March 8-10, 2019

The New Balance Track & Field Center
at The Armory, New York, New York

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Welcome

We welcome all the outstanding participants to the **2019 New Balance Nationals Indoor Championships**. And we wish a special welcome to all parents, coaches, and friends – all of whose support is invaluable.

Our organization, the **National Scholastic Athletics Foundation**, does more than present national-caliber track and field and cross country events. We also actively support clinics and other meets with substantial financial commitments. Over the years, the NSAF has grown from helping a few athletes to one that annually enables over 10,000 athletes to participate in various meets and activities.

This is the 36th edition of the event, which has had various names since its inception in 1984. We are again happy to have **New Balance** as our title sponsor. New Balance is a wonderful partner – we have been together for eight years, and we expect to be together for many more years to come. Another wonderful partner is the historic **New Balance Armory** and their leadership, c**o-Presidents Rita Finkel and Jonathan Schindel**.

The Armory, New Balance and the NSAF have been an unbeatable combination, and we hope you enjoy what these three organization have made possible.

We trust that everyone present these three days will have memorable experiences, and we wish everyone great success!

Sincerely,

Jim Spier
Meet Director

Congratulations on qualifying for **New Balance Nationals Indoor 2019**! You have put in countless hours of hard work and dedication and in doing so earned the opportunity to compete at this world class indoor track & field meet.

You have shown that you are one of the best high-school athletes in the country in our sport. But for competitors like you, qualifying is just the beginning. Everyone arrives at The Armory with something to prove- to themselves, to their teammates, to their coaches. It's the desire to constantly improve that pushes you, and it's the same force that pushes us.

New Balance and the **National Scholastic Athletics Foundation** have set the stage for *you to leave your legacy*.

WELCOME TO NEW BALANCE INDOOR NATIONALS 2019!

The very best of luck to you as you compete to the best of your ability,

Caitlin Abelseth
New Balance

FEARLESSLY
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At left, The Jungle celebrates its boys 4x1 Mile Relay national record, it's 2nd HSR of the meet. At right, Justin Forde on his way to the boys' triple jump victory.

Fast Times, Furious Finishes at 2019 NBNI

By Steve Underwood
Photos by John Nepolitan

As you'd expect, the **2019 New Balance Nationals Indoor** had plenty of records: 25, actually, including 2 national and 14 new meet standards.

But the March 8-10 weekend at the New Balance Track and Field Center at The Armory was also filled with thrilling duels, harrowing finishes, stunning upsets and stirring come-from-behind efforts. Did you see what freshman **Roisin Willis** did in that girls' 800? And what about that girls' mile, with **Taryn Parks** tumbling over the line to prevail over **Marlee Starliper** by three-thousandths of a second? What did you think of jumper **Jasmine Moore** and putter **Aiden Felty**, losing their leads in their respective events, only to seize them right back with clutch championship performances? That was all only the beginning.

More than 3,700 athletes came from 41 states (+DC), 4 Canadian provinces, Guyana and Antigua, and battled for 46 Championship titles -- plus in many more Emerging Elite, Freshman, Mixed and Junior High events. The NSAF has been involved in putting on national indoor championships since 1983 and has held its own championship since 1999. This was our 9th indoor nationals with our outstanding partners from New Balance. Let's recap the best of the best from the greatest prep indoor meet on the planet.

The National Records

The Jungle, aka Loudoun Valley HS (VA), scored an unprecedented distance relay triple at NBNI, shattering 2 national records. In Friday's DMR, **Sam Affolder**'s 4:06 1,600m anchored

Roisin Willis outkicked heavily favored Athing Mu in the girls 800, setting a freshman national record.

a 9:54.41 -- beating Carlisle's 2017 mark from when Affolder was a soph at that school. Then **Jacob Hunter** finished off a 17:01.81 4x1 mile just past noon Saturday that shaved .01 off The Jungle's own '18 record. Finally, they completed the triple by defending their 4x8 crown in 7:40.49 (#3 all-time).

NBNI Athletes of the Meet

Jasmine Moore, **Roisin Willis**, **Justin Forde** and **Micah Williams** earned New Balance Indoor Athletes of the Meet honors for their individual-event performances on the track

continued next page

Jasmine Moore swept the horizontal jumps and won her 3rd straight TJ title.

Fast Times continued

and in the field. Moore (Mansfield Lake Ridge, TX) leapt to a 20-9.25 LJ, 44-2.5 TJ jumps double – the latter beating Keturah Orji's meet record and #2 all-time – while Willis (Stevens Point, WI) kicked to a stunning upset win over **Athing Mu** in the 800m, setting a frosh national record at 2:05.70.

Meanwhile, Forde (Brien McMahon, CT) bounded to a US#1 51-3 triple jump victory, overcoming an injury that had sidelined him since late January, and Williams (Benson, OR) dashed to a junior class record 6.60 triumph over a great 60m dash field – good for #3 all-time and just .03 off the HSR.

More stellar efforts

- **Morgan Smalls** (Panther Creek NC) soared over a meet record 6-3.25 in the HJ, moving to #2 all-time.
- **Katelyn Tuohy** (North Rockland, NY) rolled to a meet record 9:51.05 2M (#2 all-time) and anchored her DMR team to its 4th straight NBNI title.
- **Anna Hall** (Valor Christian, CO) topped Kendell Williams pentathlon meet record with a 4,209 score, 2nd only to her own HSR.
- Similarly, **Taylor Ewert** (Beavercreek, OH) walked a 6:34.53 mile, crushing her own MR and just six ticks off her HSR.
- **Tamari Davis** (Oak Hall, FL) defended her 200 title and topped the soph class record with her winning 23.24.
- Also winning big and achieving all-time top 6 indoor performances were **Mario Heslop** (20.90 200), **Justin Robinson** (46.55 400) (see photo at right), **Monique Hardy** (64-7.25 WT), **Shadajah Ballard** (8.11 60H), **Kimberly Harris** (52.62 400) and **Taryn Parks** (4:39.05 mile).

Micah Williams became #3 all-time in the 60 dash with his blazing victory.

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Key for Event Records: - Senior * Junior
** Sophomore *** Freshman p: Preliminaries

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On the cover: Sam Affolder of Loudoun Valley. All event photos by John Nepolitan unless otherwise noted.

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Andy Downing, John Evans & Harry Norton,
and to our Presenting Sponsor, Eastbay.

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And all competition officials, volunteers and everyone else who has worked to make the NBNI 2019 a Spectacular Success!

Special Shout Out

The National Scholastic Athletics Foundation sends a special shout out to its dedicated medical support team:

- Dr. Rob Jones, Orthopedic Surgeon - Director
- Dr. Emily Krodel, Sports Medicine
- Dr. Liz Wheeler, Physical Therapist
- Dr. Fumie Takahashi, Physical Therapist
- Dr. Alex Duma, Chiropractor
- Dr. Jeannette Anderson, Chiropractor
- Claudia "Sparky" Chapel, Massage Therapist
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- Cedric Walker, In Memoriam

60 METER

Meet Record - Girls	7.45	3/8/2019	Kimberly Harris	Buford, GA
Meet Record - Boys	6.77	3/8/2019	Javonte Harding	Prince George, VA

200 METER

Meet Record - Girls	24.03	3/11/2016	Khori Peace	Pennridge, Perkasie, PA
Meet Record - Boys	21.64	3/11/2016	Kelly Brown	Wilson Magnet, Rochester, NY
	21.64	3/14/2014	Grant Holloway	Grassfield, Chesapeake, VA

400 METER

Meet Record - Girls	54.98	3/9/2018	Athing Mu	Central, Trenton, NJ
Meet Record - Boys	47.97	3/11/2016	Brian Herron	Lakeside, Atlanta, GA

800 METER

Meet Record - Girls	2:09.23	3/11/2016	Camille Davre	Whitefish Bay, WI
Meet Record - Boys	1:52.50	3/8/2019	Sam Gilman	Hilton Head, SC

ONE MILE

Meet Record - Girls	4:55.98	3/9/2013	Emily Kaplan	Georgetwn Vis. Prp, Washington, DC
Meet Record - Boys	4:14.15	3/14/2014	William Mulloy	St. Xavier, Lousville, KY

TWO MILE

Meet Record - Girls	10:35.04	3/11/2016	Bethlehem Taye	Pine Branch, Burtonsville, MD
Meet Record - Boys	9:11.08	3/11/2016	Rohann Asfaw	Montgomery, Rockville, MD

60 METER HURDLES

Meet Record - Girls	8.49	3/8/2019	Na'Taja Ballard	Western Branch, Chesapeake, VA
	8.49	3/9/2017	Leah Phillips	Bullis School, Potomac, MD
Meet Record - Boys	7.88	3/10/2017	Tyrone Bryan	Parkdale, Riverdale, MD

4X200 METER RELAY

Meet Record - Girls	1:40.02	3/10/2017	Western Branch	Chesapeake, VA
	(D. Boone, S. Nichols, A. Shockley, Jashella Jenkins)			
Meet Record - Boys	1:29.94	3/14/2014	Long Reach	Columbia, MD
	(T. Olewole, R. Carter, C. Smalley, E. Thomas)			

4X400 METER RELAY

Meet Record - Girls	3:52.15	3/14/2014	Cary	Cary, NC
	(L. White, L. Warner, J. Brown, S. Hoffert)			
Meet Record - Boys	3:20.65	3/8/2013	Digital Harbor	Baltimore, MD
	(T. Walker, Q. Stukes, J. Cook, G. Flaviano)			

4X800 METER RELAY

Meet Record - Girls	9:14.96	3/13/2015	McDonogh	Owings Mills, MD
	(M. Seybold, J. Burgess, N. Noulett, A. Glossinger)			
Meet Record - Boys	7:55.35	3/11/2016	Hauppauge	Hauppauge, NY
	(K. Cordon, N. Crociata, C. Armstrong, Nick Beglane)			

1600 SPRINT MEDLEY

Meet Record - Girls	4:03.83	3/14/2014	Springside-Chestnut Hill	Philadelphia, PA
	(J. Reeves, B. Lipp, B. Broadwater, T. Turner)			
Meet Record - Boys	3:31.05	3/13/2015	Weston	Weston, CT
	(Micah Zirn, Ian Stube, Simeon Okoro, Cole Clark)			

HIGH JUMP

Meet Record - Girls	5-08.50	3/8/2019	Jahnelle Sanders	Phoebus, Hampton, VA
Meet Record - Boys	6-08.25	3/14/2014	Isaiah Kyle	East, Morristown, TN

POLE VAULT

Meet Record - Girls	12-06.25	3/10/2017	Olivia Goodwin	Cary, NC
Meet Record - Boys	15-09.25	3/9/2018	Caleb Johnson	Germantown Acad, Ft Washington, PA

LONG JUMP

Meet Record - Girls	19-05.50	3/11/2016	Breanna Gambrell	Athens, PA
Meet Record - Boys	23-10.25	3/9/2018	Cayden Spencer-Thompson	Mattanawcook Acad, Lincoln, ME

TRIPLE JUMP

Meet Record - Girls	40-05.50	3/8/2013	Ebony Owusu-Sampah	Hylton, Woodbridge, VA
Meet Record - Boys	48-02.00	3/10/2017	Britt Ipsen	Capital, Boise, ID

SHOT PUT

Meet Record - Girls	44-09.00	3/13/2015	Egypt Parker	St. Catherine Academy, Bronx, NY
Meet Record - Boys	59-10.50	3/9/2018	Elian Ahmar	Broadneck, Annapolis, MD

WEIGHT THROW

Meet Record - Girls	56-03.00	3/13/2015	Taylor Scaife	Howard, Ellicott City, MD
Meet Record - Boys	66-03.00	3/13/2015	Brent Fairbanks	Austintown-Fitch, Youngstown, OH

FRESHMAN EVENT RECORDS

GIRLS

60 METER RECORDS

Meet	7.44p	3/10/2019	Kaila Jackson	Detroit Renaissance, Detroit, MI
Freshman	7.25	3/11/2018	Tamari Davis	Gainesville, FL

2019 MEET RESULTS

1	Kaila Jackson	22 Detroit, MI	7.46(7.44p)
2	Jahzara Hart	22 Raleigh, NC	7.54
3	Autumn Wilson	22 Leander, TX	7.63

400 METER RECORDS

Meet	55.55	3/11/2017	Kimberly Harris	Buford, GA
Freshman	52.96	1/26/2019	Kayla Davis	Providence Day, Charlotte, NC

2019 MEET RESULTS

1	Chloe Vines	22 Motor City TC	56.66
2	Analisse Batista	22 Huntington, NY	56.94
3	Leeah Burr	22 Detroit, MI	56.96

ONE MILE RECORDS

Meet	4:49.37	3/15/2008	Chelsey Sveinnson	Greenhills, Dallas, TX
Freshman	4:40.10	3/16/1973	Mary Decker	Orange, CA

2019 MEET RESULTS

1	Ava Parekh	22 Chicago, IL	4:59.36
2	Juliette Whittaker	22 Laurel, MD	4:59.40
3	Aysia Maurice	22 Bolton, ON	5:02.76

BOYS

60 METER RECORDS

Meet	6.90p	3/10/2019	Jaylen Slade	Chapel Hill, Douglasville, GA
Freshman	6.78	3/10/2001	Jerald Watson	Central Catholic, Morgan City, LA
	6.78	2/13/2016	Tyrese Cooper	American, Hialeah, FL

2019 MEET RESULTS

1	Xavier Smith	22 Durham, NC	6.92
2	Gavin Sawchuk	22 Aurora, CO	6.93
3	Jonas Clarke	22 South Hadley, MA	7.02

400 METER RECORDS

Meet	49.00	3/11/2017	Ashton Allen	Bullis, Potomac, MD
Freshman	47.97	1/16/2016	Tyrese Cooper	American, Hialeah, FL
Freshman	47.97	3/12/2016	Brian Herrion	Lakeside, Atlanta,GA

2019 MEET RESULTS

1	Jayson Ward	22 Midlothian, VA	49.73
2	Jordyn Smith	22 Charlotte, NC	50.79
3	Austin Gallant	22 Haymarket, VA	50.82

ONE MILE RECORDS

Meet	4:18.09	3/10/2012	Elijah Armstrong	Pocatello, ID
Freshman	4:15.43	1/10/2009	Lukas Verzbicas	Lincoln Way, New Lenox, IL

2019 MEET RESULTS

1	Marco Langon	22 Raritan, NJ	4:26.72
2	Myles Plummer	22 Scotch Plains, NJ	4:27.25
3	Kyle Rakitis	22 Woolwich Twp, NJ	4:28.65

JR HIGH/MIXED EVENT RECORDS

JUNIOR HS BOYS MILE RECORDS

Meet	4:35.46	3/10/2013	Eric Coston	Hammond, LA

2019 MEET RESULTS

1	Marcus Reilly	24 Northbridge, MA	4:38.95
2	Nathan Lopez	23 Haverhill, MA	4:44.27(4:44.264)
3	Reese Vannerson	23 Sugar Land, TX	4:44.27(4:44.270)

JUNIOR HS GIRLS MILE RECORDS

Meet	4:59.93	3/15/2015	Katelyn Tuohy	North Rockland, Thiells, NY

2019 MEET RESULTS

1	Hannah McIntyre	23 Dorchester, ON	5:11.38
2	Leonni Griffin	24 Watervliet, NY	5:15.23
3	Reese Tucker	23 Littleton, CO	5:15.90

MIXED 4X400 RELAY RECORDS

National, Meet	3:32.40	3/10/2018	Nansemond River	Suffolk, VA

(K Carter, J Waller, T Scott-McKoy, D Faircloth)

2019 MEET RESULTS

1	Western Branch TC	VA	3:32.57
2	Long Island Elite TC	NY	3:33.89
3	Bullis TC	MD	3:34.33

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GIRLS

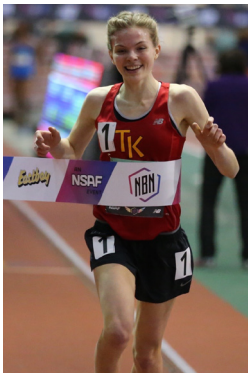
Recognition of: The 2019 Inductees of the National High School Track & Field Hall of Fame.
http://nationalhighschooltrackandfieldhof.org

RECORDS

National	15:37.12	1/20/2018	Katelyn Tuohy	N. Rockland, Thiells, NY
Meet	15:55.75	3/10/2017	Brie Oakley	Grandview, Aurora, CO
Armory HS	15:55.75	3/10/2017	Brie Oakley	Grandview, Aurora, CO
Freshman	17:08.45	3/14/2014	Jessica Lawson	Cornell, NY
Sophomore	15:37.12	1/20/2018	Katelyn Tuohy	N. Rockland, Thiells, NY
Junior	16:19.69	3/9/2012	Erin Finn	W. Bloomfield, MI
Senior	15:55.75	3/10/2017	Brie Oakley	Grandview, Aurora, CO

2019 MEET RESULTS

1	Noelle Adriaens	19 Brighton, MI	17:11.47
2	Monica Hebner	19 Clarkston, MI	17:15.06
3	Ryann Helmers	19 Amherst, MA	17:19.15



Noelle Adriaens

PAST MEET CHAMPIONS

2018	-Jacqueline Gaughan	Exeter, NH	16:19.42
2017	-Brie Oakley	Grandview, Centennial, CO	15:55.75
2016	**Weini Kelati	Heritage, Leesburg, VA	16:08.83
2015	-Anna Rohrer	Mishawaka, IN	16:10.79
2014	-Tessa Barrett	Abingdon Heights, Clarks Summit, PA	16.11.85

MEET ALL-TIME BEST

15:55.75	-Brie Oakley	Grandview, Centennial, CO	2017
16:08.83	**Weini Kelati	Heritage, Leesburg, VA	2016
16:10.79	-Anna Rohrer	Mishawaka, IN	2015
16:11.85	-Tessa Barrett	Abington Heights, Clarks Summit, PA	2014
16:12.81	-Ryen Frazier	Ravenscroft, Raleigh, NC	2015

BOYS

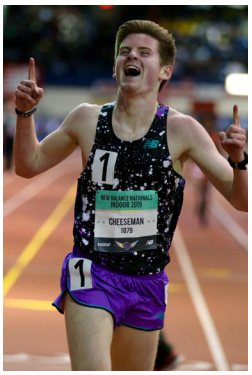
Recognition of: The 2019 Inductees of the National High School Track & Field Hall of Fame.
http://nationalhighschooltrackandfieldhof.org

RECORDS

National	13:57.04	2/11/2012	Edward Cheserek	St. Benedict's, Newark, NJ
Armory HS	13:57.04	2/11/2012	Edward Cheserek	St. Benedict's, Newark, NJ
Meet	14:06.78	3/11/2011	Lukas Verzbicas	Sandburg, Orland Park, IL
Freshman	14:18.42	3/13/2009	Lukas Verzbicas	Lincoln-Way, New Lenox, IL
Sophomore	14:54.27	3/8/2013	Elijah Armstrong	Pocatello, ID
Junior	13:57.04	2/11/2012	Edward Cheserek	St. Benedict's, Newark, NJ
Senior	14:06.78	3/11/2011	Lukas Verzbicas	Sandburg, Orland Park, IL

2019 MEET RESULTS

1	Carter Cheeseman	19 Keller, TX	14:40.01
2	Corey Gorgas	19 Saugatuck, MI	14:40.75
3	Tyler Berg	19 Ballston Lake, NY	14:52.23



Carter Cheeseman

PAST MEET CHAMPIONS

2018	-Chad Johnson	Colonel Crawford, N. Robinson, OH	14:42.59
2017	-Ben Varghese	Daniel Boone, Gray, TN	14:47.25
2016	-Eric van der Els	McMahon, Norwalk, CT	14:42.41
2015	-Elijah Armstrong	Pocatello, ID	14:41.72
2014	*Conner Mantz	Sky View, Smithfield, UT	14:24.33

MEET ALL-TIME BEST

14:06.78	-Lukas Verzbicas	Sandburg, Orland Park, IL	2011
14:19.82	-Kirubel Erassa	Grayson, Loganville, GA	2010
14:24.33	*Conner Mantz	Sky View, Smithfield, UT	2014
14:37.25	-Daniel Lennon	Peru, NY	2012
14:37.32	-Dallin Farnsworth	Highland, Pocatello, ID	2012

DISTANCE MEDLEY RELAY

GIRLS

In Memory of: Dr. Norbert Sander, Founder of The Armory Track Foundation.

RECORDS

National	11:34.54	1/14/2017	Lake Braddock	Burke, VA
	(S. Browning, Skyla Davidson, S. Schwers, Kate Murphy)			
Meet	11:34.85	3/11/2016	North Rockland	Theills, NY
	(Alex Harris, Camille Cameron, Syd March, Kate Tuohy)			
Armory HS	11:34.85	3/11/2016	North Rockland	Thiells, NY
	(Alex Harris, Camille Cameron, Syd March, Kate Tuohy)			

2019 MEET RESULTS

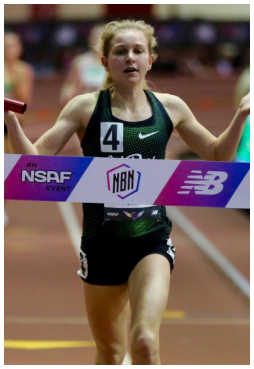
1	North Rockland TC	NY	11:41.84
2	Stotan Racing	NY	11:45.29
3	Natick TC	MA	11:45.63

PAST MEET CHAMPIONS

2018	North Rockland	Thiells, NY	11:44.38
2017	North Rockland	Thiells, NY	11:41.04
2016	North Rockland	Thiells, NY	11:34.85
2015	Suffern	Suffern, NY	11:53.57
2014	West Springfield	Springfield, VA	11:43.39

MEET ALL-TIME BEST

11:34.85	North Rockland	Thiells, NY	2016
11:38.60	Saratoga	Saratoga, NY	2010
11:39.10	Cardozo	Queens, NY	2013
11:39.10	Lake Braddock	Burke, VA	2016
11:39.29	South	Grosse Pointe, MI	2012



North Rockland

BOYS

In Memory of: Dr. Norbert Sander, Founder of The Armory Track Foundation.

RECORDS

National	9:54.41	3/8/2019	Loudoun Valley	Purcellville, VA
	(Jacob Hunter, Akere Simms, Connor Wells, Sam Affolder)			
Meet	9:54.41	3/8/2019	Loudoun Valley	Purcellville, VA
	(Jacob Hunter, Akere Simms, Connor Wells, Sam Affolder)			
Armory HS	9:54.41	3/8/2019	Loudoun Valley	Purcellville, VA
	(Jacob Hunter, Akere Simms, Connor Wells, Sam Affolder)			

2019 MEET RESULTS

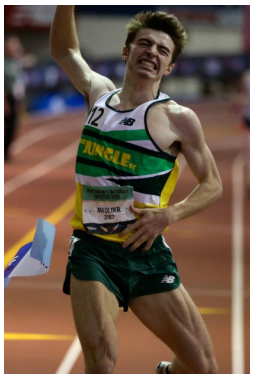
1	The Jungle TC	VA	9:54.41
2	St. Anthony's TC	NY	10:02.55
3	Bronxville TC	NY	10:07.15

PAST MEET CHAMPIONS

2018	Brentwood	Brentwood, TN	9:56.31
2017	Carlisle	Carlisle, PA	9:56.18
2016	Loudoun Valley	Purcellville, VA	10:03.42
2015	Saline	Saline, MI	10:04.30
2014	Cardinal O'Hara	Springfield, PA	10:00.75

MEET ALL-TIME BEST

9:54.41	Loudoun Valley	Purcellville, VA	2019
9:56.18	Carlisle	Carlisle, PA	2017
9:56.31	Brentwood	Brentwood, TN	2018
9:58.36	St. Anthony's	Melville, NY	2018
10:00.58	Loudoun Valley	Purcellville, VA	2018



The Jungle

HIGH JUMP

GIRLS

Thank you to: Our incredible NBNI staff and volunteers

RECORDS

National	6-06.25	3/12/2016	Vashti Cunningham	Bishop Gorman, Las Vegas, NV
Meet, Armory HS	6-03.25	3/8/2019	Morgan Smalls	Panther Creek, Cary, NC
Freshman	5-10.00	1989	Karla Newman	White Creek, TN
Freshman	5-10.00	2/14/2004	Patience Coleman	Southern, Durham, NC
Sophomore	6-00.75	1981	Mary Moore	Issaquah, WA
Junior	6-03.25	3/8/2019	Morgan Smalls	Panther Creek, Cary, NC
Senior	6-06.25	3/12/2016	Vashti Cunningham	Bishop Gorman, Las Vegas, NV

2019 MEET RESULTS

1	Morgan Smalls	20 Morrisville, NC	1.91m	6-03.25
2	Nyagoa Bayak	19 Westbrook, ME	1.80m	5-10.75
3	Anna Hall	19 Littleton, CO	1.80m	5-10.75

PAST MEET CHAMPIONS

2018	*Anna Hall	Valor Christian, Highlands Ranch, CO	5-08.75
2017	-Carlie Queen	Summit Chris. Acad., Lee's Summit, MO	5-10.75
2016	-Mikella Lefebvre-Oatis	Montreal, QC	5-09.25
2015	-Nicole Greene	Ponte Vedra, Ponte Vedra Beach, FL	6-00.50
2014	-Ellen DiPietro	Marshfield, MA	5-10.50

MEET ALL-TIME BEST

6-03.25	*Morgan Smalls	Panther Creek, Cary, NC	2019
6-00.50	-Nicole Greene	Ponte Vedra, Ponte Vedra Beach, FL	2015
6-00.00	*Sheena Gordon	McDowell, Erie, PA	2002
5-11.50	*Hyleas Fountain	Central Dauphin East, Harrisburg, PA	1999
5-11.25	*Kendell Williams	Kell, Marietta, GA	2012
5-11.25	**Cyre Virgo	Fleetwood, PA	2013

Morgan Smalls

BOYS

Thank you to: Our incredible NBNI staff and volunteers

RECORDS

Nat'l, Meet	7-05.25	3/14/2004	Scott Sellers	Cinco Ranch, Katy, TX
Armory HS	7-03.75	3/14/2003	Mike Morrison	Willingboro, NJ
Freshman	6-08.00	1998	Ivan Schmidt	Penncrest, Media, PA
Sophomore	7-02.00	1/11/2003	Scott Sellers	Cinco Ranch, Katy, TX
Junior	7-05.25	3/14/2004	Scott Sellers	Cinco Ranch, Katy, TX
Senior	7-05.00	3/11/1978	Gail Olson	Sycamore, IL
Senior	7-05.00	2/12/2005	Scott Sellers	Cinco Ranch, Katy, TX

2019 MEET RESULTS

1	Trey Allen	19 Birmingham, AL	2.10m	6-10.75
2	David Ajama	19 Lowell, MA	2.10m	6-10.75
3(4-way tie)	Mark Anselmi, Chet Ellis, Aidan Clark, Charles McBride		2.06m	6-09.00

PAST MEET CHAMPIONS

2018	-Mayson Conner	York, NE	7-01.75
2017	-Rahman Minor	Pike, Indianapolis, IN	7-00.25
2016	-Darius Carbin	Mt. Pleasant, San Jose, CA	7-01.75
2015	*Jaron Brooks	Henry Clay, Lexington, KY	6-11.50
2014	-Paul Galas	Mississauga, ON	6-10.25

MEET ALL-TIME BEST

7-05.25	*Scott Sellers	Cinco Ranch, Katy, TX	2004
7-04.25	-Michael Morrison	Willingboro, NJ	2003
7-03.00	-Erik Kynard	Rogers, Toledo, OH	2009
7-02.50	-Scott Sellers	Cinco Ranch, Katy, TX	2005
7-01.75	-Darius Carbin	Mt. Pleasant, San Jose, CA	2016
7-01.75	-Jaron Brooks	Henry Clay, Lexington, KY	2016
7-01.75	-Mayson Conner	York, NE	2018

Trey Allen

PENTATHLON

GIRLS

Thank you to: New Balance – Celebrating our 9th year with our partners at NBNI.

RECORDS

National	4302	2/22/2019	Anna Hall	Valor Christian, Highlands Ranch, CO
Meet	4209	3/9/2019	Anna Hall	Valor Christian, Highlands Ranch, CO
Armory HS	4209	3/9/2019	Anna Hall	Valor Christian, Highlands Ranch, CO
Freshman	3561	3/13/2010	Kendell Williams	Kell, Marietta, GA
Sophomore	3846	3/13/2004	Shana Woods	Poly, Long Beach, CA
Junior	4054	3/10/2018	Anna Hall	Valor Christian, Highlands Ranch, CO
Senior	4302	2/22/2019	Anna Hall	Valor Christian, Highlands Ranch, CO

2019 MEET RESULTS

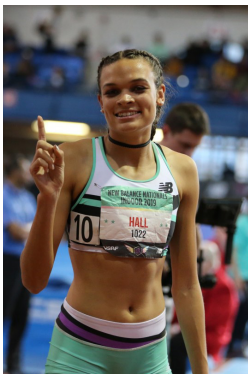
1	Anna Hall	19 Littleton, CO	4209
2	Chloe Royce	19 St Lambert, QC	3740
3	Jada Johnson	20 West Roxbury, MA	3735

PAST MEET CHAMPIONS

2018	*Anna Hall	Valor Christian, Highlands Ranch, CO	4054
2017	**Anna Hall	Valor Christian, Highlands Ranch, CO	3740
2016	-Dallyssa Huggins	Markham, ON	3885
2015	*Alexus Pyles	Clarksburg, MD	3619
2014	-Shaina Burns	South, Lakeville, MN	3706

MEET ALL-TIME BEST

4209	-Anna Hall	Valor Christian, Highlands Ranch, CO	2019
4068	-Kendell Williams	Kell, Marietta, GA	2013
4054	*Anna Hall	Valor Christian, Highlands Ranch, CO	2018
3885	-Dallyssa Huggins	Markham, ON	2016
3823	-Ryann Krais	Methacton, Fairview Village, PA	2008



Anna Hall

BOYS

Thank you to: New Balance – Celebrating our 9th year with our partners at NBNI.

RECORDS

National	4307	3/12/2011	Gunnar Nixon	Santa Fe, Edmond, OK
Meet	4307	3/12/2011	Gunnar Nixon	Santa Fe, Edmond, OK
Armory HS	4307	3/12/2011	Gunnar Nixon	Santa Fe, Edmond, OK
Freshman	2664	3/8/1997	Brandon Royster	Fairfax, VA
Sophomore	3785	2007	Curtis Beach	Albuquerque Acad., Albuquerque, NM
Junior	4150	3/11/2017	Kyle Garland	Germantown Acad., Ft. Washington, PA
Senior	4307	3/12/2011	Gunnar Nixon	Santa Fe, Edmond, OK

2018 MEET RESULTS

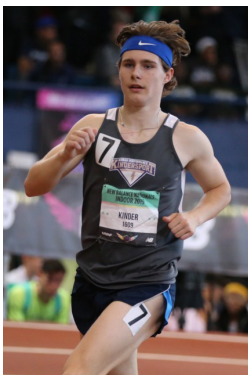
1	Jett Kinder	20 Brentwood, TN	3673
2	Carl Omohundro	19 Midlothian, VA	3643
3	Andrew Colbert	19 Freehold, NJ	3589

PAST MEET CHAMPIONS

2018	-Kyle Garland	Germantown Acad., Ft. Washington, PA	4169
2017	*Kyle Garland	Germantown Acad., Ft. Washington, PA	4150
2016	-Grant Holloway	Grassfield, Chesapeake, VA	4230
2015	*George Patrick	Brentwood Academy, Brentwood, TN	3961
2014	-Gabe Moore	Freeport, FL	4054

MEET ALL-TIME BEST

4307	-Gunnar Nixon	Santa Fe, Edmond, OK	2011
4230	-Grant Holloway	Grassfield, Chesapeake, VA	2016
4169	-Kyle Garland	Germantown Acad., Ft. Washington, PA	2018
4150	*Kyle Garland	Germantown Acad., Ft. Washington, PA	2017
4141	*Gunnar Nixon	Santa Fe, Edmond, OK	2010



Jett Kinder

ONE MILE RACE WALK

GIRLS

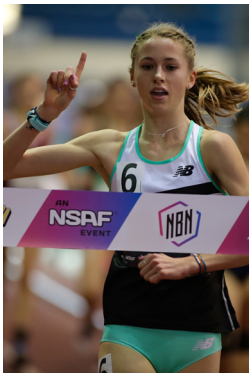
Sponsored by: Tracy Sundlun – NSAF Board Member and Fan of All Aspects of Athletics

RECORDS

National	6:28.21	2/9/2019	Taylor Ewert	Beavercreek, OH
Meet	6:34.53	3/9/2019	Taylor Ewert	Beavercreek, OH
Armory HS	6:28.21	2/9/2019	Taylor Ewert	Beavercreek, OH
Freshman	7:06.32	3/11/2017	Taylor Ewert	Beavercreek, OH
Sophomore	6:49.20	3/10/2018	Taylor Ewert	Beavercreek, OH
Junior	6:28.21	2/9/2019	Taylor Ewert	Beavercreek, OH
Senior	6:53.44	3/11/2017	Lauren Harris	Sachem East, Farmingville, NY

2019 MEET RESULTS

1	Taylor Ewert	20 Beavercreek, OH	6:34.53
2	Ciara Durcan	21 Orangeburg, NY	7:14.85
3	Jessica Grover	19 Melville, NY	7:30.06



Taylor Ewert

PAST MEET CHAMPIONS

2018	**Taylor Ewert	Beavercreek, OH	6:49.20
2017	-Lauren Harris	Sachem East, Ronkonkoma, NY	6:53.44
2016	*Lauren Harris	Sachem East, Ronkonkoma, NY	6:57.36
2015	-Ashleigh Resch	Yellow Springs, OH	7:00.33
2014	*Ashleigh Resch	Yellow Springs, OH	7:19.22

MEET ALL-TIME BEST

6:34.53	*Taylor Ewert	Beavercreek, OH	2019
6:49.20	**Taylor Ewert	Beavercreek, OH	2018
6:53.44	-Lauren Harris	Sachem East, Ronkonkoma, NY	2017
6:57.36	*Lauren Harris	Sachem East, Ronkonkoma, NY	2016
7:00.33	-Ashleigh Resch	Yellow Springs, OH	2015

BOYS

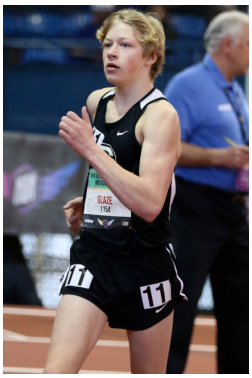
Sponsored by: Tracy Sundlun – NSAF Board Member and Fan of All Aspects of Athletics

RECORDS

National	6:03.48	1/29/2010	Trevor Barron	Bethel Park, PA
Meet	6:06.13	3/13/2010	Trevor Barron	Bethel Park, PA
Freshman	6:37.0h	2/1/2009	Tyler Sorensen	Lafayette, CA
Sophomore	6:21.57	3/13/2010	Tyler Sorensen	Lafayette, CA
Junior	6:14.12	1/30/2009	Trevor Barron	Bethel Park, PA
Senior	6:03.48	1/29/2010	Trevor Barron	Bethel Park, PA

2018 MEET RESULTS

1	Sean Glaze	20 Springfield, OH	6:41.89
2	Samuel Allen	20 Woolwich Twp, NJ	6:41.91
3	Jadon Davis	19 Baltimore, MD	7:14.09


Sean Glaze

PAST MEET CHAMPIONS

2018	**Sean Glaze	Springfield, OH	7:07.05
2017	-Cameron Haught	Yellow Springs, OH	6:12.00
2016	*Cameron Haught	Yellow Springs, OH	6:15.77
2015	**Cameron Haught	Yellow Springs, OH	6:36.30
2014	-Anthony Peters	Chicago, IL	6:38.81

MEET ALL-TIME BEST

6:06.13	-Trevor Barron	Home-Schooled, Bethel Park, PA	2010
6:12.00	-Cameron Haught	Yellow Springs, OH	2017
6:15.77	*Cameron Haught	Yellow Springs, OH	2016
6:17.96	*Zachary Pollinger	Mahway, NJ	2003
6:19.35	-Alejandro Chavez	McAllen, TX	2010

60 METERS

GIRLS

In Honor of: Bernice Sandler – 2019 John Chaplin Honorary Referee

RECORDS

National	7.19	2/21/2004	Ashley Owens	Liberty, Colorado Springs, CO
Meet	7.25	3/11/2018	Tamari Davis	Gainesville, FL
Armory HS	7.25	3/11/2018	Tamari Davis	Gainesville, FL
Freshman	7.25	3/11/2018	Tamari Davis	Gainesville, FL
Sophomore	7.27	2/16/2019	Tamari Davis	Gainesville, FL
Junior	7.24	2/10/2007	Victoria Jordan	Dunbar, Ft. Worth, TX
Senior	7.19	2/21/2004	Ashley Owens	Liberty, Colorado Springs, CO

2019 MEET RESULTS

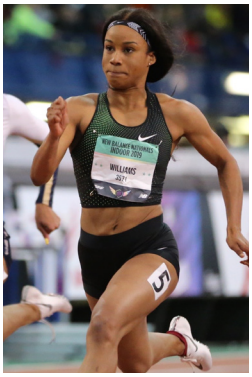
1	Briana Williams	20 Miramar, FL	7.28
2	Thelma Davies	19 Philadelphia, PA	7.30
3	Semira Killebrew	19 Indianapolis, IN	7.34

PAST MEET CHAMPIONS

2018	***Tamari Davis	Gainesville, FL	7.25
2017	-Jayla Kirkland	Woodlawn, Birmingham, AL	7.27
2016	-Zaria Francis	Rio Mesa, Oxnard, CA	7.30
2015	-Teahna Daniels	First Academy, Orlando, FL	7.33
2014	-Mikiah Brisco	Baton Rouge, LA	7.26

MEET ALL-TIME BEST

7.25	***Tamari Davis	Gainesville, FL	2018
7.26	-Mikiah Brisco	Baton Rouge, LA	2014
7.27	-Jayla Kirkland	Woodlawn, Birmingham, AL	2017
7.28	*Briana Williams	Northeast, Oakland Park, FL	2019
7.29	**Alexis Joyce	Washington, Denver, CO	1999



Briana Williams

BOYS

In Honor of: Bernice Sandler – 2019 John Chaplin Honorary Referee

RECORDS

National	6.57	3/14/1999	Casey Combest	Owensboro, KY
Meet	6.57	3/14/1999	Casey Combest	Owensboro, KY
Armory HS	6.59	3/11/2018	Anthony Schwartz	American Heritage, Plantation, FL
Freshman	6.78	3/10/2001	Jerald Watson	Central Catholic, Morgan City, LA
	6.78	2/13/2016	Tyrese Cooper	American, Hialeah, FL
Sophomore	6.67	2/16/2007	Jeremy Rankin	Overland, Aurora, CO
Junior	6.60	3/10/2019	Micah Williams	Benson, Portland, OR
Senior	6.57	3/14/1999	Casey Combest	Owensboro, KY

2019 MEET RESULTS

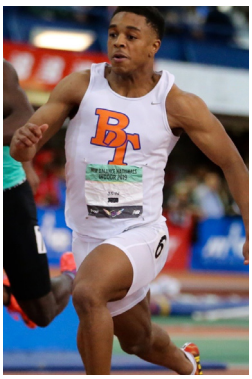
1	Micah Williams	20 Portland, OR	6.60
2	Lance Lang	19 Florissant, MO	6.65
3	Mario Heslop	19 Somerset, NJ	6.73

PAST MEET CHAMPIONS

2018	-Anthony Schwartz	American Heritage, Plantation, FL	6.59
2017	-Caleb Jolivette	Manvel, TX	6.73
2016	-Josephus Lyles	TC Williams, Alexandria, VA	6.65
2015	-Ryan Clark	Banneker, College Park, GA	6.65
2014	-Trentavis Friday	Cherryville, NC	6.64

MEET ALL-TIME BEST

6.57	-Casey Combest	Owensboro, KY	1999
6.59	-Anthony Schwartz	American Heritage, Plantation, FL	2018
6.60	*Micah Williams	Benson, Portland, OR	2019
6.63	-Devon Smith	Westlake, Waldorf, MD	2009
6.64	-Ttrindon Holliday	Northeast, Zachary, LA	2005
6.64	-Trentavis Friday	Cherryville, NC	2014



Micah Williams

60M HURDLES

GIRLS

In Appreciation of: The Armory Staff – The NSAF and New Balance thank The Armory for once again being such a spectacular host!

RECORDS

National, Meet	8.02	3/13/2016	Tonea Marshall	Seguin, Arlington, TX
Armory HS	8.02	3/13/2016	Tonea Marshall	Seguin, Arlington, TX
Freshman	8.35	3/13/2016	Tia Jones	Walton, Marietta, GA
Sophomore	8.15	3/11/2018	Jasmine Jones	Greater Atlanta Christian, Norcross, GA
Junior	8.05	3/11/2018	Tia Jones	Walton, Marietta, GA
Junior	8.05	3/11/2018	Grace Stark	Lakeland, White Lake, MI
Senior	8.02	3/13/2016	Tonea Marshall	Seguin, Arlington, TX

2019 MEET RESULTS

1	Shadajah Ballard	19 Chesapeake, VA	8.11
2	Jasmine Jones	20 Braselton, GA	8.22
3	Aasia Laurencin	20 Motor City TC	8.32

PAST MEET CHAMPIONS

2018	*Tia Jones	Walton, Marietta, GA	8.05
2017	-Tara Davis	Agoura, CA	8.14
2016	-Tonea Marshall	Sequin, Arlington, TX	8.02
2015	**Sydney McLaughlin	Union Catholic, Scotch Plains, NJ	8.17
2014	-Dior Hall	George Washington, Denver, CO	8.11

MEET ALL-TIME BEST

8.02	-Tonea Marshall	Sequin, Arlington, TX	2016
8.05	*Tia Jones	Walton, Marietta, GA	2018
8.05	*Grace Stark	Lakeland, White Lake, MI	2018
8.11	-Shadajah Ballard	Western Branch, Chesapeake, VA	2019
8.11	-Dior Hall	George Washington, Denver, CO	2014

Shadajah Ballard

BOYS

In Appreciation of: The Armory Staff – The NSAF and New Balance thank The Armory for once again being such a spectacular host!

RECORDS

National	7.40	3/12/2017	Trey Cunningham	Winfield, AL
Meet	7.40	3/12/2017	Trey Cunningham	Winfield, AL
Armory HS	7.40	3/12/2017	Trey Cunningham	Winfield, AL
Freshman	8.03	2/16/2002	Lataero Mitchell	Wayne, Huber Heights, OH
Sophomore	7.83	3/11/2007	Wayne Davis	Southeast, Raleigh, NC
Junior	7.59	3/15/2015	Grant Holloway	Grassfield, Chesapeake, VA
Senior	7.40	3/12/2017	Trey Cunningham	Winfield, AL

2019 MEET RESULTS

1	Sincere Rhea	19 Richland, NJ	7.69
2	Cameron Harris	19 Hudson, CO	7.81
3	Kenneth Wei	19 Mt. Sinai, NY	7.83

PAST MEET CHAMPIONS

2018	-Ayden Owens	North Allegheny, Wexford, PA	7.59
2017	-Trey Cunningham	Winfield, AL	7.40
2016	-Grant Holloway	Grassfield, Chesapeake, VA	7.53
2015	*Grant Holloway	Grassfield, Chesapeake, VA	7.59
2014	-Isaiah Moore	Cummings, Burlington, NC	7.79

MEET ALL-TIME BEST

7.40	-Trey Cunningham	Winfield, AL	2017
7.53	-Grant Holloway	Grassfield, Chesapeake, VA	2016
7.59	*Grant Holloway	Grassfield, Chesapeake, VA	2015
7.59	-Chad Zallow	John F. Kennedy, Warren, OH	2015
7.59	-Ayden Owens	North Allegheny, Wexford, PA	2018

Sincere Rhea

SHUTTLE HURDLE RELAY

GIRLS

Sponsored by: Baron Insignias – The Championship Ring and Official Bling of NBNI

RECORDS

National	30.44	3/10/2018	Bullis	Potomac, MD
	(Lauryn Harris, Masai Russell, Leah Phillips, Cierra Pyles)			
Meet	30.44	3/10/2018	Bullis	Potomac, MD
	(Lauryn Harris, Masai Russell, Leah Phillips, Cierra Pyles)			
Armory HS	30.44	3/10/2018	Bullis	Potomac, MD
	(Lauryn Harris, Masai Russell, Leah Phillips, Cierra Pyles)			

2019 MEET RESULTS

1	Virginia Elite	VA	33.04
2	Millville TC	NJ	33.37
3	Winslow Township TC	NJ	34.06

PAST MEET CHAMPIONS

2018	Bullis	Potomac, MD	30.44
2017	Western Branch	Chesapeake, VA	30.63
2016	Hoover	Hoover, AL	31.87
2015	Western Branch	Chesapeake, VA	31.22
2014	Hoover	Hoover, AL	31.35

MEET ALL-TIME BEST

30.44	Bullis	Potomac, MD	2018
30.63	Western Branch	Chesapeake, VA	2017
31.22	Western Branch	Chesapeake, VA	2015
31.35	Hoover	Hoover, AL	2014
31.46	Western Branch	Chesapeake, VA	2014

BOYS

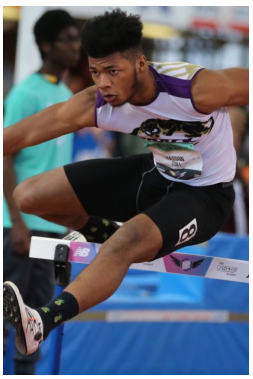
Sponsored by: Baron Insignias – The Championship Ring and Official Bling of NBNI

RECORDS

National	28.62	3/11/2017	East Orange	East Orange, NJ
	(Akeem Lindo, Corey Poole, A. Dunson, Ibrahim Fobay)			
Meet	28.62	3/11/2017	East Orange	East Orange, NJ
	(Akeem Lindo, Corey Poole, A. Dunson, Ibrahim Fobay)			
Armory HS	28.62	3/11/2017	East Orange	East Orange, NJ
	(Akeem Lindo, Corey Poole, A. Dunson, Ibrahim Fobay)			

2019 MEET RESULTS

1	Virginia Elite	VA	29.02
2	Western Branch TC	VA	29.39
3	Deptford Elite	NJ	30.19



Virginia Elite

PAST MEET CHAMPIONS

2018	Oscar Smith	Chesapeake, VA	29.38
2017	East Orange	East Orange, NJ	28.62
2016	Western Branch	Chesapeake, VA	29.58
2015	Andover	Andover, MA	29.51
2014	Western Branch	Chesapeake, VA	29.40

MEET ALL-TIME BEST

28.62	East Orange	East Orange, NJ	2017
28.64	Western Branch	Chesapeake, VA	2017
29.02	Oscar Smith	Chesapeake, VA	2019
29.20	Union Catholic	Scotch Plains, NJ	2013
29.38	Oscar Smith	Chesapeake, VA	2018

4x200M RELAY

GIRLS

Sponsored by: Dr. Robert Jones – NSAF Board Member,& the NBNI Medical Team Extraordinaire

RECORDS

National	1:34.75	3/11/2018	Bullis	Potomac, MD
	(Shaniya Hall, Leah Phillips, Ashley Seymour, Masai Russell)			
Meet	1:34.75	3/11/2018	Bullis	Potomac, MD
	(Shaniya Hall, Leah Phillips, Ashley Seymour, Masai Russell)			
Armory HS	1:34.75	3/11/2018	Bullis	Potomac, MD
	(Shaniya Hall, Leah Phillips, Ashley Seymour, Masai Russell)			

2019 MEET RESULTS

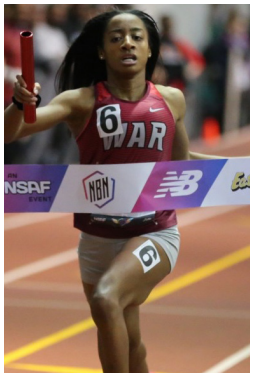
1	Team WAR	VA	1:37.94
2	Robeson Eagles TC	NY	1:39.86
3	Mustang TC	NC	1:41.23

PAST MEET CHAMPIONS

2018	Bullis	Potomac, MD	1:34.75
2017	Nansemond River	Suffolk, VA	1:36.35
2016	Nansemond River	Suffolk, VA	1:37.43
2015	Parkland	Winston-Salem, NC	1:38.19 [1:37.75p]
2014	New Rochelle	New Rochelle, NY	1:38.41

MEET ALL-TIME BEST

1:34.75	Bullis	Potomac, MD	2018
1:36.25	Wakefield	Raleigh, NC	2012
1:36.35	Nansemond River	Suffolk, VA	2017
1:36.35	Nansemond River	Suffolk, VA	2018
1:36.78	Western Branch	Chesapeake, VA	2018



Team War

BOYS

Sponsored by: Dr. Robert Jones – NSAF Board Member,& the NBNI Medical Team Extraordinaire

RECORDS

National	1:25.60	1/19/2019	Bullis	Potomac, MD
	(Ashton Allen, Austin Allen, Andre Turay, Ryan Willie)			
Armory HS	1:26.09	3/13/2005	Poly	Long Beach, CA
	(I. Green, V. Joseph, T. Patterson, B. Nellum)			
Meet	1:26.21	3/13/2016	TC Williams	Alexandria, VA
	(T. Lockett, Noah Lyles, Kai Cole, Josephus Lyles)			
NSIC Meet	1:26.09	3/13/2005	Poly	Long Beach, CA
	(I. Green, V. Joseph, T. Patterson, B. Nellum)			

2019 MEET RESULTS

1	Bulldog Elite TC	NC	1:28.08
2	Pfafftown RC	NC	1:29.03
3	Shark TC	NY	1:29.20

PAST MEET CHAMPIONS

2018	Nansemond River	Suffolk, VA	1:27.11
2017	Western Branch	Chesapeake, VA	1:26.96
2016	TC Williams	Alexandria, VA	1:26.29
2015	Western Branch	Chesapeake, VA	1:28.17
2014	Union Catholic	Scotch Plains, NJ	1:27.04

MEET ALL-TIME BEST

1:26.29	TC Williams	Alexandria, VA	2016
1:26.77p	Bullis	Potomac, MD	2018
1:26.96	Western Branch	Chesapeake, VA	2017
1:27.04	Union Catholic	Scotch Plains, NJ	2014
1:27.11	Nansemond River	Suffolk, VA	2018

Bulldog Elite

AN NSAF™ SELECT MEET

nationalscholastic.org

Mark your calendars for these great Spring 2019 Select Meet events!

The NSAF Select Meet program connects NSAF with some of the nation's most outstanding indoor and outdoor invitational meets. NSAF works with meet organizers to provide travel grants to select individuals and teams, giving them an opportunity for elite competition as they prepare for NBN championships and/or Team USA berths for international Youth and Junior events.

Chandler Rotary Invitational
March 22-23, 2019
Chandler, AZ
www.chandlerrotarytm.com

Arcadia Invitational
April 4-6, 2019
Arcadia, CA
www.arcadiainivtational.org

Mobile Challenge of Champions
April 5-6, 2019
Mobile, AL
www.mobilechallengeofchampions.net

Bojangles' Track & Field Classic
April 12-13, 2019
Columbia, SC
https://sites.google.com/site/bojanglestrack/

Bulldog Invitational
April 6, 2019
Potomac, MD
https://md.milesplit.com/meets/334534/info

Beach Run Invitational
April 5-6, 2019
Myrtle Beach, SC
http://www.myrtlebeachspringtraining.org/beach-run-invitational.html

Howard Wood Dakota Relays
May 3-4, 2019
Sioux Falls, SD
www.dakotarelays.com

Great Southwest Classic
May 30 - June 1, 2019
Albuquerque, NM
www.greatsouthwestclassic.com

Facebook.com/NSAF1990 @tweetingtrack nsaf_track

Photo courtesy of Rich Degnan.

MIKE BYRNES COACH OF THE YEAR

Success Through "Jedi Mind Tricks" on Long Island

Rich Degnan

Mike Byrnes Coach of the Year

By Steve Underwood

Those that have benefitted from the coaching acumen of veteran Long Island mentor Rich Degnan might think he's been coaching most or all of his adult life. Not quite true. The NSAF 2019 Mike Byrnes Coach of the Year says his own college coach had a little bit different advice regarding a career choice. "He said I should be a bar owner, which I successfully did from 1983-1996," he says. But he was inspired in the mid-1990s to return to the sport, first as an official then as a CYO coach, and then "eventually working towards where I am today."

Where he is today is a coach with tremendous success at four Long Island high schools – previously Bay Shore and Lawrence, plus C.W. Post University. He's been the chair of USATF Long Island Track and Field since 2007 and In 2003 helped create the Armory Prep Program – which is now grown to a nationally recognized mentoring vehicle for high school athletes to become college students.

His motivation? "I have dedicated myself to repaying all the people and the gifts that track and field has given me and eventually my family," he says. "My coaching philosophy has been to coach the 40-year-old in my athletes so that when they are 40 they can look back on their time on my track teams and smile … knowing it was great and that their success, like mine, can be traced back to the day they put that too big singlet over their skinny shoulders and joined the island of misfit toys – which is a track team."

Another of Coach Degnan's favorite cultural references is that he says his talents lie in using "Jedi mind tricks" and "making people turn what they once thought was impossible into reality.

"My athletes and students all believe in paying the gifts they received from the sport of track and field forward into society. They respect the sport and all that it can offer. It gives me great satisfaction to hear of the adventures and successes of those that once competed for me. So far my efforts have produced 24 coaches who now teach their athletes to pay their gifts forward and live life looking to achieve the impossible.

"Perhaps my greatest talent is that I have been able surrounding myself with great coaches, athletes and people who – despite my efforts – make me look good."

Coach Degnan was a youth trackster when he first encountered the late Michael Byrnes in 1969, long before Byrnes founded the NSAF with Jim Spier. "He saw my junior high track shirt and invited me to join the Long Island AC and compete in summer meets at Wantagh High School," he remembers. "Today I continue those weekly summer meets for the USATF but mostly because of Mike."

A 1975 grad of Holy Trinity HS in Hicksville, NY, Degnan was a 5-time All-American, ranked in the top 10 U.S. in five events, and went on to compete at U. of Nebraska. During his first coaching gig at Bay Shore from 1998-2003, his teams were unbeaten in dual meets, produced 29 state champs and all-state athletes, and set numerous records.

He moved on in 2004 to direct track and field at C.W. Post University, where in four years he had 22 conference champions, 11 NCAA qualifiers and whose athletes included Olympian racewalker Maria Mitcha. Since 2007, he's been head boys coach at Massapequa High School in New York where his teams have dominated competition and produced 69 college track and field athletes, 21 of which have become team captains. He's been director of operations at the Running School (2000-10) and Director of Staffing and Operations at Foundation Running Camps since 2010.

Degnan says he's thankful for his parents and family, "who always believed in me and taught me to believe in others … My high school coach Steve Borbet taught me to race and live without fear, and my coaching partner at Bay Shore, Jim McGlynn, taught me that there is always a little magic if you believe in the possibility of greatness and honor the sport and your competition. Mike Byrnes taught me the passion of competition and Paul Limmer, Bob Baratta, Walt Brem, and Al Berkowski – like guardian angels – gave me guidance and opportunities which I never could have imagined. Lastly, I want to thank my athletes who decided to come back day after day and become the greatest people they could be. I am proud of all of them and will always root for their successes while always having their backs."

DOUG SPECK AWARD
FOR EXCELLENCE AND INNOVATION

Education, Opportunity for Girls Through Athletics

Fred Thompson

Doug Speck Award for Excellence and Innovation

By Steve Underwood

Coach Fred Thompson, who passed away at 85 this January 22, 2019, was a true pioneer in coaching and developing women's track and field – years before the advent of Title IX. As a young child in Brooklyn, his aunt became a key role model and, as he told the New York Times in 1979, she told him to get an education – because once you have a college diploma, nobody can take it away from you – and to simply get involved with people. Thompson would get enough education to become an attorney and, to satisfy the directive to get involved with people, he started the Atoms Track Club in 1963 – a time when opportunities for girls in track and field were few and far between – having realized that girls simply weren't getting what they needed in terms of physical education and sports. He had loved track growing up, became a prep standout at Boys High, and then was a quarter-miler at City College. He got his law degree from St. John's University.

Coach Fred Thompson. Photo courtesy of Cheryl Toussaint.

Andrea "Andi" Williams accepts the Doug Speck Award for Fred Thompson during the NBNI awards ceremony at The Armory. Photo by John Nepolitan.

Thompson made sure he wasn't just a highly educated coach, but also a friend and an advocate as he helped girls and young women navigate all of their challenges – whether they had to do with athletics, families, education, economic status or anything else that stood in the way of their becoming successful in life. Countless national and world class athletes were developed by him over the years, including Olympians Grace Jackson, Lorna Forde, Joetta Clark, Cheryl Toussaint and former world record holder Diane Dixon – among many others.

"The Atoms stands for excellence in education, trying to better yourself in this society, and one way to do that is to go to college and get that piece of paper," he told the NY Times. His greatest joy during those first 15 years was that the club produced 50 college graduates – despite great economic challenges.

Coach Thompson founded the Colgate Women's Games in 1974 with the support of Colgate Palmolive Company, which has remained the program's title sponsor for more than four decades. He became the event's full-time meet director – it's really a series of meets covering the entire indoor season – for 40 years before relinquishing the reins to Cheryl Toussaint in 2014. For the first 10 years of its existence, the Colgate Women's Games – providing indoor track and field competition for 1000s of girls and women of all ages in New York – was one of the only places for high school and youth age female athletes to compete in an organized fashion.

Photo by Victah, Photorun.net.

JOHN CHAPLIN HONORARY REFEREE

Pioneer for Women's Sports... ... and so much more

Bernice Sandler John Chaplin Honorary Referee

By Steve Underwood

This year the theme of our National High School Track and Field Hall of Fame Class of 2019 became honoring athletes and coaches who were instrumental in advancing girls' track and field in the years before, during and after the implementation of Title IX in 1972. But those who made a big difference in the progress of the sport go beyond those directly involved with it – perhaps none more so when it comes to educational athletics than Dr. Bernice Sandler – called the "Godmother of Title IX" by The New York Times.

Because of Dr. Sandler's efforts in the implementation of Title IX 47 years ago, girls and women in junior high, high school and collegiate athletics have much great opportunities to compete and excel than they likely would have. She passed away in January, 2019 at age 90 and it was indeed fitting to honor her this year at the NBNI Opening Ceremonies. Deborah Jo Sandler, one of her two daughters (living in California) who weren't able to be present at the ceremony, said her mother would have been thrilled with the award and that she loved running and physical fitness. Our NSAF COO, Joy Kamani, accepted the award on her behalf.

"It is a comfort to us to know that our mother's legacy is being honored, and that her work to advance equal rights for women goes on," said Deborah Jo.

Bernice Resnick Sandler was born in New York and when she was young, an obituary in the Times noted, "she was annoyed that she was not allowed to do things that boys could do, like be a crossing guard, fill the inkwells or operate the slide projector." When she was older in the late 1960s, teaching part-time at the University of Maryland, she was told that she wasn't being hired for a full-time job because "you come on too strong for a woman" – among other so-called "reasons."

Now inspired and motivated, Dr. Sandler spent considerable time researching sex discrimination – at the time not illegal in education. She found that civil rights legislation that President Lyndon Johnson had enacted in the 1960s disallowed organizations with federal contracts from discriminating on the basis of sex – which included most universities. Dr. Sandler and the Women's Equity Action League then started a class action in 1970 for all women in higher education. This led to the creation of Title IX, a portion of the Education Amendments of 1972, with Representatives Edith Green, Patsy Mink and Senator Birch Bayh.

Dr. Sandler would go on to write extensively about sexual and peer harassment towards women on campus received numerous awards and honors for her work on women's rights. She received multiple awards, a dozen honorary degrees and was inducted into the National Women's Hall of Fame in 2013. Title IX has had a significant impact on female collegiate athletics, dramatically increasing the number of women in sports, increasing equity and diversity within the NCAA and, of course, causing a ripple effect in opportunities for female athletes of all ages.

The NSAF's Joy Kamani accepts the John Chaplin Honorary Referee Award from Jim Spier on behalf of Dr. Sandler and her family. Photo by John Nepolitan.

Photo courtesy of Jordan Lauterbach

ALLEN DAWSON AWARD FOR CONTRIBUTIONS TO TRACK AND FIELD

A New and Unique Voice in T&F Journalism

Jordan Lauterbach

Allen Dawson Award for Contributions to Track and Field

By Steve Underwood

Jordan Lauterbach has covered cross country and track and field for Newsday on Long Island since 2012 … and has come far in a short time as a "young gun" among journalists in the sport. Since taking over the beat shortly before the 2012-2013 indoor season, he has written extensively about many Long Island standouts – many of whom have excelled in NBN competition – including Northport's Mike Brannigan, Kellenberg's Jazmine Fray, Huntington's Infinite Tucker, Shoreham – Wading River's Katherine Lee, and St. Anthony's Mason Gatewood.

Without a non-professional background in track and field – having not competed himself in the sport – Lauterbach immersed himself in the culture, nuance, and community of the sport, something that he's tried to capture in his writing.

He brings a different voice to the sport. Since joining the beat, he has covered seven Millrose Games meets and 13 indoor and outdoor New York state championship meets.

Lauterbach also covers professional and amateur running, including major road races. He's written about the Long Island Marathon, the Suffolk County Marathon, the New York Marathon, and aided with Newsday's coverage of track and field for the 2016 Rio Olympics – including profiles of race walker Maria Michta-Coffey and USA men's track and field coach Vin Lananna.

Lauterbach's media "career," so to speak, started when he was 15 years old, hosting sports talk shows on WKWZ – Syosset, Syosset High School's community radio station. While at Syosset, he also wrote about the school's football and baseball teams for school and local publications. He graduated Syosset High School in 2006.

Lauterbach graduated C.W Post University in 2010 with a degree in electronic media and a minor in journalism. While at C.W Post, Lauterbach served as sports director of the school's radio station, WCWP. At WCWP, Lauterbach hosted sports talk shows and called play-by-play for football, basketball, lacrosse, and softball. He also wrote about the school's football and baseball team for the University's newspaper.

Between college and joining Newsday, Lauterbach wrote about sports, including track and field, and local politics for various local publications. What also makes him unique is his "second career" – Lauterbach's a rising star in the world of comedy, too, having performed standup in numerous clubs both in and well beyond the NYC area. It's an impressive juggling act and makes him one to follow both as a writer and a comic.

Jordan Lauterbach and Mike Byrnes Coach of the Year Rich Degnan, both from Long Island, show their awards after the ceremony. Photo by John Nepolitan.

Members of the NHS T&F Hall of Fame (and families and friends who accepted awards) gather for a photo at the NYAC on March 10. Photos on this page by Errol Anderson.

Class of 2019 Welcomed

The National High School Track and Field Hall of Fame

By Steve Underwood

The NSAF's National High School Track and Field Hall of Fame Class of 2019 was 13 members smaller than the inaugural class the year before and, admittedly, was not stacked with "household" names in the sport like Jesse Owens, Jim Ryun, Mary Decker Slaney and Allyson Felix.

But by the end of this year's award ceremony on Sunday, March 10 at the New York Athletic Club, however, it was abundantly clear that the Hall of Fame experience for all 17 inductees, their families and friends was every bit as meaningful and special as it had been in 2018 – and all attendees were left with a profound appreciation for the new members and their legacies. The 14 athlete inductees included 11 Olympians (while in high school!) – who set 50 HS records, 12 world records and won 10 Olympic medals (while in high school!). They were legendary in their communities and states – and within the sport for their amazing achievements while so young.

It dawned on the Hall of Fame committee during this year's nomination and selection process that a few themes had emerged. "We're delighted to build upon our inaugural class with a group of inductees who truly embody excellence in the sport," said Josh Rowe, Chairman of the NSAF's Hall of Fame Committee, when the class was announced. "From high school members of the iconic 1968 Olympic Team to recognizing some of the athletes and coaches who were the stars and leaders of high school track and field prior to Title IX (1972), these individuals paved the way for generations of athletes who have benefited from their historic achievements."

Every living member of the Class of 2019 was in attendance this year and all those who were deceased had family and/or others close to them in the house. The significant group which had competed in the 1968 Games, and some who closely followed them, seemed to share a special bond as well.

So let's meet the 17 inductees, **starting with the five 1968 Olympians** (both as preps and shortly thereafter):

continued next page

- **Margaret Johnson Bailes** (Churchill HS, OR, '69) won gold on the world-record-setting U.S. 4x100m relay at the 1968 Olympics. She also made the 100m and 200m finals, despite a bout of pneumonia, and set 12 HS records overall – plus the World and American 100m Record twice.
- **Patty van Wolvelaere** (Renton HS, WA, '68) was 4th in the 1968 Olympic 80m hurdles. Along with 15 prep hurdle records, she set 10 U.S. and 9 World marks indoors and outdoors while still in high school. She later became USC's first female scholarship T&F athlete.
- **Reynaldo Brown** (Compton HS, CA, '69) followed a 7-2 high jump HSR as junior with a 7-3 at the 1968 Olympic Trials that lasted 9 years. He was 5th in the Mexico City Games, and then went on to a stellar NCAA and elite career for another decade.
- **Casey Carrigan** (Orting HS, WA, '69) was the first prep vaulter over 17 feet and made the 1968 Olympic team as a junior. He ranked #6 in the world as a senior with a 17-4.75 HSR that lasted 11 years.
- **Barbara Friedrich** (Manasquan HS, NJ, '67) set nine HS javelin records as a prep, including a 198-8.5 American record as a senior in 1967. She won the Pan Am Games and world-ranked #2, and then made the '68 Olympic team after HS.

Three more modern era inductees (graduated 1960 or later):

- **Dwayne Evans** (South Mountain HS, AZ, '76) won the 1976 Olympic 200m bronze in Montreal as a senior, the last prep boy to win an Olympic T&F medal. He world-ranked #4 and the 20.22 HSR he set in the Trials lasted 9 years.
- **Sheila Ingram** (Coolidge HS, DC, '76) won 1976 Olympic 4x400m silver in Montreal after taking 6th in the 400m. She set 4 national HS records in the 400, plus two American women's records.
- **Roy "Robot" Martin** (Dallas Roosevelt HS, TX, '85) ran an incredible HSR 20.13 200m as a senior in 1985 that stood for 31 years! He just missed the 1984 Olympic team as a junior, but world-ranked #5 and then #3 the next year. He later made the '88 Olympic team.

Our six legacy picks (graduated before 1960):

- **Bud Houser** (Oxnard, CA '22) world-ranked in both the shot (4th/7th) and discus (4th/4th) as a prep in 1921-22. He went on to win Olympic gold in both events in 1924 and the discus in 1928.
- **Frank Hussey** (Stuyvesant HS, NY, '24) was a record-setting sprint machine New York's PSAL and, after taking 4th in the 1924 Olympic Trials 100m, he won 4x100 relay gold with Team USA and world-ranked #7.
- **Jean Shiley** (Haverford HS (PA, '29) was 4th in the 1928 Olympic high jump as a HS junior. She set one world and two American records as a prep and later won the 1932 Olympic HJ.
- **Billy Brown** (Baker, LA '37) set four prep national records in the triple jump, lasting 28 years. He made the 1936 Olympic team as a junior, and swept the '36-'37 senior AAU titles, before going on to a stellar career at LSU.

Jim Ryun, Class of 2018, addresses the new inductees at the recent ceremony. Photo by Errol Anderson.

- **Joe Batiste** (Tuscon, AZ, '39) was the AAU champ and ranked 3rd in the world in high hurdles as a senior. He set 3 national HS records, which lasted 18 years, but was denied later Olympic opportunities by WWII.
- **Rex Cawley** (Farmington HS, MI, '59) was the T&FN Athlete of the Year in 1959 as a prep senior and set eight HSRs at multiple hurdle distances, including 440y/400m, where he world-ranked 5th. In 1964, he won the Olympic 400H gold in Tokyo.

Our three coaches and contributors:

- The late **Fred Thompson** was the founder and coach of the Atoms TC of Brooklyn in the early 1960s, plus founder (1974) and director of the Colgate Women's Games for 40 years. He opened the doors to the world for generations of NYC girls through track and field and his athletes included Grace Jackson, Lorna Forde, Cheryl Toussaint and Diane Dixon.
- The late **Will Stephens**, while coach of the Encina, Calif. boys T&F program in the 1960s, started coaching girls and founded Will's Spikettes – which became a leading national class club for young women that won five straight AAU XC titles from 1964-68. His successful athletes included Kathy Hammond, Kathy Weston and Evelyn Ashford. He coached eight national champions and 18 national team champions.

"These coaches paved the way for gender equity in sport before there was Title IX," said Rowe during the introduction of the awards ceremony.

- Finally, inducted as a contributor this year was **Jack Shepard**, the

continued next page

Margaret Bailes Johnson (2nd from right) with her 1968 Mexico City Olympics 4x100m relay teammates. Photo courtesy of Margaret Bailes Johnson.

Boys HS Editor of Track and Field News for 50 years and publisher of the High School Track annual – the statistical bible of HS T&F – for nearly 40 years.

The NSAF announced it would launch the National High School Track and Field Hall of Fame in summer of 2017. Nominations were made and voted upon by a crack selection committee including the sport's great scribes, statisticians and historians, including Mark Bloom, Bob Jarvis, Dave Johnson, Mike Kennedy, Joe Lanzalotto, Andy Ferrara, Walt Murphy, Jack Pfeifer, Josh Rowe, Jack Shepard, Jim Spier and Tracy Sundlun. The induction of the inaugural class – also at the NYAC – took place on the eve of the 2018 NBNI.

Jim Ryun, the first sub-4:00 boys' prep miler and a 2018 inductee who was unable to attend last year, was at the NYAC this time and followed Mr. Rowe with some introductory remarks before handing the mic over the Ian Brooks – who served as Master of Ceremonies. The announcement of each inductee was accompanied by a video presentation created by Rich Jayne for the NSAF – each of which included a stellar set of photos, interviews and much more.

Awards History

Doug Speck Award for Excellence and Innovation

2019 Fred Thompson, New York City, NY, In Memoriam
2018 Peter Walsh, New York City, NY
Dave Hunt, New York City, NY
Tess O'Connor McDade, New York City, NY
2017 John Nepolitan, Pearl River, NY
2016 Bob Gourley, Barrington, RI
2015 Jack Shepard, Westminster, CA
2014 Richard Gonzalez, Arcadia, CA
2013 John Dye, Henderson, NV
2012 Jack Pfeifer, New York, NY
2011 Norbert Sander, M.D., New York, NY
2010 Doug Speck, El Segundo, CA

Allen Dawson Award for Contributions to Track and Field

2019 Jordan Lauterbach, Syosset, NY
2018 Ross Krempley, Eugene, OR
2017 Paul Schwartz, Wyckoff, NJ
2016 Marc Bloom, Monmouth Junction, NJ
2015 Elliott Denman, West Long Branch, NJ
2014 William J. Miller, Pearl River, NY
2013 Walt Murphy, Queens, NY
2012 Ed Grant, New Providence, NJ
2011 Warren Ring, Brooklyn, NY
2010 John Carroll, Falmouth, MA
2009 Larry Newman, Boston, MA
2008 Pete Cava, Indianapolis, IN
2007 Mike Kennedy, Glendale, CA
2006 Robert Baratta, Bay Shore, NY
Alan Berkowsky, Dix Hills, NY
Paul Limmer, East Northport, NY
Walter Brem, Farmingdale, NY
2005 Larry Byrne, Warwick, RI
2004 Allen Dawson, Manhasset, NY

Mike Byrnes Coach of the Year

2019 Rich Degnan, Massapequa, NY
2018 Joe Lee, Silver Spring, MD
2017 Mike Mangan, Annandale, VA
2016 Ray James, Jamaica, NY
2015 Mike Glynn, Ridgewood, NJ
2014 Thom Spann, Providence, RI
2013 Devon Hind, Hoover, AL
2012 Jim Mitchell, Bronxville, NY
2011 James Jackson, Brooklyn, NY
2010 Robert L'Homme, Attleboro, MA
2009 Larry Martin, Londonderry, NH
2008 Claude Holland, Cleveland, OH
2007 Art and Linda Kranick, Saratoga Springs, NY
2006 Carmen Jackson, Miami, FL
2005 Harry Weaver, Detroit, MI
2004 Tony Wells, Denver, CO

John Chaplin Honorary Referee

2019 Bernice Sandler, Washington, DC, In Memoriam
2018 Ronald Darby, Philadelphia, PA
2017 Larry Byrne, Warwick, RI, In Memoriam
2016 Ed Zarowin, Brooklyn, NY
2015 Shola Lynch, New York, NY
2014 Peter Walsh, New York, NY
2013 David Zemsky, Mineola, NY
2012 Mary Wittenberg, New York, NY
2011 Lou Vazquez, Sr., Brooklyn, NY
2010 Kenneth Stiles, Boston, MA
2009 Keith McDermott, Boston, MA
2008 Larry Wilson, Ambler, PA
2007 Henry McCallum, Glenarden, MD
2006 Josh Rowe, Beaverton, OR
2005 Darlene Watkins, Landover, MD
2004 Jim Holdren, Richmond, VA
2003 Charles A. Moose, Chief, Montgomery County Police Department, MD
Honorable Jack B. Johnson, County Executive, Prince George's County, MD
2002 Victor Sailer, Smithtown, NY
Charles Turner, Brooklyn, NY
2001 Larry Colbert, Greenbelt, MD
2000 Sam Bell, Bloomington, IN

4x1 MILE RELAY

GIRLS

In Recognition of: Jordan Lauterbach – Recipient of the 2019 Allen Dawson Award for Contributions to Track & Field!

RECORDS

National	19:59.24	3/12/2005	Saratoga Springs	Saratoga, NY
	(L Ferguson, K. Delay, C. Lane, Nicole Blood)			
Meet	19:59.24	3/12/2005	Saratoga Springs	Saratoga, NY
	(L. Ferguson, K. Delay, C. Lane, Nicole Blood)			
Armory HS	20:00.97	3/10/2012	Tatnall	Wilmington, DE
	(R. Anderson, J. Williams, R. Salter, Haley Pierce)			

2019 MEET RESULTS

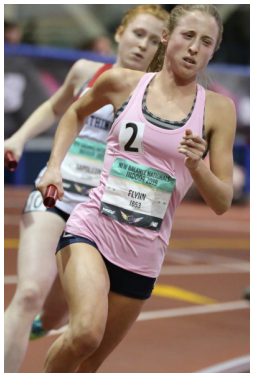
1	Koalas TC	NY	20:28.30
2	Hilliard Davidson TC	OH	20:43.12
3	Patriot TC	MD	21:06.49

PAST MEET CHAMPIONS

2018	Troy	Troy, MI	20:31.47
2017	Shoreham-Wading River	Shoreham, NY	20:33.12
2016	La Salle	Providence, RI	20:11.70
2015	La Salle	Providence, RI	20:26.13
2014	Blacksburg	Blacksburg, VA	20:28.56

MEET ALL-TIME BEST

19:59.24	Saratoga	Saratoga, NY	2005
20:00.97	Tatnall	Wilmington, DE	2012
20:02.80	South	Grosse Pointe, MI	2013
20:08.72	Saratoga	Saratoga, NY	2004
20:11.70	La Salle	Providence, RI	2016



Koalas TC

BOYS

In Recognition of: Jordan Lauterbach – Recipient of the 2019 Allen Dawson Award for Contributions to Track & Field!

RECORDS

National	17:01.81	3/9/2019	Loudoun Valley	Purcellville, VA
	(Kevin Carlson, Connor Wells, Sam Affolder, Jacob Hunter)			
Meet	17:01.81	3/9/2019	Loudoun Valley	Purcellville, VA
	(Kevin Carlson, Connor Wells, Sam Affolder, Jacob Hunter)			
Armory HS	17:01.81	3/9/2019	Loudoun Valley	Purcellville, VA
	(Kevin Carlson, Connor Wells, Sam Affolder, Jacob Hunter)			

2019 MEET RESULTS

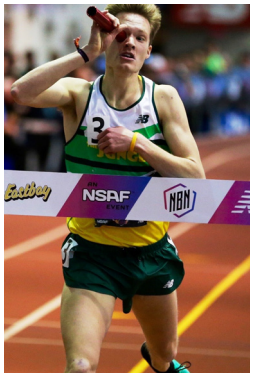
1	The Jungle TC	VA	17:01.81
2	Brothers TC	NJ	17:20.33
3	Bishop Hendricken TC	RI	17:30.26

PAST MEET CHAMPIONS

2018	Loudoun Valley	Purcellville, VA	17:01.82
2017	Christian Brothers Acad.	Lincroft, NJ	17:25.47
2016	Carl Sandburg	Orland, IL	17:16.36
2015	La Salle Academy	Providence, RI	17:11.07
2014	Christian Brothers Acad.	Lincroft, NJ	17:07.17

MEET ALL-TIME BEST

17:01.81	Loudoun Valley	Purcellville, VA	2019
17:01.82	Loudoun Valley	Purcellville, VA	2018
17:07.17	Christian Brothers Acad.	Lincroft, NJ	2014
17:08.44	Gig Harbor	Gig Harbor, WA	2014
17:11.07	La Salle Academy	Providence, RI	2015



The Jungle

SPRINT MEDLEY RELAY

GIRLS

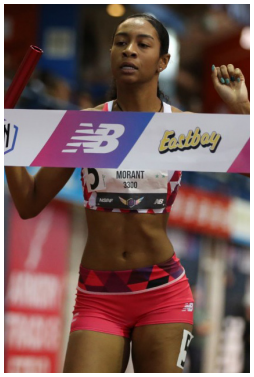
In Honor of: Coach Fred Thompson, 2019 Doug Speck Award for Excellence and Innovation

RECORDS

National	3:52.68	3/14/2015	Rush-Henrietta	Henrietta, NY
	(L. Thomas, Tori Thompson, Ceara Watson, Sammy Watson)			
Meet	3:52.68	3/14/2015	Rush-Henrietta	Henrietta, NY
	(L. Thomas, Tori Thompson, Ceara Watson, Sammy Watson)			
Armory HS	3:52.68	3/14/2015	Rush-Henrietta	Henrietta, NY
	(L. Thomas, Tori Thompson, Ceara Watson, Sammy Watson)			

2019 MEET RESULTS

1	Union Catholic TC	NJ	3:58.46
2	Mount de Sales Academy TC	MD	4:01.73
3	Corning TC	NY	4:03.46



Union Catholic

PAST MEET CHAMPIONS

2018	Western Branch	Chesapeake, VA	3:59.16
2017	Assumption Catholic	Davenport, IA	3:59.31
2016	Rush-Henrietta	Henrietta, NY	3:55.28
2015	Rush-Henrietta	Henrietta, NY	3:52.68
2014	Columbia	Maplewood, NJ	3:57.19

MEET ALL-TIME BEST

3:52.68	Rush-Henrietta	Henrietta, NY	2015
3:54.48	Suffern	Suffern, NY	2015
3:55.28	Rush-Henrietta	Henrietta, NY	2016
3:56.46	Easton	Easton, PA	2007
3:56.80	Oak Park	Oak Park, MI	2015

BOYS

In Honor of: Coach Fred Thompson, 2019 Doug Speck Award for Excellence and Innovation

RECORDS

National	3:24.02	3/12/2016	Chantilly	Chantilly, VA
	(M. Scopellite, J. Loh, Titus Jeffries, Brandon McGorty)			
Meet	3:24.02	3/12/2016	Chantilly	Chantilly, VA
	(M. Scopellite, J. Loh, Titus Jeffries, Brandon McGorty)			
Armory HS	3:24.02	3/12/2016	Chantilly	Chantilly, VA
	(M. Scopellite, J. Loh, Titus Jeffries, Brandon McGorty)			

2019 MEET RESULTS

1	Bronxville TC	NY	3:27.34
2	St. Benedict's Prep TC	N	3:27.55
3	La Salle TC	RI	3:29.70

Bronxville TC

PAST MEET CHAMPIONS

2018	Danbury	Danbury, CT	3:28.46
2017	Oak Park	Oak Park, MI	3:25.31
2016	Chantilly	Chantilly, VA	3:24.02
2015	Dunbar	Dayton, OH	3:24.16
2014	St. Anthony's	South Huntington, NY	3:25.95

MEET ALL-TIME BEST

3:24.02	Chantilly	Chantilly, VA	2016
3:24.16	Dunbar	Dayton, OH	2015
3:25.31	Oak Park	Oak Park, MI	2017
3:25.32	Cheltenham	Cheltenham, PA	2015
3:25.88	St. Benedict's	Newark, NJ	2012

400M

GIRLS

In Recognition of: Rich Degnan – 2019 Mike Byrnes Coach of the Year

RECORDS

National	51.61	3/12/2017	Sydney McLaughlin	Union Catholic, Scotch Plains, NJ
Meet	51.61	3/12/2017	Sydney McLaughlin	Union Catholic, Scotch Plains, NJ
Armory HS	51.61	3/12/2017	Sydney McLaughlin	Union Catholic, Scotch Plains, NJ
Freshman	52.96	1/26/2019	Kayla Davis	Providence Day, Charlotte, NC
Sophomore	53.25	3/12/2017	Britton Wilson	Mills Godwin, Richmond, VA
Junior	51.84	3/13/2016	Sydney McLaughlin	Union Catholic, Scotch Plains, NJ
Senior	51.61	3/12/2017	Sydney McLaughlin	Union Catholic, Scotch Plains, NJ

2019 MEET RESULTS

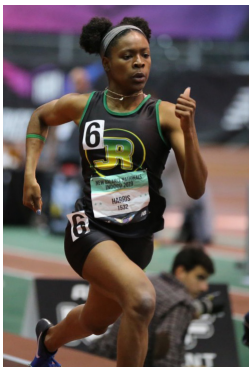
1	Kimberly Harris	20 Suwanee, GA	52.62
2	Britton Wilson	19 Henrico, VA	52.72
3	Kayla Davis	22 Charlotte, NC	53.72

PAST MEET CHAMPIONS

2018	*Arria Minor	East, Denver, CO	52.74
2017	-Sydney McLaughlin	Union Catholic, Scotch Plains, NJ	51.61
2016	*Sydney McLaughlin	Union Catholic, Scotch Plains, NJ	51.84
2015	**Kamryn McIntosh	Suffern, NY	54.57 (54.09p)
2014	-Olivia Baker	Columbia, Maplewood, NJ	53.49

MEET ALL-TIME BEST

51.61	-Sydney McLaughlin	Union Catholic, Scotch Plains, NJ	2017
51.84	*Sydney McLaughlin	Union Catholic, Scotch Plains, NJ	2016
51.93	-Francena McCorory	Bethel, Hampton, VA	2006
52.62	*Kimberly Harris	Buford, GA	2019
52.72	-Britton Wilson	Mills Godwin, Richmond, VA	2019



Kimberly Harris

BOYS

In Recognition of: Rich Degnan – 2019 Mike Byrnes Coach of the Year

RECORDS

National	45.92	2/21/2004	Elzie Coleman	Newburgh, NY
Meet	46.31	3/11/2018	Brian Herron	Lakeside, Decatur, GA
NSIC Meet, Armory	46.12	3/14/2004	Elzie Coleman	Newburgh, NY
Freshman	47.97	1/16/2016	Tyrese Cooper	American, Hialeah, FL
	47.97	3/12/2016	Brian Herron	Lakeside, Atlanta, GA
Sophomore	46.01	2/10/2017	Tyrese Cooper	Norland, Miami, FL
Junior	46.31	3/11/2018	Brian Herron	Lakeside, Decatur, GA
Senior	45.92	2/21/2004	Elzie Coleman	Newburgh, NY

2019 MEET RESULTS

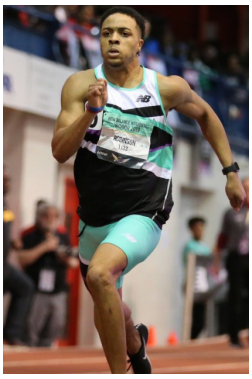
1	Justin Robinson	20 Hazelwood, MO	46.55
2	Ashton Allen	20 Potomac, MD	46.99
3	Randolph Ross	19 Garner, NC	47.57

PAST MEET CHAMPIONS

2018	*Brian Herron	Lakeside, Decatur, GA	46.31
2017	**Tyrese Cooper	Norland, Miami, FL	46.55
2016	-Keshun Reed	Martin, Arlington, TX	47.01
2015	-Rai Benjamin	Mt. Vernon, NY	46.61
2014	*Richard Rose	Boys and Girls, Brooklyn, NY	47.34

MEET ALL-TIME BEST

46.31	*Brian Herron	Lakeside, Decatur, GA	2018
46.55	*Justin Robinson	Hazelwood West, Hazelwood, MO	2019
46.55	**Tyrese Cooper	Norland, Miami, FL	2017
46.57	-Najee Glass	St. Peter's, Jersey City, NJ	2012
46.59	-Aldrich Bailey	Timberview, Arlington, TX	2012
46.59p	-Rai Benjamin	Mt. Vernon, NY	2015



Justin Robinson

200M

GIRLS

Special thanks to: Runnerspace.com and Athletic.Net

RECORDS

National	22.97	2/17/2007	Bianca Knight	Ridgeland, MS
Meet	23.23	3/13/2016	Lauren Rain Williams	Oaks Church, Westlake Village, CA
NSIC Meet	23.22	3/10/2002	Sanya Richards	Aquinas, Ft. Lauderdale, FL
	23.22	3/14/2010	Ashton Purvis	St. Elizabeth, Oakland, CA
Armory HS	23.22	3/14/2010	Ashton Purvis	St. Elizabeth, Oakland, CA
	23.22	3/10/2002	Sanya Richards	Aquinas, Ft. Lauderdale, FL
Freshman	23.24	3/10/2018	Tamari Davis	Gainesville, FL
Sophomore	23.24	3/10/2019	Tamari Davis	Oak Hall, Gainesville, FL
Junior	23.23	3/13/2016	Lauren Rain Williams	Oaks Church, Westlake Village, CA
Senior	22.97	2/17/2007	Bianca Knight	Ridgeland, MS

2019 MEET RESULTS

1	Tamari Davis	21 Gainesville, FL	23.24
2	Thelma Davies	19 Philadelphia, PA	23.78
3	Jonah Ross	20 Garner, NC	23.79

PAST MEET CHAMPIONS

2018	***Tamari Davis	Gainesville, FL	23.46(23.24p)
2017	-Lynna Irby	Pike, Indianapolis, IN	23.62
2016	*Lauren Rain Williams	Oaks Christian, Westlake Village, CA	23.23
2015	**Lauren Rain Williams	Oaks Christian, Westlake Village, CA	23.46
2014	-Shania Collins	Huntingtown, MD	23.82

MEET ALL-TIME BEST

23.23	*Lauren Rain Williams	Oaks Christian, Westlake Village, CA	2016
23.24p	***Tamari Davis	Gainesville, FL	2018
23.24	**Tamari Davis	Oak Hall, Gainesville, FL	2019
23.46	**Lauren Rain Williams	Oaks Christian, Westlake Village, CA	2015
23.47	-Anna Cockrell	Providence Day, Charlotte, NC	2016

Tamari Davis

BOYS

Special thanks to: Runnerspace.com and Athletic.Net

RECORDS

National	20.63	3/13/2016	Noah Lyles	TC Williams, Alexandria, VA
Meet	20.63	3/13/2016	Noah Lyles	TC Williams, Alexandria, VA
Armory HS	20.63	3/13/2016	Noah Lyles	TC Williams, Alexandria, VA
Freshman	21.22	3/12/2016	Tyrese Cooper	American, Hialeah, FL
Sophomore	21.05	3/12/2017	Tyrese Cooper	Norland, Miami, FL
Junior	20.83	3/15/2015	Noah Lyles	TC Williams, Alexandria, VA
Senior	20.63	3/13/2016	Noah Lyles	TC Williams, Alexandria, VA

2019 MEET RESULTS

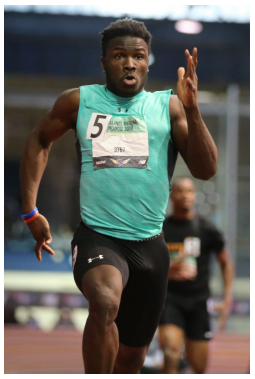
1	Mario Heslop	19 Somerset, NJ	20.90
2	Marcellus Moore	20 Plainfield, IL	21.23
3	Dylan Brown	20 Detroit, MI	21.42

PAST MEET CHAMPIONS

2018	-Austin Kratz	Dock Mennonite, Lansdale, PA	21.01
2017	**Tyrese Cooper	Norland, Miami, FL	21.05
2016	-Noah Lyles	TC Williams, Alexandria, VA	20.63
2015	*Noah Lyles	TC Williams, Alexandria, VA	20.83
2013	-Ceolamar Ways	Nease, St. Augustine, FL	21.37

MEET ALL-TIME BEST

20.63	-Noah Lyles	TC Williams, Alexandria, VA	2016
20.83	*Noah Lyles	TC Williams, Alexandria, VA	2015
20.85	-Ryan Clark	Banneker, College Park, GA	2015
20.90	-Mario Heslop	Franklin, Somerset, NY	2019
20.97	-Trentavis Friday	Cherryville, NC	2014



Mario Heslop

4x800M RELAY

GIRLS

Sponsored by: Great American Cross Country Festival – Oct. 5, 2019 in Cary, NC;
Visit nationalscholastic.org for details!

RECORDS

National	8:53.67	3/1/2002	Boys and Girls	Brooklyn, NY
	(A. Vargas, K. Fernandez, M. Francis, S. Livingston)			
NSIC Meet, Armory	8:53.67	3/1/2002	Boys and Girls	Brooklyn, NY
	(A. Vargas, K. Fernandez, M. Francis, S. Livingston)			
Meet	8:54.11	3/15/2009	Southern Regional	Manahawkin, NJ
	(K. Bergin, Erin Horleman, Chelsea Cox, Jillian Smith)			

2019 MEET RESULTS

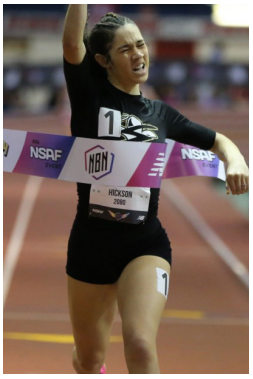
1	Neumann Goretti TC	PA	9:02.17
2	Koalas TC	NY	9:08.80
3	Thomas Worthington TC	OH	9:09.21

PAST MEET CHAMPIONS

2018	Ridge	Basking Ridge, NJ	9:08.07
2017	Ridge	Basking Ridge, NJ	9:01.74
2016	Mamaroneck	Mamaroneck, NY	8:58.86
2015	Western Branch	Chesapeake, VA	9:02.27
2014	Freehold Township	Freehold Township, NJ	9:00.62

MEET ALL-TIME BEST

8:54.11	Southern Regional	Manahawkin, NJ	2009
8:56.57	Davis	Kaysville, UT	2013
8:56.94	Red Bank Catholic	Red Bank, NJ	2011
8:58.18	Fayetteville-Manlius	Manlius, NY	2012
8:58.63	Newton South	Newton Centre, MA	2009



Neumann Goretti

BOYS

Sponsored by: Great American Cross Country Festival – Oct. 5, 2019 in Cary, NC;
Visit nationalscholastic.org for details!

RECORDS

National	7:36.99	3/15/2009	Albemarle	Charlottesville, VA
	(Z. Vrhovac, G. Bradley, L. Noble, A. Kostelac)			
Meet	7:36.99	3/15/2009	Albemarle	Charlottesville, VA
	(Z. Vrhovac, G. Bradley, L. Noble, A. Kostelac)			
Armory HS	7:39.30	3/10/2018	Loudoun Valley	Purcellville, VA
	(Connor Wells, Jacob Hunter, Sam Affolder, Colton Bogucki)			

2019 MEET RESULTS

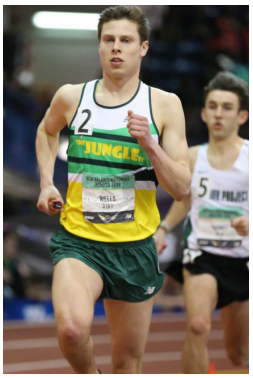
1	The Jungle TC	VA	7:40.49
2	Warrior Project	NC	7:40.65
3	St. Benedict's Prep TC	NJ	7:42.53

PAST MEET CHAMPIONS

2018	Loudoun Valley	Purcellville, VA	7:39.30
2017	Egg Harbor Township	Egg Harbor Township, NJ	7:48.92
2016	Coffman	Dublin, OH	7:45.27
2015	Davis	Kaysville, UT	7:42.19
2014	Chaminade	Mineola, NY	7:40.80

MEET ALL-TIME BEST

7:36.99	Albemarle	Charlottesville, VA	2009
7:39.30	Loudoun Valley	Purcellville, VA	2018
7:40.49	Loudoun Valley	Purcellville, VA	2019
7.40.65	Weddington	Weddington, NC	2019
7:40.80	Chaminade	Mineola, NY	2014



The Jungle

POLE VAULT

GIRLS

Sponsored by: Robert Limmer in Memory of Rose and Oscar Limmer

RECORDS

National	14-09.00	3/17/2019	Chloe Cunliffe	West, Seattle, WA
Meet	14-02.75	3/16/2014	Desiree Freier	Northwest, Justin, TX
Armory HS	14-02.75	3/16/2014	Desiree Freier	Northwest, Justin, TX
Freshman	12-09.00	2/23/2014	Makayla Linebarger	Reed, Sparks, NV
	12-09.00	1/23/2016	Mackenzie Hayward	Marcus, Flower Mound, TX
Sophomore	13-06.00	1/20/2007	Shade Weygandt	Forney, TX
Junior	14-01.25	1/7/2018	Erica Ellis	Gates-Chili, Rochester, NY
Senior	14-09.00	3/17/2019	Chloe Cunliffe	West, Seattle, WA

2019 MEET RESULTS

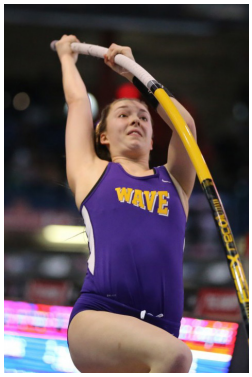
1	Kaeli Thompson	19 Warwick, NY	4.12m	13-06.25
2	Lindsay Absher	19 Lewisville, NC	4.12m	13-06.25
3	Gennifer Hirata	19 Fredericksburg, VA	4.02m	13-02.25

PAST MEET CHAMPIONS

2018	-Nastassja Campbell	New Caney, TX	13-06.25
2017	-Katie Jones	South Williamsport, PA	13-09.25
2016	*Carson Dingler	First Presbyterian Day, Macon, GA	13-04.50
2015	-Kristen Denk	North Royalton, OH	13-08.50
2014	-Desiree Freier	Justin Northwest, Justin, TX	14-02.75

MEET ALL-TIME BEST

14-02.75	-Desiree Freir	Justin Northwest, Justin, TX	2014
14-02.00	-Mary Saxer	Lancaster, NY	2005
13-09.25	-Katie Jones	South Williamsport, PA	2017
13-08.50	*Rachel Laurent	Vandebilt Catholic, Houma, LA	2008
13-08.50	-Annie Rhodes	Midway, Waco, TX	2013
13-08.50	-Kristen Denk	North Royalton, OH	2015



Kaeli Thompson

BOYS

Sponsored by: Robert Limmer in Memory of Rose and Oscar Limmer

RECORDS

National	19-03.50	2/25/2018	Armand Duplantis	Lafayette, LA
Meet	19-01.00	3/11/2017	Armand Duplantis	Lafayette, LA
Armory HS	19-01.00	3/11/2017	Armand Duplantis	Lafayette, LA
Freshman	16-09.50	2/21/2015	Armand Duplantis	Lafayette, LA
Sophomore	18-00.50	2/6/2016	Armand Duplanits	Lafayette, LA
Junior	19-01.00	3/11/2017	Armand Duplantis	Lafayette, LA
Senior	19-03.50	2/25/2018	Armand Duplantis	Lafayette, LA

2019 MEET RESULTS

1	Max Manson	19 Superior, CO	5.32m	17-05.50
2	Nathan Stone	19 Indianapolis, IN	5.22m	17-01.50
3	Bowman Starr	19 Sammamish, WA	5.12m	16-09.50

PAST MEET CHAMPIONS

2018	-Zachery Bradford	Bloomington, IL	18-00.50
2017	*Armand Duplantis	Lafayette, LA	19-01.00
2016	**Armand Duplantis	Lafayette, LA	17-01.00
2015	-Deakin Volz	South, Bloomington, IN	17-11.25
2014	-Devin King	Sumner, Kentwood, LA	17-10.25

MEET ALL-TIME BEST

19-01.00	*Armand Duplantis	Lafayette, LA	2017
18-00.50	-Zachery Bradford	Bloomington, IL	2018
17-11.25	-Deakin Volz	South, Bloomington, IN	2015
17-10.25	-Devin King	Sumner, Kentwood, LA	2014
17-09.00	-KC Lightfoot	Lees Summitt, MO	2018

Max Manson

LONG JUMP

GIRLS

Sponsored by: Team NSAF Caribbean, June 7-8, 2019 in Havana, Cuba;
Visit nationalscholastic.org for details

RECORDS

National	21-11.00	2/10/2017	Tara Davis	Agoura, CA
Meet	21-03.25	3/12/2016	Samiyah Samuels	Cypress Springs, Houston, TX
Armory HS	21-03.25	3/12/2016	Samiyah Samuels	Cypress Springs, Houston, TX
Freshman	19-07.00	2/21/2003	De Ana Carson	Vista del Lago, Moreno Valley, CA
Sophomore	20-05.75	2/11/2012	Chyna Ries	Washington, Denver, CO
Junior	21-04.00	2/18/1976	Kathy McMillan	Hoke County, Raeford, NC
Senior	21-11.00	2/10/2017	Tara Davis	Agoura, CA

2019 MEET RESULTS

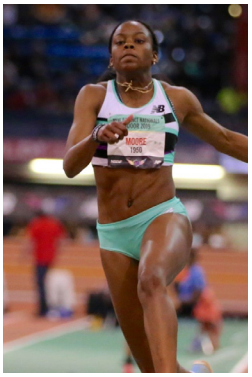
1	Jasmine Moore	19 Grand Prairie, TX	6.33m	20-09.25
2	Synclair Savage	20 Acworth, GA	6.22m	20-05.00
3	Jada Seaman	19 Randallstown, MD	6.22m	20-05.00

PAST MEET CHAMPIONS

2018	-Tatiana Aholou	Laval, QC	20-08.00
2017	-Tara Davis	Agoura, CA	21-02.75
2016	-Samiyah Samuels	Cypress Springs, Houston, TX	21-03.25
2015	-Kate Hall	Lake Region, Casco, ME	20-11.25
2014	-Keturah Orji	Mt. Olive, Flanders, NJ	20-05.25

MEET ALL-TIME BEST

21-03.25	-Samiyah Samuels	Cypress Springs, Houston, TX	2016
21-02.75	-Tara Davis	Agoura, CA	2017
20-11.25	-Kate Hall	Lake Region, Casco, ME	2015
20-10.00	*Tara Davis	Agoura, CA	2016
20-09.25	-Jasmine Moore	Lake Ridge, Mansfield, TX	2019



Jasmine Moore

BOYS

Sponsored by: Team NSAF Caribbean, June 7-8, 2019 in Havana, Cuba;
Visit nationalscholastic.org for details

RECORDS

National	26-06.50	2/18/1989	Dion Bentley	Penn Hills, Pittsburgh, PA
Meet	26-00.25	3/12/2016	Rayvon Grey	Beacon, NY
Armory HS	26-00.25	3/12/2016	Rayvon Grey	Beacon, NY
Freshman	24-05.00	1996	Mike Newell	Potomac, Dumfries, VA
Sophomore	25-08.25	1997	Mike Newell	Potomac, Dumfries, VA
Junior	25-09.25	1998	Mike Newell	Potomac, Dumfries, VA
Senior	26-06.50	2/18/1989	Dion Bentley	Penn Hills, Pittsburgh, PA

2019 MEET RESULTS

1	Jieem Bullock	20 Leland, NC	7.42m	24-04.25
2	Ezra Mellinger	19 Lampeter, PA	7.39m	24-03.00
3	Jeremiah Willis	19 Clay, NY	7.33m	24-00.75

PAST MEET CHAMPIONS

2018	-Dyshon Vaughn	Career, New Haven, CT	24-05.50
2017	-William Henderson	Poly, Baltimore, MD	24-08.50
2016	-Rayvon Grey	Beacon, NY	26-00.25
2015	*Ja'Mari Ward	Cahokia, IL	25-07.25
2014	-Nate Moore	Castro Valley, CA	25-00.75

MEET ALL-TIME BEST

26-00.25	-Rayvon Grey	Beacon, NY	2016
25-07.25	*Ja'Mari Ward	Cahokia, IL	2015
25-03.25	-Marquis Dendy	Middletown, DE	2011
25-00.75	-Nate Moore	Castro Valley, CA	2014
24-09.00	*Marquise Goodwin	Rowlett, TX	2008

Jieem Bullock

SHOT PUT

GIRLS

Sponsored by: Attorney Dave Zemsky, Friend of the NSAF

RECORDS

National	57-05.50	2/28/2017	Alyssa Wilson	Donovan Catholic, Toms River, NJ
Armory HS	57-05.50	2/28/2017	Alyssa Wilson	Donovan Catholic, Toms River, NJ
Meet	56-07.50	3/15/2014	Raven Saunders	Burke, Charleston, SC
Freshman	45-07.25	1991	Collinus Newsome	South, Denver, CO
Sophomore	49-01.25	3/28/2015	Kathleen Young	Warrensburg-Latham, Warrensburg, IL
Junior	54-11.00	3/1/2015	Alyssa Wilson	Donovan Catholic, Toms River, NJ
Senior	57-05.50	2/28/2017	Alyssa Wilson	Donovan Catholic, Toms River, NJ

2019 MEET RESULTS

1	Chloe Lindeman	19 Fulton, IL	14.18m	46-06.25
2	Keeley Suzenski	19 Fleetwood, PA	13.82m	45-04.25
3	Hannah Jackson	19 Throw1Deep, GA	13.76m	45-01.75

PAST MEET CHAMPIONS

2018	-Zyra Thomas	Vineland, NJ	47-07.75
2017	-Alyssa Wilson	Monsignor Donovan, Toms River, NJ	54-05.25
2016	-Nickolette Dunbar	Whippany Park, NJ	54-07.50
2015	*Sophia Rivera	Brentwood, MO	49-01.00
2014	-Raven Saunders	Burke, Charleston, SC	56-07.50

MEET ALL-TIME BEST

56-07.50	-Raven Saunders	Burke, Charleston, SC	2014
54-09.50	-Michelle Carter	Red Oak, TX	2003
54-07.50	-Nickolette Dunbar	Whippany Park, NJ	2016
54-05.25	-Alyssa Wilson	Monsignor Donovan, Toms River, NJ	2017
54-01.00	-Maggie Ewen	St. Francis, MN	2013

Chloe Lindeman

BOYS

Sponsored by: Attorney Dave Zemsky, Friend of the NSAF

RECORDS

National	77-02.75	2/19/2011	Ryan Crouser	Barlow, Gresham, OR
Meet	75-04.75	3/11/2017	Jordan Geist	Knoch, Saxonburg, PA
Armory HS	75-04.75	3/11/2017	Jordan Geist	Knoch, Saxonburg, PA
Freshman	66-07.25	3/15/2008	Nicholas Vena	Morristown, NJ
Sophomore	70-05.00	3/14/2009	Nicholas Vena	Morristown, NJ
Junior	72-09.50	2/20/2016	Jordan Geist	Knoch, Saxonburg, PA
Senior	77-02.75	2/19/2011	Ryan Crouser	Barlow, Gresham, OR

2019 MEET RESULTS

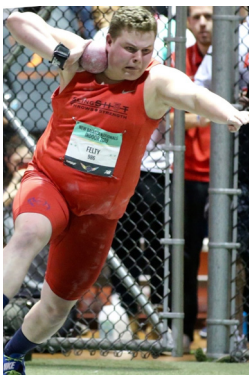
1	Aiden Felty	19 Billerica, MA	20.34m	66-08.75
2	Patrick Piperi	19 The Woodlands, TX	20.21m	66-03.75
3	Jason Montano	19 Saco, ME	19.11m	62-08.50

PAST MEET CHAMPIONS

2018	-Patrick Larrison	Moore, Oklahoma City, OK	67-06.00
2017	-Jordan Geist	Knoch, Saxonburg, PA	75-04.75
2016	*Jordan Geist	Knoch, Saxonburg, PA	71-02.75
2015	-Willie Morrison	Leavenworth, KS	67-04.00
2014	-Benjamin Bonhurst	Smithtown, NY	64-07.75

MEET ALL-TIME BEST

75-04.50	-Jordan Geist	Knoch, Saxonburg, PA	2017
72-00.75	-Adrian Piperi	The Woodlands, TX	2017
71-02.75	*Jordan Geist	Knoch, Saxonburg, PA	2016
71-00.50	-Stephen Saenz	Rio Grande City, TX	2009
69-04.25	-Nicholas Vena	Morristown, NJ	2011



Aiden Felty

Note: Chloe Lindeman photo by Laura Duffy

TWO MILE

GIRLS

Sponsored by: WC Mepham Track Alumni in memory of Coach Gerry Hughes

RECORDS

National	9:38.68	2/2/2013	Mary Cain	Bronxville, NY
Meet	9:51.05	3/10/2019	Katelyn Tuohy	North Rockland, Thiells, NY
Armory HS	9:51.05	3/10/2019	Katelyn Tuohy	North Rockland, Thiells, NY
Freshman	10:23.46	3/15/1998	Michelle Dela Vina	Andrean, Merillville, IN
Sophomore	9:58.89	3/11/2018	Katelyn Tuohy	North Rockland, Thiells, NY
Junior	9:38.68	2/2/2013	Mary Cain	Bronxville, NY
Senior	9:55.92	3/10/1991	Melody Fairchild	Boulder, CO

2019 MEET RESULTS

1	Katelyn Tuohy	20 Thiells, NY	9:51.05
2	Katelynne Hart	20 Glen Ellyn, IL	9:58.42
3	Sydney Thorvaldson	21 Rawlins, WY	10:01.52

Katelyn Tuohy

PAST MEET CHAMPIONS

2018	**Katelyn Tuohy	North Rockland, Thiells, NY	9:58.89
2017	-Brie Oakley	Grandview, Centennial, CO	9:56.06
2016	**Weini Kelati	Heritage, Leesburg, VA	10:02.71
2015	-Ryen Frazier	Ravenscroft, Raleigh, NC	10:02.86
2014	-Tessa Barrett	Abingdon Heights, Clarks Summit, PA	10:08.05

MEET ALL-TIME BEST

9:51.05	*Katelyn Tuohy	North Rockland, Thiells, NY	2019
9:56.06	-Brie Oakley	Grandview, Centennial, CO	2017
9:56.85	-Aisling Cuffe	Cornwall, NY	2011
9:58.42	*Katelynne Hart	Glenbard West, Glen Ellyn, IL	2019
9:58.89	**Katelyn Tuohy	North Rockland, Thiells, NY	2018

BOYS

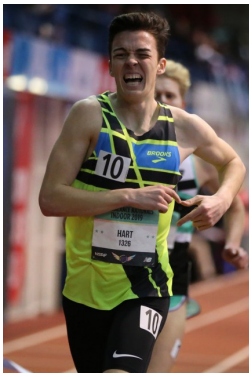
Sponsored by: WC Mepham Track Alumni in memory of Coach Gerry Hughes

RECORDS

National	8:39.15	2/16/2013	Edward Cheserek	St. Benedict's, Newark, NJ
Armory HS	8:39.15	2/16/2013	Edward Cheserek	St. Benedict's, Newark, NJ
Meet	8:40.70	3/13/2011	Lukas Verzbicas	Sandburg, Orland Park, IL
Freshman	8:57.55	3/15/2009	Lukas Verzbicas	Lincoln-Way, New Lenox, IL
Sophomore	8:42.66	3/13/2011	Edward Cheserek	St. Benedict's, Newark, NJ
Junior	8:43.16	1/14/2012	Edward Cheserek	St. Benedict's, Newark, NJ
Senior	8:39.15	2/16/2013	Edward Cheserek	St. Benedict's, Newark, NJ

2019 MEET RESULTS

1	Devin Hart	19 Point Pleasant, NJ	8:56.89
2	Ryan Oosting	19 Arlington, MA	8:57.37
3	Charles Hicks	19 Jacksonville, FL	8:59.81



Devin Hart

PAST MEET CHAMPIONS

2018	-Brodey Hasty	Brentwood, TN	9:00.38
2017	*Brodey Hasty	Brentwood, TN	8:45.16
2016	-Garek Bielaczyc	East, Salt Lake City, UT	8:57.03
2015	*Andrew Hunter	Loudoun Valley, Purcellsville, VA	8:48.22
2014	-Charles Cooper	Montreal, QC	8:59.61

MEET ALL-TIME BEST

8:40.70	-Lukas Verzbicas	Sandburg, Orland Park, IL	2011
8:42.66	**Edward Cheserek	St. Benedict's, Newark, NJ	2011
8:45.16	*Brodey Hasty	Brentwood, TN	2017
8:45.19	-Alan Webb	South Lakes, Reston, VA	2001
8:46.08	-Noah Affolder	Carlisle, PA	2017

800M

GIRLS

Sponsored by: WC Mepham Track Alumni in memory of Coach James Murrin

RECORDS

National	2:01.78	2/11/2017	Samantha Watson	Rush-Henrietta, Henrietta, NY
Armory HS	2:01.78	2/11/2017	Samantha Watson	Rush-Henrietta, Henrietta, NY
Meet	2:03.59	3/10/2013	Sabrina Southerland	Cardozo, Queens, NY
Freshman	2:05.70	3/10/2019	Roisin Willis	Stevens Point, WI
Sophomore	2:01.80	2/17/1974	Mary Decker	Orange, CA
Junior	2:03.98	2/2/2019	Athing Mu	Central, Trenton, NJ
Senior	2:01.78	2/11/2017	Samantha Watson	Rush-Henrietta, Henrietta, NY

2019 MEET RESULTS

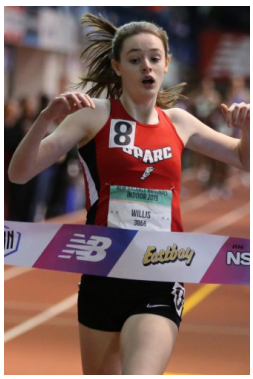
1	Roisin Willis	22 Stevens Point, WI	2:05.70
2	Athing Mu	20 Trenton, NJ	2:05.86
3	Bailey Goggans	21 Meadowlakes, TX	2:06.10

PAST MEET CHAMPIONS

2018	**Athing Mu	Central, Trenton, NJ	2:06.59
2017	-Rachel McArthur	Patriot, Nokesville, VA	2:06.08
2016	*Samantha Watson	Rush-Henrietta, Henrietta, NY	2:05.11
2015	**Samantha Watson	Rush-Henrietta, Henrietta, NY	2:08.13
2014	-Elise Cranny	Niwot, CO	2:06.47

MEET ALL-TIME BEST

2:03.59	-Sabrina Southerland	Cardozo, Queens, NY	2013
2:05.11	*Samantha Watson	Rush-Henrietta, Henrietta, NY	2016
2:05.56	-Ruby Stauber	Wayzata, Plymouth, MN	2016
2:05.70	***Roisin Willis	Stevens Point, WI	2019
2:05.94	**Kailee Sawyer	Laurel Creek TC, Waterloo, ON	2013



Roisin Willis

BOYS

Sponsored by: WC Mepham Track Alumni in memory of Coach James Murrin

RECORDS

National	1:47.67	2/25/2018	Josh Hoey	Shanahan, PA
Armory HS	1:49.21	3/15/2009	Robby Andrews	Manalapan, NJ
Meet	1:49.46	3/12/2017	Cameron Cooper	Southfield, MI
NSIC Meet	1:49.21	3/15/2009	Robby Andrews	Manalapan, NJ
Freshman	1:55.45	4/9/2005	Andrew Perkins	Watertown, WI
Sophomore	1:51.11	3/13/1994	Michael Granville	Bell Gardens, CA
Junior	1:49.94	3/11/2012	Ben Malone	Pascack Valley, Hillsdale, NJ
Senior	1:47.67	2/25/2018	Josh Hoey	Shanahan, PA

2019 MEET RESULTS

1	Abdullahi Hassan	20 Scarborough, ON	1:51.91
2	Luis Peralta	19 Garfield, NJ	1:52.30
3	Malcolm Going	19 Danbury, CT	1:52.63

PAST MEET CHAMPIONS

2018	-Jett Charvet	Heritage, Brentwood, CA	1:50.91
2017	-Cameron Cooper	Oak Park, MI	1:49.46
2016	-Michael Slagowski	Rocky Mountain, Meridian, ID	1:50.29
2015	-Brian Bell	Dunbar, Dayton, OH	1:51.08
2014	-Derek Holdsworth	Lafayette, Williamsburg, VA	1:51.72

MEET ALL-TIME BEST

1:49.46	-Cameron Cooper	Oak Park, MI	2017
1:49.94	*Ben Malone	Pascack Valley, Hillsdale, NJ	2012
1:50.04	-Rey Rivera	Old Bridge, NJ	2017
1:50.11	-Zavon Watkins	Liverpool, NY	2012
1:50.29	-Michael Slagowski	Rocky Mountain, Meridian, ID	2016
1:50.29	-Brandon McGorty	Chantilly, VA	2017

Abdullahi Hassan

ONE MILE

GIRLS

Presented by: RaceDay App. – Your source for NBNI instant results, live-streaming, profiles & more.
Available at the App Store & Google Play

RECORDS

National	4:28.25	2/16/2013	Mary Cain	Bronxville, NY
Armory HS	4:28.25	2/16/2013	Mary Cain	Bronxville, NY
Meet	4:36.61	3/13/2016	Katie Rainsberger	Air Academy, Colorado Springs, CO
Freshman	4:40.1h	3/16/1973	Mary Decker	Orange, CO
Sophomore	4:43.23	3/15/2015	Nevada Mareno	Leesville Road, Raleigh, NC
Junior	4:28.25	2/16/2013	Mary Cain	Bronxville, NY
Senior	4:36.61	3/13/2016	Katie Rainsberger	Air Academy, Colorado Springs, CO

2019 MEET RESULTS

1	Taryn Parks	20 Greencastle, PA	4:39.045
2	Marlee Starliper	20 Wellsville, PA	4:39.048
3	Victoria Starcher	20 Ripley, WV	4:40.63

Taryn Parks

PAST MEET CHAMPIONS

2018	**Katelynne Hart	Glenbard West, Glen Ellyn, IL	4:45.47
2017	-Samantha Watson	Rush-Henrietta, Henrietta, NY	4:48.30
2016	-Katie Rainsberger	Air Academy, Colorado Springs, CO	4:36.61
2015	**Nevada Mareno	Leesville Road, Raleigh, NC	4:43.23
2014	*Alexa Efraimson	Camas, WA	4:38.46

MEET ALL-TIME BEST

4:36.61	-Katie Rainsberger	Air Academy, Colorado Springs, CO	2016
4:38.46	*Alexa Efraimson	Camas, WA	2014
4:39.045	-Taryn Park	Greencastle-Antrim, Greencastle, PA	2019
4:39.048	-Marlee Starliper	Northern, Dillsburg, PA	2019
4:39.47	*Kate Murphy	Lake Braddock, Burke, VA	2016

BOYS

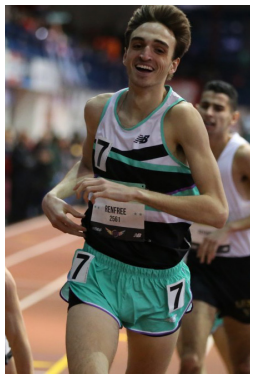
Presented by: RaceDay App. – Your source for NBNI instant results, live-streaming, profiles & more.
Available at the App Store & Google Play

RECORDS

National	3:57.81	2/20/2016	Andrew Hunter	Loudoun Valley, Purcellville, VA
Armory HS	3:57.81	2/20/2016	Andrew Hunter	Loudoun Valley, Purcellville, VA
Meet	4:03.54	3/15/2015	Grant Fisher	Grand Blanc, MI
Freshman	4:15.43	1/10/2009	Lukas Verzbicas	Lincoln-Way, New Lenox, IL
Sophomore	4:09.82	3/9/1997	Andy Powell	Oliver Ames, N. Easton, MA
Junior	4:02.21	1/21/2012	Edward Cheserek	St. Benedict's, Newark, NJ
Senior	3:57.81	2/20/2016	Andrew Hunter	Loudoun Valley, Purcellville, VA

2019 MEET RESULTS

1	Jake Renfree	19 Knoxville, TN	4:06.39
2	Cole Sprout	20 Highlands Ranch, CO	4:06.68
3	Nick Foster	19 Ann Arbor, MI	4:07.18



Jake Renfree

PAST MEET CHAMPIONS

2018	-Dustin Horter	Lakota East, Liberty Township, OH	4:08.03
2017	-Cooper Teare	St. Joseph Notre Dame, Alameda, CA	4:06.60
2016	*Reed Brown	Carroll, Southlake, TX	4:09.95
2015	-Grant Fisher	Grand Blanc, MI	4:03.54
2014	*Grant Fisher	Grand Blanc, MI	4:09.46

MEET ALL-TIME BEST

4:03.54	-Grant Fisher	Grand Blanc, MI	2015
4:05.50	-Alex Hatz	Fayetteville-Manlius, Fayetteville, NY	2010
4:06.39	-Jake Renfree	Knoxville Catholic, Knoxville, TN	2019
4:06.60	-Cooper Teare	St. Joseph Notre Dame, Alameda, CA	2017
4:06.68	*Cole Sprout	Valor Christian, Highlands Ranch, CO	2019

4x400M RELAY

GIRLS

Dedicated to: NBNI Officials – The NSAF and New Balance Thank All of the NBNI Officials – You're the Best!

RECORDS

National	3:38.91	3/14/2004	Poly	Long Beach, CA
	(D. Hayes, J. Lee, S. Woods, Shalonda Solomon)			
Armory HS	3:38.91	3/14/2004	Poly	Long Beach, CA
	(D. Hayes, J. Lee, S. Woods, Shalonda Solomon)			
Meet	3:39.70	3/12/2017	Bullis	Potomac, MD
	(L. Phillips, L Harris, Masai Rusell, Shaniya Hall)			
NSIC Meet	3:38.91	3/14/2004	Poly	Long Beach, CA
	(D. Hayes, J. Lee, S. Woods, Shalonda Solomon)			

2019 MEET RESULTS

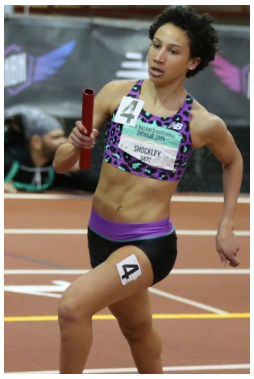
1	Western Branch TC	VA	3:44.97
2	Neumann Goretti TC	PA	3:45.01
3	Bullis TC	MD	3:45.91

PAST MEET CHAMPIONS

2018	Bullis	Potomac, MD	3:39.86
2017	Bullis	Potomac, MD	3:39.70
2016	Union Catholic	Scotch Plains, NJ	3:40.28
2015	Oak Park	Oak Park, MI	3:42.72
2014	Oak Park	Oak Park, MI	3:46.31

MEET ALL-TIME BEST

3:39.70	Bullis	Potomac, MD	2017
3:39.86	Bullis	Potomac, MD	2018
3:40.28	Union Catholic	Scotch Plains, NJ	2016
3:40.48	Franklin	Reierstown, MD	2018
3:40.69	Oak Park	Oak Park MI	2016



Western Branch

BOYS

Dedicated to: NBNI Officials – The NSAF and New Balance Thank All of the NBNI Officials – You're the Best!

RECORDS

National	3:12.53	1/18/2019	Bullis	Potomac, MD
	(Andre Turay, Ryan Willie, Jay Pendarvis, Ashton Allen)			
Armory HS	3:13.06	2/6/2009	New Bern	New Bern, NC
	(Anthony Hendrix, Fuqwuan Greene, Miles Sparks, Andrew Hendrix)			
Meet	3:15.02	3/14/2009	New Bern	New Bern, NC
	(Anthony Hendrix, Fuqwuan Greene, Miles Sparks, Andrew Hendrix)			
NSIC Meet	3:13.34	3/10/1996	John Muir	Pasadena, CA
	(J. Tryon, S. McCullough, M. Haywood, Obie Moore)			

2019 MEET RESULTS

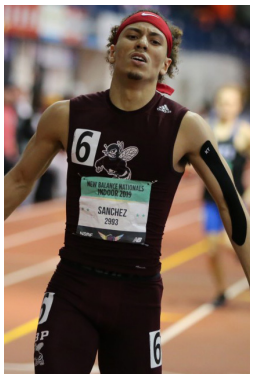
1	St. Benedict's Prep TC	NJ	3:18.36
2	Hawk TC	TX	3:20.39
3	Newburgh Elite TC	NY	3:20.44

PAST MEET CHAMPIONS

2018	St. Joseph's Prep	Philadelphia, PA	3:16.08
2017	East Orange	East Orange, NJ	3:16.09
2016	Huntington	Huntington, NY	3:16.09
2015	Cheltenham	Wyncote, PA	3:17.38
2014	Union Catholic	Scotch Plains, NJ	3:15.53

MEET ALL-TIME BEST

3:15.02	New Bern	New Bern, NC	2009
3:15.23	DeMatha Catholic	Hyattsville, MD	2011
3:15.53	Union Catholic	Scotch Plains, NJ	2014
3:16.08	St. Joseph's Prep	Philadelphia, PA	2018
3:16.09	Huntington	Huntington, NY	2016
3:16.09	East Orange	East Orange, NJ	2017



St. Benedict's Prep

WEIGHT THROW

GIRLS

Sponsored by: NSAF Project Javelin Gold. Visit nationalscholastic.org for details

RECORDS

National	68-02.50	3/12/2011	Shelby Ashe	St. Pius X, Atlanta, GA
Meet	68-02.50	3/12/2011	Shelby Ashe	St. Pius X, Atlanta, GA
Armory HS	68-02.50	3/12/2011	Shelby Ashe	St. Pius X, Atlanta, GA
Freshman	57-03.00	2/2/2008	Katie Kraychir	Twentynine Palms, CA
Sophomore	58-08.75	2/13/2014	Kamryn Brinson	Marist, Atlanta, GA
Junior	65-04.25	3/14/2010	Shelby Ashe	St. Pius X, Atlanta, GA
Senior	68-02.50	3/12/2011	Shelby Ashe	St. Pius X, Atlanta, GA

2019 MEET RESULTS

1	Monique Hardy	20 Webster, NY	19.69m	64-07.25
2	Annika Kelly	19 Barrington, RI	17.70m	58-01.00
3	Cheyenne Figueroa	20 Providence, RI	17.66m	57-11.25

PAST MEET CHAMPIONS

2018	-Javon Joyner	Norcross, GA	59-06.75
2017	-Jill Shippee	Shenendehowa, Clifton Park, NY	65-06.00
2016	-Kamryn Brinson	Marist, Atlanta, GA	62-08.50
2015	*Sabrina Gaitan	Sprayberry, Marietta, GA	60-10.00
2014	-Gabrielle Figueroa	Austintown-Fitch, Youngstown, OH	62-01.75

MEET ALL-TIME BEST

68-02.50	-Shelby Ashe	St. Pius X, Atlanta, GA	2011
65-06.00	-Jill Shippee	Shenendehowa, Clifton Park, NY	2017
64-07.25	*Monique Hardy	Webster-Thomas, Webster, NY	2019
63-01.50	-Avana Story	Woodward Academy, College Park, GA	2012
62-08.50	-Kamryn Brinson	Marist, Atlanta, GA	2016

Monique Hardy

BOYS

Sponsored by: NSAF Project Javelin Gold. Visit nationalscholastic.org for details

RECORDS

National	93-03.25	3/15/2009	Conor McCullough	Chaminade, West Hills, CA
Armory HS	93-03.25	3/15/2009	Conor McCullough	Chaminade, West Hills, CA
Meet	92-07.50	3/14/2009	Conor McCullough	Chaminade, West Hills, CA
NSIC Meet	93-03.25	3/15/2009	Conor McCullough	Chaminade, West Hills, CA
Freshman	71-03.50	2/4/2017	Trey Knight	Ridgefield, WA
Sophomore	83-06.75	1/20/2018	Trey Knight	Ridgefield, WA
Junior	87-10.25	3/16/2008	Conor McCullough	Chaminade, West Hills, CA
Senior	93-03.25	3/15/2009	Conor McCullough	Chaminade, West Hills, CA

2019 MEET RESULTS

1	Trey Knight	20 Ridgefield, WA	24.38m	80-00.00
2	Tyler Arbaugh	20 Findlay, OH	22.45m	73-08.00
3	Justyn Loper	19 Peach State Throwers, GA	21.41m	70-03.00

PAST MEET CHAMPIONS

2018	**Trey Knight	Ridgefield, WA	82-11.00
2017	-Jacob Wickey	Medina, OH	79-06.75
2016	-Robert Colantonio	Barrington, RI	81-05.75
2015	-Adam Kelly	Barrington, RI	81-05.25
2014	*Adam Kelly	Barrington, RI	77-09.25

MEET ALL-TIME BEST

92-07.50	-Conor McCullough	Chaminade, West Hills, CA	2009
87-05.00	-Dylan Armstrong	Westside, BC	1999
85-10.50	-Alec Faldermeyer	Minisink Valley, Slate Hill, NY	2010
83-06.00	-Rudy Winkler	Averill Park, NY	2012
83-02.50	*Walter Henning	St. Anthony's, South Huntington, NY	2006

Trey Knight

Note: Trey Knight photo by Laura Duffy

TRIPLE JUMP

GIRLS

Sponsored by: NSAF Project Triple Jump – Triple Jump Clinic; Visit nationalscholastic.org for details

RECORDS

National	44-06.75	3/11/2007	Ke'Nyia Richardson	Holy Names, Oakland, CA
Armory HS	44-06.75	3/11/2007	Ke'Nyia Richardson	Holy Names, Oakland, CA
Meet	44-02.50	3/10/2019	Jasmine Moore	Lake Ridge, Mansfield, TX
NSIC Meet	44-06.75	3/11/2007	Ke'Nyia Richardson	Holy Names, Oakland, CA
Freshman	41-02.00	3/9/2015	Titiana Marsh	Thomas Dale, Chester, VA
Sophomore	42-06.00	3/12/2017	Jasmine Moore	Lake Ridge, Mansfield, TX
Junior	42-11.75	3/11/2018	Jasmine Moore	Lake Ridge, Mansfield, TX
Senior	44-06.75	3/11/2007	Ke'Nyia Richardson	Holy Names, Oakland, CA

2019 MEET RESULTS

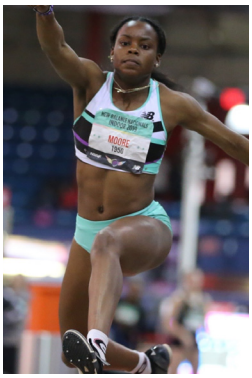
1	Jasmine Moore	19 Grand Prairie, TX	13.47m	44-02.50
2	Morgan Smalls	20 Morrisville, NC	12.74m	41-09.75
3	Jazlynn Shearer	19 San Jose, CA	12.48m	40-11.50

PAST MEET CHAMPIONS

2018	*Jasmine Moore	Lake Ridge, Mansfield, TX	42-11.75
2017	**Jasmine Moore	Lake Ridge, Mansfield, TX	42-06.75
2016	-Chinne Okoronkwo	Mountlake Terrace, WA	42-11.75
2015	-Asa Garcia	Texas City, TX	43-02.25
2014	-Keturah Orji	Mt. Olive, Flanders, NJ	44-02.00

MEET ALL-TIME BEST

44-02.50	-Jasmine Moore	Lake Ridge, Mansfield, TX	2019
44-02.00	-Keturah Orji	Mt. Olive, Flanders, NJ	2014
43-02.25	-Asa Garcia	Texas City, TX	2015
42-11.75	-Chinne Okoronkwo	Mountlake Terrace, WA	2015
42-11.75	*Jasmine Moore	Lake Ridge, Mansfield, TX	2018



Jasmine Moore

BOYS

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RECORDS

National	52-07.50	3/13/1988	Keith Holley	Bayside, Virginia Beach, VA
Meet	51-11.00	3/13/2010	Mark Jackson	Taylor, TX
NSIC Meet	52-07.50	3/13/1988	Keith Holley	Bayside, Virginia Beach, VA
Armory HS	51-07.75	3/15/2015	Ja'Mari Ward	Cahokia, IL
Freshman	46-09.00	1/12/2013	Ja'Mari Ward	Cahokia, IL
Sophomore	50-02.50	2/22/2014	Ja'Mari Ward	Cahokia, IL
Junior	51-08.25	3/24/1973	Don Duvall	North, Denver, CO
Senior	52-07.50	3/13/1988	Keith Holley	Bayside, Virginia Beach, VA

2019 MEET RESULTS

1	Justin Forde	19 Norwalk, CT	15.62m	51-03.00
2	Christopher Alexander	19 Charlotte, NC	15.49m	50-10.00
3	Jadan Hanson	20 Uniondale, NY	15.39m	50-06.00

PAST MEET CHAMPIONS

2018	-Jequan Hogan	Fountain-Fort Carson, Fountain, CO	49-06.50
2017	-Garry Williams	Western Branch, Chesapeake, VA	50-00.00
2016	*Noah Igbinoghene	Hewitt-Trussville, Trussville, AL	49-07.00
2015	*Ja'Mari Ward	Cahokia, IL	51-07.75
2014	-Nate Moore	Castro Valley, CA	50-08.75

MEET ALL-TIME BEST

51-11.00	-Mark Jackson	Taylor, TX	2010
51-07.75	*Ja'Mari Ward	Cahokia, IL	2015
51-06.50	-Jeremiah Green	Hillsborough, Tampa, FL	2013
51-05.75	-David Wilson	Washington, Danville, VA	2009
51-03.75	-Marquis Dendy	Middletown, DE	2011

Justin Forde

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