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Track And Field Wins Seven Event Titles At UW-Milwaukee Quad Meet

Idara Essien takes first in the triple jump with a leap of 11.89m.

Feb. 18, 2006

Milwaukee, Wis. - In its final tune-up prior to next week's Horizon League Indoor Championships, the UIC men's and women's track and field team had a strong showing at the UW-Milwaukee Quad meet on Friday night with six individual event titles and one relay victory.

In team scoring, the women's team topped its three competitors - Chicago State, Loyola and UW-Milwaukee - while the men's team bested the Cougars and Ramblers, but were narrowly edged by the host Panthers.

While top sprinter [Jessica Fouche](#) did not compete for the Flames, several of her teammates notched solid performances on Friday for the women's team.

[Laura Macias](#) took first in the 3,000-meter race in 10:16.81 while [Kaci Boston](#) enjoyed second-place finishes in both the 60-meter (7.94) and 200-meter (26.74) dash. The UIC 4x400 relay team also crossed first with a time of 4:09.66.

The Flames picked up a pair of top finishes in field events on the women's side with [Idara Essien](#) taking top honors in the triple jump (11.89m) and senior [Sara O'Mara](#) placing first in the weight throw (15.01m).

On the men's side, freshman sprinter [Dorian Hayes](#) set the tone for a strong evening for the Flames with a blazing 6.95 in the 60-meter dash. That personal-best effort helped him edge out teammate [Brandon Cook](#) (6.959) for a one-two finish in the event for UIC with both racers coming in under seven seconds.

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Idara Essien won the triple jump at the UW-Milwaukee Quad Meet.

Hayes followed that up with a second place finish in the 200-meter dash (23.12).

The Flames posted two other top finishes on the men's side as [Sam Watson](#) won the mile race in 4:21.88 and [Joseph Mbari](#) crossed first in the 3,000-meter event in 8:57.76.

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