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**May 10, 2008**

## **Ferreira Represents SCC at Southern California Regional Championships**

**Bakersfield, CA-** Freshman David Ferreira (Foothill HS) represented the Santiago Canyon College men's track and field team at the 2008 Southern California Regional Championships held at the Bakersfield College track.

Ferreira ran in the men's 3,000 meter steeplechase and finished in seventh place overall with a time of 10:07.35. He just missed the cut for the California State Track and Field Championships as the top-six finishers qualified to advance.

Daniel Clifford-Sorenson of Cerritos College finished in first place overall with a time of 9:29.51 to earn 10-points for the Falcons.

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**May 3, 2008**

## **Hawks Compete at Southern California Regional Preliminaries**

**Bakersfield, CA-** Nine members of the Santiago Canyon College (SCC) men's and women's track and field teams recently competed in the Southern California Regional Preliminaries held at Bakersfield College.

Freshman Sara Bartlett (El Modena HS) produced the standout performance for the women's team as she ran a personal best time in the 100 meter hurdles to establish a new college record with a time of 17.86 seconds.

Freshman Heather Krystek (Esperanza HS) also produced a personal all-time best in the 3,000 meter steeplechase as she finished with a time of 13:42.61. Her time marked a 22 second improvement from her previous fastest finish.

On the men's side, freshman David Ferreira (Foothill HS) was the lone SCC qualifier for next weekend's regional finals. Ferreira advanced in the men's 3,000 meter steeplechase and will be compete for a qualifying berth into the California State Track and Field Championships to be held at Cerritos College on Saturday, May 17th.

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**Apr. 25, 2008**

## **SCC Track and Field Athletes Face Conference Rivals at OEC Championships**

**Costa Mesa, CA-** The Santiago Canyon College (SCC) men's and women's track and field teams recently competed with conference rivals at the Orange Empire Conference Track and Field Championships at Orange Coast College. The women's team finished sixth with 27.5 points, while the men finished in seventh place with 20 points.

The women's squad was led by freshman Sara Bartlett (El Modena HS) who shattered her own SCC school record in the triple jump by more than 1-½ feet. Bartlett also scored in the heptathlon, high jump, hurdles races and sprint relay events.

Freshman Macee White (Rim of the World HS) also made strong contributions to the women's squad as she placed fourth in the high jump, ran personal best times in the 200 meter dash and 100 meter hurdles and ran the fastest legs on both the 4x100 and 4x400 relay teams.

The men's team was led by the outstanding performances of freshman distance runner David Ferreira (Foothill HS). Ferreira narrowly lost in a sprint to the finish to place second in the 3,000 meter steeplechase with a time of 9:57.42 seconds. Ferreira also scored in the 5,000 meters and 10,000 meters events.

Overall, nine athletes from the SCC track and field teams qualified to compete in the Southern California Regional Track and Field Preliminaries at Bakersfield College. The women's qualifiers included Bartlett (high jump, triple jump, 100 hurdles, 4x400 relay), White (high jump, 100 hurdles, 4x400 relay), Heather Krystek (steeplechase & 4x400 relay), and Melissa Griffith (4x400 relay). Qualifying on the men's side were Ferreira (steeplechase, 4x400 relay), Hector Figueroa (4x400 relay), Carson Hedrick (4x400 relay), Andy Morales (4x400 relay) and Sam Morales (4x400 relay).



**Apr. 12, 2008**

## **SCC Track and Field Teams Run at Mt. SAC Invitational**

**Walnut, CA-** The Santiago Canyon College (SCC) men's and women's track fields competed at the Mt. San Antonio College (Mt. SAC) Invitational Saturday afternoon at the Mt. SAC Track.

The men's team was led by David Ferreira (Foothill HS) who placed seventh overall in a field of 27 runners in the 3000 meter steeplechase. The women's squad was led by Sara Bartlett (El Modena HS) who ran a personal best time of 75.47 seconds in the 400 meter hurdles, improving her previous record by more than two seconds. Bartlett later broke her own SCC record in the triple jump with a mark of 31 feet, 10.75 inches.



**Apr. 11, 2008**

## **Running Hawks Compete at Orange Coast Classic**

**Costa Mesa, CA-** The Santiago Canyon College men's and women's track fields competed Friday afternoon in the Orange Coast Classic held at the Orange Coast College Track.

Melissa Griffith was the standout performer for the women's squad as she produced career best marks in both the 400 meter dash (69.38) and 200 meter dash (30.43).

The men's team produced a college record in the 4x400 meter relay as the foursome of Carson Hedrick (54.3), Sam Morales (51.2), Hector Figueroa (53.2) and David Ferreira (54.3) combined to run to a time of 3:33.03. The mark was a second and a half quicker than the previous record. Individually, Morales also ran the third fastest time in school history in the 100 meter dash with a mark of 11.91 seconds.



**Apr. 4, 2008**

## **Hawks Complete Conference Season with Double Dual Meet against Golden West and Santa Ana**

**Santa Ana, CA-** The Santiago Canyon College (SCC) men's and women's track and field teams completed their conference dual meet season with a double dual meet against Golden West College (GWC) and Santa Ana College (SAC) Friday afternoon at the SAC Track.

The women's squad earned a split as they defeated SAC 73-57, but lost to GWC 89-57. Highlights from the meet included first place finishes by Lauren Fortelny (javelin), Brianna Leonard (shot put & discuss), Sara Bartlett (100 hurdles & 400 hurdles), Melissa Griffith (400 meter dash), Heather Krystek (800 meters & 1500 meters) and Macee White (high jump). The SCC women's squad finished its regular season with an Orange Empire

Conference (OEC) record of 2-4.

The men's team lost a close match to the Dons 79-65, while the Rustlers cruised to a 98-56 victory. Highlights for the men included first place finishes by Carson Hedrick (javelin, long jump, high jump & 110 high hurdles), Brian Norton (triple jump), Brandon Graham (400 hurdles) and David Ferreira (1500 meters). The men's team finished the regular season with a 0-6 record.

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**Mar. 28, 2008**

## **Running Hawks Compete at Riverside Invitational**

**Riverside, CA-** Members of the Santiago Canyon College (SCC) men's and women's track and field teams competed at the Riverside Invitational held at Riverside Community College on Friday afternoon.

Freshman Brandon Graham (Villa Park HS) led the men's team as he ran to personal best times in the 110 meter high hurdles (18.82), 400 meter intermediate hurdles (63.00) and 400 meter dash (56.25).

Other personal best results produced by the men's team included freshman Geoff Kemberling (Esperanza HS) in the shot put (35'1"), freshman Sam Morales (Esperanza HS) in the 200 meters (23.96) and freshman David Ferreira (Foothill HS) in the 800 meters (2:01.54).

Freshman Brianna Leonard (Orange HS) led the women's squad as she set personal best marks in the javelin (76'1") and shot put (23'3"). Additional personal best performances included freshman Sara Bartlett (El Modena HS) in the 100 meters (14.45), freshman Melissa Griffith (Beecher HS) in 100 meters (14.72), freshman Kathleen Figard (Esperanza HS) in the 400 meters (82.12), freshman Lianne Chaney (Villa Park HS) in the 1500 meters (5:49.14) and freshman Lauren Fortelny (Foothill HS) in the javelin (83'1").

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**Mar. 25-26, 2008**

## **Four Hawks Compete at Southern California Regional Multi-Event Championships**

**Moorpark, CA-** Four members of the Santiago Canyon College (SCC) men's and women's track and field teams competed at the Southern California Regional Multi-Event Championships held Tuesday and Wednesday at Moorpark College.

The freshman trio of Sara Bartlett (El Modena HS), Macee White (Rim of the World HS) and Heather Krystek (Esperanza HS) represented the SCC women's team in the women's heptathlon (7-events). Bartlett led the way as she produced personal best performances in five of seven events to record a two-day score of 2,681. Her score placed her 17th in the region and fourth in the Orange Empire Conference (OEC).

White logged personal best times in the 200 and 800 meters on her way to scoring 2,449 points which was 22nd in the region and seventh in the OEC. Krystek recorded personal records in the hurdles, 200 meters and 800 meters to score 2,366 points (24th region, eighth OEC).

Sophomore Carson Hedrick (Newport Harbor HS) was the lone representative for the SCC men's team in the men's decathlon (10-events). Hedrick recorded personal best results in four events as he completed the competition with 4,437 points to place 21st in the region and seventh in the OEC.

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SCC's Macee White jumps a hurdle.



David Ferreira running with the pack.

**Mar. 21, 2008**

## **SCC Track and Field Teams Compete in Double Dual Meet against Saddleback and Orange Coast**

**Costa Mesa, CA-** The Santiago Canyon College (SCC) men's and women's track and field teams competed in an Orange Empire Conference double dual meet against Saddleback College and Orange Coast College (OCC) Friday afternoon at the OCC Track.

The women's team earned a split with a 69-64 victory over Saddleback and a 137-11 loss to the Pirates. Four freshman led the scoring effort for the Hawks as Melissa Griffith (Beecher HS), Sara Bartlett (El Modena HS), Macee White (Rim of the World HS) and Heather Krystek (Esperanza HS) each scored in four events.

The men's squad suffered losses to both Saddleback and OCC. Freshman Jacob Robinson (Villa Park HS) finished third in the high jump, freshman Geoff Kemberling (Esperanza HS) finished fourth in the shot put and discuss and freshman David Ferreira (Foothill HS) finished fifth in the 800 and 1500 meters to lead the men.



**Mar. 1, 2008**

## **Running Hawks Compete at Trojan Relays**

**Los Angeles, CA-** Members of the Santiago Canyon College (SCC) men's and women's track and field teams recently competed in the Trojan Relays hosted by the University of Southern California (USC).

In his first-ever attempt at running the event, freshman distance runner David Ferreira broke the SCC record in the 3000 meter steeplechase with a time of 10:10.69. One day after tying the school record in the high jump, freshman Macee White set the record as she cleared the bar with a leap of 4'11".



**Feb. 29, 2008**

## **Hawks Battle Fullerton in OEC Dual Meet**

**Fullerton, CA-** The Santiago Canyon College (SCC) men's and women's track and field teams competed in an OEC dual meet against Fullerton College Friday afternoon at Fullerton College.

The Hornets came away with wins on both sides despite several standout individual performances for SCC. Sophomore decathlete Carson Hedrick finished with an amazing 20-point scoring effort for the men's squad. Hedrick earned first place finishes in the 110 meter high hurdles (18.06) and high jump (5'10") and second place marks in the 100 meter dash (12.12), triple jump (36'2") and javelin (143'9") events.

SCC swept the distance running events as David Ferreira earned victories in the 1500 meters (4:17.95) and 3000 meters (9:40.80), while Sam Morales took the 800 meters (2:04.95).

Freshman heptathlete Sara Bartlett led the women's team as she placed first in the 400 meter hurdles (79.37) and second in the 100 meter hurdles (18.73), long jump (14'0") and triple jump (30'1.5").



**Feb. 22-23, 2008**

## **Running Hawks Compete at Cerritos Invitational**

**Cerritos, CA-** The Santiago Canyon College (SCC) men's and women's track and field teams competed in the program's first major invitational of the season by attending the Cerritos Invitational hosted at Cerritos College.

This annual meet is the largest community college track and field invitational in the state of California with over 30 colleges in attendance.

The Lady Hawks were led by freshman Heather Krystek who ran lifetime bests in the 100 meter hurdles (21.1), 800 meters (2:42.45) and 1500 meters (5:41.25). Freshman Sara Bartlett also contributed a pair of lifetime best performances in the jumps with leaps of 15'1" in the long jump and 31'6" in the triple jump.

The highlight of the meet for the men's team was the strong performances of freshman distance runners David Ferreira and Vincent Acosta in the 5000 meters with times 16:31.28 and 16:32.88 respectively.



**Feb. 8, 2008**

## **Santiago Canyon Track & Field Kicks Off Season at Orange Empire Conference Relays**

**Costa Mesa, CA-** The Santiago Canyon College (SCC) men's and women's track and field teams kicked off the start of the 2008 season by competing in the Orange Empire Conference Relays held at Orange Coast College.

The women's squad was led by freshman Sara Bartlett (El Modena HS) who produced the third longest marks in college history in the long jump (15'-1") and triple jump (30'-2"). Bartlett also ran the fourth fastest time in SCC history in the 400 meter hurdles with a time of 77.53 seconds.

The men's team had several strong performances in the competition led by Geoff Kemberling (Esperanza HS) and Steven Tennant (Esperanza HS). The freshman duo recorded the second and third furthest discus marks in SCC history with their throws of 98'-2" and 83'-11" respectively.

Sophomore Carson Hedrick (Newport Harbor HS) improved his personal best by over five feet in the javelin with his mark of 142 feet, 3 inches. Freshman Brandon Graham (Villa Park HS) ran the sixth fastest time in school history for the 400 meter hurdles (64.35 seconds) and freshman Jacob Robinson (Villa Park HS) produced the sixth highest mark in SCC history for the high jump (5'-6").



**Feb. 1-2, 2008**

## **Santiago Canyon Trio Compete in Inaugural VS Athletics Heptathlon/Decathlon**

**Riverside, CA-** Three members of the Santiago Canyon College (SCC) women's track and field team opened their season by competing in the inaugural VS Athletics Heptathlon/Decathlon held at Riverside City College.

The freshman trio of Sara Bartlett (El Modena HS), Macee White (Rim of the World HS) and Heather Krystek (Esperanza HS) competed in seven events (high jump, long jump, hurdles, javelin, shot put, 200 meter dash, 800 meter run) over a two-day span in this multi-event competition. Bartlett (2,523 points) and White (2,312 points) finished the competition with the third and fourth best heptathlon scores in school history. During the high jump portion of the competition, White (4'-9.5") and Bartlett (4'-6") recorded the second and third highest jumps in SCC history.