

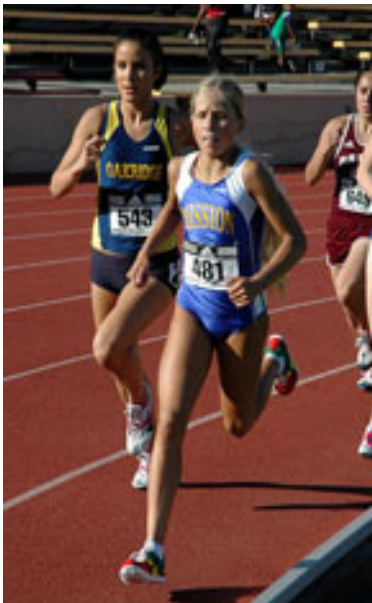
Meet Preview - National Record Holders Take the Spotlight

by Steve Fagundes

The 27th Annual Sacramento Meet of Champions (SMOC) looks to be one of the most outstanding editions of this annual Northern California affair. With a near record 157 high school participating, this year's competition will be highlighted by national record holders – seniors Tori Anthony (Castilleja, Palo Alto) and Ke'Nyia Richardson (Holy Names, Oakland) and sophomore Jordan Hasay (Mission College Prep, San Luis Obispo). As the weather begins to heat up after one of northern California's driest and coldest winters, these stellar athletes along with over 900 other participants hope to be "burning" up the track and field with a bevy of seasonal and personal bests.

Girls Track Events: The spirited duel between senior and UC Berkeley –bound Charelle Garrett (Mt. Eden, Hayward) and super frosh Ashton Purvis (St. Elizabeth, Oakland) will continue this evening in both the 100 and 200 Meters (M). The two San Francisco Bay Area sprinters have traded places on the podium all season (e.g., Stanford, Arcadia, and Bay Area Top 8) with Garrett racing to a seasonal best 11.62 (US #5, CA #1) and Purvis close behind with an 11.64 (US #7, CA #2) in the 100M. Look for juniors Kasey Rodgers (Franklin, Elk Grove) and Kayla Sanchez (Carson, NV) to be in the mix. In the 200M, Purvis ran to a national indoor freshman class record this winter (23.63i) and appears to be ready to take the next step outdoors recording a 24.00 (US #8, CA #2) at the Arcadia Invitational three weeks ago. Garrett was not far behind recording a seasonal best 24.08 (CA #4). Freshman Thandi Stewart (Logan, Union City) leads a strong field in the 400M with a seasonal best of 54.90 (CA #2). She should be challenged by senior teammates Jackie Harrison and Victoria Humphrey and talented Grace Davis (Modesto) senior Kyanna Thomas. The 100M Hurdles field should be very competitive with three of the state's top six hurdlers entered. Senior Ke'Nyia Richardson (Holy Names, Oakland) leads an impressive group at 13.88 (US #9, CA #2) with defending champion and meet record holder Julian Purvis (St. Elizabeth, Oakland) at 14.17 (CA #4) followed closely by junior Brianna Stewart (Logan, Union City) with her 14.31 (CA #6). Kayla Sanchez (Carson, NV) leads the 300M Low Hurdles field with a 44.04 with junior Shane Mullaney-Banks (Bishop O'Dowd, Oakland) and senior Alyssa Christensen (West Valley, Cottonwood) close behind with seasonal best of 44.23 and 44.72, (CA #14), respectively. The always exciting "passing of the baton" will provide a fitting beginning and ending to the girls' track events. Logan (Union City) has the leading marks in both the 400M Relay at 47.34 (CA #7) and the 1600M Relay with a 3:45.16 (US #5, CA #2). In the 400M Relay, Hercules has raced to a quick 47.61 (CA #9) and Vallejo has turned in a 47.90 (CA #14) to provide Logan with some formidable competition. Bishop O'Dowd (Oakland) ranks second in the 1600M Relay with a swift 3:49.62 (CA #5) recorded with Deer Valley (Antioch) also under the "four-minute" barrier with a seasonal best of 3:57.18 (CA #18).

For the first time this season, distance phenoms senior and Oregon-bound Alex Kosinski (Oak Ridge, El Dorado Hills) and meet record holder (4:43.09) sophomore Jordan Hasay (Mission College Prep, San Luis Obispo) will battle over 1,600M. National junior cross country champion Hasay opted out of the World Cross Country Championships in Mombassa, Kenya to focus on her sophomore track season. The results have been outstanding as she established a national record 4:39.13 (US #1, CA #1) for 1600M in late March in a solo effort at the San Luis Obispo County Championships. Kosinski has dominated at 1600M and the mile run both indoors and out setting meet records at the Indoor National Mile Championships in early March and the Arcadia Invitational in early April with a seasonal best 4:41.69 (US #2, CA #2). This much anticipated match-up could result in a new national record! With at least five other athletes at or below the "five minute barrier" this could be one of the best 1600M fields in SMOC history. Kosinski (seasonal PR of 2:10.21 - US #6, CA #4) will double-back to defend her 800M SMOC title. She will be challenged by freshman Thandi Stewart (Logan, Union City) at 2:10.70 (CA #5) and seniors Dominique Jackson (Fairfield) (2:10.77 - CA #7) and Ashley Hodges (Deer Valley, Antioch) at 2:11.61 (CA #11). Hasay is scheduled to double back in the 3200M where she established another meet record last year at 10:21.34. She is undefeated over 3200M this season with a national leading 10:04.07 recorded in mid-March. As in the 1600M one of the strongest fields in SMOC history will compete with nine (9) girls at or below eleven minutes. Junior Laurynne Chetelat (Davis)(10:30.71 - CA #4), freshman Jacque Taylor (Casa Grande, Petaluma)(10:36.30 - CA #5), and senior Lauren Saylor (Buchanan, Clovis) (10:37.96 - CA #6) should also be factors in this race.

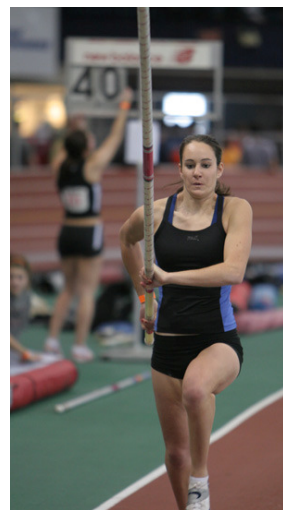


Girls Field Events: The field events will be highlighted by a number of national caliber horizontal and vertical jumpers. Senior Ke'Nyia Richardson (Holy Names, Oakland) leads a strong long jump field with a seasonal best of 19' 10.50" (US #2, CA #1). She will be challenged by Hercules senior Jamesha Youngblood at 19' 0.50" (CA #9) and Deja Edwards (Whitney, Rocklin) with a seasonal best of 18' 7.75" (CA #11). In the triple jump Richardson (the national indoor champion and record holder) has an outdoor best of 43' 1.50" (US #1) (indoor record – 44' 6.75") and will be battling Youngblood (41' 0.00" – US #3, CA #2) and junior Brianna Stewart (Logan, Union City) at 39' 11.50" (CA #4). Seniors Susan Jackson (Napa) (CA #2t), Rachel Weltz (Bear River, Grass Valley) (CA #2t), and Nicole Williams (Laguna Creek, Elk Grove) (CA #2t) all with seasonal bests of 5' 8.00" will be jumping against a strong field. In the pole vault Castilleja (Palo Alto) senior and UCLA bound Tory Anthony heads the field with a national outdoor leader of 13' 10.00" set in winning the Mt. SAC Relays. During the winter she claimed the national indoor title and cleared a national indoor record 14' 2.50". Not far behind is senior and Cal-bound Allison Stokke (Newport Harbor, Newport Beach) with a best of 13'

7.00 (US #2, CA #2). Seniors Natasha Barthel (St. Francis, Mt. View) (12' 7.50 – CA #3) and Rachel Simmons (Rocklin) (12' 6.00''



– CA #4) round out this super field. With the current SMOC record standing at 12' 9.00" set by former national record holder Kira Costa (San Joaquin Memorial, Fresno) - watch out for a possible meet record by this talented group. In the throws, junior Miranda Wilson (Bishop O'Dowd, Oakland) leads the throws fields with a shot put best of 44' 11.25" (CA #3) and a best discus mark of 149' 10" (CA #2). Her competition in the shot put should come from Lisa Maake (Deer Valley, Antioch) at 41'10.00" (CA #15) and senior Jenica Hadley (Soquel) with a seasonal best of 40'10.00" (CA #16). In the discus, senior Lauren Guerreri (Davis, CA) at 146' 0" (CA #7) and Rachel Hammar (Buhach Colony) (137' 0" – CA #16) should provide Wilson's major competition.



Boys Track Events: The boy's sprints will feature most of Northern California's top sprinters. Defending champion Jahvid Best (Salesian, Richmond) – 10.59 [CA #2]) returns to defend his title against a formidable group that includes senior Stanley Arukwe (Merrill West,

Tracy) (10.67w) and the Del Campo (Fair Oaks) duo of Carey Johnson and Anthony Gubern. In the 200M, Best lives up to his name once again with a field leading 21.40 (US #5, CA #2) followed closely by Logan (Union City) senior Quentin Powell (21.73 – CA #5) and Laguna Creek (Elk Grove) senior Roman Gray (22.07 – CA #15). Look for a close race in the 400 M where Powell and Gray should battle for the top spot with their seasonal bests of 48.57 (CA #9) and 48.71 (CA #12) separated by a mere 0.14 seconds. Senior Myko Lucas (Fairfield) clocked the fastest 800M with a 1:54.61 (CA #5) in winning the Woody Wilson Invitational two weeks ago.



Runner-up in that competition junior Vijay Tidwell (Rodriguez, Fairfield) (1:54.70 – CA #7) and senior Robbie Reid (Mountain View) (1:55.05 – CA #10) round out the top three of a deep field. In the 1600M the Clovis duo of seniors Johnathon Peterson (4:13.71 – CA #6) and Mikel Thomas (4:14.86 – CA #10) lead the field. Seniors Nathaniel Richardson (Madera) (4:15.78 – CA #13) and Marcos Corona (Willow Glenn, San Jose) (4:15.89 – CA #14) should also be in contention for a podium spot. The 3200M looks to be even race, as all of the competitors come into the competition with relatively close qualifying marks. Look for Clovis seniors Mikel Thomas (9:08.34 – CA #3) and Johnathon Peterson (9:09.05 – CA #4) to double back. They should be challenged by Willow Glenn junior Mohamed Abdalla (9:10.06 – CA #6) and sophomore Chris Schwartz (9:13.68 – CA #8) the Mt. SAC Relays 3200M champion. In the 110M High Hurdles senior Ray Stewart (Logan, Union City) tops the field with a seasonal best of 13.91 (CA #2). Rounding out the top three are senior Josh McOmber (West Valley, Cottonwood) at 14.27 (CA #6) and Vacaville junior Marcus McMillan (14.55 – CA #11). McOmber leads the 300M Intermediate hurdles field with a 38.24 (CA #7) followed by senior Alfred Hines (Polytechnic, Long Beach)(38.87 – CA #15) and junior Avery White (Sierra, Manteca) at 39.24 (CA #24). In relay action, McClymonds (Oakland) leads in the 400M Relay

with a best of 42.09 (CA #7) followed closely by Logan (Union City) at 42.20 (CA #7) and Franklin (Elk Grove) with a seasonal best of 42.27 (CA #9). Logan (Union City) heads the 1600M Relay field with a qualifying mark of 3:19.68 (CA #7) with Pittsburg at 3:22.26 (CA #16) and De La Salle (Concord) rounding out the top three at 3:23.35 (CA #21).

Boys Field Events: Laguna Creek's Roman Gray leads the long jump with the CA #3 mark at 23' 10.00"w with Lincoln (Stockton) senior Cameron Womack posting at a seasonal best of 22'10.50"w (CA #11). In the triple jump, Franklin (Elk Grove) senior Derek Hammond heads a strong field with a 48' 8.00" (CA #2) with Logan's Rashad Evans at 46' 7.00" (CA #7) and sophomore Arnaud Brewer checking in at 45' 5.75" (CA #9). Senior Gary Francis (De La Salle, Concord) comes in with a seasonal best of 7' 0.00" (US #3t, CA #1) and will be challenged by Lodi junior Ray Nikzat (6' 7.00" – CA #10t). The pole vault should be an outstanding competition with Stanford bound Casey Roche 17' 0.00" (US #3, CA #1) the event leader. Junior Nico Weiler (Los Gatos) set a seasonal best of 16' 8.00" (US #5, CA #2) last week in winning the Central Coast Section Top 8 Meet. Senior Connor Landry (Placer, Auburn) recorded an early season 16' 0.00" (CA #3t) and will be looking to improve. Foothill (Bakersfield) junior Dayshan Ragans leads both the shot put (64' 1.00" – US #4, CA #2) and discus (193' 4" (CA #2) fields. Senior Christopher Krychev (Monte Vista, Danville) improved to 62' 10.50" (CA #9) in the shot put to rank second with senior Andy Vargas (St. Francis, Mt. View) checking in at 57' 4.50" (CA #3) for third. In the discus, West Valley's (Cottonwood) Jake Fuller has tossed the disc 186' 3" (CA #4) with Christopher Krychev also over 180 feet at 180' 9" (CA #8).



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Notes: National rankings were obtained from the most recent lists on DyeStat.com compiled by Jim Speir. California rankings were obtained from the most recent lists on DyeStatCal.com compiled by Mike Kennedy (girls) and Rich Gonzales (boys). Photo credits to Rich Gonzales (Jordan Hasay/Alex Kosinski), John Neopolitan (Ke'Nyia Richardson, Tory Anthony), Donna Dye (Jahvid Best), and Darryl Bush (Casey Roche).