

An Inside Look at

LEHMAN COLLEGE ATHLETICS

Heath Leads Lightning in Coach O Invitational

Senior captain Martinia Heath took advantage of the clear skies and warm temperatures to turn in her best performance of the season. Competing at the Coach "O" Invitational, at the United States Merchant Marine Academy, Martinia cleared 1.71 meters (5'7 1/4) to win the High Jump and qualify for the NCAA Division III Nationals that will be held at Wartburg College in Illinois. Martinia has not competed outdoors since the 2003 season which was cut short due to illness.

"I felt pumped today my warm-up was good and I had time to prepare properly," said Heath. Martinia didn't miss a height until she

reached 5'6" which she cleared on her second attempt. She was the only woman left in the competition and moved the bar to 5'7 1/4 which is a school record and an automatic qualifier for nationals. She again cleared it on her second attempt. Martinia then raised the bar to 5'9' but missed twice and did not attempt it a third time.

"I was really tired, I'm not used to jumping this much yet, but I am satisfied with my performance today," Heath added. "Coach Solomon and coach Hogg have really been supportive of my track career, and have helped me focused on my return to these events."

Amy Ruston continued her assault on the Lehman record books by finishing second in the 5000 meter while running a school record 18:50.15. The Lightning men were led by Michael Francis' tenth place finish in the 400 meter with a time of 52.03 and newcomer Raul Sanchez running 18:23.96 in the 5000 meter. Next weekend the Lightning travel to Allentown Pennsylvania for the CTC Championships.

"The team is starting to come together," said head coach Lesleigh Hogg. "We are really looking forward to competing in the CUNY championships."



Senior Martinia Heath

Francis Selected 1st Team All Mets Sports Writer



Junior Sekani Francis

Lehman College's Sekani Francis continues to garner recognition for his success on the court this season. The 6'10" junior center has been selected as a first-team all star by the Metropolitan Sports Writer. The presentations will be made Wednesday, April 20, during the 72nd NIT/MBWA Haggerty Awards dinner at the Meadowlands in East Rutherford, N.J.

Francis averaged a team high 18.6 points, while pulling down 12.2 rebounds per game in leading Lehman to a 21-7 overall record and a berth in the ECAC Metro tournament. Francis has already been honored this season with the CUNY conference Player of the Year award, to go along with being selected as an ECAC and a D3Hoops all-star

"Sekani is deserving of each of the post-season honors that he has received," said Lehman College head coach Steve

Schulman. "His hard work and dedication has given him the right to be named as one of the top players in the area."

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