MT. SAC INVITATIONAL  
Saturday April 10th, 2010

Ideal conditions and solid competition led to many outstanding performances for the El Camino Men and Women at Saturday's Mt. SAC Relays Community College Invitational.

Highlighting the day for El Camino College athletes included two new state leading performances as well as a new school-record.

Shale' Garland (below) led three women under 56 seconds with her state-leading win in the 400m @ 55.58.
David Cardona (below) caught LA Trade Tech's Pedro DeAlba at the wire to win the 1500m in a state-leading 3:54.29. Former state-leader and teammate, Jose Lezama, placed a solid 3rd in 3:56.48. David and Jose led through a sluggish 64/65 first lap before dropping the pace to 60/61 for the next two laps. DeAlba caught the ECC duo with 250 remaining until Cardona dug deep down the final stretch and took the lead in the last 10 meters for the win.
Kara Kalmar (below) placed 2nd in the Pole Vault in a new school-record 11'0". She came very close in her attempts at clearing 11'6". She currently sits in the #3 spot in the state.
Ben Woodruff (below) continued to improve in the Javelin with his 180'5" 3rd place performance.
Jose Lezama (below) returned after his 1500m race to win the 2nd heat of the 800m in 1:56.36 over DeAlba catching him in the last five meters. Jose returned again later for a fine 50.9 split on the 1600m relay.
KayC Wharton (below) had a solid 400 Hurdles race in 67.95.
Merry Tulikihihifo (below) had a solid throws double at 38' in the Shot and 118' in the Discus.
The ECC Men and Women travel to the Azusa Pacific Invitational this Friday April 16th.

More images from today can be found here: http://picasaweb.google.com/DeanLof/MtSACRelays2010?feat=directlink

Full results from the Mt. SAC Relays can be found here: www.directathletics.com

Results and other information for Southern California Community College Track & Field can be found here: www.gocollegetrack.com

Outstanding results from our local high schools at this weekend's Arcadia Invitational can be found here: www.dyestat.com

ECC Track & Field Alumni this weekend:
• Jacob Yowell (UC Irvine) ran 14.42 in the 110HH at Friday's Big West Challenge - the 7th fastest mark in UCI history as well as running on their winning 3:11.83 1600m relay.
• Jennifer Shoate (CSULA) helped the CSULA 400m relay to a 47.16 and 1600m relay 3:51.51 as well as 68.05 in the 400H and 16.09 in the 100H at the UCLA Invitational.
• Charles Hutchinson (UC San Diego) ran 59.89 at UCLA.

Noah Lopez (below) and Rio Enomoto (bottom) keeping cool in the 3,000m steeplechase - both running personal bests today.