El Camino track & field athletes fared VERY well amongst strong University teams from UCLA, USC, UC Irvine, CSU Northridge, Alaska Anchorage, and Pepperdine as well as community college rivals Mt. SAC, Glendale, and others.

**Highlighting the day for El Camino** were three athletes with *State-Leading performances*:

- Freshman **Sha’le Garland** 12.00 in the 100m (*legal wind of .6*) for 2nd overall on the day and placing her 5th on the ECC All-Time Top 10 Performer List!
- Freshman **David Cardona** 1:54.78 800m for 2nd overall on the day and later returned with a 1:54.8 relay leg!
- Freshman **Jose Lezama** 3:55.44 1500m for 6th overall on the day!

This is a *good early-season sign* for distance runners Cardona and Lezama who have only had four workout sessions on the track this season with most all work being “strength work” done thus far on the road!
(Shale’ Garland )
Other El Camino athletes amongst the best today included:

- Freshman BEN WOODRUFF 176-4 in the Javelin for 2nd overall on the day and currently ranks #4 in the State!
- Freshman KARA KALMAR 10-2 Pole Vault placing as the top community college athlete of the day!
  - Women’s 4 x 200m Relay @ 1:47.71 placing 3rd overall!
- Sophomore REBECCA CARACOZA with a personal best 2:23.96!
More Photos of from Northridge Invite can be found here:

Photos of Northridge Elite Athletes can be found here:

Full results of this meet and others can be found here:
http://www.gocollegetrack.com/news.htm

This weekend, El Camino will split groups and with a more elite group going to the UC Irvine Invitational with others competing at the Cal Relays at Cerritos College.
El Camino Alumni in action this weekend:

Na’i LENI (below) **WON** the Shot with a super throw of **49-1**!

![Na’i LENI](image)

**JACOB YOWELL** (below) placed 4th in the 110HH @ **14.58** and later ran a leg on UC Irvine’s solid 2nd place **3:13.72** 1600m relay!
ECC Alum and Washington State thrower JACOB WEINTRAUB (below center in WSU crimson of course) came south to visit cheer on his former teammates!
CHARLES HUTCHINSON (UC San Diego below in file photo) placed 3rd in the 110HH @ 16.18 @ the Point Loma Invitational!

Thanks for your interest and support!
Coach Dean Lofgren and the El Camino Track & Field Staff & Teams!