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WLAC Track & Field Update: May 2009

West Track Takes 2nd at Conference Meet in Bakersfield



Led by high-flying West Los Angeles College sophomore Turquoise Williams, the Wildcats, 2008 defending champions, scored 168 points en route to a second-place finish behind Glendale at the recent Western States Conference Championships in Bakersfield. West women took first in both hurdle and relay events, the long jump and triple jump events. The men captured first in the 440m, 200m and 4x400 relay.

West women took first and second in both the 100m and 400m hurdles with Williams taking first both competitions. Williams clocked a time of 14.82 in the 100m, followed by teammate Nirobi Regis. Teammate Lauren McGee took second in the 400m. Williams scored in five individual events for the Wildcats, Regis scored in four, and McGee scored in three in addition to running on both relays.



Williams was not the only Wildcat to win two titles. **Freshmen Starasia Childs won both the long jump (18'0") and triple jump (36'5").** Childs led a 1-2 finish in both events, with Regis taking 2nd in the long jump and Williams finishing 2nd in the triple jump.



Alysha Turner brought home another victory for West, winning the 400m with a time of 57.49. Turner teamed up with McGee to sweep both relay titles, winning the 4x100 relay (with Dominique Sterling and Aysha Moultrie) with a time of 47.38 and the 4x400 relay (with Moultrie and Shayna Parker) with a time of 3:59.78, more than three seconds faster than their closest competitor.

The West men were led by Jonathan Byrd and Rashaad Scott as they showcased West's tremendous depth in the men's sprints. Byrd took the victory in the 400m, finishing with a time of 48.52, while Scott won the 200m with a time of 21.89. Seven other Wildcat men finished in the top eight of their respective sprint events. Scott also ran with the 4x100 and 4x400 relay teams, which both finished first in their events.

The Wildcats return to action next weekend as they participate at the So Cal Finals on Saturday, May 9 at Mt. San Antonio College, beginning at 12:00 pm.

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