

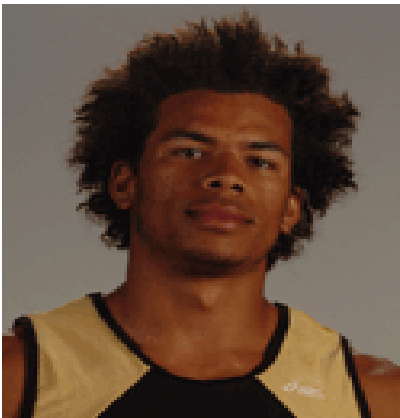
VS ATHLETICS

TRACK CLUB

March 7, 2007

CHRIS RICHARDSON, JOHN TEMIDARA AND CASEY & KATIE KRAYCHIR JOIN THE VS ATHLETICS TRACK CLUB

LOS ANGELES, CA—The VS Athletics Track Club has made some major additions to its roster with the announcement that **Chris Richardson**, **John Temidara**, and sisters **Casey & Katie Kraychir** have joined the Club.



Chris Richardson placed 3rd in the Decathlon at the 2006 NCAA Championships and was the Decathlon gold medalist at the 2006 NACAC Championships last July in the Dominican Republic. (An international competition for athletes age-23 and under, NACAC is an acronym for “North American, Caribbean and Central American Championships.”) Chris is red-shirting his junior outdoor track season at Long Beach State, where he is majoring in Religious Studies. Before transferring to Long Beach State, he was a 2-time State Junior College champion in the Decathlon at Cerritos College. Chris has PRs of **11.14** (100m), **50.09** (400m), **4:54.00** (1500m), **14.40** (110 H), **25' 2½"** (LJ), **6' 9"** (HJ), **13' 9½"** (PV), **48' 3½"** (Shot), **162' 1"** (Discus), and **219' 3"** (Javelin). His **7605-point** Decathlon ranked him #12 in the U.S. in 2006.



John Temidara received a B.S. degree in Business Management from Long Beach State in 2006, where he scored 26-points in the Big West Conference Championship Meet and led the 49'ers to its first Conference crown in 30-years. A 4-time qualifier for the NCAA Championships in the high jump, Jon placed 3rd at the 2006 NCAA Championships in the triple jump. One of the most versatile collegiate jumpers in America, he has bests of **24'2"** (LJ), **7'3"** (HJ), and **53'3"** (TJ). Jon was also a member of the 2006 USA Team for the NACAC Championships held in the Dominican Republic.

Both John and Chris Richardson are coached by VS Athletics Asst. Coach, Dave Rodda—who is also an assistant coach at Long Beach State.

“It goes without saying that Chris and Jon are great additions to the VS Athletics Track Club, says Director Skip Stolley. It is our mission to support their continued development towards the 2008 U.S. Olympic Trials and their goals of becoming USA Team Members.”

Casey Kraychir and **Katie Kraychir** are the younger sisters of current VS Athletics Track Club members **Trevor & Trent Kraychir**—and constitute the most prolific hammer-throwing family in America.



Casey Kraychir



Katie Kraychir

Trevor is a senior, and Trent a junior at 29 Palms High School and currently rank #3 and #6 respectively on the 2007 national high school performance lists in the 25 pound weight throw. Casey, a freshman, is ranked #3 on the 2007 U.S. prep list with the women's 20-pound weight at **54'2"** (19-inches further than the current national freshman girls record; had it been thrown indoors it would have counted). Not to be outdone, Katie Kraychir, only an 8th grader, ranks #1 nationally and has thrown even further—**57'0"**, the furthest toss grader ever recorded by an 8th grader.

The Kraychir's are coached by their father, **Hank Kraychir**, who was a 4-time NCAA All-American performer in the shot put and discus at USC.

"The hammer throw is a collegiate and Olympic Track & Field event, but it is only a high school event in New York, Rhode Island, Washington, and Georgia, says Skip Stolley. As with their brothers Trevor and Trent, we are very pleased to support the continued development of Casey and Katie as members of our USATF Elite Development Club."

WHAT'S NEXT

- Fri-Sat, March 9-10, **Ben Brown Invitational** at Mt. San Antonio College
- Fr-Sat, March 23-24, **California Relays** at Cerritos College
- Saturday, March 24, **Trojan Invitational** at USC
- Fri-Sat, March 30-31, **Stanford Invitational**

For a complete list of 2007 Southern California competitions open to USATF athletes see:

<http://scausatf.org/open/schedule.htm>

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

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