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## Track And Field Preps For League Championships At Wisconsin Twilight

Idara Essien wins the triple jump to highlight the meet for the Flames.

May 7, 2006

**Madison, Wis.** - The UIC men's and women's track and field team prepped for the upcoming Horizon League Championships by competing in the Wisconsin Twilight on Saturday.

Sophomore [Idara Essien](#) tallied the Flames' lone event title of the day, winning the triple jump with a leap of 11.66m.

Senior [Sara O'Mara](#) broke her own school record in the hammer toss with a distance of 52.90m en route to a second place finish in the event.

Junior [Laura Macias](#) had a strong showing in the 5,000-meter race, taking third in 18:00.56. Juniors [Susie Martinez](#) and [Renee Koziol](#) placed fourth and fifth respectively in the 1,500-meter race for UIC.

Senior [Brandon Cook](#) gave the men's team its highest individual finish by placing fourth in the 100-meter dash in 11.02.

The Flames' 4x100 relay team took third in 42.11 for the men's squads highest overall standing on the day.

[Erik Hernandez](#) also took fifth in shot put while [Sam Watson](#) placed sixth in the 1,500-meter race.

UIC will be back in action on Thursday as they open competition at the 2006 Horizon League Championships in Indianapolis, Ind.

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Sophomore Idara Essien won the triple jump at the Wisconsin Twilight.