



CHRISTOPHER MACIAS/TM

Jump: Freshman Ricky Carrigan, who placed first in triple jump on April 23, practiced his takeoff last Wednesday. The men's and women's track and field teams will compete in the Southern California Championships at Antelope Valley College this weekend before heading to College of San Mateo for the State Championships on May 17 to May 18.

Track making run toward state

The Falcons look to build on recent success as they approach state

CHRISTOPHER MACIAS
Associate Online Editor
christopher.macias@talonmarks.com

Coach Christopher Richardson spoke highly of his men's and women's track and field teams over their recent success at the South Coast Conference Championships. "I knew we had the caliber and potential to be successful, but the athletes stepped up in areas I never would have expected."

The men's and women's track

and field teams both took home first place finishes at the South Coast Conference Championships last weekend.

Richardson, who also coached both the men's and women's cross country teams to their championships, said, "Overall being able to come in as my first year coaching, and win both the conference championship for cross country and track and field is pretty cool."

"Something extraordinarily special is our men's 800-meter team, we placed first through sixth (place). It's never been done before."

Distance coach Daniel Ozan

likes the fact that his runners placed in the top six.

"Having six guys make it into the final is pretty good, to sweep is even more beautiful."

"I knew we had the caliber and potential to be successful."

—CHRISTOPHER RICHARDSON
Head coach

Sophomore Adam Vega, who placed first in the 800-meter said, "I didn't think I was going to be able to race because of my previous race, but it was pretty exciting being able to win and lead all my teammates."

The Falcons also had Ricky Carrigan place first in the men's triple jump with a mark of 47-05.

"The first couple of jumps I was nervous and a little bit rusty, but after that it felt natural. As soon as

www.talonmarks.com
Scan here to look at complete results



I went off the board I knew it was going to be a big jump, and when I landed I heard the crowd so that confirmed it," he said.

The Falcons will participate in the Southern California Championships at Antelope Valley College on Saturday before competing in the State Championships on May 17 and May 18.

Falcons start SoCal Championships strong

On the first weekend of the SoCal Championships, the Falcons saw good results on the men's and women's sides.

Sophomore Munir Kahsay came in second place in the 10,000 meter with a time of 32:20.12.

Freshman Elisha Toler came in fourth place in the 400 meter with a time of 48.77.

Sophomore Angel Sifuentes won the javelin event with a throw that traveled 43.57 meters.

—CARLOS MARISCAL

Men's swim team's season ends on a positive note

DENNY CRISTALES
Staff Writer
denny.cristales@talonmarks.com

Freshman Joshua Owens was one of four swimmers on the relay team that broke a school record on the final day of the State Championships on April 27, ending the men's swimming season on a positive note.

The 400-yard freestyle relay team finished with a time of 3:10.59 and the Falcons came in 17th place overall in the State Championships at East Los Angeles College that took place April 25 to April 27.

"We performed well together and swam our best," Owens said.

"Our guys stepped up and swam hard all three days."

Head coach Joe Abing praised the team's performance and was proud of the improvement on the team's swimming times.

"We had a great performance at state," he said.

"We were able to drop a little more time. It was a nice experience for the six guys that qualified."

The end of the State Championships marks the end of the men's swimming season and Abing was pleased with team's consistency throughout the season.

"Our team had a successful season. (The swimmers) swam their lifetime best times," he said.

"You can't ask for much more than that. (The team) broke three school records which was nice. Many of the guys on the team are freshman, so we are hoping to have an even stronger unit next year."

The team will indeed remain unchanged for the most part next season, however improvement is imminent over time.

"It went by extremely fast," Owens added regarding his thoughts on the swim season.

"I don't think we clicked until halfway through the season. Individually, I set my goals high so I didn't quite get there yet. There's always room for improvement so next year will be interesting."



UNIVERSITY OF
LA VERNE

JUMP START YOUR FALL

Enroll in
Summer Classes at
University of La Verne.

Tuition is \$550 per unit.

For more information visit: laverne.edu/summer

Yvonne Gutierrez-Sandoval
Director of Extended Learning
Ygutierrez-sandoval@laverne.edu
(909) 593-3511 x5124

University of La Verne 1950 Third Street, La Verne, CA 91750 laverne.edu

Club Meetings & Campus Events

**Phi Theta Kappa
Induction Ceremony**
May 8 at 6 p.m. in
Student Center
*Tickets required for event

iFalcon Club Meeting
May 9 at 11 a.m. to Noon in
LC-134

PTK Club Meeting
May 9 at 11 a.m. to Noon in
SS-139

**ASCC Awards
Banquet/Ceremony**
May 10 at 6:30 p.m. in
Student Center
*Tickets required for event

**Catholic Newman
Club Meeting**
May 14 at 4 p.m. in SS-138

Commencement
May 18 at 5 p.m. in
Falcon Stadium