



June 23, 2006

JULIE WARD PLACES 12TH AT THE USA CHAMPIONSHIPS

INDIANAPOLIS, IN—Javelin specialist **Julie Ward** wore the colors of the new VS ATHLETICS Track Club in its first appearance at the USA Outdoor Championships, placing 12th. The meet was held at Carroll Stadium on the campus of IUPUI and plagued with 4 weather delays of 2-hours or more over the final 3-days of the Championships. The Women's Javelin, which was cancelled after a 3-hour rain delay on Thursday evening and rescheduled for Friday evening, was won by Kim Kreiner with a new America Record of 204'10" (62.43m).

A native of Washington, PA, Julie is a 2005 graduate of Kent State University in Ohio where she was a 3-time NCAA Division-I national qualifier in the Javelin. In her senior year, she won the MAC Conference title and earned NCAA All-America honors. "I'm disappointed, but not discouraged" she said. My coach, Todd Riech, has me doing different training and using different techniques that will take me to the next level. But in competition right now, I tend to go back on automatic pilot to my old methods."

VS sprint specialist **Carmelita Jeter** qualified for the Women's 100 Meters, but strained a quadriceps muscle at a last chance qualifying meet on June 17 and did not compete.

Complete results at: <http://usatf.org/events/2006/USAOutdoorTFChampionships/schedule.asp>

OTHER VS RESULTS TO REPORT

Harris Williams Invitational: June 17 at Compton College

Women's 1500 Meters:	1 ST Roseline Addo-Agboke	4:42.98
Women's 100 Meters:	1 ST Carmelita Jeter	11.87
Women's 400 Meters:	2 ND Roseline Addo-Agboke	57.14SB (season best)

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June 28, 2006

VS KICKS OFF SUMMER GRAND PRIX SERIES WITH FOUR WINS

VAN NUYS—Four VS Athletics athletes won their specialties at the inaugural meet of the **2006 Southern California USATF Summer Track & Field Grand Prix Series** at Birmingham High School in the San Fernando Valley. Held on six consecutive Wednesday evenings concluding August 2, athletes can score points in 32 men's and women's events towards \$5000 in cash prizes at the end of the Series.

Sprint specialist **Carmelita Jeter** got things rolling by winning the Women's 400 meters, and later added first place points in the 100, and 200 meters to her tally. Next, **Larry Carr** made his VS Athletics debut by winning a Men's 800 meters with a well-executed tactical race. It was Larry's first race in 14-months after graduating from Eastern Michigan University where he placed 4th in the 2005 Mid-American Conference outdoor 800 in a PR **1:51.40**. In the Women's 800 meters, **Roseline Addo-Agboke** kept the momentum going by winning with a new lifetime best of **2:06.04**. Meanwhile, **Nick Garcia** was winning the Men's Shot Put with a throw of 55'7 1/2" (16.95m).

The only VS hiccup in the meet was a no-height in the Men's Pole Vault by **Jeff Ryan**.

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

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