

## KLONOWSKI RUNS SUB-5-MINUTE 1600 RACE AS TRACK & FIELD TEAM DEBUTS



**Above:** Aidan Klonowski runs away from the field to capture the "metric mile" in under five minutes for the first time in his career. (Photo by Ron Barry)

Aidan Klonowski has been chasing a "ghost" for four years. Wednesday in Dyersburg, he caught him – and then passed him.

Klonowski, a senior distance runner on Crockett County's track & field team, has put in yeoman's work to improve his racing, despite a bevy of injuries. As he continued to hone his craft, he's been trying to break the five-minute barrier in the 1600 meter run, also known as the "metric mile." Every time he's gotten close – notching a 5:02 or a 5:01 – he's had a flare-up of a foot injury or shin splints and the like.

But Wednesday – in Dyersburg's "Jump the Gun" Meet – Klonowski not only smashed through the barrier, he also won the race with a time of 4:56.35, one of three Cavalier athletes to gain victories in their events.

Titus Luten won the boys 100 meters with a time of 11.52 seconds and Addie Davidson captured the girls triple jump with a leap of 29 feet, 10.5 inches. Several other Crockett performers recorded impressive finishes, giving Coach Julie Nass optimism as the team continues to prepare for the rest of the upcoming schedule.

"I am so proud of Aidan and I'm happy for him too," Nass said. "He's been so close to getting under five minutes and then it seems like something always happens. He's worked so hard – I'm so glad that he's finally broken through. He's such a great kid and we're fortunate to have someone like him on this team."

The "Jump the Gun" meet was sort of a stripped-down version of a regular meet, without hurdle competitions or relay races. It was designed more for allowing the area's teams to get their feet wet going into a new season and for helping track newcomers to work out some of their jitters.

For Crockett, it served notice that there are some young tracksters ready to make their mark over the coming years. Several freshmen – among them Ruth Gourley, Caroline Scruggs, Marley Thornton, Hannah Wede, and Davis Porter – turned in surprising performances in their first varsity showcase.

Gourley and Scruggs won their respective heats in the 800 and 400 races, with each gaining a fourth-place finish overall. Thornton wasn't far behind Scruggs in the 400 and also finished seventh in the long jump. Wede was seventh in the 800 and placed eleventh in the discus throw, while Porter – on loan from the baseball team this day – clocked a seventh-place finish in the boys 400.

Crockett's "veterans" were well-represented too. Cross-country standout Alivia Hale – still just a sophomore – placed second in the girls 1600, less than a second behind the winner, Lexington's Eva Lewis. Avery Thornton was second in the girls triple jump, third in the long jump, and third in the 800. Claire Evans was fifth in both the long jump and the 400. Luten added a fourth in the high jump to his victory in the 100. Julie Finney was fifth in both the shot put and discus events.

Cortland Reddick, a senior but a "newbie" to track, won his heat in the 200 on his way to an eight-place mark overall, and the Thomas twins – Khalan and Khilan – each had top ten finishes in the long jump, with Khalan also getting a ninth in the boys 100. Mason Dennis placed sixth in the high jump and Sebastian Garduno took eighth in the discus.

"We've got some good young talent in this group," Nass said. "Our future looks bright. Hosting the first meet at our new track (next week) will maybe get even more of our athletes interested. But I'm certainly happy with what I saw tonight."

Crockett will debut its new facility with a small meet next Thursday, March 12.



**Left:** Alivia Hale finished second in the girls 1600 meters, less than a second behind the winner, Lexington's Eva Lewis. (Photo by Ron Barry)

**Crockett County Finishers at Dyersburg:**

Boys 100 – Titus Luten, 1st (11.52); Khalan Thomas, 9th (11.89); DK Woods, 16th (12.26).

Girls 100 – Zinayah Donald, 15th (14.78); Zamaria Edwards, 16th (14.85); Gabby Yarberry, 21st (16.83).

Boys 200 – Cortland Reddick, 8th (24.73); Khilan Thomas, 15th (25.63); Jeremiah Young, 16th (25.83).

Girls 200 – Addie Davidson, 9th (31.25); Cesia Sanchez, 19th (34.14).

Boys 400 – Davis Porter, 7th (59.57); Aaron Morgan, 16th (1:05.41); Christian Buchannan, 19th (1:07.24).

Girls 400 – Caroline Scruggs, 4th (1:10.33); Claire Evans, 5th (1:10.77); Marley Thornton, 6th (1:12.13).

Boys 800 – Hutsen Stephens, 12th (2:29.17).

Girls 800 – Avery Thornton, 3rd (2:40.78); Ruth Gourley, 4th (2:47.10); Hannah Wede, 7th (3:08.49).

Boys 1600 – Aidan Klonowski, 1st (4:56.35); Mase Utley, 12th (6:12.10).

Girls 1600 – Alivia Hale, 2nd (6:32.04).

Boys High Jump – Titus Luten, 4th (5-6); Mason Dennis, 6th (5-4).

Girls High Jump – no Crockett participants.

Boys Long Jump – Khilan Thomas, 7th (19-2.25); Khalan Thomas, 9th (18-5); Aaron Morgan, 17th (15-5.75).

Girls Long Jump – Avery Thornton, 3rd (13-2); Claire Evans, 5th (12-10); Marley Thornton, 7th (12-4); Addie Davidson, 8th (12-2.25).

Boys Triple Jump – no Crockett participants.

Girls Triple Jump – Addie Davidson, 1st (29-10.5); Avery Thornton, 2nd (27-11).

Boys Discus – Sebastian Garduno, 8th (87-2); Kamari Cason, 16th (57-7).

Girls Discus – Julia Finley, 5th (67-3); Hannah Wede, 11th (50-2).

Boys Shot Put – Grant Smallwood, 13th (32-0); Carson Bridger, 15th (30-6); Sebastian Garduno, 16th (29-1).

Girls Shot Put – Julia Finley, 5th (27-2).



**Left:** Addie Davidson sails through the air prior to landing her first-place triple jump for Crockett. (Photo by Ron Barry)

**Below:** Titus Luten finds an extra gear in the final meters to win the boys 100 in 11.52 at the Dyersburg meet Wednesday. (Photo by Ron Barry)



**Left:** Caroline Scruggs won her heat in the girls 400 in her first varsity track & field competition. (Photo by Ron Barry)

**Right:** Ruth Gourley won her heat in the girls 800 by such a distance -- in her first varsity race -- that she looks like she's just finishing up a practice jog by herself. (Photo by Ron Barry)





**Above:** Avery Thornton placed third in the girls long jump with this leap of 13 feet, 2 inches. (Photo by Ron Barry)

**Below:** Coach Julie Nass checks out the live results being posted on her phone as the evening progresses. (Photo by Ron Barry)



**Left:** Sebastian Garduno is a picture of concentration prior to launching this shot put throw, which gained him a top ten finish. (Photo by Ron Barry)

**Right:** Marley Thornton had an impressive varsity debut, placing sixth in the girls 400 and seventh in the long jump. (Photo by Ron Barry)

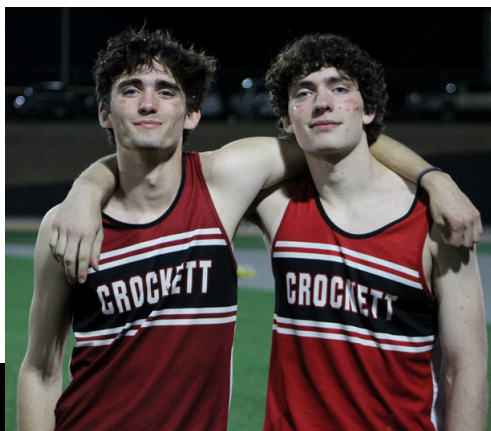


**Left:** Addie Davidson was ninth in the girls 200 in addition to her win in the triple jump. (Photo by Ron Barry)

**Right:** Davis Porter took a day off from the baseball team to finish an impressive seventh in the boys 400. (Photo by Ron Barry)



**Below:** When the meet was over, cross-country buddies and now track teammates Marley Thornton (left) and Caroline Scruggs (right) head for the team bus. (Photo by Ron Barry)



**Above:** But it will be a night to remember for senior Aidan Klonowski (right), pictured here with teammate Hutsen Stephens. He finally dipped below five minutes in the 1600. (Photo by Ron Barry)



**Above:** Cortland Reddick won his heat in the boys 200 and finished eighth overall in a field of 30 runners. (Photo by Ron Barry)

**Right:** One member of this group of Cavalier tracksters requested they be called "The Fast Twitchers." Who are we to argue with him? (Photo by Ron Barry)

