The first day of the South Coast Conference Championships was completed Tuesday April 27 with Finals being conducted in a few events. The majority of Finals will be contested this Friday April 30th.

In contested Tuesday finals, frosh JOSE LEZAMA (below) easily won the 10,000m event in his debut 32:46.84. At this point, we are uncertain whether Jose will compete in this event or the 1500m and/or 5,000m instead at the So Cal and State level.

Ben Woodruff (below) placed 2nd in the Javelin Final with a personal best throw of 185-1.
Soph Eddie Hughes (below in the 200m) placed 2nd in the Triple Jump in a season best 45-2 3/4.
Freshmen Merry Tulikihihifo placed 6th in the Hammer in a personal best 121-10; soph Noah Lopez 4th in the 3,000m steeplechase @ 9:55.4; and soph Shavette Williams 5th in the Triple Jump @ 34-9 ½.
A Few of the many ECC Leading qualifiers included:

David Cardona (below) in the day’s fastest 800m @ 1:53.62
Shale’ Garland (below) in a season best 24.62 (9th All-Time ECC) in the 200m and 56.48 400m.
KayC Wharton (below) in the 400m @ 58.88 and 25.81 200m.
Soph Rebecca Caracoza (below) @ 2:21.46 800m and 4:58.98 1500m
Frosh Jason Harrell (below) in the Discus and Shot
More images from today’s Prelims/Finals can be found here:
http://picasaweb.google.com/DeanLof/SouthCoastConferencePrelims2010?feat=directlink

The SCC Championships will conclude Friday April 30th @ Mt. SAC. With two of the State’s Top Teams in our conference (Mt. SAC and Cerritos), the 3rd place Team position in both men and women would be a respectable goal for our teams.

Thanks and more soon,
Coach Dean Lofgren