. The Adidas Track Classic is one of only two IAAF Grand Prix competitions held in the U.S. and is part of the VISA Championship Series. The meet was telecast live on ESPN.

Carmelita finished 8th in a loaded 9-person 100 meter field that was won in 10.99—the fastest time in the world this season—by 2004 Olympic gold medalist and the world’s #1 ranked Women’s 100m sprinter, Jamaica’s Veronica Campbell. Lisa Barber was 2nd in a U.S. leading 11.06, while Carmelita ran a season best **11.59** (wind +1.0mps). The day before, at the Southern California Striders Meet of Champions in Long Beach, “Jet” hurt the feelings of seven 38-44 year old elite Masters male sprinters by winning the 2nd fastest men’s heat in 11.75.

The world-class Home Depot Track is on the campus of Cal State Dominguez Hills, Carmelita’s alma mater. She graduated from CSDH in 2004 after being a 6-time All-America sprinter and 3-time 100 meter runner-up at the NCAA Division-II National Championships.

Competing with Carmelita in Long Beach on Saturday were VS Athletics teammates **Chris Staton** and **Aleksandra Deren**. Chris, a decathlete, ran a season best **14.99** in the Men’s 110m Hurdles, threw **40’6”** (12.34m) in the Shot Put, and ran **52.41** in the 400 meters. He will be competing in a USATF High Performance Committee-sponsored Decathlon in Dallas, TX on June 3-4.

Aleksandra, an 800m specialist, ran 2:14.16 in the next to fastest men’s heat—far off her season best **2:05.74** at the Claremont Classic 2-weeks earlier. “A week ago, Aleks was in bed with an upper respiratory infection, said VS distance coach Skip Stolley. She ran a very good workout on Wednesday, but there is no question she is at least another week away from being 100% healthy. The bottom line is, I made a mistake by having her race today.” Nevertheless, Aleks came back an hour after that disappointing 800 and ran a season best **56.78** in the 400 meters.

OTHER VS NEWS

The newest member of the VS Athletics Track Club, pole vaulter **Jeff Ryan**, won an international meet in Taiwan on May 20 with a jump of **17’ ½”** (5.20m). Jeff is an 18-foot vaulter, however this was an incredible feat considering...He arrived in Taiwan the same day he competed after traveling for more than 15-hours...After warming up, he had to wait for 3 ½ to take his first jump in the competition...The temperature was above 100-degrees with 90% humidity.

Jeff says he learned one important lesson: If he could jump under these conditions, he can jump ANYWHERE at ANYTIME!

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

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