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## Women's Track And Field Successful At Indy Relays

O'Mara, Essien continue to shatter their own school records.

April 17, 2006

**Indianapolis, Ind.** - For the second consecutive week, senior [Sara O'Mara](#) and sophomore [Idara Essien](#) both broke their own school records in the hammer throw and triple jump respectively, highlighting another successful performance by the UIC women's track and field team on Saturday at the Indy Relays hosted by Butler University.

O'Mara took first in the hammer throw with her toss of 48.62 meters. That heave bettered her previous school-record distance of 48.31m set last weekend at the Chicagoland Championships in Naperville, Ill.

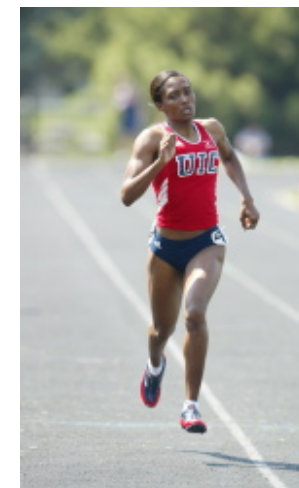
Essien placed second in the triple jump with a leap of 12.05 meters. The Wheaton, Ill., native has now bettered her school record jump in every meet this season.

The individual event title for O'Mara was one of two on the day for the Flames as junior [Rowsha LaBranche](#) took first in the 400-meter dash with a time of 58.61.

UIC will compete next weekend at the University of Illinois Open in Champaign, Ill.

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Junior Rowsha LaBranche won the 400-meter dash at the Indy Relays.