



[www.VSAtackclub.org](http://www.VSAtackclub.org)

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2008 USATF National Club Track & Field Championships:  
**WOMEN 2<sup>ND</sup> PLACE / MEN 3<sup>RD</sup> PLACE**

June 6, 2009

## VS Men & Women Win USATF West Region Team Titles *Jessica Onyepunuka Qualifies for USA Championships*

WALNUT, CA—At the **2009 Jim Bush Championships**, the VS Athletics men and women retained their USATF West Region Team Championship titles. Held at Mt. San Antonio College, site of the historic Mt. SAC Relays, it was the 3<sup>rd</sup> consecutive team title for the VS Men and the 2<sup>nd</sup> consecutive team title for the VS Women.

The annual Southern California USATF Championships honors the legacy of Hall of Fame coach Jim Bush, who won 7 NCAA team championships while at UCLA and, in a 53-year coaching career, produced 118 NCAA medalists and 30 Olympians. Since 2006, the meet has also served as **USA Track & Field's West Region Championships**—a team scoring event among USATF clubs from 18 Western States.

Individual highlights for the VS Women were topped by sprinter **Jessica Onyepunuka** qualifying for the USA Outdoor Championships, hammer thrower **Shannon Popp** setting a new club record, and a solo **37:51.94** win by **Laura Conley** in the 10,000 meters.



Jessica Onyepunuka



Shannon Popp Photo by Dave Casper



Laura Conley

In a stellar Women's 100 meter field, Jessica ran **11.47** en route to placing 5<sup>th</sup>. An aiding wind of 2.4mps—just over the allowable 2.0—kept her mark from eclipsing emerging international sprint star Carmelita Jeter's 2007 club record of 11.48.



In the Women's Hammer Throw, Shannon's mark of **194' 11"/59.42m** was a 5-foot season best and just 5-foot short of the qualifying standard for the USA Championships. Behind her 2<sup>nd</sup> place finish, VS teammates **Casey Kraychir**, **Katie Kraychir**, and **Melissa Genisauski** placed 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>, scoring 29 team points. Katie's throw of **176' 8"/53.85m** was a PR, the nation's leading throw by a high school sophomore, and put her #4 on the 2009 high school performance list.

Team-wise, the VS women scored 113 points in 8 events, good for a 62-point winning margin over the High Performance Track Club.

L to R Katie-Shannon-Melissa-Casey

Photo by Dave Casper



**Ronald Carter**



**Trevor Kraychir** Photo by Dave Casper



**Jon O'Neil** Photo by The Sporting Image

Individual highlights for the VS Men included a 2<sup>nd</sup> place finish in the triple jump by **Ronald Carter**, 3<sup>rd</sup> place finishes by **Trevor Kraychir** and **Jon O'Neil** in the hammer and discus, 4<sup>th</sup> place finishes in the hammer and steeplechase by **Trent Kraychir** and **Mike Powers**, and a 5<sup>th</sup> place finish in a gang-buster shot put field by **Nick Garcia**. Trevor's hammer mark of **195' 2"/59.49m** was a season best and Mike's steeplechase time of **9:04.76** was a new club record.



**Trent Kraychir** Photo by Dave Casper



**Mike Powers**



**Nick Garcia** Photo by Dave Casper

Team-wise, the VS Men scored in 89 points in 9 events and amassed a 38-point winning margin over the Prime Techniques Track Club.

**JIM BUSH MEN'S TEAM SCORES**

*USATF West Region Clubs*

<b>1) VS ATHLETICS TRACK CLUB</b>	<b>89</b>
2) Prime Techniques TC	51
3) Cal Coast Track Club	26
4) AAG Elite Track Club	16
5) Southwest Sprinters TC	15
6) Foundation Elite Track Club	10
6) Cheetah International TC	10
6) Run With Us	10
6) Asics Aggies Running Club	10
6) Tucson Elite AC	10
11) Nike Team Run LA	8
12) So Cal Roadrunners	6
12) So Cal Striders	6
12) HS International	6
12) Track West	6
16) International City Racing	5
17) Track Club L.A.	4
17) A Snail's Pace RC	4

**JIM BUSH WOMEN'S TEAM SCORES**

*USATF West Region Clubs*

<b>1) VS ATHLETICS TRACK CLUB</b>	<b>113</b>
2) High Performance TC	51
3) Cal Coast Track Club	28
4) Cheetah Int. Track Club	27
5) Pacific Coast Track Club	16
6) Team XO	10
6) Together Elite	10
8) HPC Elite	8
9) Track West	6

What's Next:

- Thursday, June 11: **THROWERS MEET at Moorpark College**
- Sunday, June 14: **SAN DIEGO USATF CHAMPIONSHIPS at Pt. Loma Nazarene University**
- Thu-Sun, June 24-28: **USA OUTDOOR CHAMPIONSHIPS at the University of Oregon**

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

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