



April 15, 2007

VS ATHLETICS WINS FOUR EVENTS AT THE MT. SAC RELAYS

WALNUT, CA—The 49th Mt. SAC Relays was a “Coming Out Party” for the VS Athletics Track Club as Southern California’s newest club made its presence known in grand style at America’s largest annual track meet. 18 VS athletes competing in 14 events accumulated four wins and three top-5 placings, while producing 9 season best marks.

Tomas Fajardo was a double winner, first leading teammate **Sam Lightbody** to a 1-2 finish in the University/Open division of the Men’s Discus on Saturday with a season best throw of **175’0”** (53.35m), then came back on Sunday to win the U/O Men’s Shot Put with a toss of **58’ 6½”** (17.84). **Josh Muwwakkil** joined the winner’s circle by extending his winning streak in the Men’s Long Jump as he captured the U/O division title with a leap of **23’ 1”** (7.02m). Meanwhile, newest VS team member **Alex Lohman** won the U/O Men’s Pole Vault at **15’ 7¾”** (4.77m).

In the Women’s Pole Vault, **Erin Wessely** jumped a season best **11’ 11¾”** (3.65m) to place 7th in the U/O Women’s Pole Vault. But the highlight of the women’s field events came when **Casey Kraychir**, a freshman at 29 Palms High School, broke the National High School Freshman Record in the U/O Women’s Hammer Throw.



After being the last of eight throwers to advance to the finals, Casey came alive on her fifth and sixth throws. First, she broke Allison Horner’s 2005 national freshman record of 159’9” with a fifth round throw of 164’1”. Then, on her final sixth round throw, she sailed past Daniella Thu’s California State H.S. Record of 164’2” with an incredible throw of **170’2”** (51.88m) to place 6th in the field of 27 collegian and open women hammer throwers. Video of that throw can be viewed at--

<http://video.google.com/videoplay?docid=-2796271158401981284&hl=en>.

Casey’s 170’ 2” mark moves her to #15 on the H.S. Girls National All-Time List and is currently the 3rd best mark in the country by a high school hammer thrower. Her sister, **Katie Kraychir** (only an eighth grader) threw a personal best of **151’ 0”** (46.04m) at the meet and is currently ranked #6 nationally.

Casey and Katie’s brother **Trevor Kraychir** placed 11th in the U/O Men’s Hammer Throw at **177’3”** (54.03m) and currently leads the National H.S. Performance List with the 16-pound international implement. His younger brother **Trent Kraychir**, a high school junior, threw a new personal record of **210’10”** (64.26m) with the high school 12-pound hammer to move up to #5 on the 2007 national list.

Friday on the track, **Ozzie Pina** made his VS season debut with a 13th place finish in **3:58.60** in the U/O Men’s 1500 meters. A former California State Junior College Cross Country and 1500 meter champion, Ozzie completed his collegiate career at Cal and is now a 5000 meter specialist. While teammates **Rafer Weaver**, **Larry Carr**, and **Jon Collins** had forgettable performances in their sections of the Men’s 800 meters, Jon had the excuse of being battered and bruised after being the victim of a head-on automobile accident 2-days earlier. In Women’s track events, **Roseline Agboke** finished 13th in **4:30.48** in a very crowded section of 22 runners in the Women’s Olympic Development 1500 meters, then came back with a much better race on Sunday to place 4th in the Women’s OD 800 meters in **2:09.44**—just 0.5 seconds behind the winner.

In other Sunday invitational events, **Ronald Carter** made his VS debut with a 5th place finish in the Men’s INV Triple Jump at **51’ 7¼”** (15.73m), while teammate **John Temidara** was 9th at **50’2”** (15.29m). Ronald is a mid-year graduate of Long Beach State and placed 4th in the Men’s Triple Jump at the 2007 NCAA Indoor Championships.

WHAT'S NEXT

- Saturday, April 21: **Triton Invitational at UC-San Diego**
- Saturday, April 21: **Tiny Lister Invitational at Cal State Los Angeles**

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

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