



April 21, 2007

FAJARDO AND LIGHTBODY PR AT SAN DIEGO BURLINGHAM AND PINA WIN AT CAL STATE LA

VS throwers **Tomas Fajardo** and **Sam Lightbody** continued their way up the improvement curve as both recorded PRs at the Triton Invitational at UC-San Diego. Regarded as one of the best annual throws meets in America, this year's Triton Invitational attracted 4 Olympians, 12 USA Team members, and the 2007 collegiate leaders in the Men's shot put, discus, and hammer...and Women's shot put and hammer. In the Men's Shot Put, **Tomas Fajardo** opened the day with a new PR and VS Athletic Club record of **60' 10½"** (18.55m)—just 4mm (1½ inches) from the "B" qualifying standard for the USA Championships. Tomas placed 6th in a stellar field that saw eight men throw over 60-feet. He has now added almost 2-feet to his collegiate best set during the 2007 indoor season while competing for Cal State Northridge.

In the Men's discus, **Sam Lightbody** threw a PR **185' 5"** (56.52m) to shatter his previous best of 180' set in 2001 while a freshman at Washington State. (Sam later dropped track to concentrate on football, where he was an All PAC 10 tackle and offensive co-captain for the Cougars.) **Tomas Fajardo** also recorded a season best of **176'4"**.

In the Men's hammer, **Trent Kraychir** (a high school junior) continued his PR streak, throwing the international 16-lb implement **183' 5"** (55.92m)—almost 12-feet beyond his previous best. Last week, Trent threw a PR 210' 10" with the 12-lb high school hammer—the 5th best prep mark in the country thus far in 2007. Trent's brother **Trevor Kraychir** (a high school senior) threw **178'11"** (54.53m)—also a season best.



Meanwhile, another small contingent of VS Athletics athletes were competing in the Tiny Lister Invitational at Cal State Los Angeles—mostly running events above or below their specialty. The highlights came in the Men's pole vault and 3000 meters where two of the Club's newest members posted wins. In the pole vault, **Kasey Burlingham**, won the pole vault at **16'0"** (4.90m) on a day when swirling winds played havoc with the field. A **17' 1¾"** (5.23m) vaulter, after missing twice at 16'9", Kasey had the bar raised to 17'2" for

his final attempt. After stopping his approach twice as the wind changed from a tail wind to a cross wind, a sudden cross wind gust caused him to miss the box with his plant and be tossed head over heels backwards and over a metal bench that was next the runway.

Not to be outdone by such drama, 1500/5000m runner **Ozzie Pina** waited until the final stride of the Men's 3000 meters race to take the win. Trailing by as much as 100m at one point, he kept running every 400 a little faster than the previous lap and closed with a 29.5 final 200m to win by 0.11 second in **8:48.69**.

WHAT'S NEXT

- Friday-Saturday, April 27-28: **Steve Scott Invitational at UC-Irvine**
- Saturday, May 5: **Claremont Classic at Claremont-Mudd-Scripps College**
- Saturday, May 12: **Oxy Invite at Occidental College**

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

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