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Skip Stolley, Director tel (310) 453-7655 fax (310) 829-6926 [sstolley@aol.com](mailto:sstolley@aol.com)  
825 16<sup>th</sup> Street /suite B, Santa Monica, California 90403



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

May 31, 2009

## Casey Kraychir Breaks H.S. Junior National Record in Hammer Throw *Sister Katie Also Throws Lifetime Best*

MESA, AZ—VS hammer thrower **Casey Kraychir**, a junior at Twentynine Palms H.S., added the high school girls junior class hammer record to her freshman and sophomore class records with a throw of **190'3"/57.99m** at the Arizona USATF Championships held at Mesa Community College in Mesa, Arizona.



On a career day, Casey's first throw of the competition measured 182' 8"—besting her previous best of 180'4". Her 2<sup>nd</sup> throw was 187' 5"—another PR and just 29-inches shy of the high school junior national record. On her 4<sup>th</sup> throw, Casey PR'ed yet again with a throw of 188' 7", but was still some 17-inches shy of the record.

Casey's record-breaking **190' 3"** throw came on her 5<sup>th</sup> attempt, eclipsing Maureen Griffin's previous record of 190' 0" set in 1997.

When asked about her great series of throws and a season that had, to date, seen her performing below her 2008 season bests, Casey said, "I am finally getting underneath the ball now and am much more patient than I have been. My strength gains have helped, but because I was standing too tall during the throw, I could not handle the momentum when it came time to release the ball." Casey now holds the high school girl's national freshman, sophomore, and junior hammer records with marks of 173' 4"/52.84m, 180' 4"/54.96m, and 190' 3"/ 57.99m respectively.

**Katie Kraychir**, Casey's younger sister and a high school sophomore, also had an outstanding meet throwing a lifetime best of **174' 7"/53.22m**. Among high school hammer throwers, Casey now ranks 2<sup>nd</sup> nationally in 2009 while Katie ranks 4<sup>th</sup>.

Since the hammer throw is not a high school event in California, Casey and Katie have competed for the **VS Athletics Track Club** throughout their high school careers—mostly in collegiate invitational meets and open level, post-collegiate high performance meets.

### What's Next:

- Saturday, June 6: **JIM BUSH WEST REGION/SOUTHERN CALIFORNIA USATF CHAMPIONSHIPS** at Mt. San Antonio College
- Thursday, June 11: **THROWERS MEET** at Moorpark College
- Sunday, June 14: **SAN DIEGO USATF CHAMPIONSHIPS** at Pt. Loma Nazarene University

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

**Skip Stolley**  
Director, VS ATHLETICS Track Club  
825 16<sup>th</sup> Street /suite B, Santa Monica, CA 90403  
Tel (310) 453-7655 Cell (310) 200-5527 [sstolley@aol.com](mailto:sstolley@aol.com)