



May 5, 2007

**SAM LIGHTBODY, JEFF RYAN & GENEVIEVE ERMELING WIN AT CLAREMONT
CASEY KRAYCHIR BREAKS NATIONAL H.S. RECORD (AGAIN !)**

CLAREMONT, CA—At the 5th annual Claremont Classic, **Sam Lightbody**, **Jeff Ryan**, and **Genevieve Graff-Ermeling** led a contingent of 15 VS Athletics athletes by winning their specialty events in one of the last remaining qualifying meets for the NCAA Regionals and NAIA national championships of the 2007 season.

Hosted on the stellar facilities at Claremont McKenna College, high school senior **Trevor Kraychir** got things going on Friday with an 8th place finish in a strong field of collegiate and open men hammer throwers with a toss of **182'4"** (55.57m)—just off his PR. Throwing the 12-lb h.s. implement, Trevor's younger brother **Trent Kraychir** (a high school junior) threw a PR **213'4"** (65.02m), which is currently the 5th best prep throw in the United States. However, it was their younger sister **Casey Kraychir** who established the hammer headline of the day by unleashing the 4kg ball and wire **173'4"** (52.84m) to set a new National High School Freshman Girls Record. In doing so, Casey placed 3rd—ahead of all the collegiate women in the field. To see a video of Casey's throw, visit <http://video.google.com/videoplay?docid=5342982150923895430&q=kraychir&hl=en> Casey's younger sister **Katie Kraychir** (just an 8th grader) placed 9th in the 14-woman field with a throw of **148'9"** (45.35m).



On Saturday, **Sam Lightbody** won the Men's Discus with a throw of **185'1"** (56.41m)—just off his season best of 185'5" set 2-weeks ago in San Diego. Teammate **Nick Garcia** (a shot put specialist) placed 4th with a season best toss of **166'8"** (50.80m), then took 7th place in the shot put at **55' 4¾"** (16.88m). In the Men's Pole Vault, **Jeff Ryan** jumped **17' 5"** (5.31m) to win, while **Alex Lohman** scaled **15'3"** (4.65m) for 6th place in the 26-man field. While the event started at 4:00pm with an ideal tail wind and warm temperatures, by the time Jeff opened at 16'9", the sun and wind were gone and the temperatures had dropped into the mid-60's.

On the track, after getting what might have been the worst start since the 11-car accident in the first 100 meters of the 1966 Indianapolis 500, Decathlete **Grant Dennis** almost ran down all 8 of his competitors in heat-2 of the Men's 100m Hurdles. Grant recorded a season best time of **15.11**—just one hundredth of a second out of 1st place—then paced the first 400 of the Men's 800 meters in 52.0. At the finish, teammate Jon Collins finished 5th in **1:53.24**—a season best and new VS club record—while **Rafer Weaver** was 12th in **1:55.24**.



In the Men's 1500 meters, **Ozzie Piña** dropped his season best :03 seconds to **3:55.74** en route to a 5th place finish.

And, in the final event of the meet—the Women's 5000 meters—**Genevieve Graff-Ermeling** went through 800m in 2:38, then capped 10 consecutive 83-second laps with a :33 second last 200 to lead wire to wire for a **17:02.69** win.

WHAT'S NEXT

- Saturday, May 12: **Oxy Invite at Occidental College**
- Saturday, June 3: **USATF Jim Bush Southern California Championships & West Region Championships** at Occidental College

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

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