March 10-12, 2017

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

INSIDE >>

Published by Neighborhood Sports

MEET SCHEDULE / MEET RECORDS / PHOTOS / HONORARY REFEREE / COACH OF THE YEAR

NB
2017
NBN
OUTDOOR
JUNE 16,17,18
Eastbay
NORTH CAROLINA A&T
GREENSBORO, NC
AN
NSAF
EVENT
www.nationalscholastic.org

Welcome

We welcome all the outstanding participants to the 2017 New Balance Nationals Indoor Championships. And we wish a special welcome, as well, to all parents, coaches and friends, 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 a significant financial commitment. Over the years the organization has grown from helping a few athletes to one which allows over 10,000 athletes per year to partake of various meets and activities.

This is the 34th edition of this 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, having been with us for seven years, and we expect to be with them for many years to come. And for those seven years, we have been at the New Balance Armory, a facility second to none, directed by Dr. Norbert Sander.

We trust that all those present will have a memorable experience and we wish everyone great success.

Sincerely,

Jim Spier
Meet Director

Welcome to New Balance Nationals Indoor!

Your focus, hard work and phenomenal talent qualified you for this very special world class indoor track meet. Like many Olympians before you, your magnificent ability earned the opportunity to compete at this elite level and enjoy this unique experience.

New Balance, Eastbay and the National Scholastic Athletics Foundation are setting the stage for you to never be forgotten; welcome to NEW BALANCE NATIONALS INDOOR 2017!

The very best of luck to you as you endeavor to run, jump and throw to the best of your ability!

Samia Akbar
New Balance

SCHEDULE

FRIDAY, March 10

Track Events

9:00am	EE 60m Hurdles	Trials
9:50am	EE 60m	Trials
10:40am	EE 2 Mile	FINAL
11:55am	EE 400m (sections)	FINAL
12:50pm	EE 60m Hurdles	FINAL
1:10pm	EE 60m	FINAL
1:30pm	EE Sprint Medley Relay	FINAL
2:30pm	EE 200m	Trials
3:05pm	G – 5000m (slower section)	FINAL
3:30pm	B – 5000m (slower section)	FINAL
3:55pm	EE 4x800m	FINAL
5:15pm	G – 5000m (fast section)	FINAL
5:40pm	B – 5000m (fast section)	FINAL
6:05pm	EE 4x200m	FINAL
6:55pm	EE 800m	FINAL
7:30pm	EE 200m	FINAL
7:35pm	G – Distance Medley	FINAL
7:55pm	B – Distance Medley	FINAL
8:20pm	EE 4x400m	FINAL

Field Events

9:00am	G – EE Shot Put	FINAL
9:00am	G – EE Long Jump	FINAL
9:30am	G – EE Pole Vault (unseeded)	FINAL
12:00noon	G – EE Pole Vault (seeded)	FINAL
12:00noon	B – EE Shot Put	FINAL
12:00noon	B – EE Long Jump	FINAL
2:00pm	B – EE High Jump	FINAL
2:00pm	G – EE High Jump	FINAL
2:30pm	B – EE Pole Vault	FINAL
3:00pm	G – EE Triple Jump	FINAL
3:00pm	G – EE Weight Throw	FINAL
6:00pm	B – EE Triple Jump	FINAL
6:00pm	B – EE Weight Throw	FINAL
6:00pm	G – High Jump	FINAL

NEW BALANCE NATIONALS INDOOR 2017
PRESENTED BY Eastbay

A FINAL time schedule will be available at registration. No significant changes are expected. Girls events will precede Boys events unless otherwise noted. Seeded sections will be run last.

EE = Emerging Elite
G = Girls
B = Boys

Note: The afternoon time schedule (noon and after) is an estimate. Meet management reserves the right to run ahead of schedule. Athletes should be prepared for their events up to 30 minutes prior to the events' estimated start times shown in the schedule.

SATURDAY, March 11

Pentathlon

60m Hurdles	G – 8:15am	B – 8:00am
Shot Put	G – 9:15am (estimated)	B – 11:15am (estimated)
Long Jump	G – 10:30am (estimated) (pit 1)	B – 9:15am (estimated) (pit 2)
High Jump	G – 12:30pm (estimated) (pit 1)	B – 1:15pm (estimated) (pit 2)
800m/1000m	G – 2:30pm (estimated)	B – 3:15pm (estimated)

Track Events

8:30am	G – One Mile Walk	FINAL
8:45am	B – One Mile Walk	FINAL
9:00am	G/B – 60m	Trials
9:55am	G/B – 60m Hurdles	Trials
10:40am	B – Shuttle Hurdles	FINAL
11:15am	G – Shuttle Hurdles	FINAL
11:35am	G – 4x200m Relay	Trials
12:00noon	B – 4x200m Relay	Trials
12:30pm	G – 4x1 Mile Relay	FINAL
1:10pm	B – 4x1 Mile Relay	FINAL
1:55pm	G – Sprint Medley	FINAL
2:40pm	B – Sprint Medley	FINAL
3:05pm	G/B – EE One Mile Run	FINALS
3:35pm	G – 400m	Trials

3:55pm	B – 400m	Trials
4:10pm	G – Freshman 400m	FINAL
4:45pm	B – Freshman 400m	FINAL
5:35pm	G – 200m	Trials
5:55pm	B – 200m	Trials
6:15pm	G – 4x800m Relay	FINAL
7:00pm	B – 4x800m Relay	FINAL

Field Events

12:00noon	B – Pole Vault	FINAL (unseeded)
12:00noon	B – Long Jump	FINAL
2:00pm	G – Shot Put	FINAL
3:00pm	B – Pole Vault	FINAL (seeded)
4:30pm	G – Long Jump	FINAL
5:00pm	B – Shot Put	FINAL
5:00pm	B – High Jump	FINAL

SUNDAY, March 12

Track Events

9:00am	G/B – Freshman Mile	FINALS
9:40am	G/B – Two Mile Run	FINALS (unseeded sections)
10:10am	800m	FINAL (all but top section)
10:40am	Freshman 60m	G/B Trials
11:00am	G – 60m Hurdles	Semis
11:10am	B – 60m Hurdles	Semis
11:20am	G – 60m	Semis
11:30am	B – 60m	Semis
11:40am	G/B – Freshman 60m	FINALS
11:50am	G/B – One Mile Run	FINALS – (all but top sections)
12:15pm	G – 4x400m Relay	FINAL – (all but top section)
12:30pm	B – 4x400m Relay	FINAL – (all but top section)
12:45pm	**Opening Ceremonies**	
12:55pm	G – 4x200m Relay	FINAL
1:03pm	B – 4x200m Relay	FINAL
1:11pm	G – Two Mile Run	FINAL
1:26pm	B – Two Mile Run	FINAL
1:41pm	G – 60m Hurdles	FINAL
1:49pm	B – 60m Hurdles	FINAL
1:57pm	G – 60m	FINAL
2:05pm	B – 60m	FINAL
2:13pm	G – 400m	FINAL
2:21pm	B – 400m	FINAL
2:29pm	G – One Mile Run	FINAL (top section)
2:39pm	B – One Mile Run	FINAL (top section)
2:49pm	G – 800m	FINAL (top section)
2:54pm	B – 800m	FINAL (top section)
2:59pm	G – 200m	FINAL
3:03pm	B – 200m	FINAL
3:07pm	G – 4x400m Relay	FINAL (top section)
3:14pm	B – 4x400m Relay	FINAL (top section)

Field Events

9:30am	G – Weight Throw	FINAL
10:00am	G – Pole Vault	FINAL (unseeded)
10:00am	B – Triple Jump	FINAL
12:30pm	B – Weight Throw	FINAL
1:00pm	G – Triple Jump	FINAL
1:00pm	G – Pole Vault	FINAL (seeded)

Key for Event Records:

- Senior * Junior ** Sophomore *** Freshman p: Preliminaries s: Semi-Finals j: jump-off

On the Cover: Tara Davis is Top NBNI Returnee in Long Jump and Triple Jump.
All event photos by Victah Sailer unless otherwise noted.

CONTENTS

- Welcome Letters 1
- Meet Administration 4
- Competition Officials 5
- Tara Davis – Triple Threat 19
- Coach of the Year 20
- Allen Dawson Award 21
- Honorary Referee 22
- Doug Speck Award 23
- CSI: Amazing Bounty 25
- Iron Wood Throws Classic 26
- NSAF Indoor Awards History . . . 27
- Tony Wells Grants 42
- Cedric Walker Grants 42
- JavFest 2017 42
- Project Javelin 44
- Project Triple Jump 45

Event Records

- Emerging Elite 6
- Freshman 8
- 5000m 10
- Distance Medley Relay 11
- High Jump 12
- Pentathlon 13
- One Mile Race Walk 14
- 60m 15
- 60m Hurdles 16
- Shuttle Hurdle Relay 17
- 4x200m Relay 18
- 4xMile Relay 28
- Sprint Medley Relay 29
- 400m 30
- 200m 31
- 4x800m Relay 32
- Pole Vault 33
- Long Jump 34
- Shot Put 35
- Two Mile 36
- 800m 37
- One Mile 38
- 4x400m Relay 39
- Weight Throw 40
- Triple Jump 41

Publisher/Editor: Dave Kearney
Consulting Editor: Joy Kamani
Correspondent: Steve Underwood
Design: Roger Sattler

Published by Neighborhood Sports, LLC on behalf of the National Scholastic Athletics Foundation, Inc.

©2017 by the National Scholastic Athletics Foundation. All rights reserved. Reproduction of the contents of this publication, either in whole or in part, is prohibited without the National Scholastic Athletics Foundation's written permission.

MEET ADMINISTRATION

Meet Director
Jim Spier

Meet Director in Memorium
Mike Byrnes

Senior Advisor
Tracy Sundlun

Associate Meet Director
Joy Kamani

Operations and Logistics
Rekha Ayalur
Cathie Becker
Ryan Canning
Joe Lanzalotto
Kristi Rieger
Jill Sessa

John Chaplin Honorary Referee
Larry Byrne, In Memoriam

Meet Referee
John Blackburn

Track Referees
Donald Berry
Lloyd MacMillan

Field Referee
Patrick Lavelle

Invitations
Joy Kamani, Chief
Jacqué Kendall
Joe Lanzalotto
Paul Limmer
David Mitchell

Awards
Rekha Ayalur, Director
Cathie Becker
Dale Ladd
John Malach

Officials Coordinators
John Blackburn
Patrick Lavelle
Jannie Rosado

Registration
Kaaren Huber, Denise Klein, Co-Chiefs
with the help of the students of
Xavier High School

Volunteers Director
Phil Zodda

Timing
Delta Timing
John Ferguson, Director

Meet Statistician
Bill Lott

Meet Historian
Larry Byrne, In Memoriam

Paper Flow
Bernice De Mello
Tom Cuffe

Financial Director
Henry Sessa

Accounting Director
Paul Limmer

Press Steward
Fred Steier

Program Produced by
Neighborhood Sports, LLC
Dave Kearney, Publisher/Editor
Joy Kamani, Contributing Editor
Steve Underwood, Correspondent
Roger Sattler, Design

Announcers
David Mitchell, Chief
Ian Brooks, Awards, Interviews
Dennis Kornfield
Ron Lopresti
Eammon McHugh
Stephanie Dueringer, Director

Web Site Director
Johnny Yeip

Director of Public Relations
Steve Underwood

Medical Team
Robert Jones, M.D., Director
Liz Wheeler, DPT, PRC, Team Coordinator
Lee Kneer, MD
Emily Krodel, MD
Jeannette Anderson, DC
Alex Duma, DC
Claudia “Sparky” Chapel, S.P.S, MT
Lori Vasquez, M.S., ATC
Marissa Caldwell, ATC
Matt Devens, ATC
Anna Shealy, ATC
Ryan Johnson, EMT
Kush Patel, MT
Scott Julich, Volunteer
Julien Roy, Volunteer
Thibaud Roy, Volunteer

Mike Byrnes Coach of the Year Award
Mike Mangan

Allen Dawson Award for Contributions to Track and Field
Paul Schwartz

Doug Speck Award for Innovation and Excellence
John Nepolitan

Games Committee
John Blackburn
Joy Kamani
Joe Lanzalotto
Paul Limmer
Jim Spier
Tracy Sundlun

COMPETITION OFFICIALS

Referee
Tom McTaggart, Start
Don Berry, Track
Lloyd Cornelius, Track
Bob Gidari, Field
Pat Lavelle, Field

Starters
Tom McTaggart, Head
Andrea Jennings
Neal Johnson
Paul Poiesz
Aubrey Taylor

Clerks
Ron Clarke, Head
Dan Doherty, Asst. Head
Donna Barrett
Matthew Cola
Lisa Edwards
Sandra Edwards
Michelle Ferreira
Angela Gordon
Andrea D. Williams

Finish Line
Jannie Rosado, Head
Jenny Benjamin
Sandra Burke
Jean McLaughlin

Umpire
Gordon Bocock, Head
Eric Delane
Peg Donovan
Jeff Gray
Adrian Sterrett

Combined Events
Helene Britton

Throws
Joe Bullock, Head
George Erker
Tom Lincoln
Jack Peterson
Joeseph Rycek
Jai Singh
Lee E. Townsend

Horizontal Jumps
Martin Kahler, Head
Tony Ciccone, Asst. Head
Dudley Macharie, Asst. Head
Debbie Gittens
Zakia Haywood
Courtney Kromko
Joan LaBadie
Sidney Milden
Carol Miseyko
Zina Parker
Lenroy Raffington
Anthony Robinson
Arthur Weisberg

High Jump
Ken Kraft, Head
Nelson Berrios
Vincent ErBerti
Jim Fecteau
Karri Anne Miller
Kim Schwickrath

Pole Vault
Tom Heisey, Head
William Earl, Asst. Head
Stephen Brink
Mario Falconer
Dave Hanson
Osmond Powell
Caroline Rebello
Frank Ruddy
Takeshi Yamazaki

Race Walk
Ron Daniel, Head
Ron Clark
Michelle Ferreira
William Pollinger
Lon Wilson

The NSAF Thanks the New Balance Nationals Indoor Sponsors and Supporters!

Sincere Thanks to our Title Sponsor New Balance and, in particular, Samia Akbar, Andy Downing & John Evans and to our Presenting Sponsor, Eastbay

- **Athlete Race Numbers**
- **Anthony Florist**
- **The Armory, Dr. Norbert Sander and Staff**
- **Baron Insignias**
- **Batons.com**
- **Brooklyn Tech High School**
- **Coogan's Restaurant & Peter Walsh**
- **Dan Draws**
- **David Zemsky**
- **Delta Timing Group**
- **ElliptiGo**
- **Impact Orthopaedics**
- **Launch Sport Performance**
- **Robert Limmer**
- **Mepham Track Alumni**
- **Mt. St. Michael High School**
- **The Muscular Therapy Center**
- **NCSA- Athletic Recruiting**
- **PhotoRun.net**
- **RollRecovery**
- **USA Track & Field**
- **VS Athletics**
- **Xavier High School**

And all competition officials, volunteers and everyone else who has worked to make the NBNI 2017 a Spectacular Success!

Special Shout Out

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

- **Robert Jones, M.D.**
- **Jeanette Anderson, D.C.**
- **Dr. Alex Duma**
- **Dr. Lee Kneer**
- **Dr. Emily Krodel**
- **Dr. Liz Wheeler, P.T., P.R.C.**
- **Marissa Caldwell**
- **Claudia "Sparky" Chapel, S.P.S., M.T.**
- **Matt Devens**
- **Ryan Johnson**
- **Scott Julich**
- **Lori Vasquez, M.S., A.T.C.**
- **Khushnoor Patel**
- **Julien Roy**
- **Thibaud Roy**
- **Anna Shealy**

The National Scholastic Athletics Foundation Board of Directors

- **John Blackburn, Ph.D.**
- **Chelo Canino**
- **Robert Jones, M.D.**
- **Joy Kamani**
- **Paul Limmer**
- **Larry Rawson**
- **Josh Rowe**
- **James Spier**
- **Tracy Sundlun**
- **F. Michael Byrnes, In Memoriam**
- **Cedric Walker, In Memoriam**

60 METER

Meet Record - Girls	Sophia Falco	Lakewood Ranch, Bradenton, FL	7.55	3/11/2016
Meet Record - Boys	Vincent Lowe	Grassfield, Chesapeake, VA	6.88	3/9/2012
	Tajh Gilchrist	Bowie, MD	6.88	3/11/2016

200 METER

Meet Record - Girls	Khori Peace	Pennrdg, Prkasie, PA	24.03	3/11/2016
Meet Record - Boys	Grant Holloway	Grassfield, Chesapeake, VA	21.64	3/14/2014
	Kelly Brown	Wilson, Rochelle, NY	21.64	3/11/2016

400 METER

Meet Record - Girls	Victoria Tachinski	Manitoba, Canada	55.42	3/14/2014
Meet Record - Boys	Brian Herron	Lakeside, Atlanta, GA	47.97	3/11/2016

800 METER

Meet Record - Girls	Camille Davre	Whitefish Bay, WI	2:09.23	3/11/2016
Meet Record - Boys	Jayquan Williams	Green Hope, Cary, NC	1:52.75	3/11/2016

ONE MILE

Meet Record - Girls	Emily Kaplan	GVP, Washington, DC	4:55.98	3/9/2013
Meet Record - Boys	William Mulloy	St Xavier, Louisville, KY	4:14.15	3/14/2014

TWO MILE

Meet Record - Girls	Bethlehem Taye	Paint Branch, Burtonsville, MD	10:35.04	3/11/2016
Meet Record - Boys	Rohann Asfaw	Richard Mont., Rockville, MD	9:11.08	3/11/2016

60 METER HURDLES

Meet Record - Girls	Amaya Chadwick	Union Cath. Reg., Scotch Plains, NJ	8.52	3/11/2016
Meet Record - Boys	Jermaine Collier	Trenton, NJ	7.97	3/11/2011

4X200 METER RELAY

Meet Record - Girls	Oak Park	Oak Park, MI	1:40.49	3/14/2014
	A. Jefferson, C. Taylor, B. Holloway, T. McKelvy			
Meet Record - Boys	Long Reach	Columbia, MD	1:29.94	3/14/2014
	T. Olewole, R. Carter, C. Smalley, E. Thomas			

4X400 METER RELAY

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

4X800 METER RELAY

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

1600 SPRINT MEDLEY

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

HIGH JUMP

Meet Record - Girls	Amy Collins	Wachusett, Holden, MA	5-07.25	3/12/2012
	Ellen DiPietro	Marshfield, MA	5-07.25	3/8/2013
	Kenya Livingston	Rocky River, Mint Hill, NC	5-07.25	3/13/2015
Meet Record - Boys	Isaiah Kyle	East, Morristown, TN	6-08.25	3/14/2014

POLE VAULT

Meet Record - Girls	Landon Kemp	Greenville, MI	12-04.75	3/13/2015
	Gabriella Leroux	Spring Lake, MI	12-04.75	3/13/2015
	Alana Carroll	Averill Park, NY	12-04.75	3/11/2016
Meet Record - Boys	Bailey Frederick	Marvin Ridge, Waxhaw, NC	15-04.25	3/13/2015

LONG JUMP

Meet Record - Girls	Breanna Gambrell	Athens, PA	19-05.50	3/11/2016
Meet Record - Boys	Derage Ty Maon	J. H. Blake, Silver Spring, MD	23-05.50	3/11/2016

TRIPLE JUMP

Meet Record - Girls	Ebony Owusu-Sampah	Hylton, Woodbridge, VA	40-05.50	3/8/2013
Meet Record - Boys	Omarhi Sturdivant	Amsterdam, NY	48-00.50	3/11/2016
	Di'Joun Huitt	Bunker Hill, Claremont, NC	48-00.50	3/11/2016

SHOT PUT

Meet Record - Girls	Egypt Parker	St. Catherine, Bronx, NY	44-09.00	3/13/2015
Meet Record - Boys	Marcus Abraham	Victory Chr,Chrlot,NC	58-09.25	3/13/2015

WEIGHT THROW

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

FRESHMAN RECORDS

GIRLS

60 METER

Meet	Jayla Kirkland	Woodlawn, Birmingham, AL	7.52	3/16/2014

400 METER

Meet	Paris Peoples	Cardozo, Queens, NY	55.82	3/14/2015

ONE MILE

Meet	Chelsey Sveinnson	Greenhills, Dallas, TX	4:49.37	3/15/2008

BOYS

60 METER

Meet	Eric Allen	Bullis, Potomac, MD	6.96	3/15/2015

400 METER

Meet	Grant Holloway	Grassfield, Chesapeake, VA	49.18	3/9/2013

ONE MILE

Meet	Elijah Armstrong	Pocatello, ID	4:18.09	3/10/2012

LotusPhotographers.com, courtesy of The Armory Foundation

from your friends at

NATIONAL SCHOLASTIC ATHLETICS FOUNDATION NSAF

www.nationalscholastic.org

AN NSAF™ SELECT MEET

nationalscholastic.org

Mark your calendars for these great 2017 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 24-25, 2017
Chandler, AZ
www.chandlerrotarytm.com

Mobile Challenge of Champions
March 31-April 1, 2017
Mobile, AL
www.mobilechallengeofchampions.net

Arcadia Invitational
April 7-8, 2017
Arcadia, CA
www.arcadiainivtational.org

Bojangles' Track & Field Classic
April 7-8, 2017
Columbia, SC
https://sites.google.com/site/bojanglestrack/

Bulldog Invitational
April 15, 2017
The Bullis School
Potomac, MD
http://md.milesplit.com/meets/261125/info

Howard Wood Dakota Relays
May 6-7, 2017
Sioux Falls, SD
www.dakotarelays.com

Atlanta Georgia Relays
May 27-28, 2017
Fairburn, GA
www.atlantageorgiarelays.com

Great Southwest Classic
June 1-3, 2017
Albuquerque, NM
www.greatsouthwestclassic.com

Facebook.com/NSAF1990 @tweetingtrack nsaf_track

5000M

GIRLS

Sponsored by: **Attorney Dave Zemsky**, Friend of the NSAF

RECORDS

National	Weini Kelati	Heritage, Leesburg, VA	16:08.83	3/11/2016
Meet	Weini Kelati	Heritage, Leesburg, VA	16:08.83	3/11/2016
Armory HS	Weini Kelati	Heritage, Leesburg, VA	16:08.83	3/11/2016
Freshman	Jessica Lawson	Cornell, NY	17:08.45	3/14/2014
Sophomore	Stephanie Jenks	Linn-Mar, Marion, IA	16:37.50	3/14/2014
Junior	Erin Finn	West Bloomfield, MI	16:19.69	3/9/2012
Senior	Anna Rohrer	Mishawaka, IN	16:10.79	3/13/2015

2016 MEET RESULTS

I.	Weini Kelati	18 Leesburg, VA	16:08.83	2
2	Maryjeanne Gilbert	16 Peoria, IL	16:28.74	2
3	Shona McCulloch	17 Nepean, ON	16:31.22	2

PAST MEET CHAMPIONS

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**
2013	**-Wesley Frazier**	**Ravenscroft, Raleigh, NC**	**16:18.01**
2012	***Erin Finn**	**West Bloomfield, MI**	**16:19.69**

MEET ALL-TIME BEST

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
16:18.01-	Wesley Frazier	Ravenscroft, Raleigh, NC	2013

BOYS

Sponsored by: **Attorney Dave Zemsky**, Friend of the NSAF

RECORDS

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

2016 MEET RESULTS

1	Eric van der Els	16 Norwalk, CT	14:42.41	2
2	Aaron Groff	16 Cherry Hill, NJ	14:43.10	2
3	Dominic Hockenbury	16 Harveys Lake, PA	14:45.09	2

PAST MEET CHAMPIONS

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
2013	**Elijah Armstrong	Pocatello, ID	14:54.27
2012	-Daniel Lennon	Peru, NY	14:37.2

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 Honor of: **Larry Byrne** – The 2017 John Chaplin NBNI Honorary Referee

RECORDS

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

2016 MEET RESULTS

1	North Rockland HS-TC-Girls	11:34.85	2
2	Lake Braddock TC-VA	11:39.10	2
3	Lincoln-Sudbury TC-MA	11:42.03	2

PAST MEET CHAMPIONS

2016	**North Rockland**	**Thiells, NY**	**11:34.85**
2015	Suffern	Suffern, NY	11:53.57
2014	West Springfield	Springfield, VA	11:43.39
2013	Cardozo	Queens, NY	11:39.10
2012	South	Groose Pointe, MI	11:39.29

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

BOYS

In Honor of: **Larry Byrne** – The 2017 John Chaplin NBNI Honorary Referee

RECORDS

National	Gloucester	Gloucester, MA	9:59.94	3/10/2000
	J. Palazola, N. Otieno, S. Milne, Tristan Colangelo			
Meet	Cardinal O'Hara	Springfield, PA	10:00.75	3/14/2014
	K. James, Isiaih Cooper, Nick Smart, Jim Belfatto			
NSIC Meet	Gloucester	Gloucester, MA	9:59.94	3/10/2000
	J. Palazola, N. Otieno, S. Milne, Tristan Colangelo			
Armory HS	Gloucester	Gloucester, MA	9:59.94	3/10/2000
	J. Palazola, N. Otieno, S. Milne, Tristan Colangelo			

2016 MEET RESULTS

1	The Jungle TC-VA	10:03.42	2
2	River Dell TC-NJ	10:03.98	2
3	Patriot Athletics-MA	10:12.36	2

PAST MEET CHAMPIONS

2016	Loudoun Valley	Purcellville, VA	10:03.42
2015	Saline	Saline, MI	10:04.30
2014	**Cardinal O'Hara**	**Springfield, PA**	**10:00.75**
2013	Staples	Westport, CT	10:07.01
2012	St. Benedict's	Newark, NJ	10:10.09

MEET ALL-TIME BEST

10:00.75	Cardinal O'Hara	Springfield, PA	2014
10:02.13	Albemarle	Charlottesville, VA	2009
10:02.74	Warwick Valley	Warwick Valley, NY	2011
10:02.99	Christian Brothers Acad.	Lincroft, NJ	2011
10:03.42	**Loudoun Valley**	**Purcellville, VA**	**2016**

HIGH JUMP

GIRLS

Sponsored by: **Coogan's and Peter Walsh** – You Never Know Who Will Be Sitting Next to You at Coogan's!

RECORDS

National	Vashti Cunningham	Bishop Gorman, Las Vegas, NV	6-06.25	3/12/2016
Meet	Nicole Greene	Ponte Vedra Beach, FL	6-00.50	3/13/2015
Armory HS	Nicole Greene	Ponte Vedra Beach, FL	6-00.50	3/13/2015
Freshman	Karla Newman	White Creek, TN	5-10.00	1989
	Patience Coleman	Southern, Durham, NC	5-10.00	2/14/2004
Sophomore	Mary Moore	Issaquah, WA	6-00.75	1981
Junior	Alison Smith	Central, Clarence, NY	6-01.00	1987
Senior	Vashti Cunningham	Bishop Gorman, Las Vegas, NV	6-06.25	3/12/2016

2016 MEET RESULTS

1	Mikella Lefebvre-Oatis	16 Montreal, QC	1.76m	5-09.25
2	Lillian Lowe	16 Radcliff, KY	1.76m	5-09.25j
3	Erika Voyzey	16 Warriors Mark, PA	1.76m	5-09.25j

PAST MEET CHAMPIONS

2016	-Mikella Lefebvre-Oatis	Montreal, Quebec	5-09.25
2015	**-Nicole Greene**	**Ponte Vedra, Ponte Vedra Beach, FL**	**6-00.5**
2014	-Ellen DiPietro	Marshfield, MA	5-10.5
2013	**Cyre Virgo	Fleetwood, PA	5-11.25
2012	*Kendell Williams	Kell, Marietta, GA	5-11.25

MEET ALL-TIME BEST

6-00.5	-Nicole Greene	Ponte Vedra, Ponte Vedra Beach, FL	2015
6-00	*Sheena Gordon	McDowell, Erie, PA	2002
5-11.5	*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

BOYS

Sponsored by: **Coogan's and Peter Walsh** – You Never Know Who Will Be Sitting Next to You at Coogan's!

RECORDS

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

2016 MEET RESULTS

1	Darius Carbin	16 San Jose, CA	2.18m	7-01.75
2	Jaron Brooks	16 Lexington, KY	2.18m	7-01.75j
3	Rahman Minor	17 Indianapolis, IN	2.06m	6-09.00

PAST MEET CHAMPIONS

2016	-Darius Carbin	Mt. Pleasant, San Jose, CA	7-01.75
2015	*Jaron Brooks	Henry Clay, Lexington, KY	6-11.5
2014	-Paul Galas	Mississauga, Ontario	6-10.25
2013	*Philip St. Hilaire	Quebec	6-09
2012	-Jonathan Addison	Enloe, Raleigh, NC	6-09

MEET ALL-TIME BEST

7-05.25	*Scott Sellers	Cinco Ranch, Katy, TX	2004
7-04.25	-Michael Morrison	Willingboro, NJ	2003
7-03	*Erik Kynard	Rogers, Toledo, OH	2009
7-01.75	**-Darius Carbin**	**Mt. Pleasant, San Jose, CA**	**2016**
7-01.75	**-Jaron Brooks**	**Henry Clay, Lexington, KY**	**2016**

PENTATHLON

GIRLS

Sponsored by: **Eastbay** – Presenting Sponsor of the NBNI

RECORDS

National	Kendell Williams	Kell, Marietta, GA	4068	3/9/2013
Meet	Kendell Williams	Kell, Marietta, GA	4068	3/9/2013
Armory HS	Kendell Williams	Kell, Marietta, GA	4068	3/9/2013
Freshman	Kendell Williams	Kell, Marietta, GA	3561	3/13/2010
Sophomore	Shana Woods	Poly, Long Beach, CA	3846	3/13/2004
Junior	Shana Woods	Poly, Long Beach, CA	3827	3/12/2005
Senior	Kendell Williams	Kell, Marietta, GA	4068	3/9/2013

2016 MEET RESULTS

1	Dallyssa Huggins	16 Markham, ON	3885
2	Tia Livingston	16 Piscataway, NJ	3674
3	Tiana Luton	16 Amherst, NY	3562

PAST MEET CHAMPIONS

2016	-Dallyssa Huggins	Markham, Ontario	3885
2015	*Alexus Pyles	Clarksburg, MD	3619
2014	-Shaina Burns	South, Lakeville, MN	3706
2013	**-Kendell Williams**	**Kell, Marietta, GA**	**4068**
2012	*Kendell Williams	Kell, Marietta, GA	3740

MEET ALL-TIME BEST

4068	-Kendell Williams	Kell, Marietta, GA	2013
3885	**-Dallyssa Huggins**	**Markham, Ontario**	**2016**
3823	-Ryann Krais	Methacton, Fairview Village, PA	2008
3728	*Alexa Harmon-Thomas	Lawrence Free State, Lawrence, KS	2013
3709	-Gayle Hunter	North, Riverside, CA	2004

Dallyssa Huggins

BOYS

Sponsored by: **Eastbay** – Presenting Sponsor of the NBNI

RECORDS

National	Gunnar Nixon	Santa Fe, Edmond, OK	4307	3/12/2011
Meet	Gunnar Nixon	Santa Fe, Edmond, OK	4307	3/12/2011
Armory HS	Gunnar Nixon	Santa Fe, Edmond, OK	4307	3/12/2011
Freshman	Brandon Royster	Fairfax, VA	2664	3/8/1997
Sophomore	Curtis Beach	Albuquerque Acad., Albuq., NM	3785	2007
Junior	Gunnar Nixon	Santa Fe, Edmond, OK	4141	3/13/2010
Senior	Gunnar Nixon	Santa Fe, Edmond, OK	4307	3/12/2011

2016 MEET RESULTS

1	Grant Holloway	16 Chesapeake, VA	4230
2	Kyle Garland	18 Philadelphia, PA	3699
3	Zachary Stadnika	16 Shelby Township, MI	3639

PAST MEET CHAMPIONS

2016	-Grant Holloway	Grassfield, Chesapeake, VA	4230
2015	*George Patrick	Brentwood Academy, Brentwood, TN	3961
2014	-Gabe Moore	Freeport, FL	4054
2013	*Marlon Humphrey	Hoover, AL	3890
2012	-Jake Lazas	Brentwood, TN	3855

MEET ALL-TIME BEST

4307	-Gunnar Nixon	Santa Fe, Edmond, OK	2011
4230	**-Grant Holloway**	**Grassfield, Chesapeake, VA**	**2016**
4054	-Gabe Moore	Freeport, FL	2014
3980	-David Klech	California, San Ramon, CA	2006
3966	-Terry Prentice	Diamond Ranch, Pomona, CA	2007

Grant Holloway

ONE MILE RACE WALK

GIRLS

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

RECORDS

National	Lauren Harris	Sachem East, Farmingdale, NY	6:57.36	3/12/2016
Meet	Lauren Harris	Sachem East, Farmingdale, NY	6:57.36	3/12/2016
Armory HS	Lauren Harris	Sachem East, Farmingdale, NY	6:57.36	3/12/2016
Freshman	Lisa Kutzing	Port Jefferson, NY	7:24.67	3/15/1998
Sophomore	Melissa Baker	Shoreham WR, Shoreham, NY	7:17.24	1992
Junior	Lauren Harris	Sachem East, Farmingdale, NY	6:57.36	3/12/2016
Senior	Ashleigh Resch	Beavercreek, OH	7:00.33	3/14/2015

2016 MEET RESULTS

1	Lauren Harris	17 Holtsville, NY	6:57.36
2	Anali Cisneros	16 Chicago, IL	7:11.14
3	Maria Garcia	16 Thiells, NY	7:15.38

PAST MEET CHAMPIONS

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
2013	-Holly Lindoe	Sachem, Ronkonkoma, NY	7:26.07
2012	-Abby Dunn	Edward Little, Auburn, ME	7:28.13

MEET ALL-TIME BEST

6:57.36	****Lauren Harris**	**Sachem East, Ronkonkoma, NY**	**2016**
7:00.33	-Ashleigh Resch	Yellow Springs, OH	2015
7:00.94	*Katy Hayes	Oconomowoc, WI	2004
7:07.82	*Robyn Stevens	Vacaville, CA	2000
7:08.02	-Katherine Newhoff	East Islip, Islip Terrace, NY	2015

Lauren Harris

BOYS

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

RECORDS

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

2016 MEET RESULTS

1	Cameron Haught	17 Enon, OH	6:15.77
2	AJ Gruttadauro	16 Brockport, NY	6:39.88
3	Juan Moscoso	19 Longwood, FL	6:43.53

PAST MEET CHAMPIONS

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
2013	**Marek Adamowicz	Quebec	6:34.35
2012	*Luc Bourget	Edward Little, Auburn, ME	7:17.03

MEET ALL-TIME BEST

6:06.13	-Trevor Barron	home-school, Bethel Park, PA	2010
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
6:20.37	-Benjamin Shorey	Ellsworth, ME	2001

Cameron Haught

60 METERS

GIRLS

In Recognition of: **John Nepoliltan** – Recipient of the 2016 Doug Speck Award for Excellence & Innovation

RECORDS

National	Ashley Owens	Liberty, Colorado Springs, CO	7.19	2/21/2004
Meet	Mikiah Brisco	Baton Rouge, LA	7.26	3/16/2014
NSIC Meet	Angela Williams	Chino, CA	7.26	3/15/1998
	Bianca Knight	Ridgeland, MS	7.26	3/12/2006
Armory HS	Bianca Knight	Ridgeland, MS	7.26	3/12/2006
	Mikiah Brisco	Baton Rouge, LA	7.26	3/16/2014
Freshman	Thelma Davies	Girard College, Philadelphia, PA	7.37	3/13/2016
Sophomore	Alexis Joyce	Washington, Denver, CO	7.29	3/14/1999
Junior	Victoria Jordan	Dunbar, Ft Worth, TX	7.24	2/10/2007
Senior	Ashley Owens	Liberty, Co Springs, CO	7.19	2/21/2004

2016 MEET RESULTS

1	Zaria Francis	16 Oxnard, CA	7.30
2	Celera Barnes	16 Ventura, CA	7.33
3	Lauren Rain Williams	17 Lakewood, CA	7.35

PAST MEET CHAMPIONS

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**
2013	*Clemence Paiement	Quebec, Canada	7.40
2012	-Jennifer Madu	East, Plano, TX	7.32

MEET ALL-TIME BEST

7.26	-Mikiah Brisco	Baton Rouge, LA	2014
7.29	**Alexis Joyce	Washington, Denver, CO	1999
7.30	-Heather Cunliffe	Federal Way, WA	2014
7.30	**-Zaria Francis**	**Rio Mesa, Oxnard, CA**	**2016**
7.32	-Ashley Owens	Liberty, Colorado Springs, CO	2004
7.32	-Jennifer Madu	East, Plano, TX	2012

Zaria Francis

BOYS

In Recognition of: **John Nepoliltan** – Recipient of the 2016 Doug Speck Award for Excellence & Innovation

RECORDS

National	Casey Combest	Owensboro, KY	6.57	3/14/1999
Meet	Casey Combest	Owensboro, KY	6.57	3/14/1999
Armory HS	Deangelo Cherry	Mt. Zion, Jonesboro, GA	6.64	3/14/2008
	Trentavis Friday	Cherryville, NC	6.64	3/16/2014
Freshman	Jerald Watson	Central Catholic, Morgan City, LA	6.78	3/10/2001
	Tyrese Cooper	American, Hialeah, FL	6.78	2/13/2016
Sophomore	Jeremy Rankin	Overland, Aurora, CO	6.67	2/16/2007
Junior	Jeremy Rankin	Overland, Aurora, CO	6.64	1/12/2008
	Isaiah Brandt-Sims	Wenatchee, WI	6.64	2/24/2013
Senior	Casey Combest	Owensboro, KY	6.57	3/14/1999

2016 MEET RESULTS

1	Josephus Lyles	16 Alexandria, VA	6.65
2	Brandon Taylor	16 Friendswood, TX	6.73
3	Daniel Estrada	16 Oak Ridge, NC	6.80

PAST MEET CHAMPIONS

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
2013	-Jeryl Brazil	Loranger, LA	6.70
2012	-Tevin Hester	Granville Central, Stem, NC	6.72

MEET ALL-TIME BEST

6.57	-Casey Combest	Owensboro, KY	1999
6.63	-Devon Smith	Westlake, Waldorf, MD	2009
6.64	-Trindon Holliday	Northeast, Zachary, LA	2005
6.64	-Trentavis Friday	Cherryville, NC	2014
6.65	-Ryan Clark	Banneker, College Park, GA	2015
6.65	*Noah Lyles	TC Williams, Alexandria, VA	2015
6.65	**-Josephus Lyles**	**TC Williams, Alexandria, VA**	**2016**

Josephus Lyles

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	Tonea Marshall	Seguin, Arlington, TX	8.02	3/13/2016
Meet	Tonea Marshall	Seguin, Arlington, TX	8.02	3/13/2016
Armory HS	Tonea Marshall	Seguin, Arlington, TX	8.02	3/13/2016
Freshman	Tia Jones	Walton, Marietta, GA	8.35	3/13/2016
Sophomore	Sydney McLaughlin	Union Catholic, Scotch Plains, NJ	8.17	3/15/2015
Junior	Jackie Coward	West, Knoxville, TN	8.17	2/17/2007
	Dior Hall	Washington, Denver, CO	8.17	2/9/2013
Senior	Tonea Marshall	Seguin, Arlington, TX	8.02	3/13/2016

2016 MEET RESULTS

1	Tonea Marshall	16 Irving, TX	8.02
2	Alexis Duncan	16 Lancaster, TX	8.14
3	Anna Cockrell	16 Charlotte, NC	8.22

PAST MEET CHAMPIONS

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**
2013	**-Sasha Wallace**	**Castro Valley, CA**	**8.17**
2012	****Dior Hall**	**Science and Tech, Denver, CO**	**8.19**

MEET ALL-TIME BEST

8.02	**-Tonea Marshall**	**Sequin, Arlington, TX**	**2016**
8.11	-Dior Hall	George Washington, Denver, CO	2014
8.14	***Alexis Duncan**	**Desoto, TX**	**2016**
8.17	-Sasha Wallace	Castro Valley, CA	2013
8.17	**Sydney McLaughlin	Union Catholic, Scotch Plains, NJ	2015

Tonea Marshall

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	Trey Cunningham	Winfield, AL	7.49	1/27/2017
Meet	Grant Holloway	Grassfield, Chesapeake, VA	7.53	3/13/2015
Armory HS	Grant Holloway	Grassfield, Chesapeake, VA	7.53	3/13/2015
Freshman	Lataero Mitchell	Wayne, Huber Heights, OH	8.03	2/16/2002
Sophomore	Wayne Davis	Southeast, Raleigh, NC	7.83	3/11/2007
Junior	Grant Holloway	Grassfield, Chesapeake, VA	7.59	3/15/2015
Senior	Trey Cunningham	Winfield, AL	7.49	1/27/2017

2016 MEET RESULTS

1	Grant Holloway	16 Chesapeake, VA	7.53
2	Braxton Canady	16 Jacksonville, FL	7.66
3	Marcus Krah	16 Durham, NC	7.69

PAST MEET CHAMPIONS

2016	**-Grant Holloway**	**Grassfield, Chesapeake, VA**	**7.53**
2015	***Grant Holloway**	**Grassfield, Chesapeake, VA**	**7.59**
2014	-Isaiah Moore	Cummings, Burlington, NC	7.79
2013	-Freddie Crittenson	Utica, MI	7.72
2012	-Donovan Robertson	Berea, OH	7.70

MEET ALL-TIME BEST

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
7.60	*Wayne Davis II	Southeast, Raleigh, NC	2009
7.62s	-Rickey Harris	Centreville, Clifton, VA	2000

Grant Holloway

SHUTTLE HURDLE RELAY

GIRLS

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

RECORDS

National	Western Branch	Chesapeake,VA	31.22	3/14/2015
	Milan Parks, Fnlayo Oluwole, Jewel Smith, Faith Ross			
Meet	Western Branch	Chesapeake,VA	31.22	3/14/2015
	Milan Parks, Fnlayo Oluwole, Jewel Smith, Faith Ross			
Armory HS	Western Branch	Chesapeake,VA	31.22	3/14/2015
	Milan Parks, Fnlayo Oluwole, Jewel Smith, Faith Ross			

2016 MEET RESULTS

1	Hoover TC-AL-Girls	31.87	5
2	Western Branch TC-VA	31.91	4
3	Oscar Smith TC-VA	32.82	5

PAST MEET CHAMPIONS

2016	Hoover	Hoover, AL	31.87
2015	**Western Branch**	**Chesapeake, VA**	**31.22**
2014	**Hoover**	**Hoover, AL**	**31.35**
2013	Winslow Township	Atco, NJ	32.45
2012	Western Branch	Chesapeake, VA	32.31

MEET ALL-TIME BEST

31.22	Western Branch	Chesapeake, VA	2015
31.35	Hoover	Hoover, AL	2014
31.46	Western Branch	Chesapeake, VA	2014
31.87	Winslow Township	Atco, NJ	2014
31.87	**Hoover**	**Hoover, AL**	**2016**

Hoover TC

BOYS

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

RECORDS

National	Union Catholic	Scotch Plains, NJ	29.20	3/9/2013
	O. Animashaun, C. Scott, T. Gibbs, Zach Ghizzone			
Meet	Catholic	Scotch Plains, NJ	29.20	3/9/2013
	O. Animashaun, C. Scott, T. Gibbs, Zach Ghizzone			
Armory HS	Union Catholic	Scotch Plains, NJ	29.20	3/9/2013
	O. Animashaun, C. Scott, T. Gibbs, Zach Ghizzone			

2016 MEET RESULTS

1	Western Branch TC-VA	29.58	11
2	Weequahic TC-NJ	29.69	11
3	Phoebus TC-VA-Boys	30.48	8

PAST MEET CHAMPIONS

2016	Western Branch	Chesapeake, VA	29.58
2015	Andover	Andover, MA	29.51
2014	Western Branch	Chesapeake, VA	29.40
2013	**Union Catholic**	**Scotch Plains, NJ**	**29.20**
2012	Jackson	Jackson, NJ	30.13

MEET ALL-TIME BEST

29.20	Union Catholic	Scotch Plains, NJ	2013
29.40	Western Branch	Chesapeake, VA	2014
29.45	Westside	Anderson, SC	2004
29.51	Andover	Andover, MA	2015
29.52	Union Catholic	Scotch Plains, NJ	2014

Western Branch

4X200M RELAY

GIRLS

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

RECORDS

National	Poly	Long Beach, CA	1:35.86	3/16/2003
	Shan. Solomon, J. Lee, D. Dorsey, Shal. Solomon			
Meet	Wakefield	Raleigh, NC	1:36.35	3/11/2012
	J. Williams, Tiana Patillo, Olicia Sharp, Ariah Graham			
NSIC Meet	Poly	Long Beach, CA	1:35.86	3/16/2003
	Shan. Solomon, J. Lee, D. Dorsey, Shal. Solomon			
Armory HS	Poly	Long Beach, CA	1:35.86	3/16/2003
	Shan. Solomon, J. Lee, D. Dorsey, Shal. Solomon			

2016 MEET RESULTS

1	War TC-VA	1:37.43
2	Clinton TC-MS	1:38.05
3	Motor City TC-MI	1:38.35

PAST MEET CHAMPIONS

2016	Nansemond River	Suffolk, VA	1:37.43	
2015	Parkland	Winston-Salem, NC	1:38.19	[1:37.75p]
2014	New Rochell	New Rochelle, NY	1:38.41	
2013	Medgar Evers	Brooklyn, NY	1:37.29	
2012	**Wakefield**	**Raleigh, NC**	**1:36.35**	

MEET ALL-TIME BEST

1:36.35	Wakefield	Raleigh, NC	2012
1:36.79p	Martin Luther King	Lithonia, GA	2012
1:37.29	Medgar Evers	Brooklyn, NY	2013
1:37.34	Wakefield	Raleigh, NC	2013
1:37.43	**Nansemond River**	**Suffolk, VA**	**2016**

War TC

BOYS

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

RECORDS

National	Poly	Long Beach, CA	1:26.09	3/13/2005
	I. Green, V. Joseph, T. Patterson, B. Nellum			
Meet	TC Williams	Alexandria, VA	1:26.21	3/13/2016
	T. Lockett, Noah Lyles, Kai Cole, Josephus Lyles			
NSIC Meet	Poly	Long Beach, CA	1:26.09	3/13/2005
	I. Green, V. Joseph, T. Patterson, B. Nellum			
Armory HS	Poly	Long Beach, CA	1:26.09	3/13/2005
	I. Green, V. Joseph, T. Patterson, B. Nellum			

2016 MEET RESULTS

1	TC Williams TC-VA	1:26.21
2	Western Branch TC-VA	1:28.59
3	Newburgh Elite TC-NY	1:29.13

PAST MEET CHAMPIONS

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**
2013	Union Catholic	Scotch Plains, NJ	1:28.15
2012	Trenton Central	Trenton, NJ	1:28.46

MEET ALL-TIME BEST

1:26.29	**TC Williams**	**Alexandria, VA**	**2016**
1:27.04	Union Catholic	Scotch Plains, NJ	2014
1:27.79	Oak Park	Oak Park, MI	2014
1:27.80p	Union Catholic	Scotch Plains, NJ	2013
1:27.91	New Bern	New Bern, NC	2009

TC Williams

Photo by Victah Sailer

Photo by Stuart Kantor, TTFCA.org

Tara Davis: Triple Threat for NBNI Gold

Our 2017 NBNI cover subject, Agoura (Calif.) High School senior **Tara Davis,** is the meet's top returnee in both horizontal jumps, set a new national prep record in the long jump this winter, and could be one of the biggest stars at Nationals this weekend.

Davis was the runner-up in both the long jump (20-10) and triple jump (40-5.5) at the 2016 NBNI, in both cases beaten by now-graduated seniors. Then in Frisco, Texas, just a few weeks ago, on February 10, she exploded with a 21-11 long jump, breaking the previous U. S. high school standard of 21-7.5 that had been set by Olympian **Carol Lewis** 36 years earlier. As of late February, when this program went to print, Davis also was second in the nation in the 60-meter hurdles (8.22 seconds in her Simplot Games victory) and she ranked third in the triple jump (41-9).

In 2015, Davis made Team USA for the World Youth Championships in Cali, Columbia and, with a dramatic 21-0 on her final attempt, captured the long jump gold. But in 2016, she just missed out on qualifying for the World Junior Championships team when she was 4th in the LJ and 5th in the TJ at USATF Juniors. Davis credits her 2016 World Junior Championships disappointment, in part, for helping to put her over the top since then.

Tara's Tips:

For overcoming adversity in training and competition:
"In training, I remember how good it feels to accomplish my goals, and I also realize that there are always athletes working as hard as or harder than me to achieve their goals. In competition, I just have to remember what I'm out here to do, and 'trust the process.'"

For using/enjoying social media, but not letting it get out of control:
"Think about who is seeing it, and whether you would want your parents or grandparents to see outrageous comments and posts on your profile. Think of how it makes you look. Try not to let social media be your social outlet; you might be feeling a certain way at that moment, but when it's posted that emotion is locked in and you can't take it back."

For eating enough to stay fueled for training and competing, but still staying toned and fit:
"I love to eat junk food; it's my biggest weakness. This year I have been trying to work on it. In all honesty I cheat sometimes ... okay maybe a lot. But I have to balance out what I'm taking in with protein and healthy snacks. I still have a routine of working out."

For balancing school and track:
"It does get a little congested, but having that sparkle in your eye with the teachers helps a lot, and showing the hard work in the classroom pays off. The main tip is to communicate with your teacher, so they know you have a hectic track schedule and might be missing class. Always try to get ahead and not behind." ■

Photo by Joy Kamani

Photo submitted by Mike Mangan

MIKE BYRNES
COACH OF THE YEAR

Learning to Love the Process

Mike Mangan

Mike Byrnes Coach of the Year

Mike Mangan, our 2017 Mike Byrnes Coach of the Year, has achieved much with his Lake Braddock High School program out of Burke, Virginia, on every level – locally, regionally and nationally – in both cross country and track. Coach Mangan has reached a pinnacle with his current girls' crew, led by Olympic Trials semifinalist **Kate Murphy**. The Lady Bruins distance medley relay was a fast runner-up at NBNI last March, and then won the Penn Relays several weeks later. Braddock also set a national DMR record (11:34.54) this winter in January.

But it all might have never happened if things had gone the other way one day after practice, way back in the late 1980s, when Mangan was a young assistant coach under the legendary **Buzz Male** at Langley High School in nearby McLean. "He's completely been my mentor," Mangan says. "He's the reason I coach how I coach." Coach Male had taken Mike Mangan on as an assistant in 1987 – sight unseen, based on a recommendation from a mutual friend – when Mangan was merely a college freshman.

And, on another day during his second year at Langley, the young Mangan started grumbling and complaining about the drudgery of practice. "I was acting kind of like (former NBA player) **Allen Iverson**," he recalls. "And Buzz just exploded. He kicked me out of practice … and told me I'd better go home and think about why I was in coaching." Mangan was just 20 at the time, but after some contemplation, he says he "came to understand the fun in coaching was way more about the daily interaction with the kids, than it was about times and distances."

Mangan remained at Langley off and on until 2000, along with a head coaching gig at St. Stephens and St. Agnes School in Alexandria from 1993-96. This all prepared him for being offered and taking on the head XC position at Lake Braddock in 2000. "I am grateful to have been given a Rolls Royce of a program," he says. "It is my job to be the best caretaker of our tradition so that when I pass it on; it is as good as when I inherited it. The coaches that came before me [**Ed Trimm**, **Chris McDonald**, **Andy Tisinger**, **Marshall Windsor**, and **Bob Digby**] were all Hall of Fame-type coaches. Getting to associate my name with theirs is an honor."

At LBHS, Mangan's kids have won dozens of team conference and regional titles, and 11 state championships – mostly in cross country. Perhaps the individual accomplishments have been even more special. Coach Mangan has had seven runners qualify for either Foot Locker or NXN Finals – including 3-time qualifier **Sophie Chase** (2010-12). Chase also won back-to-back Penn Relays 3,000m titles in 2012-13.

Then there's Murphy. She claimed the same Penn 3K crown as a soph in 2015, after a runner-up finish in the NBNI 2-Mile several weeks earlier. She looked like she could become Mangan's best runner ever. Then at USATF Juniors in June, she exploded to a stunning 4:16.98 1,500m triumph and suddenly she was becoming one of the ***nation's*** best-ever distance runners. She went on to win the Pan Am Junior 1,500 that summer. In 2016 – among her many, many accomplishments – she improved to 4:07.21 at 1,500, #3 in prep history. Like her DMR team, Murphy was a very fast runner-up in the NBNI mile last March. She then captured the USATF 3K title outdoors and placed 12th in the World U20 Championships.

Now Mangan has Murphy for this final senior year – which began on the oval with that epic DMR record in Lynchburg. Murphy has since dealt with injury and won't race at NBNI; better to rest and make the most of outdoors. Coach Mangan – who also owns and operates Main Event Sportswear (a full service silk screen and embroidery company that specializes in apparel for athletic teams) and Games People Play II (a summer entertainment company) – will continue to enjoy the process of coaching.

"If you asked me what I am most proud of as a coach, the answer is easy," he says. "Getting to be a part of the lives of so many good people, from my Woodson athlete days, to Langley, St Stephens and St Agnes Schools, back to Langley, and then on to Lake Braddock … I am just as proud of those kids that work hard and never even run a varsity race, as I am of those that are the front runners." ■

"It is my job to be the best caretaker of our tradition so that when I pass it on; it is as good as when I inherited it." – Coach Mangan

Photo submitted by Paul Schwartz

ALLEN DAWSON AWARD FOR CONTRIBUTIONS TO TRACK AND FIELD

Pursuing His True Passion

Paul Schwartz

Allen Dawson Award for Contributions to Track and Field

"What's the best thing about being a lawyer?," sounds like the opener to another lame joke about one of America's most maligned professions. But for **Paul Schwartz** (and certainly many other resourceful professionals), the answer might be this: "Being able to structure your practice around your true passion."

So it is that our 2017 Allen Dawson Award for Contributions to Track and Field honoree can say he's been a practicing attorney for 41 years … AND has been a part-time sports writer since 1971 as well. Now, for a lot of "part-time sports writers," the job definition might be covering a few football or basketball games here or there as an uninvolved "stringer." For Schwartz, it has meant three Olympic Trials, 25 Penn Relays, and "more than a dozen" Millrose Games – on top of many years of New Balance Nationals Indoor coverage, of course, and countless local, regional and state meets in Jersey!

In fact, Schwartz is not only receiving the above-mentioned NSAF honor this winter; he also was the worthy recipient of the Stan Saplin Award by The Armory and New Balance Track and Field Center just a few weeks ago (February 28). Both are honors that any FULL-time sports writer would be proud to earn.

Schwartz caught the track and field "bug" at a young age. "My dad used to take me to meets at Madison Square Garden as a kid (that's when there were as many as five a year)," he says. "My distant cousin is **Gary Gubner**, who still holds the New York City high school record for the shot put, 60 years later, and used to throw regularly at those meets. After that I became hooked on the sport and that love has continued to this day."

Schwartz grew up in Flushing, N.Y. and his family relocated to Teaneck, N.J. while he was in high school. After graduating from Teaneck in 1969, he attended American University in Washington, earning a B.A. in Political Science in 1973. Then it was on NYU Law School whereupon graduating in 1976, he became a practicing attorney – representing injured workers in practice first in Paterson, then Elmwood Park and Passaic, and currently in Ridgefield.

"But I always loved to write," he says. "Fortunately I got the opportunity to start at *The Record* in 1971 (while at American) as a part-time sports writer, a job I've loved ever since." *The Record* is a large daily in North New Jersey, covering Bergen County and others in the region – it has the second-largest circulation in the state.

Numerous coaches associations and officials associations have recognized Schwartz's contributions over the years and, in 1995, The Paul Schwartz Invitational indoor track meet was launched at Farleigh Dickinson University in Hackensack, N.J., and continues to this day. Another large meet in the region, the Bergen County Meet of Champions, has named its Girls' Field Event Most Valuable Performer after Schwartz (fitting also since he admits being somewhat partial to the throws).

In these times, however, even the most outstanding journalists are not immune to cutbacks by traditional print media companies. In January, Gannett – the parent company for North Jersey Media Group, which includes *The Record* and NorthJersey.com – announced a restructuring of departments as part of their "major strategic reorganization." That translated to layoffs – including Schwartz.

Since then, hundreds of Schwartz's loyal readers – coaches, athletes, parents, fans, fellow journalists, etc. – have expressed their displeasure at the layoff and the "movement" has grown to the point where a "Paul Crosses the Finish Line" dinner and celebration has been organized (March 16) to "toast a legend." "This is not a send-off," the invitation says, "It's a celebration of Paul's next chapter covering our sport."

Coach Mike Glynn – NSAF's 2015 Mike Byrnes Coach of the Year – recently said in an interview: "Writing about high school track and field was never a job for Paul, it was a passion. He loves what he does and more importantly, he really, truly, loves the kids."

JOHN CHAPLIN
HONORARY REFEREE

Photo submitted by Bernice DeMello

Beloved Historian, and Husband, Too

Larry Byrne, In Memoriam

John Chaplin Honorary Referee

Larry Byrne was a dedicated track and field historian, a stat man, record-keeper and reliable resource, right up until the very end. As Byrne lay in a bed at Kent Hospital in Warwick, Rhode Island on the eighth day of February that would be his last, friend and colleague **Jack Pfeiffer** asked Byrne's new wife **Bernice DeMello** – they had been partners for 36 years before finally tying the knot on March 25, 2016 – to ask Larry a track question. Bernice was resistant at first, but Jack persisted.

"So I asked Larry, 'What Millrose runner has the potential of winning both the Boys High School Mile and the Wanamaker Mile?' she related after Larry had passed. "I told him I thought it was (Matt) **Centrowitz**. 'No, no' he said. 'Centrowitz never won the Boys High School Mile ... it must be **Robby Andrews**.' He was sharp as a tack to the very end!"

That he was, even as his body was failing him. Larry was 88 when he passed last month, due to medical issues that started last November with the amputation of toes on his left foot, related to his diabetic condition, continued when he suffered a mild heart attack and pneumonia weeks later, and became grave when he developed aspiration issues that left him unable to eat or drink and struggling to breathe. In Larry's final four hours, Bernice was able to be by his side, holding his hand, before he passed away in the late afternoon.

In the days after Larry's passing, Bernice says, "The emails and phone calls have been astounding, literally from across the country. It has just been really great and gives me solace to know how many cared." A Celebration of Life will be held April 8, 2017, at the Greenwood Inn in Warwick. Larry's ashes will be scattered in the ocean off the Rhode Island coast, per his wishes, the following day.

Many folks know Larry Byrne, the track and field historian, journalist, meet official, announcer, coach, record-keeper and more. A couple of his most noteworthy roles were as invitations director of the Boys High School Mile field at the Millrose Games – a race that now bears his name – and championships director for the IC4A. During his 55 years at the Penn Relays he served in several capacities, was named the Penn Relays Honorary Referee in 1999 and was honored with the Donald H. Potts award in 2012. "He was immensely proud of that honor and the watch he received," said Bernice. His published record-keeping includes all manner of New York state records, all-time cross country lists for New York City's Van Cortlandt Park, all-time national Catholic school standards, records for his adopted state of Rhode Island, as well as New England, and much more.

Larry was honored with the NSAF's second annual Allen Dawson Award for Contributions to Track and Field at our 2005 indoor nationals – **Pete Cava**'s excellent story detailing Larry's accomplishments to that point ran in the meet's program and can be found here: http://www.nationalscholastic.org/nbin/article/2046. Larry's New York record-keeping has been well preserved online. See "The Larry Byrne Archives," by New York Milesplit's **Kyle Brazeil** at: http://ny.milesplit.com/pages/byrne_archives. And Stephen Mazzone published a very worthy profile of Larry on the Rhode Island Milesplit site during the 2016 Penn Relays: http://ri.milesplit.com/articles/181128.

Many others know of Larry's 21 years of service in the Marine Corps, his business administration degree from C. W. Post, and his 18 years at Metropolitan Life Insurance in Manhattan, before he retired in 1988. Some may know that he had eight children and 12 grandchildren.

But perhaps Larry's most significant status was his newest – as husband. He and Bernice were married just 10½ months ago, but their many years of companionship go back to a never-to-be forgotten day: August 25, 1979, when they met at Newport, Rhode Island's famous Cliff Walk.

"He was the love of my life," says Bernice. For some years, they had a long-distance relationship and it took a while before Bernice decided to see what this track and field thing was all about. But once she got into it in the mid-1980s, she was all in, and the love of each other and of the sport became intertwined in such a way that a meet like NBNI or the Penn Relays just wasn't the same until Bernice and Larry arrived, Larry via his wheelchair and Bernice by his side. ■

Photo by Victah Sailer

DOUG SPECK AWARD
FOR EXCELLENCE AND INNOVATION

Elevating the Sport Through His Work

John Nepolitan

Doug Speck Award for Excellence and Innovation

Many good photographers roam the ovals, jump runways and throwing sectors of the track and field facilities around the country. A few of these photographers seem to have a special way of producing and sharing their work, connecting with the athletes, coaches and families, and somehow elevating the sport through it all. You anticipate what they'll create and produce next. **John Nepolitan** of Pearl River, New York is one of these photographers.

For nearly a dozen years of great work and service to the sport, "Nepo" is our winner of the 2017 Doug Speck Award for Excellence and Innovation. Now, Nepo hasn't been out there as long as some of the other great photogs; so maybe it's what he brought to the table when he really got serious about his hobby back in the mid-2000s.

Nepo certainly has some favorite meets, including the New Balance Indoor Grand Prix, the Foot Locker Finals, the IAAF Diamond League meets in London, and the Edinburgh XC Challenge. "The [Scots] really know how to put on an event," he says of the Edinburgh venue. "Classic muddy cross country, a great historic city, and always top-notch fields, all make for a fun weekend and fun photos."

The NBNI weekend in New York, however, holds a special place for Nepo. "The last few hours of the last day of NBNI are always the best few hours of high school track and field each year. Each year is better than the year before and you walk out wanting more."

He grew up a distance runner at **Suffern (NY) High School** in New York, and then at **St. Thomas Aquinas College**. It was soon apparent, though, that coaching was more of a gift than the racing, and he went on to coach and eventually also to a teaching job at **Albertus Magnus High** in the 1980s.

But, then, as he's done at least a few times now, Nepo "reinvented" himself in 1988, becoming a customer service rep for the T&F manufacturing giant, UCS. The UCS job would come to entail traveling the nation and abroad with some of the world's best pole vaulters and their equipment, whetting what would become a love for international elite competition.

By 1996, however, he realized he "really missed teaching and coaching," and landed a job doing both at **Don Bosco Prep**, just across the Jersey state line. He won "a number of league and county titles" and amassed an amazing 101-3 dual meet record. After 8-10 years, though, coaching "stopped being fun," he says, "I decided to try to stay involved in the sport in a new way. I had always had an interest in photography, so I purchased some decent equipment, and contacted **John Dye** (of DyeStat.com) to see if he would want any photos from the upcoming USATF XC Champs at Van Cortlandt Park."

That was in 2006. Dye liked his work, and then assigned him to the former NSIC meet in The Armory. The opportunities snowballed from there, while he continued teaching at Bosco. He was motivated and pushed himself, the competitor in him coming out. "You have to be looking to challenge yourself to get something different and, yes, to try to get a better shot than somebody else – but also do better than you have done in the past. It can get difficult to keep it fresh, returning to some of the same venues over and over again, but you try."

While Nepo has come to love shooting the USATF Champs – as well as IAAF Championships and Diamond League events, both at home and abroad – his roots remain in prep events. What's most rewarding to him is seeing athletes go from the prep level to the World Junior and even the Senior World and Olympic levels," he says.

"You get a bit of an 'I knew them when' type of thing," he says, "a feeling that maybe you have helped a few kids out somehow, to get them some level of exposure." He notes that both prep and collegiate coaches have suggested his photos have done just that, in different ways. "You hope that you are helping the sport get exposure overall, and that when kids see the coverage T&F or XC gets, then they view it as a 'real' sport."

Continues next page

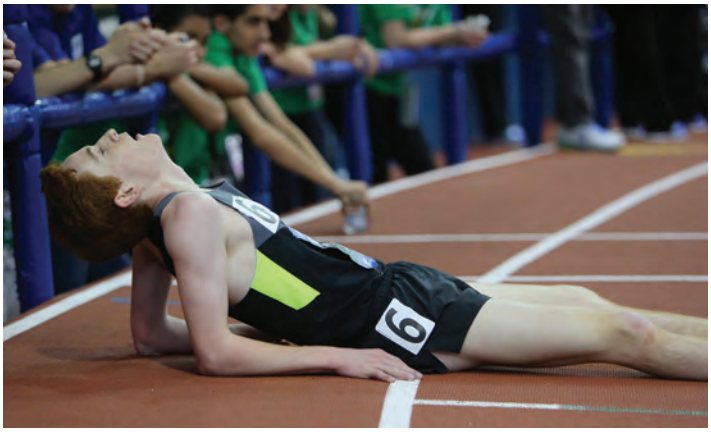
Raven Saunders crushing the shot put record in 2014.

Nepo continued

And some of his favorite memories from NBNI? Those would include the epic triple of **Lukas Verzbicas** in 2011 ("He kept rolling out and winning; everyone was shocked by that."); the races of **Edward Cheserek** ("We saw the start of what would be his NCAA domination. He was toying with fields"); the shot putting of **Raven Saunders** ("In the circle she had the look of a killer on her face and produced a new national record, but at the awards you saw her true self, a sweet gentle kid who was just having fun."); and **Drew Hunter**. Nepo first watched and photographed Hunter when he won a terrific slugfest with **Levi Thomet** and **Alex Ostberg** in 2015, and was endeared to his talent and toughness. Then in 2016, "Hunter wanted to help his friends get in the limelight (in the 4x1 mile and distance medley). He could have picked any individual event he wanted to and won a national title, but he wanted to do something special with his friends and training mates."

Hunter was "helping the sport" … just like Nepo. ■

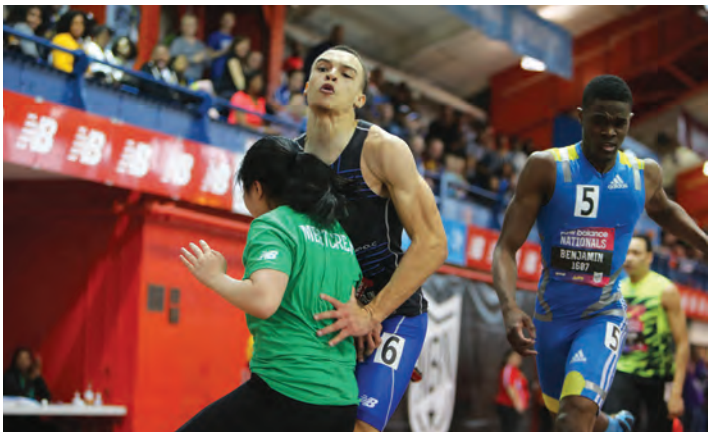
Lukas Verzbicas completes his stunning 2011 distance triple.



Alex Ostberg after the torrid 2015 2-Mile.

Zavon Watkins' surprise 2011 800 meter triumph.

Ed Cheserek's 2012 SMR anchor: One of his 8 NBN golds.



The wild finish to the 2015 boys' 400 (no one seriously hurt).

Photos this page by John Nepolitan

Photos by Elizabeth Wheeler Dulich, for NSAF

Amazing Bounty
Caribbean Scholastic Invitational 2017

By Steve Underwood

Ever since NSAF moved its Caribbean Scholastic Invitational to Cuba in 2015, our Team NSAF squad members – 28 strong each year – each have had the amazing bounty not only of their first international team training and competitive experience, but also the opportunity to do so as historic "athletic diplomats," if you will, to the eternally unique city of Havana and its incomparable venue, Estadio Panamericano. No squad member will ever forget the team, the meet, or the experience.

So it was with great pleasure that NSAF announced in February that the CSI will return to Havana for more great international competition, and an opportunity for yet another group of student-athletes to have the life-changing experience. As has been the case in the past, the 28-member squad will be chosen shortly after NBNI, with a strong emphasis on performances at NBNI, as well as during the indoor season in general, and possibly the early outdoor season or 2016 marks for the javelin, hammer, discus and 400-meter hurdles. We expect to announce the team in late March or early April.

As was the case in 2016, the trip will take place over Memorial Day weekend (May 24-29) and the Youth and Junior competitions will be part of the three-day Barrientos Memorial (May 26-28). The first Team NSAF meet in Cuba in 2015 was basically an NSAF-Cuba dual meet, but the Barrientos experience will allow our young athletes the chance to compete against young athletes from other Caribbean nations as well.

CARIBBEAN SCHOLASTIC INVITATIONAL

2016 Recap: Strong Relays Close the Meet with a Bang!
Without a doubt, with additional nations and some older Junior and even Senior athletes involved, the competition was tougher than ever for Team NSAF in last spring's CSI. But our athletes shone brightly with several individual triumphs, some outstanding non-winning efforts, and a spectacular finish in the final day's relays where Team NSAF won three out of four.

The first day's successes were highlighted by a thrilling 110-meter hurdles victory by **Trey Cunningham** over **Marcus Krah**, 13.36-13.37. It would be Krah's only outdoor loss of 2016, as he went on to NBNO, USA Junior, and World Junior triumphs. (Krah now is a collegian, but Cunningham, who has broken **Grant Holloway**'s national 60-meter hurdles record, will be the NBNI favorite in the event this weekend).

The final day of CSI found the Team NSAF quartet of **Caitlyn Little**, **Tamara Clark**, **Daija Lampkin** and **Kaylor Harris** turning a very fast 45.38 girls' 4x100, but they were just nosed out of the win. Then **Krah**, **Darrell Singleton**, **Eric Harrison Jr.** and **Noah Igbinoghene** dashed to a thrilling 40.63 boys' 4x1 victory – and the rally was on. In the girls' 4x400, Miami Southridge teammates **Symone Mason** and **Kayla Johnson** bookended a 3:44.62 NSAF winning effort around **Joy Ripslinger** and **Timetria Mitchell**. Then, finally, it was **Cunningham**, **Champ Allison**, **Jayson Baldridge** and **Ryne Bevan** authoring a dramatic come-from-behind 3:13.16 boys' 4x4 win.

Other Team NSAF victories came from throwers **Meghan Owens** (girls' javelin), **Turner Washington** (boys' discus), **Sydnee Walker** (girls' hammer) and **KD Young** (girls' shot put), as well as Ripslinger (1500m). Also representing us well all weekend were throwers **Khayla Dawson**, **Liam Christensen** and **Michael Feldman**, jumpers **Kenya Livingston**, **Jaimie Robinson**, **Jalen Seals** and **Arielle Mack**, and hurdler **Milan Young**.

The NSAF started the CSI meet in 2006 in Puerto Rico, but after a one year hiatus in 2014, we were able to move the meet to Cuba. The historic 2015 CSI in Havana was an outstanding meet as Team NSAF and many top Cuban Youth and Junior athletes produced two days' worth of stellar performances. The hospitality shown Team NSAF by our Cuban hosts was unforgettable, highlighted by an opening ceremony that featured outstanding musical performances and a finale that featured both NSAF and Cuban teams in the stage, waving their national flags in unison!

Photo by Steve Underwood.

Iron Wood Throws Classic
Returning to Idaho

By Steve Underwood

After a tremendously successful inaugural Iron Wood Throws Classic in 2016, the NSAF event is returning to Coeur d'Alene, Idaho this spring. This year the meet will be a two-day affair – Friday-Saturday, June 2-3, 2017 – because of the expected addition of the javelin. With NSAF's help, Iron Wood Camp founder, **Bart Templeman**, has said he would build a javelin runway and it's anticipated the runway will be ready for the Classic. The inclusion of all four men's and all four women's throws now justifies the two-day schedule.

Wildly Successful 2016 Debut

The preps who competed with us last year at Iron Wood delivered some outstanding results, highlighted by 2016 NBNI champ **Jordan Geist**'s mighty 74-4.5 shot put – the mark made Jordan the national leader for the entire season. He won a great battle with A**drian Piperi** (71-0), the NBNI runner-up, who would later go on to win NBNO and represent Team USA at World Juniors. The Geist-Piperi rivalry has continued in '17 as both were juniors in '16.

The girls' shot put went to **KD Young**, a multiple NBN All-American who also triumphed at our Caribbean Scholastic Invite in Cuba. She scored the victory with one of her best marks of the year: 51-3.25. Her CSI teammate **Khayla Dawson** was 2nd at 47-10.75.

In the discus, **Kiana Phelps**, a two-time Chicagoland Throws winner, made it a career three-peat in the NSAF Throws with her 167-9 triumph in Coeur d'Alene. Phelps, a CSI 2015 alum, went on to win her first NBNO title and then made the World Junior final for Team USA. **Terrell Adams** backed up his US #1 status in the boys' discus with a 204-9 triumph, his 2nd best mark of the year. **Turner Washington**, the CSI champ, was 2nd with 196-3. The top four competitors all exceeded 186 feet.

Meanwhile, **Kirk Unland**, from nearby Spokane, won the boys' hammer with a mark of 210-7 to top **Matt Slagus**' PR 206-0. **Kamryn Brinson** edged **Maddie Rabing** in the girls' hammer competition, 169-9 to 166-5.

The performances by the USATF pros in the event also were notable for their current and historic significance. In the men's discus, 3-time NON discus/shot champ **Mason Finley** prefaced his Team USA Olympic berth with a PR 215-4. In the men's hammer, it was **Conor McCullough**, who won NSAF titles and All-American honors while smashing records as a prep, topping 3-time Olympian **A. G. Kruger**, 237-9 to 235-5. McCullough would go on to become an Olympian himself a month later. The men's shot put saw an upset, as **Darien Moore** scored a 66-8.5 PR to beat **Ryan Whiting**, **Jordan Clark** and **Darrell Hill**, all of whom have exceeded 70 feet in the past.

Becky O'Brien, the 2008 NON champ, triumphed in the women's shot put with a 57-4.25, ahead of CSI alum **Jill Rushin** at 55-11.25. 2008 Olympic discus champ **Stephanie Brown Trafton** triumphed in her specialty with her 202-4, beating former Chicagoland champ **Liz Podominick**. **Britney Henry** ruled the women's hammer with a 221-0 performance.

The Camp

The beautiful lakeside community of Coeur d'Alene, Idaho is 30 miles east of Spokane, Washington, and home of the prestigious Iron Wood Thrower Development Camp. Dozens of the nation's top throwers have trained or competed there during the past 27 years. Meet and Camp Director **Jarred Rome** was a 2008-2012 Olympian in the discus. The preps invited to join us this year will again have a first-class experience, competing side-by-side with many of the top USATF athletes.

In 2017, NSAF will again invite and fund athletes in each event, as it has done in the past, both in Coeur d'Alene and when we were located in the Chicago area (Chicagoland Throws). Stay tuned for more details this spring at www.nationalscholastic.org/cts!.

NEW BALANCE NATIONALS
INDOOR 2017

NSAF Indoor Awards History

Doug Speck Award for Excellence and Innovation

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

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

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

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

4XMILE RELAY

GIRLS

In Recognition of: **Paul Schwartz** – Recipient of the 2017 Allen Dawson Award for Contributions to Track & Field!

RECORDS

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

2016 MEET RESULTS

1	LaSalle Academy TC-RI-Girls	20:11.70	2
2	Kinetic RC-NY	20:22.78	2
3	Ursuline School TC-NY	20:47.87	2

LaSalle Academy

PAST MEET CHAMPIONS

2016	LaSalle	Providence, RI	20:11.70
2015	LaSalle	Providence, RI	20:26.13
2014	Blacksburg	Blacksburg, VA	20:28.56
2013	South	Grosse Pointe, MI	20:02.80
2012	Tatnall	Wilmington, DE	20:00.97

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	**LaSalle**	**Providence, RI**	**2016**

BOYS

In Recognition of: **Paul Schwartz** – Recipient of the 2017 Allen Dawson Award for Contributions to Track & Field!

RECORDS

National	Christian Brothers Academy	Lincroft, NJ	17:07.17	3/14/2014
	B. Ferro, M. McClemens, F. Bogan, Tom Rooney			
Meet	Christian Brothers Academy	Lincroft, NJ	17:07.17	3/14/2014
	B. Ferro, M, McClemens, F. Bogan, Tom Rooney			
Armory HS	Christian Brothers Academy	Lincroft, NJ	17:07.17	3/14/2014
	B. Ferro, M. McClemens, F. Bogan, Tom Rooney			

2016 MEET RESULTS

1	Carl Sandburg TC-IL	17:16.36	2
2	St. Anthony's TC-NY-Boys	17:16.45	2
3	LaSalle Academy TC-RI-Boys	17:24.91	2

Carl Sandburg TC

PAST MEET CHAMPIONS

2016	Carl Sandburg	Orland, IL	17:16.36
2015	LaSalle	Providence, RI	17:11.07
2014	**Christian Brothers Acad.**	**Lincroft, NJ**	**17:07.17**
2013	Christian Brothers Acad.	Lincroft, NJ	17:22.67
2012	**Chariho**	**Wood River, Junction, RI**	**17:20.20**

MEET ALL-TIME BEST

17:07.17	Christian Brothers Acad.	Lincroft, NJ	2014
17:08.44	Gig Harbor	Gig Harbor, WA	2014
17:11.07	LaSalle	Providence, RI	2015
17:11.44	Davis	Kaysville, UT	2015
17:15.58	Brentwood	Brentwood, TN	2014

SPRINT MEDLEY RELAY

GIRLS

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

RECORDS

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

2016 MEET RESULTS

1	Rush-Henrietta TC-NY	3:55.48	6
2	Penn Wood TC-PA	4:01.54	6
3	Ann Arbor Youth TC-MI	4:01.73	6

Rush-Henrietta

PAST MEET CHAMPIONS

2016	Rush-Henrietta	Henrietta, NY	3:55.28
2015	**Rush-Henrietta**	**Henrietta, NY**	**3:52.68**
2014	Columbia	Maplewood, NJ	3:57.19
2013	Hillhouse	New Haven, CT	4:00.77
2012	Hillhouse	New Haven, CT	4:00.58

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

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

RECORDS

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

2016 MEET RESULTS

1	XBC TC-VA	3:24.02	4
2	Motor City TC-MI	3:25.96	4
3	John Curtis Christian TC	3:28.88	4

XBC TC

PAST MEET CHAMPIONS

2016	**Chantilly**	**Chantilly, VA**	**3:24.02**
2015	**Dunbar**	**Dayton, OH**	**3:24.16**
2014	St. Anthony's	South Huntington, NY	3:25.95
2013	St. Benedict's	Newark, NJ	3:26.19
2012	**St. Benedict's**	**Newark, NJ**	**3:25.88**

MEET ALL-TIME BEST

3:24.02	**Chantilly**	**Chantilly, VA**	**2016**
3:24.16	Dunbar	Dayton, OH	2015
3:25.32	Cheltenham	Cheltenham, PA	2015
3:25.88	St. Benedict's	Newark, NJ	2012
3:25.95	St. Anthony's	South Huntington, NY	2014

400M

GIRLS

In Recognition of: **Coach Mike Mangan** – 2017 Mike Byrnes Coach of the Year

RECORDS

National	Sydney McLaughlin	Union Catholic, Scotch Plains, NJ	51.84	3/13/2016
Meet	Sydney McLaughlin	Union Catholic, Scotch Plains, NJ	51.84	3/13/2016
Armory HS	Sydney McLaughlin	Union Catholic, Scotch Plains, NJ	51.84	3/13/2016
Freshman	Kendall Baisden	Det. Country Day, Bev. Hills, MI	53.23	3/14/2010
Sophomore	Andrea Thomas	Walton, Bronx, NY	53.45	2/22/1985
Junior	Sydney McLaughlin	Union Catholic, Scotch Plains, NJ	51.84	3/13/2016
Senior	Francena Mc Corory	Bethel, Hampton, VA	51.93	3/12/2006

2016 MEET RESULTS

1	Sydney McLaughlin	17 Dunellen, NJ	51.84	2
2	Victoria Tachinski	17 Winnipeg, MB	53.97	2
3	Sterling Lester	19 kennesaw, GA	54.12	2

Sydney McLaughlin

PAST MEET CHAMPIONS

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
2013	-Precious Holmes	Hillhouse, New Haven, CT	53.43
2012	-Ariah Graham	Wakefield, Raleigh, NC	53.95

MEET ALL-TIME BEST

51.84	***Sydney McLaughlin**	**Union Catholic, Scotch Plains, NJ**	**2016**
51.93	-Francena McCorory	Bethel, Hampton, VA	2006
53.43	-Precious Holmes	Hillhouse, New Haven, CT	2013
53.97	***Victoria Tachinski**	**Winnepeg, Manitoba**	**2016**
53.49	*Olivia Baker	Columbia, Maplewood, NJ	2014

BOYS

In Recognition of: **Coach Mike Mangan** – 2017 Mike Byrnes Coach of the Year

RECORDS

National	Elzie Coleman	Newburgh, NY	45.92	2/21/2004
Meet	Najee Glass	St Peters, Jersey City, NJ	46.57	3/11/2012
NSIC Meet	Elzie Coleman	Newburgh, NY	46.12	3/14/2004
Armory HS	Elzie Coleman	Newburgh, NY	46.12	3/14/2004
Freshman	Tyrese Cooper	American, Hialeah, FL	47.97	1/16/2016
	Brian Herron	Lakeside, Atlanta, GA	47.97	3/12/2016
Sophomore	Tyrese Cooper	Norland, Miami, FL	46.01	2/10/2017
Junior	Michael Cherry	Oscar Smith, Chesapeake, VA	46.88	3/11/2012
Senior	Elzie Coleman	Newburgh, NY	45.92	2/21/2004

2016 MEET RESULTS

1	Keshun Reed	16 Arlington, TX	47.01	2
2	William Allen	16 Lexington, KY	47.07	2
3	Chantz Sawyers	17 Greensboro, NC	47.88	1

Keshun Reed

PAST MEET CHAMPIONS

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
2013	-Michael Cherry	Oscar Smith, Chesapeake, VA	46.87
2012	**-Najee Glass**	**St. Peter's, Jersey City, NJ**	**46.57**

MEET ALL-TIME BEST

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
46.80p	-Taylor McLaughlin	Union Catholic, Scotch Plains, NJ	2015
46.87	-Michael Cherry	Oscar Smith, Chesapeake, VA	2013

200M

GIRLS

Sponsored by: **Meet Registration Simplified** – Use HeadCount whenever you host a meet; HeadCountReg.com

RECORDS

National	Bianca Knight	Ridgeland, MS	22.97	2/17/2007
Meet	Lauren Rain Williams	Oaks Christian, Westlake Village, CA	23.23	3/13/2016
NSIC Meet	Sanya Richards	Aquinas, Ft. Lauderdale, FL	23.22	3/10/2002
	Ashton Purvis	St. Elizabeth, Oakland, CA	23.22	3/14/2010
Armory HS	Ashton Purvis	St. Elizabeth, Oakland, CA	23.22	3/14/2010
	Sanya Richards	Aquinas, Ft. Lauderdale, FL	23.22	3/10/2002
Freshman	Ashton Purvis	St. Elizabeth, Oakland, CA	23.55	1/20/2007
Sophomore	Lauren Rain Williams	Oaks Christian, Westlake Village, CA	23.39	2/7/2015
Junior	Lauren Rain Williams	Oaks Christian, Westlake Village, CA	23.23	3/13/2016
Senior	Bianca Knight	Ridgeland, MS	22.97	2/17/2007

2016 MEET RESULTS

1	Lauren Rain Williams	17 Lakewood, CA	23.23	2
2	Anna Cockrell	16 Charlotte, NC	23.47	2
3	Lanae-Taya Thomas	18 Henrietta, NY	23.66	2

PAST MEET CHAMPIONS

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
2013	**-Kali Davis-White**	**Anderson, Lauderdale Lakes, FL**	**23.48**
2012	-Destinee Gause	Reynoldsburg, OH	23.82

MEET ALL-TIME BEST

23.23	***Lauren Rain Williams**	**Oaks Christian, Westlake Village CA**	**2016**
23.46	**Lauren Rain Williams	Oaks Christian, Westlake Village CA	2015
23.47	**-Anna Cockrell**	**Providence Day, Charlotte, NC**	**2016**
23.48	-Kali Davis-White	Anderson, Lauderdale Lakes, FL	2013
23.50	*Ariana Washington	Poly, Long Beach, CA	2013

Lauren Rain Williams

BOYS

Sponsored by: **Meet Registration Simplified** – Use HeadCount whenever you host a meet; HeadCountReg.com

RECORDS

National	Noah Lyles	TC Williams, Alexandria, VA	20.63	3/13/2016
Meet	Noah Lyles	TC Williams, Alexandria, VA	20.63	3/13/2016
Armory HS	Noah Lyles	TC Williams, Alexandria, VA	20.63	3/13/2016
Freshman	Tyrese Cooper	American, Hialeah, FL	21.22	3/12/2016
Sophomore	Tyrese Cooper	Norland, Miami, FL	21.12	2/11/2017
Junior	Noah Lyles	TC Williams, Alexandria, VA	20.83	3/15/2015
Senior	Noah Lyles	TC Williams, Alexandria, VA	20.63	3/13/2016

2016 MEET RESULTS

1	Noah Lyles	16 Alexandria, VA	20.63	2
2	Maxwell Willis	16 Washington, DC	21.32	2
3	Khance Meyers	17 Kentwood, MI	21.59	1

PAST MEET CHAMPIONS

2016	**-Noah Lyles**	**TC Williams, Alexandria, VA**	**20.63**
2015	***Noah Lyles**	**TC Williams, Alexandria, VA**	**20.83**
2014	**-Trentavis Friday**	**Cherryville, NC**	**20.97**
2013	-Ceolamar Ways	Nease, St. Augustine, FL	21.37
2012	**-Aldrich Bailey**	**Timberview, Arlington, TX**	**21.07**

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
20.97	-Trentavis Friday	Cherryville, NC	2014
21.07	-Aldrich Bailey	Timberview, Arlington, TX	2012

Noah Lyles

4X800M RELAY

GIRLS

Sponsored by: **Great American Cross Country Festival** – Oct. 7, 2017 in Cary, NC; Visit nationalscholastic.org for details!

RECORDS

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

2016 MEET RESULTS

1	Mamaroneck TC-NY-Girls	8:58.86	2
2	North Rockland HS-TC-Girls	8:59.63	2
3	EC Glass TC-VA	9:02.96	2

Mamaroneck TC

PAST MEET CHAMPIONS

2016	Mamaroneck	Mamaroneck, NY	8:58.86
2015	Western Branch	Chesapeake, VA	9:02.27
2014	Freehold Township	Freehold Township, NJ	9:00.62
2013	Davis	Kaysville, UT	8:56.57
2012	Fayetteville-Manlius	Fayetteville, NY	8:58.18

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

BOYS

Sponsored by: **Great American Cross Country Festival** – Oct. 7, 2017 in Cary, NC; Visit nationalscholastic.org for details!

RECORDS

National	Albemarle	Charlottesville, VA	7:36.99	3/15/2009
	Z. Vrhovac, G. Bradley, L. Noble, A. Kostelac			
Meet	Albemarle	Charlottesville, VA	7:36.99	3/15/2009
	Z. Vrhovac, G. Bradley, L. Noble, A. Kostelac			
Armory HS	Chaminade	Mineola, NY	7:40.80	3/14/2014
	T. Slattery, A. Dorritie, Gunnar Nolan, Sean Kelly			

2016 MEET RESULTS

1	Dublin RC-OH	7:45.27	2
2	Mountain Brook TC-AL	7:45.58	1
3	State College TC-PA-Boys	7:45.60	2

PAST MEET CHAMPIONS

2016	Coffman	Dublin, OH	7:45.27
2015	Davis	Kaysville, UT	7:42.19
2014	Chaminade	Mineola, NY	7:40.80
2013	Bishop Kellenberg	Uniondale, NY	7:45.24
2012	Boys and Girls	Brooklyn, NY	7:41.10

MEET ALL-TIME BEST

7:36.99	Albemarle	Charlottesville, VA	2009
7:40.80	Chaminade	Mineola, NY	2014
7:41.91	Boys and Girls	Brooklyn, NY	2012
7:41.95	Blacksburg	Blacksburg, VA	2014
7:42.19	Davis	Kaysville, UT	2015

POLE VAULT

GIRLS

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

RECORDS

National	Lexi Weeks	Cabot, AR	14-03.25	2/21/2015
Meet	Desiree Freier	Northwest, Justin, TX	14-02.75	3/16/2014
Armory HS	Desiree Freier	Northwest, Justin, TX	14-02.75	3/16/2014
Freshman	Makayla Linebarger	Reed, Sparks, NV	12-09.00	2/23/2014
Sophomore	Shade Weygandt	Forney, TX	13-06.00	1/20/2007
Junior	Katie Veith	Homestead, Ft. Wayne, IN	14-00.00	1/28/2006
Senior	Lexi Weeks	Cabot, AR	14-03.25	2/21/2015

2016 MEET RESULTS

1	Carson Dingler	17 Juliette, GA	4.08m	13-04.50
2	Colleen Clancy	17 Bulverde, TX	4.08m	13-04.50j
3	Katie Jones	17 Camp Hill, PA	3.88m	12-08.75

Carson Dingler

PAST MEET CHAMPIONS

2016	*Carson Dingler	First Presbyterian Day, Macon, GA	13-04.5
2015	-Kristen Denk	North Royalton, OH	13-08.5
2014	**-Desiree Freier**	**Justin Northwest, Justin, TX**	**14-02.75**
2013	-Annie Rhodes	Midway, Waco, TX	13-08.5
2012	-Alyssa McBride	Bryan, OH	12-08.75

MEET ALL-TIME BEST

14-02.75	-Desiree Freier	Justin Northwest, Justin, TX	2014
14-02	-Mary Saxer	Lancaster, NY	2005
13-08.5	*Rachel Laurent	Vandebilt Catholic, Houma, LA	2008
13-08.5	-Annie Rhodes	Midway, Waco, TX	2013
13-08.5	-Kristen Denk	North Royalton, OH	2015

BOYS

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

RECORDS

National	Armand Duplantis	Lafayette, LA	18-10.25	2/11/2017
Meet	Deakin Volz	South, Bloomington, IN	17-11.25	3/15/2015
Armory HS	Deakin Volz	South, Bloomington, IN	17-11.25	3/15/2015
Freshman	Armand Duplantis	Lafayette, LA	16-09.50	2/21/2015
Sophomore	Armand Duplanits	Lafayette, LA	18-00.50	2/6/2016
Junior	Armand Duplantis	Lafayette, LA	18-10.25	2/11/2017
Senior	Deakin Volz	South, Bloomington, IN	17-11.25	3/14/2015

2016 MEET RESULTS

1	Armand Duplantis	18 Lafayette, LA	5.21m	17-01.00
2	Zach McWhorter	17 Springdale, AR	5.11m	16-09.25
3	Lucas Kelley	16 Massillon, OH	5.11m	16-09.25jE

Armand Duplantis

PAST MEET CHAMPIONS

2016	**Armand Duplantis	Lafayette, LA	17-01
2015	**-Deakin Volz**	**South, Bloomington, IN**	**17-11.25**
2014	**-Devin King**	**Sumner, Kentwood, LA**	**17-10.25**
2013	-Daven Murphree	Big Sandy, TX	17-01
2012	-Jacob Blankenship	Lincoln, Gahanna, OH	17-00

MEET ALL-TIME BEST

17-11.25	-Deakin Volz	South, Bloomington, IN	2015
17-10.25	-Devin King	Sumner, Kentwood, LA	2014
17-08.5	-Paulo Benavides	Franklin, El Paso, TX	2015
17-05	-Maston Wallace	Clear Brook, Friendswood, TX	2007
17-04.25	-Scott Roth	Granite Bay, CA	2006

LONG JUMP

GIRLS

Sponsored by: **The Caribbean Scholastic Invitational May 26-28, 2017 in Havana, Cuba;** Visit nationalscholastic.org for details

RECORDS

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

2016 MEET RESULTS

1	Samiyah Samuels	16 Cypress, TX	6.48m	21-03.25
2	Tara Davis	17 Simi Valley, CA	6.35m	20-10.00
3	Courtney Corrin	16 Los Angeles, CA	6.18m	20-03.50

Samiyah Samuels

PAST MEET CHAMPIONS

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	20-5.25
2013	**Magali Roche	Quebec	19-06.75
2012	-Sydney Conley	Fayetteville, AR	20-01.5

MEET ALL-TIME BEST

21-03.25	**-Samiyah Samuels**	**Cypress Springs, Houston, TX**	**2016**
20-11.25	-Kate Hall	Lake Region, Casco, ME	2015
20-10	***Tara Davis**	**Agoura, CA**	**2016**
20-07.25	-Brittany Porter	Towers, Decatur, GA	2009
20-07	*Courtney Corrin	Harvard-Westlake, North Hollywood, CA	2015

BOYS

Sponsored by: **The Caribbean Scholastic Invitational May 26-28, 2017 in Havana, Cuba;** Visit nationalscholastic.org for details

RECORDS

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

2016 MEET RESULTS

1	Rayvon Grey	16 Wappingers Falls, NY	7.93m	26-00.25
2	William Henderson	17 Baltimore, MD	7.53m	24-08.50
3	Jalen Seals	17 Fort Worth, TX	7.42m	24-04.25

Rayvon Grey

PAST MEET CHAMPIONS

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
2013	-Andre Jefferson	John Tyler, Tyler, TX	24-08.5
2012	*Devin Field	DeSoto, TX	24-00.75

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	*Marquise Goodwin	Rowlett, TX	2008

SHOT PUT

GIRLS

Sponsored by: **Attorney Dave Zemsky**, Friend of the NSAF

RECORDS

National	Alyssa Wilson	Donovan Catholic, Toms River, NJ	57-05.50	2/28/17
Meet	Raven Saunders	Burke, Charleston, SC	56-07.50	3/15/2014
National	Alyssa Wilson	Donovan Catholic, Toms River, NJ	57-05.50	2/28/17
Freshman	Collinus Newsome	South, Denver, Co	45-07.25	1991
Sophomore	Kathleen Young	Warrensburg-Latham, Wrrnsbrg, IL	49-01.25	3/28/2015
Junior	Alyssa Wilson	Donovan Catholic, Toms River, NJ	54-11.00	3/1/2015
National	Alyssa Wilson	Donovan Catholic, Toms River, NJ	57-05.50	2/28/17

2016 MEET RESULTS

1	Nickolette Dunbar	16 Thrower Nation, NJ	16.65m	54-07.50
2	Alyssa Wilson	17 Jackson, NJ	16.24m	53-03.50
3	Elena Bruckner	16 San Jose, CA	15.44m	50-08.00

Nickolette Dunbar

PAST MEET CHAMPIONS

2016	-Nickolette Dunbar	Whippany Park, NJ	54-07.5
2015	*Sophia Rivera	Brentwood, MO	49-01
2014	**-Raven Saunders**	**Burke, Charleston, SC**	**56-07.5**
2013	-Maggie Ewen	St. Francis, MN	54-01
2012	-Torri Owers	Athens Academy, Athens, GA	51-00.75

MEET ALL-TIME BEST

56-07.5	-Raven Saunders	Burke, Charleston, SC	2014
54-09.5	-Michelle Carter	Red Oak, TX	2003
54-07.5	**-Nickolette Dunbar**	**Whippany Park, NJ**	**2016**
54-01	-Maggie Ewen	St. Francis, MN	2013
53-10.25	-Ashlie Blake	Liberty, Henderson, NV	2014

BOYS

Sponsored by: **Attorney Dave Zemsky**, Friend of the NSAF

RECORDS

National	Ryan Crouser	Barlow, Gresham, OR	77-02.75	2/19/2011
Meet	Jordan Geist	Knoch, Saxonburg, PA	71-02.75	3/12/2016
Armory HS	Nicholas Vena	Morristown, NJ	71-03.25	3/1/2011
Freshman	Nicholas Vena	Morristown, NJ	66-07.25	3/15/2008
Sophomore	Nicholas Vena	Morristown, NJ	70-05.00	3/14/2009
Junior	Jordan Geist	Knoch, Saxonburg, PA	72-09.50	2/20/2016
Senior	Ryan Crouser	Barlow, Gresham, OR	77-02.75	2/19/2011

2016 MEET RESULTS

1	Jordan Geist	17 Cabot, PA	21.71m	71-02.75
2	Adrian Piperi	17 The Woodlands, TX	21.08m	69-02.00
3	Isaiah Rogers	16 Throw1Deep, GA	20.06m	65-09.75

Jordan Geist

PAST MEET CHAMPIONS

2016	***Jordan Geist**	**Knoch, Saxonburg, PA**	**71-02.75**
2015	-Willie Morrison	Leavenworth, KS	67-04
2014	-Benjamin Bonhurst	Smithtown, NY	64-07.75
2013	-Braheme Days	Bridgeton, NJ	66-07
2012	*Braheme Days	Bridgeton, NJ	68-10.75

MEET ALL-TIME BEST

71-02.75	***Jordan Geist**	**Knoch, Saxonburg, PA**	**2016**
71-00.5	-Stephen Saenz	Rio Grande City, TX	2009
69-04.25	-Nicholas Vena	Morristown, NJ	2011
69-02	***Adrian Piperi**	**The Woodlands, TX**	**2016**
68-10.75	*Braheme Days	Bridgeton, SD	2012

TWO MILE

GIRLS

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

RECORDS

National	Mary Cain	Bronxville, NY	9:38.68	2/2/2013
Meet	Aisling Cuffe	Cornwall Central, Cornwall, NY	9:56.85	3/13/2011
NSIC Meet	Melody Fairchild	Boulder, CO	9:55.92	3/10/1991
Armory HS	Aisling Cuffe	Cornwall Central, Cornwall, NY	9:56.85	3/13/2011
Freshman	Michelle Dela Vina	Andrean, Merrillville, IN	10:23.46	3/15/1998
Sophomore	Hannah DeBalsi	Staples, Westport, CT	10:12.95	3/1/2014
Junior	Mary Cain	Bronxville, NY	9:38.68	2/2/2013
Senior	Melody Fairchild	Boulder, CO	9:55.92	3/10/1991

2016 MEET RESULTS

1	Weini Kelati	18 Leesburg, VA	10:02.71	2
2	Libby Davidson	17 Lynchburg, VA	10:14.97	2
3	Jessica Lawson	17 Corning, NY	10:18.30	2

Weini Kelati

PAST MEET CHAMPIONS

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
2013	-Wesley Frazier	Ravenscroft, Raleigh, NC	10:12.23
2012	*Carmen Carlos	McGill Toolen, Mobile, AL	10:25.30

MEET ALL-TIME BEST

9:56.85	-Aisling Cuffe	Cornwall, NY	2011
10:02.71	****Weini Kelati**	**Heritage, Leesburg, VA**	**2016**
10:02.86	-Ryen Frazier	Ravenscroft, Raleigh, NC	2015
10:08.05	-Tessa Barrett	Abingdon Heights, Clarks Summit, PA	2014
10:10.14	-Megan Goethals	Rochester, Rochester Hills, MI	2010

BOYS

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

RECORDS

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

2016 MEET RESULTS

1	Garek Bielaczyc	16 Salt Lake City, UT	8:57.03	2
2	Thomas Ratcliffe	16 Concord, MA	8:57.86	2
3	Conor Lundy	16 Yonkers, NY	8:59.98	2

Garek Bielaczyc

PAST MEET CHAMPIONS

2016	-Garek Bielaczyc	East, Salt Lake City, UT	8:57.03
2015	*Andrew Hunter	Loudoun Valley, Purcellville, VA	8:48.22
2014	-Charles Cooper	Montreal, Quebec	8:59.61
2013	-Edward Cheserek	St. Benedict's, Newark, NJ	8:59.00
2012	*Edward Cheserek	St. Benedict's, Newark, NJ	8:50.53

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
8:45.19	-Alan Webb	South Lakes, Reston, VA	2001
8:48.22	*Andrew Hunter	Loudoun Valley, Purcellville, VA	2015
8:48.32	-Levi Thomet	Kodiak, AK	2015

800M

GIRLS

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

RECORDS

National	Samantha Watson	Rush-Henrietta, Henrietta, NY	2:01.78	2/11/2017
Meet	Sabrina Southerland	Cardozo, Queens, NY	2:03.59	3/10/2013
Armory HS	Samantha Watson	Rush-Henrietta, Henrietta, NY	2:01.78	2/11/2017
Freshman	Devon Williams	Towson Catholic, MD	2:06.48	3/14/2004
Sophomore	Mary Decker	Orange, Ca	2:01.80	2/17/1974
Junior	Chanelle Price	Easton, PA	2:04.96	2/24/2007
Senior	Samantha Watson	Rush-Henr, Henrietta, NY	2:01.78	2/11/2017

2016 MEET RESULTS

1	Samantha Watson	17 Henrietta, NY	2:05.11	3
2	Ruby Stauber	16 Plymouth, MN	2:05.56	3
3	Gabrielle Wilkinson	18 Wynnewood, PA	2:06.87	3

Samantha Watson

PAST MEET CHAMPIONS

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
2013	**-Sabrina Southerland**	**Cardozo, Queens, NY**	**2:03.59**
2012	-Ajee Wilson	Neptune, NJ	2:06.58

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**
2:05.94	**Kailee Sawyer	Laurel Creek, CANADA	2013
2:06.17	*Ajee Wilson	Neptune, NJ	2011

BOYS

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

RECORDS

National	Robby Andrews	Manalapan, NJ	1:49.21	3/15/2009
Meet	Ben Malone	Pascack Valley, Hillsdale, NJ	1:49.94	3/11/2012
NSIC Meet	Robby Andrews	Manalapan, NJ	1:49.21	3/15/2009
Armory HS	Robby Andrews	Manalapan, NJ	1:49.21	3/15/2009
Freshman	Andrew Perkins	Watertown, WI	1:55.45	4/9/2005
Sophomore	Michael Granville	Bell Gardens, CA	1:51.11	3/13/1994
Junior	Ben Malone	Pascack Valley, Hillsdale, NJ	1:49.94	3/11/2012
Senior	Robby Andrews	Manalapan, NJ	1:49.21	3/15/2009

2016 MEET RESULTS

1	Michael Slagowski	16 Boise, ID	1:50.29	3
2	Domenic Perretta	16 Beaver Falls, PA	1:50.58	3
3	Cameron Cooper	17 Southfield, MI	1:50.97	2

Michael Slagowski

PAST MEET CHAMPIONS

2016	-Michael Slagowski	Rocky Mountain, Meridian, ID	1:50.29
2015	-Brian Bell	Dunbar, Dayton, OH	1:51.08
2014	-Derek Holdworth	Lafayette, Williamsburg, VA	1:51.72
2013	-Nathan Kiley	Westfield, Chantilly, VA	1:51.37
2012	***Ben Malone**	**Pascack Valley, Hillsdale, NJ**	**1:49.94**

MEET ALL-TIME BEST

1:49.94	*Ben Malone	Pascack Valley, Hillsdale, NJ	2012
1:50.11	-Zavon Watkins	Liverpool, NY	2012
1:50.29	**-Michael Slagowski**	**Rocky Mountain, Meridian, ID**	**2016**
1:50.58	**-Dominic Perretta**	**Beaver Falls, PA**	**2016**
1:50.96	-Anthony Kostelac	Albemarle, Charlottesville, VA	2010

ONE MILE

GIRLS

With Gratitude and in Honor & Memory of: F. Michael Byrnes, Co-founder of the NSAF

RECORDS

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

2016 MEET RESULTS

1	Katie Rainsberger	16 USAF Academy, CO	4:36.61	3
2	Kate Murphy	17 Burke, VA	4:39.47	3
3	Stephanie Jenks	16 Aurora, IA	4:44.94	3

Katie Rainsberger

PAST MEET CHAMPIONS

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**
2013	***Elise Cranny**	**Niwot, CO**	**4:40.62**
2012	***Hannah Meier**	**South, Grosse Pointe, MI**	**4:42.60**

MEET ALL-TIME BEST

4:36.61	**-Katie Rainsberger**	**Air Academy, Colorado Springs, CO**	**2016**
4:38.46	*Alexa Efraimson	Camas, WA	2014
4:39.47	***Kate Murphy**	**Lake Braddock, Burke, VA**	**2016**
4:40.62	*Elise Cranny	Niwot, CO	2013
4:40.97	-Hannah Meier	South, Grosse Pointe, MI	2013

BOYS

With Gratitude and in Honor & Memory of: F. Michael Byrnes, Co-founder of the NSAF

RECORDS

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

2016 MEET RESULTS

1	Reed Brown	17 Southlake, TX	4:09.95	1
2	Gavin Gaynor	16 Hudson, OH	4:10.02	2
3	Colin Daly	16 River Edge, NJ	4:10.14	2

Gavin Gaynor

PAST MEET CHAMPIONS

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
2013	-Henry Wynne	Staples, Westport, CT	4:08.15
2012	-Brad Nye	Davis, Kaysville, UT	4:08.67

MEET ALL-TIME BEST

4:03.54	-Grant Fisher	Grand Blanc, MI	2015
4:05.50	-Alex Hatz	Fayetteville-Manlius, Fayetteville, NY	2010
4:07.28	-Kirubel Erassa	Grayson, Loganville, GA	2010
4:07.87	*Alan Webb	South Lakes, Reston, VA	2000
4:08.15	-Henry Wynne	Staples, Westport, CT	2013

4X400M RELAY

GIRLS

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

RECORDS

National	Poly	Long Beach, CA	3:38.91	3/14/2004
	D. Hayes, J. Lee, S Woods, Shalonda Solomon			
Meet	Union Catholic	Scotch Plains, NJ	3:40.28	3/13/2016
	T. Livingston, A. Onque-Shabazz, C. Lamadieu, S. McLaughlin			
NSIC Meet	Poly	Long Beach, CA	3:38.91	3/14/2004
	D. Hayes, J. Lee, S. Woods, Shalonda Solomon			
Armory HS	Poly	Long Beach, CA	3:38.91	3/14/2004
	D. Hayes, J. Lee, S. Woods, Shalonda Solomon			

2016 MEET RESULTS

1	Union Catholic TC-NJ	3:40.28	6
2	Motor City TC-MI	3:40.69	6
3	Paul Robeson TC-NY	3:40.95	6

PAST MEET CHAMPIONS

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
2013	**Columbia**	**Maplewood, NJ**	**3:42.03**
2012	Wakefield	Raleigh, NC	3:43.01

MEET ALL-TIME BEST

3:40.28	**Union Catholic**	**Scotch Plains, NJ**	**2016**
3:40.69	**Oak Park**	**Oak Park, MI**	**2016**
3:40.95	**Paul Robeson**	**Brooklyn, NY**	**2016**
3:42.03	Columbia	Maplewood, NJ	2013
3:42.67	Medgar Evers	Brooklyn, NY	2011

BOYS

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

RECORDS

Natlional	New Bern	New Bern, NC	3:13.06	2/6/2009
	Ant. Hendrix, F. Greene, M. Sparks, And. Hendrix			
Meet	New Bern	New Bern, NC	3:15.02	3/14/2009
	F.Greene, M. Sparks, Ant. Hendrix, And. Hendrix			
NSIC Meet	John Muir	Pasadena, CA	3:13.34	3/10/1996
	J. Tryon, S. McCullough, M. Haywood, Obie Moore			
Armory HS	New Bern	New Bern, NC	3:13.06	2/6/2009
	Ant. Hendrix, F. Greene, M. Sparks, And. Hendrix			

2016 MEET RESULTS

1	Huntington TC-NY	3:16.09	5
2	Newburgh Elite TC-NY	3:17.66	5
3	South Shore TC-NY	3:19.45	5

PAST MEET CHAMPIONS

2016	Huntington	Huntington, NY	3:16.09
2015	Cheltenham	Wyncote, PA	3:17.38
2014	Union Catholic	Scotch Plains, NJ	3:15.53
2013	Union Catholic	Scotch Plains, NJ	3:16.31
2012	Boys and Girls	Brooklyn, NY	3:16.78

MEET ALL-TIME BEST

3:15.02	New Bern	New Bern, NC	2009
3:15.23	DeMatha	Hyattsville, MD	2011
3:15.53	Union Catholic	Scotch Plains, NJ	2014
3:16.09	**Huntington**	**Huntington, NY**	**2016**
3:16.12	Trotwood-Madison	Trotwood, OH	2010

WEIGHT THROW

GIRLS

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

RECORDS

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

2016 MEET RESULTS

1	Kamryn Brinson	16 Throw1deep, GA	19.11m	62-08.50
2	Jill Shippee	17 Clifton Park, NY	17.04m	55-11.00
3	Lysah Russell	16 Providence, RI	16.99m	55-09.00

Kamryn Brinson

PAST MEET CHAMPIONS

2016	-Kamryn Brinson	Marist, Atlanta, GA	62-08.5
2015	*Sabrina Gaitan	Sprayberry, Marietta, GA	60-10
2014	-Gabrielle Figueroa	Austintown-Fitch, Youngstown, OH	62-01.75
2013	-Casidy Callahan	Norcross, GA	58-08
2012	-Avana Story	Woodward Academy, College Park, GA	63-01.5

MEET ALL-TIME BEST

68-02.5	-Shelby Ashe	St. Pius X, Atlanta, GA	2011
63-01.5	-Avana Story	Woodward Academy, College Park, GA	2012
62-08.5	**-Kamryn Brinson**	**Marist, Atlanta, GA**	**2016**
62-01.75	-Gabrielle Figueroa	Austintown-Fitch, Youngstown, OH	2014
61-04	-Melissa Kurzdorfer	Lancaster, NY	2010

BOYS

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

RECORDS

National	Conor McCullough	Chaminade, West Hills, CA	93-03.25	3/15/2009
Meet	Conor McCullough	Chaminade, West Hills, CA	92-07.50	3/14/2009
NSIC Meet	Conor McCullough	Chaminade, West Hills, CA	93-03.25	3/15/2009
Armory HS	Conor McCullough	Chaminade, West Hills, CA	93-03.25	3/15/2009
Freshman	Trey Knight	Ridgefield, WA	71-03.50	2/4/2017
Sophomore	Walter Henning	St. Anthony's, S. Huntington, NY	75-00.50	2/26/2005
Junior	Conor McCullough	Chaminade, West Hills, CA	87-10.25	3/16/2008
Senior	Conor McCullough	Chaminade,West Hills, CA	93-03.25	3/15/2009

2016 MEET RESULTS

1	Robert Colantonio	16 Barrington, RI	24.83m	81-05.75
2	Isaiah Rogers	16 Throw1Deep, GA	23.52m	77-02.00
3	Jacob Wickey	17 Medina, OH	22.85m	74-11.75

PAST MEET CHAMPIONS

2016	-Robert Colantonio	Barrington, RI	81-05.75
2015	-Adam Kelly	Barrington, RI	81-05.25
2014	*Adam Kelly	Barrington, RI	77-09.25
2013	-Rudy Winkler	Averill Park, NY	83-06
2012	*Rudy Winkler	Averill Park, NY	80-11.75

MEET ALL-TIME BEST

92-07.5	-Conor McCullough	Chaminade, West Hills, CA	2009
87-05	-Dylan Armstrong	Westside, Canada	1999
85-10.5	-Alec Faldermeyer	Minisink Valley, Slate Hill, NY	2010
83-06	-Rudy Winkler	Averill Park, NY	2012
83-02.5	*Walter Henning	St. Anthony's, South Huntington, NY	2006

TRIPLE JUMP

GIRLS

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

RECORDS

National	Ke'Nyia Richardson	Holy Names, Oakland, CA	44-06.75	3/11/2007
Meet	Keturah Orji	Mt. Olive, Flanders, NJ	44-02.00	3/16/2014
NSIC Meet	Ke'Nyia Richardson	Holy Names, Oakland, CA	44-06.75	3/11/2007
Armory HS	Ke'Nyia Richardson	Holy Names, Oakland, CA	44-06.75	3/11/2007
Freshman	Titiana Marsh	Thomas Dale, Chester, VA	41-02.00	3/9/2015
Sophomore	Titiana Marsh	Thomas Dale, Chester, VA	42-04.00	2/26/2016
Junior	Juliana Yendork	Walnut, CA	42-05.50	3/11/1990
Senior	Ke'Nyia Richardson	Holy Names, Oakland, CA	44-06.75	3/11/2007

2016 MEET RESULTS

1	Chinne Okoronkwo	16 Lynnwood, WA	13.10m	42-11.75
2	Tara Davis	17 Simi Valley, CA	12.33m	40-05.50
3	Veronika Karpenko	16 Boalsburg, PA	12.28m	40-03.50

Chinne Okoronkwo

PAST MEET CHAMPIONS

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**
2013	*Keturah Orji	Mt. Olive, Flanders, NJ	41-00.25
2012	***Carla Forbes**	**Waltham, MA**	**42-05.25**

MEET ALL-TIME BEST

44-02	-Keturah Orji	Mt. Olive, Flanders, NJ	2014
43-02.25	-Asa Garcia	Texas City, TX	2015
42-11.75	**-Chinne Okoronkwo**	**Mountlake Terrace, WA**	**2016**
42-05.25	*Carla Forbes	Waltham, MA	2012
42-02.75	-Jamesha Youngblood	Hercules, CA	2007

BOYS

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

RECORDS

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

2016 MEET RESULTS

1	Noah Igbinoghene	17 Trussville, AL	15.11m	49-07.00
2	Rayvon Grey	16 Wappingers Falls, NY	15.03m	49-03.75
3	Ronel Forde	16 Latham, NY	14.94m	49-00.25

Noah Igbinoghene

PAST MEET CHAMPIONS

2016	*Noah Igbinoghene	Hewitt-Trussville, Trussville, AL	49-07
2015	*Ja'mari Ward	Cahokia, IL	51-07.75
2014	-Nate Moore	Castro Valley, CA	50-08.75
2013	-Jeremiah Green	Hillsborough, Tampa, FL	51-06.5
2012	-Imani Brown	Reading PA	48-10.75

MEET ALL-TIME BEST

51-11	-Mark Jackson	Taylor, TX	2010
51-07.75	*Ja'mari Ward	Cahokia, IL	2015
51-06.5	-Jeremiah Green	Hillsborough, Tampa, FL	2013
51-05.75	-David Wilson	Washington, Danville, VA	2009
51-03.75	-Marquis Dendy	Middletown, DE	2011

2017 Tony Wells Grant Recipients:

- Bishop Loughlin HS, Brooklyn, NY
- Bloomington Kennedy HS, Bloomington, MN
- Brockton TC, West Bridgewater, MA
- Clear Brook HS, Friendswood, TX
- Colorado Flyers TC, Denver, CO
- FIA Ambassador Lions, Suffolk, VA
- Jefferson County Middle/HS, Monticello, FL
- Kentwood TC, Caledonia, MI
- New York Hammer Throw Squad, Ossining, NY
- Palm Desert HS T&F, Palm Desert, CA
- Richmond Speed, Richmond, VA
- Sanford H. Calhoun, Merrick, NY
- Seagull TC, Ypsilanti, MI
- South Atlanta HS, Atlanta, GA
- St. Stephens Indian School, Riverton, WY
- Valley Stream North TC, Franklin Square, NY
- Wadleigh Secondary School for the Performing & Visual Arts, New York, NY

2016 Cedric Walker Grant Recipients

- Anna United TC, Anna, TX
- Benton Parks and Recreation, Benton, AR
- Colts XC, Carson, CA
- Gastonia Jaguars TC, Gastonia, NC
- Louis E. Dieruff HS, Allentown, PA
- Maynard Jackson HS, Duluth, GA
- Memphis School of Excellence, Memphis, TN
- New York Novas TC, Jamaica, NY
- North Chicago HS, Beach Park, IL
- Ocean Breeze Wave Runners, Staten Island, NY
- Saints Youth TC, Chicago, IL
- St. Stephens Indian HS, St. Stephens, WY
- The Wings TC, Houston, TX
- USATF Long Island, Seaford, NY
- Valhalla HS, Valhalla, NY
- VO2Max TC, Bronx, NY

For more information on the Tony Wells and Cedric Walker Development Grants, check out **http://www.nationalscholastic.org/resources/grants.**

American JavFest – July 7-9, 2017

The NSAF is excited to announce it will host its third annual American JavFest on Friday-Sunday, July 7-9, 2017 at East Stroudsburg High School in Pennsylvania.

After the three-day format was shortened somewhat in 2016, JavFest will return to a full weekend this coming summer, allowing more time for training, fun and games, the informative and entertaining roundtable with elite coaches and athletes, as well as the prep and elite competitions. The timing likely will allow elites who might be searching for IAAF World Championship qualifiers to chase those marks following the USATF Championships.

The JavFest is designed to be a stateside version of the great Pihtipudas Javelin Carnival in Finland. It is truly intended to share the joys of the javelin with throwers of all ages. The unique event allows athletes, coaches and fans of the sport to be fully engaged educationally, socially and competitively.

Last year, former NBNO All-American **Curtis Thompson** won the Men's Elite division with 260-11, while two-time Olympic Trials finalist **Kim Hamilton** won the Women's Elite competition with 186-6. The Prep Boys' and Girls' winners were **Eric Garner** (208-2) and **Cambrie Campbell** (135-1). Prep runner-ups **Gavin Darcy** (206-4) and **Lillian Hill** (130-10) – both sophomores at the time – were invited to join the NSAF's Project Javelin Gold after the weekend.

Photo submitted by Barry Krammes

In 2015, NBNO champ **Michael Biddle** outdueled World Youth Team USA member **Liam Christensen**, 211-11 to 209-5 for the Prep Boys' title, while **Sophia Rivera** edged **Katelyn Gochenour**, 159-9 to 159-6, in a battle of World Youth finalists (and NBNO 1-2 finishers). Christensen, Rivera and Gochenour all were (or are currently) Project Javelin members. The Elite titles went to **Riley Dolezal** (265-1) and **Arianna Ince** (170-11).

Eastbay
THE FASTEST SPIKES
THE HOTTEST STYLES
THE MOST SIZES
EASTBAY.COM
SEE
THE VISION
TRAYVON
BROMELL
SPRINTER - TEAM NEW BALANCE

BARON®
CHAMPIONSHIP RINGS
OFFICIAL CHAMPIONSHIP RING OF THE
NEW BALANCE NATIONALS
NATIONAL SCHOLASTIC
NSAF
ATHLETICS FOUNDATION
INDOOR NATIONAL
CHAMPION
JORDAN
WWW.BARONRINGS.COM
store.baronrings.com/collections/nsaf

Liam Christensen gets off a throw in training under the watchful eye of Coach Jeff Gorski (Meghan Owens looking on). Photo by Jack Putnam. Below, the 2016-17 Project Javelin Gold members and coaches at January's Baton Rouge clinic. Photo by Steve Underwood.

Project Javelin Ignited by Five Newcomers

By Steve Underwood

After two outstanding, well-attended clinics in East Stroudsburg and Baton Rouge, the 2016-17 class of the NSAF's Project Javelin Gold is on the cusp of an exciting season – eager to see what both its veterans and new, rising stars can do.

After having graduated its largest class ever in 2016 – five athletes moving on to the collegiate ranks – the Project welcomed five newcomers this past fall: Juniors **Gavin Darcy** (Dunmore HS, Pennsylvania) and **Lillian Hill** (North East HS, Pennsylvania), sophomores **Ty Hampton** (North Bend HS, Oregon) and **Skylar Ciccolini** (Mifflin HS, Pennsylvania), and freshman **Joe Nizich** (Central Catholic HS, Oregon). In addition, freshman **Zechariah Blake** (John Curtis HS, Louisiana) was invited to join the Project in January after displaying his talents at the Baton Rouge clinic.

Darcy had captured attention with his PR 206-4 at the JavFest last July. As for fellow Pennsylvanians Hill and Ciccolini, the former is the sister of Project graduate **Grayson Hill** and starting to really come into her own (135-5 PR), while the latter impressed with her 134-11 PR – winning a USATF Youth title. Both have great overall athleticism.

Meanwhile, Hampton was the #2 frosh in the country last year, with Blake and Nizich – whose older brother John was the 2014 NBNO javelin champion – arguably the top two eighth graders. All six throwers made tremendous progress at the two clinics and look primed for big PRs in the weeks ahead.

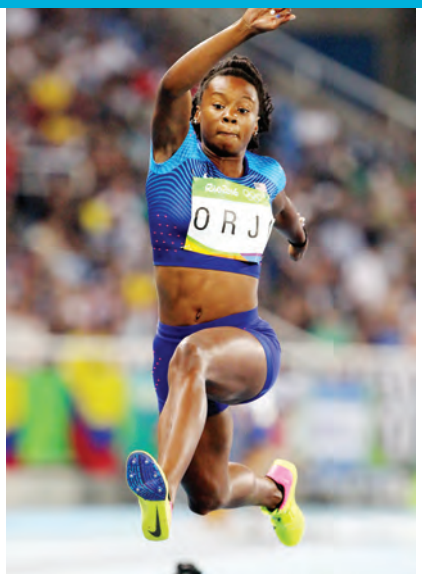
The three returnees include senior **Liam Christiansen** (Academic Magnet HS, South Carolina), junior **Roman Mitchell** (Southeast Raleigh HS, North Carolina) and sophomore **Meghan Owens** (Mercer County HS, Kentucky). Christensen is the defending NBNO champ, having won the 2016 title with a nation-leading 232-1. He had made Team USA for the 2015 World Youth Champs and just missed the final. Mitchell also hit 206-4 last summer (like Darcy) while winning USATF JOs (15-16) after taking 7th at NBNO. Living close to Project founder and coach, **Jeff Gorski**, Mitchell has been training with great zeal all fall and winter. Owens was also 7th at NBNO on the girls' side after a great spring that included a 155-1 PR. Injury issues compromised her summer, but she has bounced back fitter than ever.

Speaking of the Project coaches, the NSAF and its athletes enjoy a wealth of great mentors to guide them. Two-time Olympian and former American record-holder **Tom Pukstys** and 2012 Olympic Trials finalist **Barry Krammes** both trained under Coach Gorski in the past and joined the Project not long after it was founded in 2011. In 2015, **Duncan Atwood** – another former American record-holder and 1984 Olympian – joined the staff. The Project also benefits greatly when Finnish national coach **Kimmo Kinnunen** crosses the pond to help out, or when current elites like **Kim Hamilton** lend a hand. The athletes also receive great benefit with their mental and emotional game during sessions led by NSAF Sports Psychologist **Dr. Margaret Ottley**.

The Project has made several trips to Finland, including last summer when the athletes were able to return to the Pihtipudas Javelin Carnival for the first time since 2013. It was an unforgettable experience for Christensen and Mitchell, as well as the Project's 2016 graduates, to train and compete in the global epicenter of javelin throwing.

And speaking of the Class of 2016, the five athletes who moved on to the next level this fall finished their careers with outstanding accomplishments and promise for their futures. **Taryn Montgomery, Sophia Rivera** and **Katelyn Gochenour** won successive NBNO titles in 2014-15-16 and are now studying and throwing at U. of Georgia, U. of Wisconsin and Duke University, respectively. Rivera also medaled in both the World Youth and Pan Am Junior shot puts in 2015, made the WY javelin final that year, and led the nation at 180-4 in 2016 despite a season-ending injury. Gochenour made the finals for both the WY and World Junior javelins in 2015-16 and won three times in Pihtipudas in her career.

As for **Emma Fitzgerald** – now also at Wisconsin – she made the Youth Olympics in 2014, then qualified for World Juniors in both the heptathlon and javelin last year. She took 8th in the hept, coming within a single point of the prep national record (5,577 points). Then the aforementioned Grayson Hill, who placed as high as 4th at NBNO, also won for Team NSAF at the CSI meet, and is now competing at West Point.



At left, Keturah Orji leaps to 4th place and an American Record at the 2016 Olympic Games. Photo by Jiro Mochizuki. At right, the 2016-17 Project Triple Jump class (plus Keturah) at the January clinic in Ft. Lauderdale. Photo by Joy Kamani.

Olympian Orji inspires current Project TJ class

By Steve Underwood

The NSAF's Project Triple Jump – now in its sixth year – had a special source of inspiration when it convened for its winter clinic in Fort Lauderdale, Florida in January, earlier this winter. The inspiration was nothing less than the presence of NSAF's most accomplished alum. **Keturah Orji** – now a University of Georgia junior and fresh off a fourth-place finish in the 2016 Olympic Games in Rio – was in the house!

Orji, a 2014 Project grad – and originally out of Mt. Olive High School in New Jersey – spent most of the weekend with this year's athletes and gave a presentation the final evening of the clinic, covering topics such as "Lessons from School," "The Recruiting Process," "Life as a Collegian, and "Defining Yourself." As a prep, she was a 2013 World Youth medalist in both horizontal jumps, then just missed the World Junior final as a senior (after winning six NBN titles and becoming #2 all-time in both the indoor and outdoor TJ). Since then, her rocket ride has included numerous SEC and NCAA titles, an Olympic Trials victory, and two American Records en route to the highest finish ever by an American woman in the Olympic TJ.

Will this year's Project include some future Olympic medal contenders? As they do every year, Head Coach **Peter Pratt**, Project Coordinator **Macka Jones** and Sports Psychologist **Dr. Margaret Ottley** are working with the class of eight – plus anyone else who attends the clinics – to make dreams come true.

Two Texas seniors head up the 2016-17 jumpers. **Jalen Seals** (Fort Worth Boswell HS) has already accomplished a lot – including a 3rd-place finish in last year's NBNI long jump – and currently (late February, as of this printing) he has the longest TJ in the nation at 50 feet, 6 inches. That was an early outdoor performance, but he also ranks #4 on the U.S. indoor list with a 49-9. The other remarkable senior is **Arielle Mack** (El Paso Burges HS), who has improved more than four feet since she started in eighth grade with the Project – Orji's senior year – and has made the Texas state meet podium four times.

The group also includes juniors **Allyson Weiss** (East Ridge HS, Minn.) and **Saudia-James Heard** (Curtis HS, Wash.), sophomores **Koi Johnson** (Dickinson HS, Texas) and **Marcus Floyd** (Middleburg HS, Fla.), and freshman **India Turk** (Howard HS, Ga.). Johnson and Turk are both newcomers to the Project. All have done well at the state and Junior Olympic level (Johnson has a USATF 15-16 title) and are working on breakthroughs.

To start off the school year, the triple jumpers made their annual "pilgrimage" to Nassau, Bahamas, the home of Coach Pratt, for some excellent training and a chance to soak in the aura of the home of many of the world's best leapers, and even enjoyed coverage from Bahamian national television. A crew from ZNS-TV shot footage, including interviews with Seals and Dr. Ottley, that made it onto the evening news program for a two-minute clip and was preserved on the network's YouTube channel.

Meanwhile, Orji is hardly the only Project alum who has excelled at the next level. **KeAndre Bates** – who also prepped at Burges and was a '14 grad – has had a fine NCAA career so far at U. of Florida, earning All-American honors five times and contributing 14 huge points to the Gators' NCAA title last spring. He then finished sixth in the LJ and ninth in the TJ in the Olympic Trials. His Gator teammate **Darrielle McQueen**, also Class of '14 and out of North Florida Christian, made the Trials last year as well, and has multiple All-American honors.

The Project's newest grads are also anticipating great accomplishments at the next level. **Chinne Okoronkwo**, from Mountlake Terrace HS (Wash.) and now at U. of Wisconsin, has already nearly broken 43 feet in the TJ indoors after a stellar prep career that included making four Teams USAs, taking Pan American Junior bronze in '15, and winning the NBNI title in '16 while advancing to #6 all-time prep. And **Ja'Mari Ward** – the Cahokia, Ill. grad now at U. of Missouri, having trained with the Project for two years – is looking to build on a finish to a prep career that included sixth in the 2016 World Juniors LJ and a sweep of the horizontals at NBNI 2015.

UNLEASH
new balance
new balance
new balance
BRENDA MARTINEZ
TEAM NB RUNNING
ALWAYS IN BETA
YOU DON'T SAVE ENERGY FOR THE FINISH. YOU FIND IT.
The Vazee Pace with RevLite. Streamlined performance so you can discover how fast you can truly feel.
newbalance.com/vazee
new balance