



**May 12, 2007**

## TREVOR KRAYCHIR & JOHN TEMIDARA WIN AT OXY OTHER VS ATHLETES COLLECT SIX TOP-3 FINISHES

LOS ANGELES, CA—**Trevor Kraychir** won the men's hammer throw with a PR toss of **197'1"** (60.07m) and **John Temidara** won the triple jump at the 27<sup>th</sup> annual Oxy Invitational at Occidental College—the final qualifying meet in Southern California for the 2007 NCAA Regional Meets and NAIA national championships.



A senior at 29 Palms High School, Trevor has accepted a full scholarship to attend Boise State next fall. Trevor's younger brother **Trent Kraychir**, a junior at Palmdale High School, placed 5<sup>th</sup> in the field of open and collegiate throwers.

While **John Temidara's** winning leap of **49'5 1/2"** (15.07m) was far from a season best, he beat a good field—including VS teammate **Ronald Carter**, who placed 2<sup>nd</sup>. A 4-time qualifier for the NCAA Championships in the high jump, John placed 3<sup>rd</sup> at the 2006 NCAA Championships in the triple jump. One of the most versatile collegiate jumpers in America while at Long Beach State, he has bests of **24'2"** (LJ), **7'3"** (HJ), and **53'3"** (TJ). He was also a member of the 2006 USA Team for the NACAC Championships held in the Dominican Republic.

In the women's hammer throw (which started 3-hours later than scheduled), **Casey Kraychir** (the new national high school freshman record holder) placed 4<sup>th</sup>, while her sister **Katie Kraychir** placed 7<sup>th</sup> in the field of 16 women throwers. In other throwing events, after a 3-week hiatus from competition, **Tomas Fajardo** placed 6<sup>th</sup> in the men's shot put, then came back to place 3<sup>rd</sup> in the men's discus at **172'10"** (52.69m)—just a foot behind VS teammate **Sam Lightbody** who placed 2<sup>nd</sup> at **173'10"** (52.98m).

Elsewhere in the field, **Josh Muwwakkil**—the 2006 California State JC Champion in the long jump—improved his 2007 season best by 6-inches to place 2<sup>nd</sup> at **24' 2 1/4"** (7.32m). In the men's pole vault, **Kasey Burlingham** and **Alex Lohman** placed 2<sup>nd</sup> and 3<sup>rd</sup> at **16'1 1/4"** (4.91m) and **15' 5 1/2"** (4.71m) respectively.

Highlights on the track came in the women's 800 meters where **Roseline Agboke** placed 4<sup>th</sup> in the fast section and VS teammate **Genevieve Graff-Ermeling** won the 2<sup>nd</sup> section in **2:14.85** after earlier placing 5<sup>th</sup> in the 1500 meters in **4:29.57**—an 11-second season best. In the men's 5000 meters, **Ozzie Pina** placed 8<sup>th</sup> in the 40-man field in **14:40.59**—his first 5000 in more than a year.

### **WHAT'S NEXT**

- Saturday, May 19: **So Cal Striders Invitational** at Long Beach State
- 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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