



March 11, 2007

TREVOR KRAYCHIR WINS/CASEY KRAYCHIR 3RD AT NIKE INDOOR NATIONALS

LANDOVER, MD—VS Athletics Track Club members **Trevor Kraychir** and sister **Casey Kraychir** had stellar performances at the 2007 Nike Indoor Nationals. Hosted on March 9-10 at the Prince George's Sports Complex outside Washington, D.C., the Nike Indoor Nationals has been the premier indoor competition for America's top high school track & field athletes since it was founded in 1999.

Trevor and Casey both attend Twenty-nine Palm High School in the high desert area of Southern California. Casey, just a freshman, was placed third in the Girls 20-pound Weight Throw at **51' 1"** (15.57m). Casey, just a freshman, was third in the Girls 20-pound Weight Throw at **51' 1"** (15.57m).

Trevor, a senior, won the Boys 25-pound weight throw with a PR toss of **81' 4³/₄"** (24.81m)—more than 6-feet better than his previous best and almost 8-feet beyond the 2nd place throw. It was the 4th furthest high school 25-pound weight throw of all-time and established a new California State High School Record. **To see a video clip of Trevor's record throw, visit <http://video.google.com/videoplay?docid=846243256677363175>.**

Meanwhile, 3000-miles away at the Ben Brown Invitational at Cal State Fullerton, their younger brother **Trent Kraychir** and younger sister **Katie Kraychir** were participating in their first outdoor hammer competition of 2007. Trent (a junior) placed 12th in the Men's 16-pound hammer competition at **168' 1"** (51.23m), while Katie (just an 8th grader) placed 10th in the Women's 4kg hammer competition at **152' 4"** (46.43m). While neither marks were personal bests, both Trent and Katie were the youngest athletes in their respective events and placed higher than they were seeded.

Other VS ATHLETICS results from the Ben Brown Invitational

3/10/07 at Mt. San Antonio College:

Men's Discus: **23RD GRANT DENNIS 131' 5"** (40.06m)

Women's Pole Vault: **7TH MELISSA SOKOWSKI 11' 8"** (3.56m)

Men's Shot Put: **5TH NICK GARCIA 54' 1"** (16.45m)

Men's Javelin: **6TH GRANT DENNIS 170' 5"** (51.94m)

Men's 100 Meters: Heat-8 **8TH GRANT DENNIS 12.22** (wind +0.6)

Men's 800 Meters: Heat-1: **6th RAFER WEAVER 1:57.29** (season best)

7th JON COLLINS 1:57.50 (season best)

Women's 1500 Meters: Heat-1: **8th GENEVIEVE GRAFF-ERMELING 4:48.35**

WHAT'S NEXT

- 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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