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Flames Compete At Illinois Open

Essien and O'Mara lead the way for the Flames.

April 24, 2006

Champaign, Ill. - Sophomore [Idara Essien](#) took fourth in the triple jump while senior [Sara O'Mara](#) recorded three top 10 finishes to lead the UIC women's track and field team on Saturday at the Illinois Open at the University of Illinois Outdoor Track and Field Stadium.

Essien's finish was the best of the day for the Flames as she tabbed a distance of 11.89m in the triple jump.

O'Mara took ninth in the discus (36.13m) and then finished 10th in both the shot put (12.30m) and hammer throw (47.41m).

Junior [Rowsha LaBranche](#) also placed 10th in the 200-meter dash of the Flames, crossing in 26.07.

UIC will be back in action on Saturday, April 29th, at the Hillsdale College Relays.

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Senior Sara O'Mara recorded three top 10 finishes on Saturday at