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2008 USATF National Club Track & Field Championships:  
**WOMEN 2<sup>ND</sup> PLACE /MEN 3<sup>RD</sup> PLACE**

May 5, 2009

## **2-Time Olympic Trials Finalist Jon O'Neil Joins VS Athletics** ***Has Shot/Discus/Hammer PRs 64' 1/2" / 201' 8" / 182' 3"***

LOS ANGELES, CA—Executive director Skip Stolley has announced that multi-event thrower, **Jon O'Neil**, has joined the VS Athletics Track Club. A Southern California native, he attended Santa Margarita Catholic High School and then Long Beach State, where he graduated in 2002 with a degree in criminal justice. There, Jon was a USATF Junior All-American as a freshman and an NCAA All-American in the shot put as a senior and set school records in the discus and indoor shot put and weight throw.



**Jon O'Neil**



Jon has competed in multiple NCAA and USA National Championships, including the 2000 U.S. Olympic Trials in the discus and the 2004 Olympic Trials in both the discus and shot put. In 2002, he also won a silver medal in the discus at the NACAC Under-23 Championships in San Antonio, Texas. Jon has current PRs of **64' 1/2" / 19.52m** in the shot put, **201' 8" / 61.46m** in the discus, and **182' 3" / 55.82m** in the hammer throw.

Jon is currently employed by the Law Office of Michelle West and is taking time off from Law School to return to his love of Track & Field. His professional goals are to graduate from law school and to obtain his C.P.A. license and become a successful C.P.A. and estate planning/taxation lawyer. His athletic goal is to become an elite thrower in the shot put and discus and make another USA Team.

Jon won the discus at the Steve Scott Invitational last Sunday at UC-Irvine, edging out VS teammate **Sam Lightbody**, 185' 4" to 182' 6". You can see video of his winning throw on YouTube at the following link:  
<http://www.youtube.com/watch?v=oMPmktklzBg>

Jon will be competing for VS Athletics at the Oxy Invitational this Saturday at Occidental College.

**Athletes interested in joining the VS Athletics Track Club are invited to contact:**

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