



June 4, 2006

VS MEN AND WOMEN FINISH THIRD AT USATF WEST REGIONAL

LOS ANGELES, CA—The VS ATHLETICS Track Club finished 3RD in both the Men's and Women's team scoring at the 21ST annual Jim Bush Southern California Championships at Occidental College, which also serves as the annual USATF West Regional Championships. The West Regional Championship is a scored competition among USATF Clubs from 18 States. Regional Championships are also being contested in the North, South, and Eastern United States prior to the **2006 USATF National Club Track & Field Championships** on Saturday-Sunday, July 15-16 at Mt. San Antonio College in Walnut, CA.

In the women's competition, **Carmelita Jeter** continued her comeback with a superb 2nd place finish and **11.48** 100 meter season best—a "B" standard qualifier for the USA Championships. Later, "Jet" came back with another 2006 best when she finished 3rd in the 200 meters in **23.54**. Also contributing 8 important team points in the Women's 100m Hurdles was **Kelsey Rubeor**, a junior at Murrieta Valley High School and a qualifier for the 2006 USA Junior Championships in the Heptathlon. Next came 4-points for the VS score sheet from **Roseline Addo-Agboke** with a **2:08.61** 7th place finish in the Women's 800 meters. Though 0.05 seconds off her season best, it was an impressive performance after a weather-related 10-hour flight on Friday returning from a week of business in New York City, and an 8-hour written exam for an advanced CPA certification on Saturday. Meanwhile on the upper field, Javelin thrower **Julie Ward** won her specialty with a throw of **142'3"**, while **Kelsey Rubeor** came through with a 3rd place 106' 8" toss for another 8 VS points to tie the Sheffield Elite Track Club for third place team honors.

In the men's competition, all the VS points came from the field after sprinter **Will Hills** was sidelined by a sore hamstring. First came a 2nd place finish in the Shot Put from new VS team member **Nick Garcia** with a throw of **58'9¼"**—good for 10-points because winner Ryan Whiting was competing "unattached." Next came a 3rd place finish the pole vault at **17'3½"** from **Jeff Ryan**—good for another 10-points as the 1-2 finishers were also competing "unattached." Those 20-points were enough to for the VS men to eek out 3rd place behind the Nike Farm Team (56-points) and Southern Cal Cheetahs (53-points) as the next 7 teams in the standings were separated by 7-points.

Despite oppressive, record 96-degree mid-afternoon temperatures, the meet produced 8 new meet records and 41 qualifiers for the 2006 USA Outdoor Championships.

Complete results at http://scausatf.org/events/tfjimbush/results/2006_ib_results.htm.

OTHER VS NEWS

Last Saturday-Sunday, June 3-4 **Chris Staton** placed 4th in the Elite Athlete Division of the Decathlon at the *Texas Greatest Athlete* multi-event meet in Dallas with **7,203 points**. His event marks were 100- 11.45, LJ- 22'9 ¼", Shot- 40' 1½", HJ- 6'8 ¾", 400- 52.92, 110H- 14.91, Discus 132'10", PV- 14'7¼", Jav 179'1", and 1500- 5:01.83.

We are pleased to welcome three new athletes and two new coaches to the VS ATHLETICS Track Club family. Previously mentioned **Kelsey Rubeor**, a California State Meet finalist in the high jump the day before the Jim Bush Championships, is being joined by UC-Irvine frosh **Lauren Collins**, another qualifier for the 2006 USA Junior Championships in the 7-event Women's Heptathlon. Their coach, **Matt Farmer**, is also joining the VS coaching staff. A 1992 graduate of UC-Irvine, Matt was an NCAA finalist in the Decathlon and a 7' high jumper and 24' long jumper.

We are also extremely pleased that throws specialist **Nick Garcia** will be joining both the Club's athlete and coaching roster. A 2002 graduate of Cal State Northridge, Nick was a Big Sky Conference champion in the shot

put and NCAA qualifier. He has shot/discus bests of **60' ½"** and **169'** and recently earned his MS degree in Kinesiology. Nick is a USATF Level-II Certified Coach in the throws and, since 2002, has been a physics and physical education teacher at Notre Dame High School in Sherman Oaks where he has developed a great stable of throwers for one of the State's top high school track programs.

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

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