Track and Field (2016)

Kali Hatcher 3rd, Girls 4 x 400 Team 5th at State!

June 5th, 2016



Sophomore Kali Hatcher and the girls 4 x 400 relay team of Kali, Kenday Jackson, Noelle Shaw and Avi Wilson-Perteete culminated the 2016 track & field season with medal-winning performances at the California State Championships on Saturday.

Kali earned the highest place for the Panthers, finishing 3rd with a season and lifetime equaling best jump of 39'8¾" . For Kali, the meet capped off a season that saw her win the Stanford, Woody Wilson and TCAL championships.

For the girls 4 x 400 squad, their season has been equally successful. The 3:45.94 run in the trials makes them the 2nd fastest team in school history and was the fastest time run by a North Coast Section school this season. They eventually finished 5th in 3:46.85 in the finals.

Congratulations to all Panther track & field athletes on a terrific 2016 season!

Boys 2nd, Girls 3rd at Bay Shore Championships

May 22nd, 2016

Both boys and girls teams turned in solid performances to earn the silver and bronze spots at the Bay Shore Area Championships on Saturday at Castro Valley High School. The Bay Shore Area Meet features qualifiers from the TCAL, WAAC, and MVAL… all of whom compete for 7 coveted qualifying spots into the Meet of Champions next week at CAL. Competing schools include powerhouses James Logan, Bishop O'Dowd, Castro Valley, San Leandro… as well as the Panthers from Saint Mary's. As has been the case all year, Saturday's performances were led by a trio of jumpers and sprinters. North Coast Section leaders Sanjay Kettles and Malik Floyd-Stinson each won their best events to lead the boys team. Sanjay's won the long jump with a fine 23'4½"… a mere ½ from his lifetime best…. while Malik took the triple jump with a leap of 45'4½". Both will be solid favorites heading into this weekend's MOC championships. Another leaper, sophomore Kali Hatcher, bounded out to an impressive 39'4½" triple jump, which fell 1½ inches short of a win. Still, look for Kali to impress in the girls MOC triple jump competition.

A second trio of athletes, the sprinters, also impressed on Saturday. Senior Cameron James ran two crucial legs on the boys 4 x 100 and 4 x 400 relay teams while also posting a lifetime best in the boys 400, crossing the line in 49.08 seconds. Cameron's open 400 time puts him in good position at MOC while also placing him on the school's venerable all-time 400 list. Junior Avi Wilson-Perteete, having already placed herself atop the school's all-time list, won the girls 800 before anchoring the girls 4 x 400 relay. Finally, senior Kenady Jackson continued her solid senior season, running a huge leg on the girls 4 x 100 relay before finishing 3rd and 4th in the girls 100 and 200.

Other notable performers on Saturday were junior Miles Joyner, who battled but eventually succumbed while finishing 2nd in the boys 300 hurdles; junior Owen Woo, who scored a nice PR in the boys 3200… finishing 4th in 9:39; sophomore David Watt, who qualified for MOC with a lifetime best 51.55 in the boys 400; and senior thrower Damion Tingle who will compete at MOC in both the shot and discus.

In all, the Panthers qualified all 4 relay teams to go with 19 qualifying marks in individual events along to the Meet of Champions. MOC is a two day meet that begins with the preliminary rounds on Friday and concludes with the finals on Saturday. The top 3 in each event qualify for the State Championships held the following week in Clovis. Good luck to all the Panthers at MOC this week!

Panthers Dominant at TCAL Champs!

May 14th, 2016



Bolstered by quadruple winners Cameron James and Kali Hatcher, the Saint Mary's Panthers once again swept both boys and girls team titles at the TCAL league championships. For the boys, the 2016 championship marks the 30th straight year they've won their league championship.. while the girls have won 17 of the 19 championships they've vied for.



“Both our teams performed as expected,” said long time coach Jay Lawson after the meet. “Some of our athletes are starting to come around after being injured earlier in the season… and our younger athletes are now seeing the results of the work they’ve put in. All in all, we had a good meet.”



Senior Cameron James, in his TCAL finale, led all performers with individual wins in the 200 and 400 as well as running on both victorious relay teams. Teammate Miles Joyner, who up to

this point has enjoyed a fine junior season, challenged his senior cohort for meet supremacy with a pair of 1st place finishes in the 110 and 300 hurdle races… while also anchoring the winning 4 x 100 AND finishing third in the open 100 meters. Throwers Alex Glover (shot put) and Damion Tingle (discus) took home gold for the Panthers in their sweep of the weight events, while junior Sanjay Kettles eecked out a slight win in the very competitive boys long jump. Coaches noted the impressive performances by Donye Green in the 800 meters, Elijah Frendburg-Mates in the long (21'6") and triple jump (42' 5½") and Malik Floyd-Stinson (100, triple jump, long jump) in their post meet comments.



For the girls, stalwart sophomore Kali Hatcher continued her outstanding sophomore campaign, capturing 4 individual titles (long jump, triple jump, 400, 300 hurdles) while staking claim as the meet's outstanding athlete. Teammate Kobi Thompson won the high jump (5'2") and finished second in both the long and triple jump to solidify the Panthers jump dominance. Junior Avi Wilson-Perteete won the 800 in a new meet record 2:16.38 and later came back to anchor the winning 4 x 400 relay. Senior Kenady Jackson had a fine meet as well, sprinting to the runner-up spot in both the 100 and 200 meters. Add in Noelle Shaw's 2nd place finish in the 400, emerging sophomore Janelle Ingram's huge 15.83 PR in the 100 meter hurdles, Gracie Arevalo's runner-up finish in the shot put, and valuable contributions from Xandra Kirkman, Isabella Ulch and De'Jah Robinson and the sum total was a big Panthers win.



The Junior Varsity boys, completing their 2016 season, posted wins by freshmen Trenton Johnson in the 100, Julian Holdenreid in the 400, Taj Castaneda in the triple jump, Ricardo Gonzalez in the discus and Brandon Owens in the shot put… which signal that the future remains bright for the Panther track and field squad.

The Panthers post season continues next Saturday at Castro Valley High School with the Bay Shore Area Championships. The meet serves as the area qualifier to the Meet of Champions, held at U.C. Berkeley, on Memorial Day weekend. Good luck to all the athletes as they continue their fine 2016 season.



Panthers Depth On Display, Clinch TCAL Title Once Again!

May 5th, 2016



Both Panther boys and girls track & field squads claimed yet another TCAL championship banner on Thursday, with wins against St. Joseph's and St. Patrick's. Both wins were earned in convincing fashion, with the boys claiming 10 event wins and the girls taking 9.



"It was nice to see our team culminate their league season with wins like this," quipped distance coach Denis Mohun. "Our athletes and coaches have put a lot into this season so it feels appropriate that we win the league championship on a day where so many people contributed."



Indeed, the victories included wins by 14 different athletes… with nearly 2 dozen people scoring points. Leading the way was all-everything sophomore Kali Hatcher, who continues her brilliant 2016 campaign with wins in the 300 hurdles (45.77) and long jump (17’ 2½”). Joining Kali as a double winner were junior Miles Joyner in the 110 and 300 hurdles (16.70, 42.43), fellow junior Sanjay Kettles in the 200 and long jump (23.28, 21’11”) and sophomore Kobi Thompson in the high jump and triple jump (5’0”, 34’1”).



Other winners on the boys side were Owen Woo in the 1600, Donye Green in the 400, Tamarick Pierce in the 100, and Elijah Frendburg-Mates in the triple jump. Coach Jeff Rogers made a special effort to praise Elijah after the meet, noting that his 20’11” long jump was a “significant” improvement over his previous best and moves him into the top tier of jumpers in the TCAL and beyond.



The girls notching wins on Thursday included Janelle Ingram in the 100m hurdles, Noelle Shaw in the 400, Kenady Jackson in the 100, and Avi Wilson-Perteete in the 800.

Next up for the Panthers is the TCAL championship meet, which will be held at Hercules High School on May 12th and 14th. Thursday features the preliminary heats in all running events… with the finals scheduled for Saturday. The top 8 finishers in the preliminaries advance to the finals on Saturday. In the field, the high jump, triple jump and shot put finals will be on Thursday, while the long jump and discus will go on Saturday. The top 9 finishers in each event will advance to the Bay Shore Area Championships on May 21st at Castro Valley High School.



Panthers Now Two Victories Away From TCAL Title

April 28th, 2016

After consecutive weeks of dominating TCAL wins against the likes of Albany, El Cerrito, Hercules and Pinole Valley… both boys and girls track teams stand just two wins away from flying yet another pair of league championship banners.

"Thus far, both teams have been quite dominant in our league meets," said coach Jay Lawson. "On the track, whether it be sprints, hurdles, distance or relays, our kids have shown that they are the team to beat in the TCAL. And, in the field, we might even be better. So, as a coaching staff, we are certainly pleased with our standing relative to the other teams in the league."On Thursday, against Hercules and Pinole Valley, both track and field athletes… boys and girls… flexed their collective muscles to post convincing wins. For the girls, sophomores Kali Hatcher and Xandra Kirkman led the way, scoring 5 wins between them. Xandra first won the 100 meters in a personal best 12.70 before later winning the 200 in 26.65. Kali, a triple winner on the day, won the open 400 in an impressive 58.89… while also jumping to two victories in the long jump (17'2½") and triple jump (38'4"). Two other sophomores, Janelle Ingram and Kobi Thompson, continued their progress in the 100 hurdles and high jump,respectively… Janelle winning the hurdles for a second consecutive week, this time in 16.89, while Kobi continued her undefeated TCAL season with a PR equaling 5'2" in the high jump. Other strong performances were turned in by junior Avi Wilson-Perteete in the 800, sophomore Grace Arevalo in the shot put and discus, and freshman Isabella Ulch, whose 5'0" clearance in the high jump marked her entrance into the sport.

For the boys, the meet wasn't as competitive as first thought.. due in large part to the dominance of the weight men. Both the shot put and discus competition were dominated by Saint Mary's athletes, with discus throwers Christian Holt, Damion Tingle and Jovan Kinchen taking 1-2-3… while senior Alex Glover finished ahead of Christian and Jovan to complete the sweep in the shot.

"I'm proud of how far along our group has come," gushed throws coach Heuer afterward. "These guys are dedicated and getting more and more competitive. As their technique continues to improve, those qualities will mean more and more."

Besides the throwers, a number of male athletes scored single victories to lead the balanced team win.

Among the top performers were junior Owen Woo, who won the 1600; junior Miles Joyner who won the 110 hurdles; senior Cameron James who won the 400, and junior Sanjay Kettles who won the 200.

Next up for the Panthers will be the "Clash of the Titans" Invitational at Skyline High School on Saturday. After that, the TCAL finale on Thursday at Saint Mary's against rivals St. Joseph's and St. Patrick's. The meet begins at 3:30 on Thursday.

Owen Woo, Kameron Jackson Lead Panthers @ Woody Wilson Invitational

April 15th, 2016



Highlighted by distance standout Owen Woo and senior sprinter Kameron Jackson, the Panthers track & field squad racked up 4 individual wins at the Woody Wilson Invitational on Friday. Owen, running in his 2nd invitational 3200 of the season, took control of the race after the first mile and was never really threatened, winning in a seasonal best 9:49.



“Owen’s training and mind-set have been great lately,” said coach Denis Mohun after the race. “He’s confident, consistent and believes that he can run fast. Anytime a runner combines those ingredients good things follow and we’re seeing that with Owen right now.”



Like Owen, senior Kameron Jackson is having a mid-season surge that bodes well for himself and the team come year’s end. On Friday, Kameron won the 100 meter dash in a seasonal best 10.94. After spending much of the early season nursing a leg injury, this win was specially gratifying.



“It was great to see KJ finally get a chance to do what he does best: sprint,” gushed coach Jay Lawson. “He’s the fastest guy on our team and, thus far, we’ve done a good job without him…. but we’re so much better with him. All of us are really glad he’s back.”



Another Jackson, Kenady, also had an outstanding day on Friday. After finishing 2nd in the open 100 meters (12.31), she came back later to post a convincing win in the 200 meters, finishing in 25.16. Meanwhile, teammate Kali Hatcher continued her stellar sophomore season, finishing 2nd in the open 400 in 57.68 before winning the girls triple jump in a Northern California best 39'8"… which also equaled her lifetime best.



Other strong performances were turned in by discus throwers Damion Tingle and Christian Holt (who threw 135'4" and 134'8" respectively), Donye Green in the 800, Giauna Nu'man in the 100 & 200, Xandra Kirkman and Noelle Shaw in the girls 400, and the 2nd place girls Distance Medley Relay team of Avi Wilson-Perteete, Noelle Shaw, Katie Woellfer and Elise Krueger.



Overall, the Woody Wilson Invitational, hosted by UC Davis, saw the Panthers compete very well against top level competition from the Sac-Joaquin, Northern, and North Coast Section. The team continues to show a lot of determination and competitiveness against competition from all over Northern California, which it will need as it re-enters the TCAL season while continuing to compete at invitational events on the weekends. Up next for the Panthers is a home meet against Albany and El Cerrito on Thursday. Then, the Panthers will travel to Mountain View for the Saint Francis Invitational on Saturday, April 23rd.

Arcadia Videos Now Posted!

April 12th, 2016

Check out videos of the girls 4 x 100, 4 x 400 and Sprint Medley at the Arcadia Invitational! Video links are posted below.

** Girls 4 x 100 relay

** Girls 4 x 400 relay

** Girls 1600 Sprint Medley

** Girls 4 x 400, team interview

Sprint Medley Relay Wins Big @ Arcadia; Posts #5 Time in U.S.

April 10th, 2016



After a 6 hour van ride south, a quick Subway sandwich, and stubborn southern California rain… all the Saint Mary's quartet of Giauna Nu'man, Kenady Jackson, Kali Hatcher and Avi Wilson-

Perteete did was win the venerable Arcadia Invitational's 1600 Sprint Relay in the 5th fastest time in the United States this year! "Those girls do not surprise me anymore," gleamed coach Jay Lawson afterwards. "They seem to always run big on the biggest stage, no matter the circumstance."



Indeed, the 4 x 400 relay team (minus Giauna, add Noelle Shaw) also showed it's grit and strength with an impressive 3rd in the invitational (fastest) race of the day. The team's 3:51 was a seasonal best and firmly plants them as the NCS favorite as well as one of the top teams in California. Earlier in the day, the team of Xandra Kirkman, Kenady, Giauna and Kali also ran a seasonal best 48.68 to win their heat of the girl's 4 x 100 relay. Clearly, the highlight for the Panthers at Arcadia was the girls relay teams.



Despite surrendering the headlines to the girls, the boys did manage to represent themselves well on the state's biggest stage. Junior Sanjay Kettles established his personal best in the triple jump… hopping, stepping and jumping 45'7" to finish 2nd in the boys rated section. The next evening, teammate Malik Floyd-Stinson would outleap Sanjay by a mere 4 inches, bounding 45'11" to finish 7th in the invitational section. Together, the two of them now are the top 2 ranked triple jumpers in the North Coast Section.

Finally, the boys 4 x 200 team of Malik, Kameron Jackson, Tamarick Pierce, and Cameron James… as well as the 4 x 400 team of Cameron, Tamarick, Donye Green and David Watts… ran solid races according to coach Lawson. The 4 x 200 time of 1:29.91 was a seasonal best.





Overall, the Panthers weathered the rain and the travel to record some solid performances and gauge themselves against much of the top talent from around the state and country. Next up for the Panthers is the Woody Wilson Invitational on Friday on the campus of U.C. Davis.

Girls 4 x 400, Kali Hatcher Assert Their Dominance at Stanford Invitational

April 2nd, 2016



The girl 4 x 400 team of Avi Wilson-Perteete, Kenady Jackson, Noelle Shaw and Kali Hatcher reminded the Bay Area high school track community that, despite losing two members of their 2015 state championship relay team, they continue to be the team to beat in Northern California. Running an inspired race against most of the top competition from the area, the girls posted a convincing 3 second win in the 4 x 400, finishing in 3:53.19. After the meet, a pleased coach Jay Lawson commented:



“After a long day of running relays, individual races and jumping events, it was great to see those four girls dig down and compete the way they did. You could tell a lot of the athletes were ready for the day to be over…. but not our girls. They ran with determination and pride. I’m proud of them.”



Earlier in the day, sophomore Kali Hatcher cemented her status as the top triple jumper in Northern California with a 39’1” win. Each of her 5 legal jumps were farther than the 2nd place finisher and serve as a precursor to next weekend’s showdown at the vaunted Arcadia Invitational.A day earlier, junior Sanjay Kettles came within 2 inches of being the 3rd Panther to win this year’s Stanford Invitational, ultimately finishing 2nd in a seasonal best 23’1”.



Seniors Kenady Jackson and Cameron James also showed well in their best event: the 400 meters. Kenady, running from lane 2, finished in a season’s best 57.65 while teammate Cameron, running from way out in lane 9, ran 50.47. Cameron’s 400 followed a 5th place finish in the 4 x 100, where he teamed with Malik Floyd-Stinson, Tamarick Pierce and Miles Joyner to run 43.51.



Next week the Panthers travel to Southern California to compete in the state's most prestigious regular season meet, the Arcadia Invitational.

Panther Relays Dominate at Castro Valley Invitational

March 26th, 2016





The Saint Mary's track & field team began their spring break by winning 5 relays and finishing 2nd in three others at the Castro Valley Invitational on Saturday. The meet, a varsity-only affair, featured 15 teams, some from as far away as Tracy and Manteca. The girls, led by relay veterans Kenady Jackson, Giauna Nu'man, and Avi Wilson-Perteete, dominated their competitions…. winning the 4 x 100, 4 x 400, Sprint Medley and Distance Medley relays."Our girls were pretty impressive today," observed coach Jeff Rogers afterwards. "It is really nice to see so many girls participate on the relays today. To see Avi and Noelle team with Taryn and Maya on the distance medley was great; to see Xandra step in and relay with some of our top girls was great; and to see Noelle run so well today was great. Overall, we really enjoyed seeing so many kids involved."



The boys relay teams also had a fine day on Saturday. The distance medley team of Owen Woo, David Watts, Donye Green and Faraz Khan took home the top spot… breaking the race open early and never really being challenged. The sprint relays, however, proved to be very challenging. Running a bit shorthanded due to injuries, the Panthers were still able to mix squads and run well enough to finish 2nd in the4 x 100, 4 x 400 and Sprint Medley relays.



Individually, the Panthers garnered wins by Sanjay Kettles in the boys long jump and triple jump, and Mile Joyner in the 300 hurdles. For the girls, Kali Hatcher bounded to another win in the triple jump. Owen Woo (1600), Alex Glover (Shot Put), Damion Tingle (Discus), and Galen Batzdorf (100 meters) also performed very well for the Panthers on Saturday.

Sanjay Kettles, Kali Hatcher Star at San Leandro Invitational

March 19th, 2016





Led by two individual wins by junior Sanjay Kattles and sophomore Kali Hatcher, the Saint Mary's track & field team made their presence felt at the 3rd annual San Leandro Invitational. Sanjay, a state finalist in 2015, opened his 2016 season with a convincing win in the long jump, leaping 22'3". Later in the day he bounded 43'4" to win the triple jump.

Kali, who finished 7th at last year's state championship in the triple jump, won her specialty in a state outdoor leading 39'3". Earlier in the day her 17'9" long jump was also a winner as well as a lifetime best. Add to that her 57.89 400 win along with a 4 x 400 relay 1st and it was obvious that she had quite a day at the San Leandro Invitational.




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“Those two are on track to compete for state meet medals,” according to jumps coach Jeff Rogers. “Their training is going great, their diligent in their work effort, and they’re hungry. Add that to their talent and I expect they’ll go well this year.”Other notable performances on Saturday included Xandra Kirkman’s 200-400 double win in the frosh-soph girls division, teammate Kobe Thompson’s frosh-soph girl’s high jump – long jump win, and Avi Wilson Perteete’s 800 meter victory.





Owen Woo also ran a nice race in the boys varsity 1600 meters.The Panthers continue their invitational season at the Castro Valley Invitational next Saturday afternoon. Running events begin at 10:00 am.

Panthers Overpower Opponents in TCAL Opener

March 17th, 2016



Although the 2016 is a new season with a new team, the results of the league opener strongly resembled the results of the past: dominance on the track and in the field. Hosting Salesian, DeAnza, Kennedy and Richmond, the Panthers began the TCAL season with a near clean sweep of the events contested. The girls team was victorious in 13 of the 15 events contested while the boys won every event except the 4 x 400 (where they didn't have a team entered). "Our depth, talent and desire was on display today," said coach Jay Lawson after the meet. "Even without a couple of key athletes, our kids were able to go out there and perform the way we'd like them to."



For the boys, junior Miles Joyner, returning from an early season injury, led the Panthers with 3 individual wins in the 110 and 300 hurdles… as well as the 200 meters. Junior teammate Sanjay Kettles launched a 21'10" jump to easily capture his specialty, the long jump. Sophomore David Watts, fresh off his winter soccer campaign, signaled that he maybe a key ingredient on this year's 4 x 400 team… winning the open 400 in 53.00. Senior field eventers Christian Holt, Alex Glover and Malik Floyd-Stinson also catapulted themselves to the top of the league standings with their performances in the discus, shot put and triple jump respectively. Christian threw an impressive 127'0 to equal his lifetime best, while Alex did the same with an equally impressive 48'1" shot put. Malik, who ranks among the state leaders in the triple jump, won that event after earlier winning the open 100 meters.

For the girls, a mix of older, seasoned athletes combined with a crew of newer, younger athletes to combine for the dominant victory. Senior Kenady Jackson won her heat of the 100 and later captured the 200 in a fine 25.62. A bevy of sophomores, led by Kobe Thompson, Xandra Kirkman, and Grace Arevalo also made their presence known on Thursday. Kobe was a double winner in the high jump (5'0") and triple jump (32'0"), Xandra won the 400 (61.85) and Grace both the shot put (27'6") and discus.





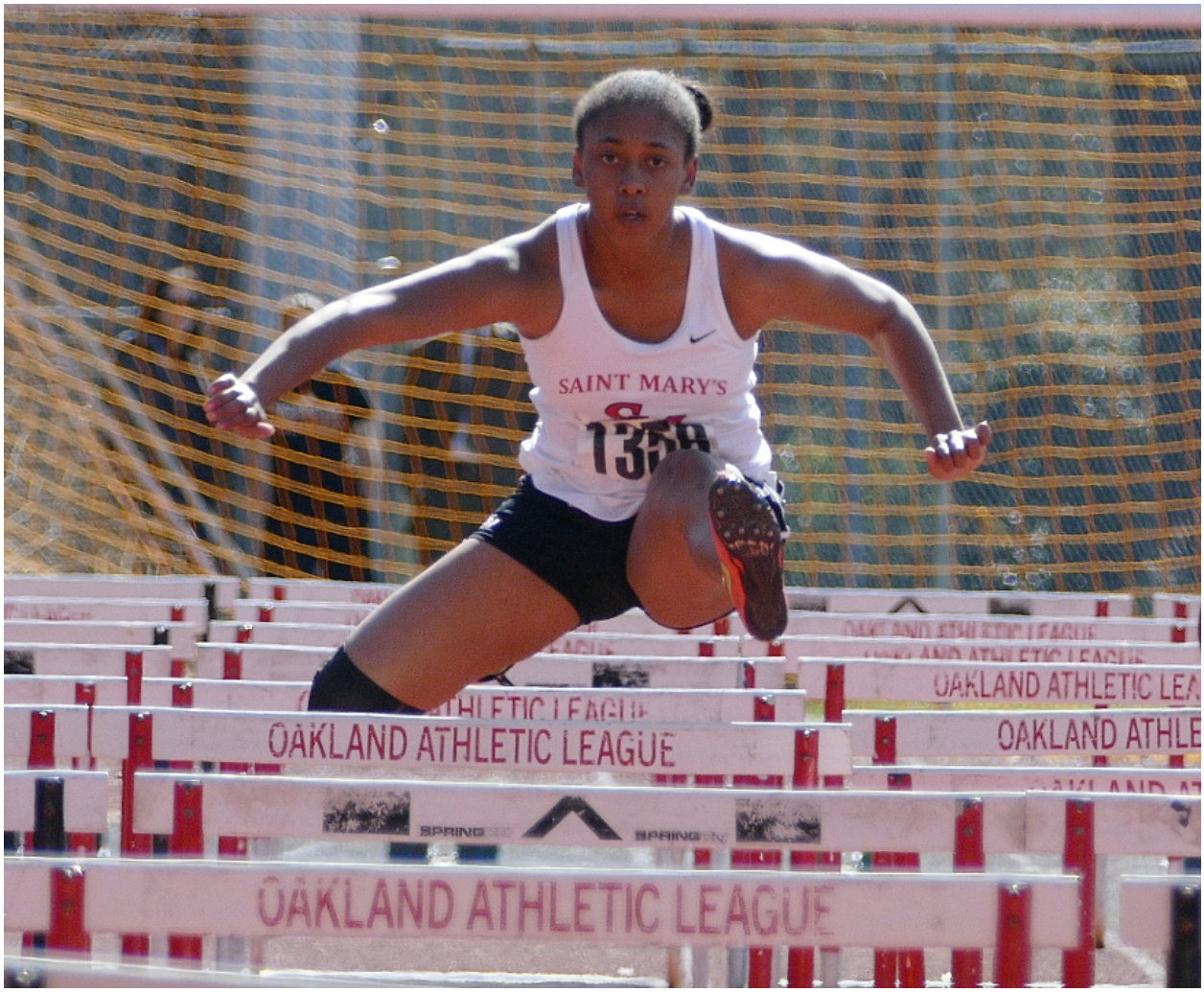
"The development of our sophomore girls is really exciting to see," whispered coach Jeff Rogers. "In order to continue to have successful season after successful season, you really need your younger groups to buy in, latch on, and want to become the next great group. It's great that we're seeing that with this group."

Finally, newcomer Elise Kruger, fresh off the soccer field, won her inaugural TCAL 1600 race in 5:49!

Malik Floyd-Stinson Bounds to Top of State Leader List; Panthers Impressive in 2016 Debut

February 27th, 2016

Picking up right where they left off, the Saint Mary's track & field team opened their 2016 season in impressive fashion at the 12th annual Skyline Invitational in Oakland. The girls team, the defending TCL league & North Coast Section champions, posted individual wins in the 800 meters and triple jump… along with capturing both relay gold medals.



"The girls have been training very well thus far so their performances are no surprise to us," said coach Jay Lawson after the meet. " We sort of expected the season to open with our top people showcasing their talents and I think we saw that today."





Indeed, the girls 4 x 400 team of Avi Wilson-Perteete, Kenady Jackson, Noelle Shaw and Kali Hatcher posted the state's 3rd fastest time on the opening weekend of track & field in the Golden State… while the 4 x 100 team (which inserts De'Jah Robinson for Noelle) ran the 2nd fastest time in the NCS this season. Avi would come back later to win the 800 meters in 2:18.37, Kali would win the triple jump, Kenady would place 2nd in the open 400 (59.80) and 3rd in the 200 (25.77), Noelle would run a PR 62.10 for 3rd in the 400, Giauna ran 12.93 for 100 meters and 3rd, and De'Jah opened her 2016 hurdle season with a 16.67/47.64 double in the 100 and 300 hurdles respectively. In the field, sophomores Kobi Thompson's 4'10 high jump and Janelle Ingram's 33'7 triple jump placed them 3rd and 4th in those events.



For the boys, success was equally recognizable as senior Malik Floyd Stinson hopped, stepped and jumped his way to the top of the state leader board with a 46’5 wind legal win in the boys triple jump. After finishing 3rd in the open 100 meter dash, he finished his day by winning the long jump in a PR 20’11”.



“Malik is incredibly talented and has really benefitted from a lot of pre-season running and conditioning,” commented coach Jeff Rogers. “I expect Malik to be one of the elite jumpers in California this year. He’s putting the work in and it’s showing.”



Joining Malik on the victory stand on Saturday was fellow senior Cameron James who won the 200 meters in a PR 22.39. Just behind him was teammate Tamarick Pierce in 22.78. The other boys medalist of the day was Owen Woo in the boys mile. Owen's 4:39 was a PR and, couple with his 9:59 opening 3200 a week ago, indicates that his junior season could be very successful. Also running well and posting a lifetime best was fellow junior Donye Green, who placed 4th in the open 800 in 2:05.08.



All in all, Saturday was a great opening weekend. Some 50 athletes competed for the Panthers, many who had never exchanged a baton, risen from a starting block, counted their steps down a runway, or had to stay in their lane. Still, everyone competed and performed very well. The present and future of track & field continues to look promising.

2016 Panthers Bare Strong Resemblance to 2015 Group

February 18th, 2016

The 2015 track & field season will long be remembered as one of the most prodigious in school history. 5 school records, 5 North Coast Section individual champions, a North Coast Section team title, 2 individual state champions, and too many league champions and all-time list performers to count were just some of the highlights. So, ask some, what can 2016 do for an encore?

"A lot!" says coach Jay Lawson, who enters his 29th year at the helm of the Saint Mary's juggernaut. "2015 was incredible, no doubt. One of the best we've ever had. But don't think we don't have big plans for 2016."

Despite losing the likes of Chloe Jenkins, Zoie Campbell, Ma'ane Mosley, Marquis Chambers and Ron Smith… the Panthers enter 2016 reloaded and seemingly ready for the challenges of the North Coast Section and the Golden State. Leading the charge will be the venerable girls sprint/hurdle/jumps squad. Led by senior sprinters Kenady Jackson and Giauna Nu'man, this years girls provide the type of experience, depth, and talent that will make them one of the favorites to win the NCS Meet of Champions. Along with Kenady and Giauna, junior Avi Wilson-Perteete begins the 2016 season as the 6th fastest 800 meter runner in the history of the North Coast Section, having run 2:09.31 in the state trials last year . Not to be outdone, sophomore Kali Hatcher was a mere 1 inch away from a state meet medal as a freshman. She will continue her outstanding jumping this year… as well as add considerable relay and 300 hurdle duties to her talented plate. Junior De'Jah Robinson enters 2016 as a returning state meet participant and will serve as an important piece in the team's overall success. Junior Noelle Shaw, sophomores Xandra Kirkman, Tori O'Sullivan, Kobi Thompson and Janelle Ingram round out the 2016 sprint/hurdle/jumps squad. The distance team will be led by seniors Taryn Kisch-Gallagher and Ella Hymel and sophomores Katie Woelffer

and Genevieve Wiley… all of whom are coming off a successful cross country season in the fall. Another sophomore, Lupe Saldana, looks to improve upon her very successful 2015 campaign and will provide even more depth to this ever-improving crew. A solid group of young throwers, headed by sophomore Gracie Arevalo, will round out the defending TCAL, Bayshore and NCS champion girls team.

Sprinters Tamarick Pierce, Cameron James and Kameron Jackson and top-returning NCS jumpers Malik Floyd-Stinson and Sanjay Kettles head a strong contingent of talented boys into the 2016 season. All five athletes are coming off a 2015 season that included NCS championships and state meet finals competition. "This group is very talented, hard-working, and capable of great performances," says coach Lawson. "One key will be to stay healthy and remain consistent. If we can accomplish that, this group can make a lot of noise at the section and hopefully state level." Add junior hurdler Miles Joyner, senior thrower Alex Glover, and distance standouts Faraz Khan and Owen Woo and this years boys team should certainly be considered the odds on favorite to repeat as TCAL champion and compete for Bayshore and NCS team supremacy.

In all, the litany of talented athletes up and down the Panther roster…. on the field as well as the track… on both the boys and girls side…. suggests that the 2016 season may show a strong resemblance to the 2015 season. With continued hard work, commitment, leadership and a little luck, let's all hope so. Good luck to these 2016 Panthers this season.