ANTELOPE VALLEY COLLEGE INVITATIONAL
Saturday April 3rd, 2010

The El Camino Men and Women traveled to Antelope Valley Saturday to compete on the recently-constructed facility that will play host to this May's California Community College State Championships. Although strong winds throughout the day hindered many performances (wind against in the sprint events), many fine performances were still achieved.

Freshman **KARA KALMAR** continued to improve upon her school-record in the Pole Vault tying for the win today at **10-6** - currently the **#3 mark in the state**.

Comming off the hardest distance training week of the season, freshman **DAVID CARDONA** led the 1500m from start to finish winning @ **3:58.61**. He returned later for 2nd in the 800m @ **1:57.62** and a **51** relay split.
Freshman SHALE' GARLAND had a great day winning the Long Jump @ 18-2 1/2 - currently the state's #3 mark; Won the 200m @ 25.45; and placed 2nd in the 100m @ 12.21 - both sprints against a strong wind.
Freshman **BENJAMIN WOODRUFF** won the Javelin @ **169-11** under conditions of very strong side winds which played tricks on the normal path of the javelin.
Sophomore **KAYC WHARTON** continues her strong comeback from following the winter soccer ankle injury with her 2nd place **58.98** in the 400m!
Other highlights included:

- Frosh **Jose Lezama** solid **1:57.77** in his first-ever 800m
- Women's season best **49.98** in the 400m Relay
- Frosh **Merry Tulikihihifo** 36-9 Shot and **112-8** Discus double
- Frosh **Cody Dill** starting to round into form with his **16.46** 110HH

More images from this meet can be found here: [http://picasaweb.google.com/DeanLof/AntelopeValleyCollegeInvite2010?feat=directlink](http://picasaweb.google.com/DeanLof/AntelopeValleyCollegeInvite2010?feat=directlink)

**This Week:**
El Camino Men's and Women's Track and Field travels to the Mt. SAC Relays Community College competition Saturday April 10th.

**ECC Alumni in Action Recently:**
**JACOB YOWELL** (UC Irvine) @ Cal Nevada Invitational; UCLA March 27th
7th in the 110HH @ 14.59
4th in the 400 Int Hurdles @ 52.34
1st 1600m Relay @ 3:11.22
4th in the 400m Relay @ 41.66

JENNIFER SHOATE (CSU Los Angeles) also at the Cal Nevada Meet:
8th in the 100 Hurdles @ 15.38
66.61 in the 400 Hurdles
47.36 in the 400m Relay

RYAN RAYA (San Francisco State University)
4th in the 1500m @ 3:59.48 @ the SFSU Invite March 26th

JON FLORES (San Francisco State University)
10th in the 2-Mile @ 10:14.71 @ the SFSU Invite

STEVE CALISE
4th in the 5,000m @ 15:24.43 @ the CSU Fullerton Invite March 26th

Some other ECC faces on the day:
Soph Yuta Watanabe (West Torrance) 400IH
Jose Lezama (above) being stalked in the 800m
Frosh Cody Dill (Redondo HS) in the 110HH
Frosh David Cardona demonstrating determination that coaches dream of...
....ditto for Shale' Garland

Thanks for your Support!
Coach Dean Lofgren and the ECC Track & Field Staff