



July 16, 2006

**NICK GARCIA, CARMELITA JETER, AND MELISSA SAKOWSKI
WIN 2006 NATIONAL CLUB CHAMPION TITLES**

WALNUT, CA—**Nick Garcia** won two individual titles at the 6th annual *USATF National Club Track & Field Championships* to lead the new **VS ATHLETICS Track Club** to a 7th place team finish in the 31-team field. On Saturday, after throwing 151' 2" (46.09m) to win the discus by 2-centimeters (about the width of your small finger nail), Nick came back Sunday to win his specialty—the shot put—with a throw of 55'11" (17.04m). Eight more VS points in the throws came from high school junior **Trevor Kraychir**, who threw a PR 189'3" (57.68m) in the hammer...and another 4 from his younger brother **Trent Kraychir** (just a high school sophomore) with a throw of 161'5" (49.21m). Those marks rank #2 and #8 on the 2006 U.S. High School Boys 16lb. Hammer Performance List. Despite a sore knee, Decathlete **Chris Staton** contributed 7 more field event points with a 4th place finish in the high jump at 6'4" (1.93m) and a 7th place finish in the long jump at 22'3 1/2" (6.79m). On the track, Chris collected 3 more points with a 6th place finish in the 110m hurdles in 15.07. Other VS men's team members who competed in the Club Championships were **Will Hills** (100m, 200m), **Larry Carr** (800m), **John Collins** (800m), and **Jeff Ryan** (pole vault).

The **2006 USATF National Club Track & Field Championships** was held at Mt. San Antonio College, site of the famous Mt. SAC Relays, America's largest annual track meet. The meet featured more than 700 athletes from 30 States representing 47 different clubs. Despite record mid-day temperatures above 100-degrees, the temperatures had dropped to the high 70's by the meet's 6:30pm start. The cool, calm evening conditions helped produce 11 new meet records.

The VS Women's Team was led by **Carmelita Jeter** and **Melissa Sakowski** who won national club titles in the 200 meters (23.67) and pole vault (a PR 13'3 3/4 " 4.06m) respectively. Earlier on Sunday evening, "Jet" also finished 2nd in the women's 100 meters final in 11.49. On the track, **Lynnae Samuels** contributed 6-points towards the VS Athletics Track Club's 6th place team finish with 7th place in the 100m hurdles and 5th place in the 400m hurdles and **Aleksandra Deren** finished 7th in the 800 meters final. In the field, **Julie Ward** placed 2nd in the Javelin with a throw of 141' 1" (43.00m).

"I was very pleased with our team's first appearance in the National Club Championships, said VS Athletics Track Club Director, **Skip Stolley**, who also served as Meet Director. This year many of our athletes were coming back from injuries or a year off. Next year we will be a contender for team honors in both the men's and women's competitions."

Complete Results: http://www.scausatf.org/events/club/2006_results.htm

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

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