



WEST LOS ANGELES COLLEGE ATHLETICS | 9000 OVERLAND AVE - CULVER CITY, CA 90230
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WLAC Track & Field Update: Feb 2009

WLAC Women's Track take 1st, Men Take 2nd at Bakersfield Meet

Turquoise Williams Wins 6 Individual Events and Moves to Top of The State Ranks



BAKERSFIELD, CA – West Los Angeles College track and Field team opened the 2009 track and field season on Thursday afternoon at Bakersfield College. **WLAC Women, the defending Conference Champions, placed first in a four-team field with 74 points while the West men were second among four schools with 59 points.** Cuesta's women (62) and Cuesta's men (69) finished second and first at the conference meet. Bakersfield women (34), and men (42) both finished third, and Allan Hancock finished fourth in both women (23) and men (26).

The Wildcats' were led by sophomore, **Turquoise Williams who won 6 individual events.** In the process she set Southern California automatic qualifying marks in both the 100 meter hurdles (14.83) and the triple jump (37'2.25). Both marks also put her on top of the state best marks list. The Wildcats' were led by sophomore, Turquoise Williams who won 6 individual events. In the process she set Southern California automatic qualifying marks in both the 100 meter hurdles (14.83) and the triple jump (37'2.25). Both marks also put her on top of the state best marks list. She won the long jump, high jump, 400 meter hurdles and the 100 meters, in addition to running 2nd leg on the victorious 4x400 meter relay for a total of 7 victories. Alysha Turner was a double individual winner, taking the 400 meters (59.49), and the 200 meters (26.40). She also was on the victorious 4x100 meter relay, where she teamed with Shayna Parker, Samilya Nixon, and Desiree White. Parker won the 800 meter run with a time of 2:26.57, and ran a leg on the 1st place 4x400 meter relay team with Williams, White, and Lexi Flowers.

The West men were paced by Jamie Cowan as he finished first in the 110 meter hurdles (16.12) and the 400 meter hurdles (58.50). Cowan teamed with Rashaad Scott, Jonathan Byrd, and Leland Anderson to win both the 4x100 and 4x400 meter relays as well. Scott won the 200 meter dash in 22.82, and finished 3rd in the 100 meters. Other winners for the Wildcats were Joshua Stewart (100 meters) and Lovelle Starks (high jump).

The Wildcats return to action next weekend as they participate at Pomona-Pitzer Invitational on Saturday, February 21 beginning at 10:30 am.

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