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USA LEADER NEWSOM OF LANEY, CSM'S BLOCK TOP COAST SPRINTERS ENTERING CHAMPS

Lauryn Newsom of Laney College and Mykel Block of College of San Mateo top Coast Conference sprinters heading into the Conference Track & Field Championships Wednesday and Saturday at San Jose City College.

LANEY: Newsom was the collegiate sprint star of last week's Brutus Hamilton Invitational at Cal, running a state-leading 11.60 in the 100 meters for second place overall (and just .01 ahead of teammate Shanae Roach). Both Laney sprinters finished ahead of fourth place Cherelle Garrett of Cal.

(Note: State high school sprint leader Ashton Purvis of Oakland's St. Elizabeth High won both sprints at Cal - the 100 in 11.52, and the 200 in a national outdoor best 23.56.)

Laney also beat Cal in the women's 4 x 100 relay in 44.80. The Eagles lead the nation's community colleges at 44.72.

More talk about rankings: Newsom is also the USA CC leader in the long jump at 21 feet, 1 1/2 inches (and ranks No. 12 among all Americans)! She is No. 4 on the USCC lists in the 100 and No. 2 in the 200 (23.65),

CSM: Sophomore Block leads the Coast in the 100 meters at 10.84, just ahead of teammate Eddie Essien (10.89). Essien is the long jump leader at 23 feet, 6 1/4 inches. Block is No. 2 in the 110 high hurdles (15.05) and No. 3 in the 200 (22.25). They key San Mateo's second ranked 4 x 100 meter relay quartet (42.05).

In the field, CSM freshman Nathan Wright is the discus leader (158-10), ranks second in the shot put (46-0 1/2), and fourth in both the javelin throw (174-4) and the hammer throw (143-0).

Early results: In the 10,000 meter races, conducted Monday, Roberto Vasquez of Hartnell won the men's race in 32:58.14, with CSM freshman Jose Sanchez fourth in a personal best 33:56. Rebekah Phillips of De Anza won the women's race in 40:24.

Meet schedule: Field event finals in the men's and women's long jump, javelin throw, pole vault, and hammer throw get underway Wednesday at 1:30 p.m. at SJCC. Running prelims start at 3 p.m. Saturday's competition starts at 10 a.m. with the remaining field events. Track finals begin at 11 a.m.

Schedule Note: The Coast meet at SJCC is conveniently scheduled to end at 3:08 p.m. – giving track fans time to get to Stanford for the 3:45 p.m. start of the track races at the Payton Jordan Cardinal Invitational (which is primarily an evening meet).

--But the fastest sprint times, especially among the ladies, could be at San Jose.

SELECTED U.S. COMMUNITY COLLEGE TRACK COACHES ASSOCIATION NATIONAL LISTS:

4 x 100m Relay (Women)

	Team	Time	Meet	Meet Date	Date Submitted
1	Laney	44.72	Rafer Johnson/Jackie Joy...	04/08/10	
2	South Plains	44.86	2010 Clyde Littlefield T...	03/31/10	
3	Central Arizona	45.64	31st Sun Angel Track Cla...	04/08/10	
4	Barton County CC	45.96	BYU Robison	04/24/10	04/26/10
5	Cerritos	46.39	52nd Annual Mt. SAC Rela...	04/10/10	
6	Sacramento	46.78	52nd Annual Mt. SAC Rela...	04/10/10	

Long Jump (Women)

	Athlete	Year	Team	English	Metric	Meet	Meet Date	Date Submitted
1	Newson, Lauryn	SO	Laney	21' 1.5"	6.44m	Rafer Johnson/Jackie Joy...	04/08/10	
2	Williams, Tameka	FR	Central Arizona	20' 9"	6.32m	2010 Sun Devil Open	04/24/10	
3	Young, Erynn	FR	South Plains	19' 10.25"	6.05m	Texas Tech Invitational	04/10/10	
4	Bradford, AG	SO	Iowa Central CC	19' 8.75"	6.01m	2010 Kansas Relays	04/14/10	
5	Spriggs, Latasha	FR	Sacramento	19' 5.5"	5.93m	Harian Anderson Memorial	04/23/10	

100m (Women)

	Athlete	Year	Team	Time	Meet	Meet Date	Date Submitted
1	Levy, Jura	FR	South Plains	11.19	UTEP Springtime	03/27/10	
2	Redhead, Janelle	FR	South Plains	11.24	UTEP Springtime	03/27/10	
3	Williams, Tameka	FR	Central Arizona	11.42	31st Sun Angel Track Cla...	04/08/10	
4	Newson, Lauryn	SO	Laney	11.60	Brutus Hamilton Invitati...	04/23/10	
5	Roach, Shanae	SO	Laney	11.61	Brutus Hamilton Invitati...	04/23/10	
6	DelPino, Magen	SO	Central Arizona	11.82	ACCAC Conference Meet #2...	03/27/10	
7	Thomas, Nicquel	SO	South Plains	11.85	Texas Tech Invitational	04/10/10	
8	Anderson, Shawna	SO	South Plains	11.88	Tarleton State Invitatio...	03/11/10	03/24/10
8	Daniels, Paris	SO	Coffeyville CC	11.88	Sooner Invitational	04/23/10	
8	James, Chanel	SO	Spokane CC	11.88	Dusty Lane Open	03/19/10	

200m (Women)

	Athlete	Year	Team	Time	Meet	Meet Date	Date Submitted
1	Redhead, Janelle	FR	South Plains	23.42	UTEP Springtime	03/27/10	
2	Newson, Lauryn	SO	Laney	23.65	Rafer Johnson/Jackie Joy...	04/08/10	
2	Williams, Tameka	FR	Central Arizona	23.65	31st Sun Angel Track Cla...	04/08/10	
4	Levy, Jura	FR	South Plains	23.67	UTEP Springtime	03/27/10	
5	Thomas, Nicquel	SO	South Plains	23.87	Texas Tech Invitational	04/10/10	
6	Alexander, Rebecca	SO	Southwest Mississippi	23.91	LSU Alumni Gold	04/16/10	
6	Daniels, Paris	SO	Coffeyville CC	23.91	Sooner Invitational	04/23/10	
8	Roach, Shanae	SO	Laney	24.25	Rafer Johnson/Jackie Joy...	04/08/10	

--See www.directathletics.com for all performance lists and complete performances for ALL athletes.

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