



**March 31, 2007**

## JOHN TEMIDARA WINS STANFORD INVITATIONAL TRIPLE JUMP

PALO ALTO, CA—**John Temidara** led a small contingent of four VS Athletics athletes to the 2007 Stanford Invitational where he won the Invitational Men's Triple Jump. Now one of the largest invitational track meets in the United States, more than 5,000 collegiate, open, and high school athletes participated in the two-day competition. The collegiate division alone produced a meet record 316 NCAA Regional Qualifying marks. It was John's 2<sup>nd</sup> meet of the 2007 season since placing 3<sup>rd</sup> at the 2006 NCAA Championships and being selected for the USA Team to the NACAC Championships held in the Dominican Republic later in the summer. While placing 4<sup>th</sup> in Friday's Invitational Men's Long Jump at **23' 5½"** (7.15m), John had two narrow scratches that measured well over 24-feet--predicting big jumps for him in the Triple Jump on Saturday. His winning mark of **52' 2½"** (15.91m) came on his first jump of the competition. Remarkably, John's other 3 jumps (ranging from 51'2 ½" to 51'11") all surpassed 2<sup>nd</sup> place. One of the most versatile collegiate jumpers in America, he was a 4-time qualifier for the NCAA Championships in the high jump at Long Beach State and has bests of 24'2" (LJ), 7'3" (HJ), and 53'3" (TJ).

Joining John in field event competition was **Katelyn Ciarelli**, who placed 2<sup>nd</sup> in the "B" flights of the Women's Hammer Throw in **161'0"** (49.08m) and 7<sup>th</sup> in the "B" flights of the Women's Discus at **148'11"** (45.39m).

On the track, **Roseline Agboke** was 7<sup>th</sup> in heat-2 of the "A" section Women's 800 meters in **2:09.76** on Friday, then came back with a much better race to place 5<sup>th</sup> in heat-1 of the "B" section Women' 1500 meters on Saturday with a PR of **4:27.15**. In the men's 800, Jon Collins was 10<sup>th</sup> in heat-1 of the "B" section with a season best of **1:54.39**.

## VS WELCOMES TWO MORE NEW TEAM MEMBERS

**The VS Athletics Track Club has announced the addition of two more athletes to its stellar jumps corp:**



**Josh Muwwakkil** (pronounced moo-WAK-kil) was the 2006 California Community College State Champion in the Long Jump at **24' 4½"** while attending Cerritos College. He also matched the winning height of **6'10"** in the high jump at the 2006 State Meet, but placed 3<sup>rd</sup> on misses. Josh was subsequently named Cerritos College "Athlete of the Year" and awarded "National Junior College All-America" honors. A 21'7"/6'4" jumper at Warren High School in Downey, Josh continued to improve at Cerritos College, where he won two events and placed third in another to lead his team to a 3<sup>rd</sup> place finish at the 2006 South Coast Conference Championships. His athletic goals are to qualify for the 2008 U.S. Olympic Trials and to be a member of the 2012 U.S. Olympic Team.



**Ronald Carter** was a 2007 mid-year graduate of Long Beach State. A walk-on, he developed into a 2-time NCAA All-America performer in the triple jump, placing 4<sup>th</sup> at the 2007 NCAA Indoor Championships after being 7<sup>th</sup> at the 2006 Outdoor Championships. In 2006, he competed in the long jump, triple jump, and high jump to help the 49'ers win their first Big West Men's Conference Track & Field title in 30-years. Ronald finished his collegiate career with the Long Beach indoor record in the triple jump, a #4 ranking All-Time in the indoor long jump, and a #5 All-Time ranking in the outdoor triple jump. He is currently employed by VS Athletics at its Torrance office. A business marketing major, his professional goal is to become an athlete shoe sales director. Ronald's athletic goal is to compete in the Olympic Games.

"The addition of Josh and Ronald gives VS Jumps Coach Dave Rodda one of the best training groups of emerging elite jumpers in America, says Club Director Skip Stolley. We are excited about them joining VS Athletics, supporting their continued development, and helping them to qualifying for the 2008 U.S. Olympic Trials."

## WHAT'S NEXT

- Saturday, April 7: **Pomona-Pitzer Invitational**
- Thu-Sun, April 13-15: **49<sup>th</sup> annual Mt. SAC Relays**

**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:

**Skip Stolley**

**Director**

**VS ATHLETICS Track Club**

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