

THIS PDF CONTAINS 3 TRACK PRESS RELEASES

PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: May 20, 2013

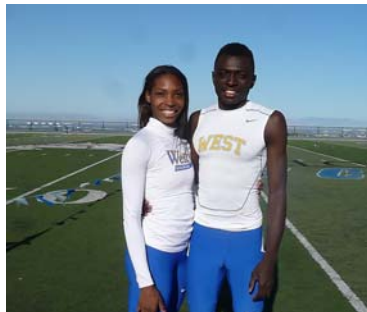
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WLAC Wins 2 State Titles & Is Ranked In Top 10



Alex Amankwah leads the pack to win the 800 meter.



State champions Jonika Baker (400 meter hurdles) and Alex Amankwah (800 meter)



Jonika Baker on top of the winner's platform for her performance in the 400 meter hurdles

Following their fourth consecutive Western State Conference Championship for the Women and three So. Cal. Meet Wins, West advanced to State where they ended their season with two State titles. For the men, Alex Amankwah took the title in the 800 meters. Jonika Baker won the 400 meter hurdles for the Lady Wildcats. She also took 3RD in the 100 hurdles. This is the sixth straight year that the Wildcats placed in the top 10 in California's team standings.

OTHER WINS - WOMEN:

2nd Place, 4x100 Relay: Jonika Baker, Shadonna Hunter, Mariah Richards-Maynard, Aysia

3rd Place, 4x400 Relay: Jonika Baker, Chelsee McCullough, Susanna Usher, Jasmine Waters

2nd High Jump: Aundrea Yancy

OTHER WINS - MEN:

4th Place, 4 x 400 Relay: Alex Amankwah, Franz Palacio, Will Lacy, DJ Richardson

Complete results from the championship are available at www.gocollegetrack.com and www.directathletics.com

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PRESS RELEASE



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DATE: May 14, 2013 (rev/ 5/15/13)

CONTACT: Steve Aggers, Athletic Director
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WLAC Track & Field Team Wins 3 So. Cal. Titles



Alex Amankwah wins 800 meters and leads Men's 4x400 relay team to school record time



Jonika Baker Wins 400 hurdles and leads Women's 4x100 Meter Relay to Title



WLAC Men's 4 x 400 team: DJ Richardson, Will Lacy, Alex Amankwah, Franz Palacio.

West Los Angeles College Track & Field had a successful day at the Southern California Championship meet recently held at Antelope Valley College. The women took first place in the 400 meter relay and the 400 meter hurdles. The women's team took fourth place overall. Men took first in the 800 meter and second in the 400 meter relay. The Wildcats will advance to the State Championship meet next week in men's & women's 400 relay and women's 400 hurdles, long jump, triple jump and high jump, and men's 800 meter. The meet will be held at San Mateo College.

WOMEN

Sophomore Jonika Baker led the way with a victory in the 400 hurdles (61.04), runner-up in the 100 hurdles (14.14) and also placed 5th in the 100 meters (12.15). Baker individually scored 22 points for the women who totaled 59 points for 4th place. Baker set the tone running first leg on the 4x100 meter relay which included Mariah Richards-Maynard, Aysia

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WLAC Track & Field Team Wins 3 So. California Titles...continued

Smith, and Shadonna Hunter to run a season best time of 46.64 to set the tone for the Wildcats. Hunter also qualified for state in the long jump and Smith qualified in the triple jump. Baker also ran on the state qualifying 4x400 relay (46.65) with Richards-Maynard, Jasmine Waters, and Susana Usher. Defending state champion, Aundrea Yancy qualified in the triple jump, and her specialty high jump event.

MEN

The men's team finished in 11th place overall. They were led by Alex Amankhaw who posted a time of 1:50.02 to take the SoCal 800 meter title. He later teamed up with Franz Palacio, and Wildcat football standouts DJ Richardson, and Will Lacy to place 2nd in the 4x400 relay behind Riverside City College who posted the top two times in the state. The West foursome ran 3:11.57 to break a converted 36-year old school record. The quartet from 1977 was led Billy Mullins who went on to become a USC star. Amankhaw, who is the national leader in the 800 meter run, looks to become West's first men's state champion in an individual event in over 20 years, said the Wildcats head coach Daniel Fitzpatrick.

Complete results from the championship are available at www.gocollegetrack.com and www.directathletics.com

PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: May 1, 2013 (rev/ 5/15/13)

CONTACT: Steve Aggers, Athletic Director
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WLAC WOMEN'S TRACK & FIELD WINS 4th WESTERN STATE CONFERENCE TITLE IN A ROW Ladies Have Longest Winning Streak in WSC History

The West Los Angeles College women's track and field team won the 2013 Western States Conference Championships on Friday, April 26 with 167 points, defeating Ventura and Glendale who each had 111 points. **This marks the 4th title in a row for the ladies program which is the longest winning streak by any women's team in the 33 year history of the**

Western State Conference. The men's team finished 2nd with 151 points, just 7 points behind Glendale which won the men's title.



West was led by sophomore, Jonika Baker who won the 400 hurdles and the 100 hurdles followed by teammates Mariah Richards-Maynard, Susana Usher, Aundrea Yancy, and Aysia Smith. In addition, Baker had a pair of 3rd place finishes in the 100 and 200 meters, and ran lead off leg on the victorious 4x100 relay. She teamed up with Richards-Maynard, Smith, and Jasmine Waters to run 47.06 which is the top time in Southern California. Not to be outdone, Smith won the triple jump

with a bound of 37'11.5" surpassing teammate Yancy by less than 2 inches. The pair later locked up in the high jump, this time with Yancy placing first in 5'4". State leader, Shadonna Hunter won the long jump and was runner-up in the 100 meters as the Lady Wildcats swept the jumps, hurdles, and relays in route to a 56 point victory in the 12 team conference which is the biggest in the state.

The men were led by hurdler Darien Richardson (110 hurdles, 400 hurdles) and thrower Christopher Walker (discus) who both won individual conference titles. Richardson led a 1, 2, 4, 5 finish by West in the 110 high hurdles along with Najee Williams, Lawrence Mendenhall, and Jurnee Gibson. Richardson later came back to win the 400 hurdles in 53.88, and run a leg on the victorious 4x400 relay along with Will Lacy, Franz Palacio, and Alex Amankwah running 3:15.99. Earlier in the day, Palacio and Lacy teamed up with Davion McGee and Kenneth McDaniel to win the 4x100 relay in 41.57 as the West men and women swept all four relays on the day. Individually, Palacio placed 3rd in the 400 at 48.37, 4th in the 200 and 6th in the triple jump and Lacy placed 3rd and 4th in the 200 and 100 meters respectively. Perhaps the most impressive performance was Amankwah who had a pair of 2nd place finishes in the 1500 (3:54.59) and 400 (48.17) and also placed 3rd in the 800 all within 1 hour. The national leader over 800 meters will drop the 400 and 1500 event for SoCal to concentrate on his specialty.

The top 6 finishers in each event qualified for the Southern California Prelims, which will take place at Antelope Valley College. West, who is ranked 7th in the state on the women's side and 10th in the state on the men's side, had 13 women and 14 men qualify for the SoCal meet which takes place this Saturday, May 4th at 9am.

Complete results from the championship are available at www.gocollege-track.com

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