Saint Mary's
Track & Field
2015



Saint Mary's Track & Field – 2015 Schedule

Day	Date	Opponent	Venue	Time
Sat.	Feb. 28th	Skyline Invitational	Skyline H.S., Oakland	All Day
Sat.	Mar. 7th	Dan Gabor Sprint/Distance Carnival	Amador Valley H.S., Pleasanton	2:00 pm
Sat.	Mar. 14th	East Bay Invitational	Monte Vista H.S. Danville	All Day
Tues.	Mar. 17th	St. Joseph's, St. Patrick's-St. Vincent, De Anza, Richmond	Saint Mary's	3:45 pm
Sat.	Mar. 21st	Saint Francis Invitational	Saint Francis H.S., Mountain View	8:00 am
Sat.	Mar. 21st	Dublin Distance Festival	Dublin H.S., Dublin	TBA
Thurs.	Mar. 26th	Salesian, Kennedy	Saint Mary's	3:45 pm
Sat.	Mar. 28th	Bay Area Relays	Foothill H.S., Pleasanton	TBA
Fri – Sat.	Apr. 3rd – Apr. 4th	Stanford Invitational (Varsity Only)	Cobb Field, Stanford	TBA
Fri. - Sat.	Apr. 10th - Apr. 11th	Arcadia Invitational (Varsity Only)	Arcadia H.S., Arcadia, CA	TBA
Fri.	Apr. 17th	Woody Wilson Invitational	U.C. Davis, Davis, CA	2:00 pm
Sat.	Apr. 25th	Bay Area F/S Championships	Dublin H.S., Dublin	TBA
Thurs.	April 30th	Albany, El Cerrito	Saint Mary's	3:45 pm
Fri.	May 1st	Charlie Eaton/Bob Warren Relays	Acalanes H.S., Lafayette	2:00 pm
Sat.	May 2nd	Sacramento Meet of Champions	American River College	TBA
Thurs.	May 7th	Hercules, Pinole Valley	Hercules H.S.	3:45 pm
Thurs.	May 14th	TCAL League Trials	Hercules H.S.	TBA
Sat.	May 16th	TCAL League Finals	Hercules H.S.	TBA
Sat.	May 23rd	North Coast Section Area Meet (Varsity Only)	Castro Valley H.S., Castro Valley	TBA
Fri-Sat	May 29th – May 30th	North Coast Section Meet of Champions (Varsity Only)	U.C. Berkeley	TBA
Fri-Sat	June 5th - June 6th	California State Meet (Varsity Only)	Buchanan H.S. Clovis, CA	TBA

Sprint Coach / Boys Head Coach: Jay Lawson ('81) (jlawson@stmchs.org)
Jumps Coach / Girls Head Coach: Jeff Rogers (jrogers@stmchs.org)
Distance Coach : Denis Mohun (dmohun@stmchs.org)
JV Distance Coach: Kim Pacatte (kpacatte@stmchs.org)
JV Boys Head Coach: Julian Keyes ('01)
Throws Coach: Derek White
Hurdles Coach: Halilh Guy (01')

~Saint Mary's Track & Field – 2015 Roster~

Girls		Grade
Valeria	Aguirreche	9
Gracie	Arevalo	9
Galen	Batzdorf	10
Briahn	Brown	12
Olivia	Brown	10
Zoie	Campbell	12
Ariana	Corwin	12
Kayla	Elmendorf	10
Julia	English	10
Carolyn	Gill	10
Esme	Goldstein	9
Jamaica	Greenwood	12
Kali	Hatcher	9
Isabel	Havens	12
Lindsay	Hemp	10
Maya	Hymel	11
Ella	Hymel	11
Janelle	Ingram	9
Kenady	Jackson	11
Chloe	Jenkins	12

Girls		Grade
Alexandra	Kirkman	9
Taryn	Kisch-Gallagher	11
Hailey	Lompa	10
Melissa	Mariano	11
Ma'Ane	Mosley	12
Giauna	Nu'man	11
Alex	O'Sullivan	12
Tori	O'Sullivan	9
Cymone	Rice	9
Zoe	Roberts	12
De'Jah	Robinson	10
Guadalupe	Saldana	9
Noelle	Shaw	10
Josie	Smale	12
Jo	Tarczynski	9
Kobi	Thompson	9
Isabella	Trevino	10
Daniela	Vaughan	11
Avi	Wilson-Perteete	10
Genevieve	Wiley	9
Katie	Woelffer	9

Boys		Grade
Andre	Abayari	10
Isaa	Abdus-Salaam	10
Marcus	Ariel	10
Ellis	Askey	10
Isaiah	Baltazar	10
Jaylen	Bell	10
Parker	Bosche	9
Marquis	Chambers	12
Keith	Dawson	9
Jared	Flint	10
Elijah	Frendberg-Mates	10
Alex	Glover	11
Ricardo	Gonzalez	9
Roman	Grace	12
Donye	Green	10
Steve	Harvey	11
Samuel	Hines	9
Christian	Holt	11
Kameron	Jackson	11
Ben	Jaffe	9
Cameron	James	11
Diego	Jara	12
Luther	Jessie III	11
Lukas	Jimenez-Smith	11
Miles	Joyner	10

Boys		Grade
Sanjay	Kettles	10
Faraz	Khan	11
Jovan	Kitchen	10
Roger	Levaux	10
Aaron	Mercadel	12
Uche	Obim	10
Tamarick	Pierce	11
Jean-Pierre	Pitre	9
Sasha	Poletaev	9
Carlos	Ruis	10
Ben	Schrider	12
Jonah	Simenauer	9
William	Skipwith	12
Ron	Smith	12
Malik	Stinson	11
Akhenaten	Taharka	9
Mickey	Tessema	12
Matthews	Tessema	10
Damion	Tingle	11
Carlos	Vasquez-Harrison	10
David	Watts	9
Nelson	White	12
Zachary	Wilkinson	12
Owen	Woo	10
Robert	Wood	9
Luis	Ybarra	10

Panthers Hope to Match 2014 Success in 2015

February 9th, 2015



A year removed from a season in which 5 school records were broken, 2 league and 1 North Coast Section Championships was won, 3 state finalists were crowned, and 28 new additions were inserted onto the school's all-time lists, many are wondering what the 2015 Panthers can do for an encore? The answer, according to longtime coach Jay Lawson, is "a lot."

"We obviously want to return as many kids to the section and state level meets as we can. " Lawson said. "We have a group of upperclassmen who have a lot of experience and have had some success. We also have a group of younger athletes who I think are really talented and can have a great deal of success early on in their careers. Together, it could make for a very successful season."

Leading the team this year will be a talented group of sprinters and jumpers, led by recent UCLA-commit Chloe Jenkins and San Diego State bound footballer Ron Smith. Jenkins, the proud owner of 2 individual and 2 relay school records, stands very tall amongst her North Coast Section and Northern California competitors.



The defending NCS champion, whose personal best 2:11.31 made the state meet final in the 800m in 2014, looks to break the venerable 2:10 mark this year while also being considered one of Northern California's fastest 400 meter runners. Look for Chloe to cement her status in both events this year. Along with Chloe, Northern Colorado signee Zoie Campbell and junior Kenady Jackson return as all-time list performers who add top talent to the sprint squad. Senior returnees Zoe Roberts and Alex O'Sullivan provide much needed depth… while senior basketballer (and Cal Bear-to- be) Ma'ane Mosley completes her hoops season before hitting the track. Ma'ane, like Chloe, is a returning state meet competitor and the 2014 NCS runner-up in the long jump. Other top returners to the 2015 girls squad are school high jump record holder Briahn Brown, ultra-talented sophomore 400-800 meter runner Avi Wilson-Perteete, middle distance runners Ella Hymel, Taryn Kisch-Gallagher & Ariana Corwin, sophomore hurdler De'Jah Robinson and jumper Carolyn Gill. Together, these athletes provide the talent, depth, leadership and fire power to compete for individual and team titles.

"Our girls team, once again, will be talented enough to challenge any team in the North Coast Section," asserted coach Jeff Rogers. "I wouldn't be surprised if our girls entered the (NCS) Meet of Champions as one of the favorites."



Likewise, senior Ron Smith enters the 2015 campaign as a returning state meet finalist in the triple jump, one of the top 300 meter hurdlers in the North Coast Section, and ready to lead a vastly-improving boys team. Ron, along with sprint teammates Marquis Chambers, Tamarick Pierce, Kameron Jackson, Sanjay Kettles and Cameron James , have the look of a group on the rise.

"This group of sprinters is the best group we've had in a couple of years," said coach Lawson. "Their competitiveness is starting to result in high-quality workouts. My sense tells me that if they can keep it up… keep working… keep hungry… they'll be very competitive across the entire section."

Along with the sprint group, jumpers Malik Floyd-Stinson and Roman Grace, distance runners Diego Jara, Owen Woo, Mickey Tessema, and Faraz Khan (all coming off a solid cross country seasons), and thrower Ben Schrider provide the Panthers with a core of talented athletes that make the forecast for the 2015 season bright.

The Panthers open their 2015 season on February 28th at the Skyline Invitational in Oakland.

Panthers Win 8 Events at Skyline Invitational

February 28th, 2015



The 2015 track & field season opened in impressive fashion, as the Panthers scored 6 individual and 2 relay wins, as well as a load of medal-winning performances at the 11th annual Skyline Invitational on Saturday.

"Things went better than we expected," said coach Jay Lawson afterwards. "We felt our headline kids would perform as they normally do, but we were pleasantly surprised by the early performances of many of our younger, inexperienced kids. They really had a good showing today."

Amongst the headliners were 2014 state finalists Chloe Jenkins and Ron Smith, both of whom won their events convincingly. Chloe, whose 400-800 prowess cements her as one of the elite track athletes in California, won the 800 by nearly 4 seconds… with sophomore teammate Avi Wilson-Perteete finishing second in 2:22. The girls entire sprint team, in fact, had a great day. The girls 4 x 100 team broke the :50 second barrier in their first race of the season while the 4 x 400 team (anchored by Chloe Jenkins) won going away in 4:03. Junior Kenady Jackson, whose meteoric rise as a sophomore earned her a place on the state 4 x 4 podium, won both the 200 and 400 on Saturday. Teammate Giauna Nu'uman was the 200 meter bronze medalist… matching her 100 place earlier in the day. Seniors Zoe Roberts and Zoie Campbell each had top 5 finishes… Roberts placing 5th in the 200 (27.65) and Campbell 4th in the 400 (62:03). Two freshmen, each running in their very first high school meet, led the charge of underclassmen at Skyline. Kali Hatcher, daughter of all-time triple jump list performer Mike Hatcher (87'), finished 2nd in the girls triple jump… bounding out to 33'5" after just two practice sessions. Lupe Saldana, having no cross country or track background, still managed to break the vaunted 6:00 barrier in the girls mile, running 5:57 in her first race.

Not to be outdone, the boys team served notice that it will be a major force in the North Coast Section this season.



Senior Ron Smith, already considered one of the elite triple jumpers in California, won his specialty with a NCS-leading 47'1". A pair of teammates, Kameron Jackson and Tamarick Pierce, won the 100 and 200 meters respectively… while senior Marquis Chambers scored a pair of silver medals in the 200 and 400. Junior Cameron James, already the talk of the preseason amongst the coaching staff, managed to finish 3rd in the 100 and 6th in the triple jump. The quartet of James, Smith, Chambers and Pierce combined to win the 4 x 100 going away…. crossing the line in 43.39 seconds. Finally, juniors Malik Stinson and Christian Holt also scored top 5 finishes.. Malik in the triple jump and Christian in te discus.

Overall, the season opener confirmed what many had already known, that the 2015 Saint Mary's track & field team is talented, deep and seeking to grab it's share of accolades this season. Expect this group to continue the fine Panther track & field tradition this season.

Big Wins for Avi Wilson-Perteete, Boys 4×100 at Dan Gabor Invite

March 8th, 2015



The Dan Gabor Sprint & Distance meet, hosted by Amador Valley High School of Pleasanton, featured a "track only" meet this year… meaning no field events were contested. So, with just running events and plenty of competition to focus on, several Panthers recorded season and lifetime bests. Leading the way was a huge individual win in the girls 800 meters by Avi Wilson-Perteete. Training with defending NCS champ Chloe Jenkins everyday in practice has certainly paid dividends for the talented sophomore, who didn't appear intimidated nor willing to give any ground to some of the best 800 meter runners in the NCS in the Gabor 800 meter finale. After taking control of the race early, Avi simply dominated the rest of the race to win by nearly 2 seconds in a new PR 2:17.19.

"Avi was terrific tonight," said coach Denis Mohun. "This was probably the biggest track race she's ever been in. She very easily could have played it safe and simply tried to place. Instead, she trusted her training and ran with confidence. The result was a big win against a very good field."

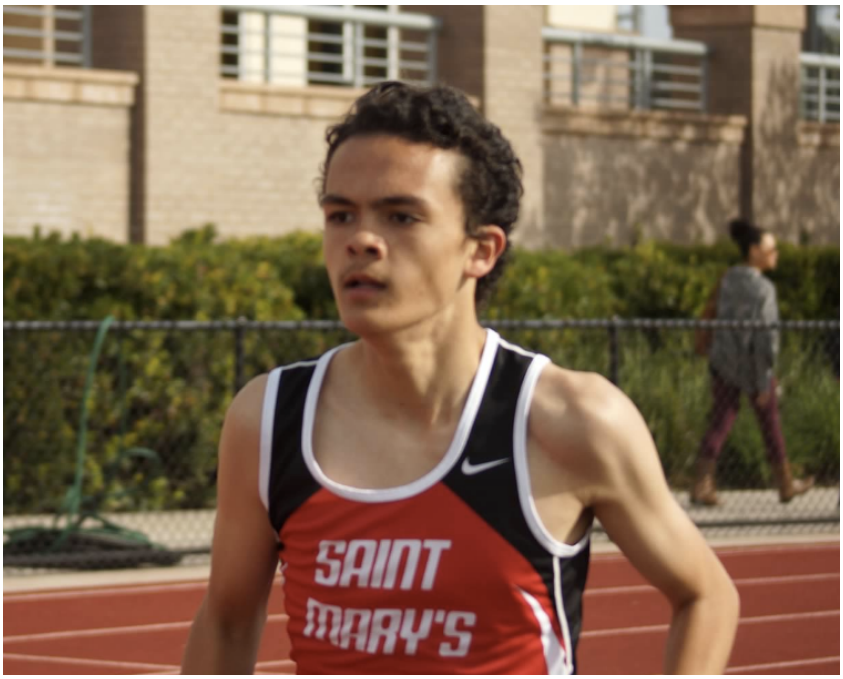
The boys 4 x 100 relay team, made up of Cameron James – Kameron Jackson – Marquis Chambers – Tamarick Pierce, ran away from the likes of host Amador Valley and De La Salle to win in a new meet record 42.94. Those 4 sprinters would also come back later in the day to compete in individual events…. Marquis (51.11) and Kameron (53.07) in the 400, Tamarick (11.33) in the 100, and Cameron in the 400 (50.77) and 100 (11.37).

The distance events, like the sprints, featured several athletes who recorded lifetime and/or seasonal bests. Senior Ariana Corwin had a nice 1600-800 double, running a team-leading 5:37 metric mile before doubling back for a PR 2:34 –

800. Freshman Katie Woelffer also churned to a couple of lifetime bests, running 6:07 for 1600 and 2:40 for 800…. the later being good enough to win her heat. Junior Daniela Vaughan ran a PR 6:10 in the 1600 as well.



For the boys, coach Mohun made particular mention of sophomore Roger Levaux's pair of PR's… first running 5:21 and 2:13 for the 1600-800, and sophomore Jared Flint's huge 1600 PR… finally smashing through the 5:00 barrier to finish in 4:53.



Panthers Sprint, Jump to 5 Wins at East Bay Invitational

March 15th, 2015



Due to Enrichment Week activities, the Panthers sent a depleted squad to the annual East Bay Invitational at Monte Vista High School in Danville on Saturday. Despite missing several headliners, the Panthers showed their depth and resilience by posting 2 relay and 3 individual wins in the meet, which featured about 25 teams from 6 different counties. Both varsity and frosh-soph girls sprint medley relay teams claimed top prizes, each flirting with the meet record in the 100-100-200-400 medley relay. Both boys teams (varsity and frosh-soph) earned the runner-up spot in the sprint medley.

"Our relay teams ran well today," quipped coach Lawson. "Avi did a great job on the anchor leg of the varsity sprint medley, as did Kali Hatcher on the end of the girls frosh-soph relay. Cameron James, however, was the most impressive leg today. His 49.9 split was our fastest of the year so far. "

Along with the sprint medley teams, several individuals posted seasonal and personal bests, including a trio of jump winners. Junior Malik Stinson bounded his way to a win in the varsity boys triple jump (43'0"), while a pair of underclassmen – Sanjay Kettles and Kali Hatcher – scored wins in the long and triple jump respectively. Sanjay tied his personal best by jumping 20'0" and Kali came within 6 inches of her personal best . Sanjay's long jump victory was wrapped between a pair of 400 meter races… one in the open race where he places 2nd, the other on the anchor leg of the runner-up sprint medley.

Other notable performances were turned in by sprinters Kameron Jackson and Tamarick Pierce who both ran seasonal best 100 meter races… and by a pair of freshmen – Kobe Thompson and David Watts – each posting lifetime bests in the high and triple jumps (4'8", 32'1") for Kobe and in the 400 meters (54.54) for David.

"Overall, we had a very good meet," said coach Jeff Rogers. "Our varsity kids continue to show that we are amongst the top teams in the entire North Coast Section this year… while our younger athletes are beginning to show that they will have no problem having the baton passed to them in the future. It's exciting to see so much promise in so many areas. We're very pleased."

Panthers Relay Dominance on Display at Saint Francis Invitational

March 21st, 2015



Because track & field is widely viewed by many as an individual sport, the team aspect of the sport is often times overlooked. Team scores, team championships and relay events that comprise quartets of runners are all cornerstones of the sport. Saturday's meet at St. Francis, while brandishing several individual winners and fine performances, reinforced for Panther track fans the success that can be found when you combine talented athletes onto one team. Relay teams at all levels – frosh-soph boys and girls as well as varsity boys and girls – finished either first or second in every relay they were entered in on Saturday at the St. Francis Invitational. Headlining was the varsity girls 4 x 400 team, which smashed the meet record by nearly 5 seconds while winning easily. The defending North Coast Section champions, featuring runners Avi Wilson-Perteete, Kenady Jackson, Zoie Campbell and Chloe Jenkins, gave early notice to other teams in California that they will once again be a force to be reckoned with.

The varsity boys on Saturday won the 4 x 100 meter relay, besting their already section leading time from 42.94 to 42.89. The team of Cameron James, Kameron Jackson, Marquis Chambers and Tamarick Pierce easily outdistanced runner-up Bellarmine for the top prize before coming back later in the day to win the 800 meter sprint relay (this time with senior Ron Smith replacing Marquis.)

The frosh-soph girls crossed the line first in the aforementioned 800 meter sprint relay (100-100-200-400), only to have their place disqualified because of a bad baton pass.

Individually, the Panthers were led by several winners and top 3 placers. UCLA-bound senior Chloe Jenkins narrowly edged teammate Avi Perteete in the open girls 800 meter run, high-jumper Briahn Brown opened her season with a relatively easy win in the high jump, and freshman Kali Hatcher won the frosh-soph girls triple jump. Runner-ups on the day included sophomore Sanjay Kettles in the frosh-soph boys 400, Avi Perteete in the girls 800, Kameron Jackson in the varsity boys 100 meters… while Kenady Jackson finished 3rd in the varsity girls 400.



"Overall, it was a solid day for us," said coach Jay Lawson. "This meet allows us to compete against a lot of teams from the CCS that we don't normally get to see. The meet is run very well, the facilities are great, and I think our kids took advantage of the opportunities here."

Ron Smith, Girls Relays Lead Big Day at Stanford Invitational

April 5th, 2015



Bolstered by a California state-leading triple jump by Ron Smith and two NCS-leading relay wins from the girls squad, the Panthers emerged from the Stanford Invitational even more highly regarded and highly touted by the Northern California high school track world than before.

"We had an incredible meet today," said coach Jeff Rogers. "Even without a couple of kids who are nursing injuries, our team made quite a statement."

Indeed, and no other statement rang as loud as Ron Smith's. After bounding out to a state-leading 48'6" early in the competition, he stretched that mark even further in the 5th round, finally touching the sand at 49'3"… cementing him as a state meet favorite as well as moving him up #4 all-time in school history.

Joining Ron on the top podium spot Saturday were both of the girls sprint relay teams. The 4 x 100 team of Ma'ane Mosley, Kenday Jackson, Alex O'Sullivan and Giauna Nu'man races their way to the day's fastest time, clocking a season best 48.52 in the heats and 48.63 in the final. "Both races surpassed our previous season best," said coach Jay Lawson.



Later, the team of Avi Wislon-Perteete, Kenady Jackson, Zoie Campbell and Chloe Jenkins sent a mid-season message to the rest of Northern California that it is the team to beat in the girls 4 x 400… clocking 3:54.10 to win by 5 seconds. The 4x 400 capped a busy day for Chloe, who earlier ran an NCS-leading and seasonal best 2:13.76 to finish 3rd in the girls 800. Less than 2 hours later, she ran 56.03 in the girls open 400 to place 2nd … missing the top prize by a scant .14 seconds.

Five other seasonal bests were notched on Saturday. Juniors (and brother & sister) Kenady and Kameron Jackson each scored PR's in their best events… Kenady in the open 400 (58.73) and Kameron in the boys 100 (10.99). Senior Marquis Chambers-Mahon flirted with breaking the 50 second barrier in the open 400 before finally succumbing…. still finishing in a lifetime best 50.16. Triple jumper Malik Stinson established his 2015 best when he bounced 43'7" in the first round of the boys triple jump… and the boys quartet of Kameron Jackson, Tamarick Pierce, Cameron James and Ron Smith finished 3rd in the boys 4 x 100 in a season best 42.77.

Overall, Stanford offered a mid-season glimse of the quality and depth of the 2015 squad. 7 different girls combined to win both sprint relays, 6 different boys earned top 8 prizes in 4 different events… while high jumper Briahn Brown (groin injury), long jumper Ma'ane Mosley (schedule conflict), and 800 meter runner Avi Wilson-Perteete (quadricep soreness) didn't even compete in their specialty events! Each of these girls is ranked in the top 2 of their respective events in the NCS! Obviously, this group of track & field Panthers is primed to do big things in the second half of the season.

Girls Medley Relay Runs to #2 Time in U.S. at Arcadia

April 11th, 2015



When the girls sprint medley relay team stepped on the track at the nationally renowned Arcadia Invitational on Friday night, coach Jay Lawson was hoping the team could establish a new seasonal best and was interested to see how the team would fare against many of the best team's from California and around the country.

"Thus far, our girls had proven that they were amongst the best teams in Northern California, but we had yet to race the teams from Southern California," said coach Jay Lawson. "I'd say any questions our coaching staff had going into the race have certainly been answered." Indeed, coach Lawson's praise may have even been under-stated. The team of Ma'ane Mosley, Kenady Jackson, Avi Wilson-Perteete and Chloe Jenkins ran the 2nd fastest time in the United States while finishing 2nd in the "Invitational" section of the 200-200-400-800 relay. For an encore, senior Zoie Campbell replaced Ma'ane Mosley to comprise the 4 x 400 team, which won the "Seeded" section" race in a California #3 time of 3:48.29.

The girls relay teams, while impressive, were not the only headliners for the Panthers at Arcadia. Senior Ron Smith backed up his Stanford Invitational win with a third place Arcadia finish in the boys triple jump. Teammate Malik Stinson, making his inaugural Arcadia appearance, bounded his way to a huge 46'1" PR while winning the "Rated" section boys triple jump. Fellow jumper Ma'ane Mosley made her 2015 invitational debut with a 4th place "Seeded" section finish in the long jump.

Other highlights from the weekend included a 2:14.01 – 800 meters from Chloe Jenkins, an NCS #3 time from the boys 4 x 400 team of Marquis Chambers, Kameron Jackson, Sanjay Kettles and Cameron James, and an NCS list-leading 1:42.98 from the girls 4 x 200 team.

Overall, the team showed very well at Arcadia Invitational. "Arcadia is THE most competitive high school meet in the country," said coach Lawson. "Teams from all over California and the United States come here to test themselves and their teams. For our school of 600 to be able to line up alongside the nation's best says a lot about the state of our program. As a staff, we are quite pleased about where we are right now."

Panthers Wrap Up Big Week of Track & Field!

May 3rd, 2015



The Panthers were back on track this week with 3 meets: the penultimate TCAL meet against Albany & El Cerrito on Thursday, the annual Warren/Eaton Relays hosted by Acalanes High School on Friday, and the highly touted Sacramento Meet of Champions on Saturday. "We don't normally schedule 3 meets back-to-back like this," said coach Jay Lawson. But each meet served a purpose and very few athletes competed in all three."

On Thursday, both Panther boys and girls teams extended their undefeated TCAL season by defeating Albany & El Cerrito. For the boys, junior Malik Stinson won the long and triple jump; senior Ron Smith won both hurdle races; and senior Mickey Tessema, just back from a series of nagging injuries, won a spirited 800 meter race to lead the Panthers to victory.

On the girls side, a trio of double winners led the victory charge with senior Chloe Jenkins running her way to wins in the 400 and 800, junior Gianna Nu'man sprinting to a double victory in the 100 and 200, and freshman Kobi Thompson bounding out to wins in the triple and high jump.

On Friday, the Panthers sent a team of mostly freshman/sophomore athletes to the Warren/Eaton Relays. This meet features many teams from the Contra Costa "Tri-Valley" area. While the competition may have been unfamiliar, many of the results were the same with the Panthers picking up several outstanding performances. Freshman Kali Hatcher continued to show impressive potential while winning the triple jump with a more-than-dominant 36'9 ½. Her winning jump places here 5th on the current NCS leader board. The girls 4 x 100 team of Janelle Ingram, Tori O'Sullivan, Xandra Kirkman and Kali also made quite an impression in winning their race going away… crossing the line in 50.65… a scant .08 seconds slower than the winning varsity time! Sophomore hurdler Mile Joyner, freshman jumper Robert Wood, freshman thrower Gracie Arevalo, and sophomore distance runner Owen Woo also performed notably on Friday.

Saturday's meet in Sacramento was reserved for the elite track & field athletes from around Northern California. Each year, the Sacramento Meet of Champions culminates the high school invitational season with an elite level meet that acts as

a preview for the impending post-season. This year's meet was no different… with the Panthers right in the heart of action. Both boys and girls relay teams served up season-best performances on Saturday evening. The girls 4 x 100 team of Gianna Nu'man, Kenady Jackson, Zoe Roberts and Chloe Jenkins finished 3rd in 48.12, while the 4 x 400 team finished 2nd in 3:48.60. Both performances rank on the school's all-time list and both were received very well by the coaching staff.



"Our girls stepped up and ran very well tonight," said coach Lawson. "We had to move the relay order around and had to sub Kali in for Avi in the 4 x 400 and our girls handled it well. I am very pleased with how we're running right now."

Equally as impressive were the boys relay teams. The 4 x 100 team of Ron Smith, Kameron Jackson, Tamarick Pierce, and Marquis Chambers devoured their previous seasonal best by running 42.15, which was good for 3rd. Later, the two seniors, Ron & Marquis, teamed with junior Cameron James and sophomore Sanjay Kettles to finish 4th in a spirited 4 x 400 competition.

Not to be outdone, earlier in the meet Ron Smith won the triple jump with a leap of 47'6"… with teammate Malik Stinson in 3rd at 44'7½".

Panthers Girls Win NCS Bayshore Championship; Boys 2nd!

May 25th, 2015



This past Saturday, both boys and girls teams had an outstanding meet, with the girls defending their NCS Bayshore Area, defeating rival track powers James Logan and Bishop O'Dowd. Final team scores were Saint Mary's 99 – James Logan 84 – Bishop O'Dowd 73.

Meanwhile, the boys team performance was equally as impressive. The Panthers final team score of 77 was second behind James Logan's 104 and ahead of Castro Valley's 69. Meet highlights included:

Chloe Jenkins double win in the 400 and 800. Her 400 win in 55.30 set a new school and is currently the 6th best time in California. Chloe also narrowly won the 800, with teammate Avi Wilson-Perteete a mere .01 second behind. **Avi's** time (2:15.99) is the 3rd best in school history.

The Girls 4 x 400 relay team, comprised of Avi Wilson-Perteete, Kenady Jackson, Zoie Campbell and Chloe Jenkins, finished a full 13 seconds ahead of second place San Leandro in posting a dominant win. Earlier, the 4 x 100 team (Giauna Nu'man, Kenady, Zoe Roberts and Chloe) finished 2nd in the 4 x 100 relay.

Kenady Jackson won the 200 25.20 and was 3rd in the 400, 56.96, both 3rd fastest in school history.

Freshman sensation **Kali Hatcher** was second in the triple jump at 38'7½", which is the 3rd best jump in school history and ranks her in the top 3 of all triple jumpers heading into this weekend's North Coast Section Meet of Champions. She also won the 300 meter hurdles in 45.99, good for 5th best all time is school history.

Ron Smith continued his triple jump dominance, winning in 48'9". Later, Ron placed second in the 300 meter hurdles while earlier placing second in the 110 hurdles. To complete his day, Ron teamed with **Kameron Jackson, Tamarick Pierce and Marquis Chambers** to win the 4×100 relay.



Sophomore **Sanjay Kettles** pulled a bit of a shocker in the boys long jump, winning by a scant ¼" – 22'8¾" to 22'8½". Sanjay's jump makes him the leading qualifier heading into MOC this weekend.

Finally, sophomore **Owen Woo** dropped over 20 seconds in the 3200 to qualify for the Meet of Champions. His 9:45 two-mile time also places him 3rd all-time in school history.

Congratulations to all the athletes on a great season thus far. The Panthers will be back at it this Friday and Saturday at UC Berkeley. The top 3 in each event this weekend qualify for the California State Championships the following weekend!

School Records Smashed; State Bests Established as Panthers Dominate NCS Meet of Champions!

May 30th, 2015



"Our team was nothing less than spectacular," exclaimed coach Jay Lawson after the Panthers' off-the-charts performance at this weekend's North Coast Section Meet of Champions. "We kept getting one PR after another…. one great jump, then another great time, then another huge win…. we never slowed down, never gave up, never lost sight of our goals… and the results were phenomenal."

The record-setting stampede began on Friday with an impressive 1-3 finish in the boys triple jump. San Diego State footballer-to-be Ron Smith captured the victory on his first jump – bounding 48'11" to secure a 2 foot win. Teammate Malik Stinson needed all six of his jumps to claim a spot…. finally stamping his ticket to State on his very last jump. In the other field event final on Friday, Kali Hatcher hopped, stepped and jumped her way to the #2 triple jump in school history… as well as the jump in the U.S. by a freshman this season… finishing at 39'8¾". Clearly Friday was a huge day for Coach Rogers' jump squad.

On Saturday, the performance onslaught continued with the finals in the running events being contested. The first event, the girls 4 x 100 relay, would serve as a precursor to things to come for the Panthers. The quartet of Ma'ane Mosley, Kenady Jackson, Giauna Nu'man, and UCLA-bound senior Chloe Jenkins raced their way to a huge 46.77 win… establishing a new school record in the process. "The race played out very well for them," explained coach Lawson. We had O'Dowd inside of us and Deer Valley outside… so we had teams pushing and pulling our runners simultaneously. Ma'ane gave up nothing to any of the other first runners… and at that point I knew something special was about to happen. Kenady and Giauna competed great and their baton passes were excellent. Then, when Chloe got the stick in front, I knew we were home free."

After the 4×100 win, the day would continue to shine. Ma'ane Mosley, who last year was the long jump runner-up by a mere ½ inch, made her final MOC memorable. After a 19'2" opening jump, followed by a hug foul, she uncorked a 20'0" jump in

the third round that not only blew away the competition but broke the school record by 8 inches. She now has the 4th farthest jump in California heading into this weekend's State Meet.

Chloe Jenkins also broke her own school record in the girls 400 (55.23), finishing third, while sophomore Avi Wilson-Perteete finished 2nd in the girls 800 with a massive 4 second PR. Her 2:11.95 ranks 3rd in school history and was 3/1000ths of a second from first!



The final event for the MOC Champions girls was their best. The team of Avi, Kenady, senior Zoie Campbell, and Chloe out-did even the most optimistic of predictions. Their 3:43.97 blew away the previous school record and established themselves as the fastest team in California!

Not to be outdone, the boys team finished a mere 6 points from first place. The foursome of Ron Smith, Kameron Jackson, Tamarick Pierce and Marquis Chambers ran their seasonal best in the 4 x 100 (42.14) while capturing a State Meet birth. Later, Tamarick and Marquis teamed with sophomore Sanjay Kettles (who unleashed a huge 23'5" in the long jump to earn 2nd and a State Meet spot) and junior Cameron James to win the vaunted 4 x 400 relay. "Of all the events, that's the one that most surprised me," said coach Lawson. "Not because I doubted those guys, but because they so thoroughly dominated the race. We've run many races this season and have not really been close to winning a big 4×400 race. So this was special. I am really proud of how those guys stepped up to the challenge and competed."

Finally, a State Meet qualifying spot was also earned by sophomore De'Jah Robinson in the girls 300 hurdles. Her time of 45.60 ranks in the top 5 in school history and bodes well for her future as a Panther. "I was really proud of all 4 of my 300 hurdlers today," said hurdle coach Halilh Guy afterwards. "We had a freshman (Kali), two sophomores (Miles Joyner, De'Jah) and a senior (Ron Smith) make the finals of the Meet of Champions… with De'Jah advancing. I'd say the future looks pretty."

Indeed, the future does look good, this past weekend looked spectacularly good … but the present is still here and filled with huge possibility. Good luck to the 15 girls and boys who qualified for the State Championships this weekend in Clovis. Go Panthers!

Saint Mary's Track & Field – Seasonal Bests (2015)

Girls 100 Meter Hurdles

16.81	Robinson, DeJah	North Coast Section Bayshore Area Finals	2015-05-23
17.80	Ingram, Janelle	TCAL League Champs	2015-05-14

Boys 110 Meter Hurdles

15.64	Smith, Ron	North Coast Section Bayshore Area Finals	2015-05-23
17.50	Joyner, Miles	North Coast Section Bayshore Area Finals	2015-05-23

Girls 100 Meter Dash

12.58	Jenkins, Chloe	TCAL Meet v. Hercules	2015-05-06
12.63	Mosley, Ma'ane	TCAL Meet v. Hercules	2015-05-06
12.75	Nu'man, Giauna	North Coast Section Bayshore Area Finals	2015-05-23
13.18	O'Sullivan, Alex	St. Francis Invitational	2015-03-21
13.47	Roberts, Zoe	Dan Gabor Sprint/Distance Festival	2015-03-07
13.41	O'Sullivan, Tori	TCAL League Champs	2015-05-16
13.59	Ingram, Janelle	St. Francis Invitational	2015-03-21
13.70	Hatcher, Kali	Dan Gabor Sprint/Distance Festival	2015-03-07
13.99	Batzdorf, Galen	TCAL League Champs	2015-05-14
14.32	Shaw, Noelle	Skyline Invitational	2015-02-28
14.36	Rice, Cymone	TCAL Meet v. Hercules	2015-05-16
15.11	Thompson, Kobi	Skyline Invitational	2015-02-28

Boys 100 Meter Dash

10.92	Jackson, Kameron	CIF North Coast Section Meet of Champions	2015-05-29
11.20	Pierce, Tamarick	East Bay Invitational	2015-03-14
11.37	James, Cameron	Dan Gabor Sprint/Distance Festival	2015-03-07
11.55	Joyner, Miles	Dan Gabor Sprint/Distance Festival	2015-03-07
11.58	Floyd-Stinson, Malik	TCAL Meet v. Hercules	2015-05-06
11.67	Abdus-Salaam, Issa	TCAL Meet v. Hercules	2015-02-28
11.78	Harvey, Steve	TCAL League Champs	2015-05-14
11.83	Kinchen, Jovan	TCAL League Champs	2015-04-30
11.98	Frendberg, Elijah	TCAL League Champs	2015-05-16
12.14	White, Nelson	Skyline Invitational	2015-02-28
12.21	Mercadel, Aaron	Dan Gabor Sprint/Distance Festival	2015-03-07
12.35	Askey, Ellis	TCAL League Champs	2015-05-16
12.63	Garcia, Mikey	Dan Gabor Sprint/Distance Festival	2015-03-07
12.65	Taharka, Akhen..	TCAL League Champs	2015-05-14
12.80	Baltazar, Isaiah	TCAL Meet v. Hercules	2015-05-06
12.96	Ruis, Carlos	TCAL Meet v. Hercules	2015-05-06
13.12	Dawson, Keith	Dan Gabor Sprint/Distance Festival	2015-03-07
13.28	Ariel, Marcus	TCAL League Champs	2015-05-14

Girls 1,600 Meter Run

5:25.34	Corwin, Ariana	North Coast Section Bayshore Area Finals	2015-05-23
5:30.15	Wilson-Avi	TCAL Meet v. Hercules	2015-05-06
5:37.68	Saldana, Lupe	North Coast Section Bayshore Area Finals	2015-05-23
5:38.38	Kisch-Gallagher, T	North Coast Section Bayshore Area Finals	2015-05-23
5:54.57	Wiley, Genevieve	TCAL Meet v. Hercules	2015-05-06
5:50.46	Woelffer, Katie	TCAL Meet v. Hercules	2015-05-06
6:06.34	English, Julia	Dublin Distance Fiesta	2015-03-21
6:07.20	Vaughan, Daniela	TCAL League Champs	2015-05-16
6:07.27	Hymel, Maya	TCAL League Champs	2015-05-16
6:21.82	Lompa, Hailey	Dublin Distance Fiesta	2015-03-21
6:33.0	Goldstein, Esme	TCAL Meet v. Albany	2015-04-30

6:40.57	Mariano, Melissa	TCAL League Champs	2015-05-16
6:41.42	Tarczynski, Jo	TCAL League Champs	2015-05-16

Boys 1,600 Meter Run

4:28.27	Jara, Diego	North Coast Section Bayshore Area Finals	2015-05-23
4:38.44	Khan, Faraz	North Coast Section Bayshore Area Finals	2015-05-23
4:41.97	Woo, Owen	TCAL Meet v. Hercules	2015-05-06
4:50.82	Flint, Jared	TCAL League Champs	2015-05-16
4:59.10	Tessema, Mickey	TCAL Meet v. Hercules	2015-05-06
5:10.19	Levaux, Roger	East Bay Invitational	2015-03-14
5:00.26	Wilkinson, Zach	TCAL Meet v. Hercules	2015-05-06
5:11.83	Polataev, Sasha	TCAL League Champs	2015-05-16
5:13.84	Abayari, Andre	TCAL League Champs	2015-05-16
5:19.06	Tessema, Matthews	TCAL League Champs	2015-05-16

Girls 200 Meter Dash

25.10	Jackson, Kenady	CIF North Coast Section Meet of Champions	2015-05-29
25.87	Jenkins, Chloe	TCAL Meet v. Hercules	2015-05-06
26.52	Nu'man, Giauna	TCAL League Champs	2015-05-14
26.66	Campbell, Zoie	Woody Wilson Invitational	2015-04-17
27.00	Kirkman, Xandra	TCAL League Champs	2015-05-14
26.73	Roberts, Zoe	TCAL Meet v. Hercules	2015-05-23
27.31	O'Sullivan, Tori	TCAL League Champs	2015-04-30

Boys 200 Meter Dash

22.14	Chambers, Marquis	CIF North Coast Section Meet of Champions	2015-05-29
22.61	Jackson, Kameron	North Coast Section Bayshore Area Finals	2015-05-23
22.87	James, Cameron	North Coast Section Bayshore Area Finals	2015-05-23
22.97	Pierce, Tamarick	Woody Wilson Invitational	2015-04-17
23.41	Smith, Ron	Skyline Invitational	2015-02-28
24.39	Frendberg, Elijah	TCAL League Champs	2015-05-16
24.73	Watts, David	TCAL League Champs	2015-05-14
26.01	Takhra, Aken..	TCAL League Champs	2015-05-14
26.27	Garcia, Mikey	Skyline Invitational	2015-02-28
26.44	Baltazar, Isaiah	TCAL League Champs	2015-05-14
26.62	Dawson, Keith	TCAL League Champs	2015-05-14

Girls 300 Meter Hurdles

45.60	Robinson, DeJah	CIF North Coast Section Meet of Champions	2015-05-29
45.62	Hatcher, Kali	CIF North Coast Section Meet of Champions	2015-05-29

Boys 300 Meter Hurdles

39.33	Smith, Ron	CIF North Coast Section Meet of Champions	2015-05-29
40.54	Joyner, Miles	CIF North Coast Section Meet of Champions	2015-05-29

Girls 3,200 Meter Run

12:34.12	Kisch-Gallagher, T	North Coast Section Bayshore Area Finals	2015-05-23
12:47.80	Corwin, Ariana	Dublin Distance Fiesta	2015-03-21

Boys 3,200 Meter Run

9:45.41	Woo, Owen	North Coast Section Bayshore Area Finals	2015-05-23
10:09.88	Khan, Faraz	North Coast Section Bayshore Area Finals	2015-05-23
10:49.47	Jara, Diego	TCAL League Champs	2015-05-16

Girls 400 Meter Dash

55.23	Jenkins, Chloe	CIF North Coast Section Meet of Champions	2015-05-29
56.96	Jackson, Kenady	North Coast Section Bayshore Area Finals	2015-05-23
58.30	Campbell, Zoie	CIF North Coast Section Meet of Champions	2015-05-29

59.16	Perteete, Avi	East Bay Invitational	2015-03-14
1:00.30	Roberts, Zoe	CIF North Coast Section Meet of Champions	2015-05-29
1:00.79	Hatcher, Kali	Woody Wilson Invitational	2015-04-17
1:02.57	Shaw, Noelle	North Coast Section Bayshore Area Finals	2015-05-23

Boys 400 Meter Dash

50.02	James, Cameron	CIF North Coast Section Meet of Champions	2015-05-29
50.26	Chambers, Marquis	CIF North Coast Section Meet of Champions	2015-05-29
52.32	Kettles, Sunjay	Woody Wilson Invitational	2015-04-17
53.07	Jackson, Kameron	Dan Gabor Sprint/Distance Festival	2015-03-07
53.31	Tessema, Mickey	TCAL Meet v. Hercules	2015-05-06
54.02	Watts, David	TCAL League Champs	2015-05-16
58.20	Wood, Robert	TCAL Meet v. Hercules	2015-05-06
59.72	Dawson, Keith	TCAL Meet v. Hercules	2015-05-06
59.82	Garcia, Mikey	Dan Gabor Sprint/Distance Festival	2015-03-07

Girls 4x100 Meter Relay

46.77		CIF North Coast Section Meet of Champions	2015-05-29

Boys 4x100 Meter Relay

42.14		CIF North Coast Section Meet of Champions	2015-05-29

Girls 4x400 Meter Relay

3:43.97		CIF North Coast Section Meet of Champions	2015-05-29

Boys 4x400 Meter Relay

3:17.57		CIF North Coast Section Meet of Champions	2015-05-29

Girls 800 Meter Run

2:11.95	Perteete, Avi	CIF North Coast Section Meet of Champions	2015-05-29
2:13.76	Jenkins, Chloe	Stanford Invitational	2015-04-03
2:28.35	Corwin, Ariana	TCAL League Champs	2015-05-16
2:29.33	Saldana, Lupe	TCAL League Champs	2015-05-14
2:31.0	Campbell, Zoie	TCAL Meet v. Albany	2015-04-30
2:36.62	English, Julia	TCAL League Champs	2015-05-14
2:35.89	Woelffer, Katie	TCAL League Champs	2015-05-14
2:35.95	Hymel, Maya	TCAL League Champs	2015-03-21
2:35.90	Gallagher, Taryn	TCAL Meet v. Hercules	2015-05-06
2:46.40	Lompa, Hailey	Dan Gabor Sprint/Distance Festival	2015-03-07
2:52.45	Tarczynski, Jo	Dan Gabor Sprint/Distance Festival	2015-03-07
2:56.06	Goldstein, Esme	Dublin Distance Fiesta	2015-03-21
2:58.47	Mariano, Melissa	TCAL League Champs	2015-05-14

Boys 800 Meter Run

2:02.68	Tessema, Mickey	TCAL League Champs	2015-05-16
2:04.80	Jara, Diego	Woody Wilson Invitational	2015-04-17
2:05.80	Green, Donye	TCAL League Champs	2015-05-16
2:07.50	Wilkinson, Zach	TCAL League Champs	2015-05-14
2:11.53	Flint, Jared	Dublin Distance Fiesta	2015-03-21
2:11.68	Khan, Faraz	Dan Gabor Sprint/Distance Festival	2015-03-07
2:13.51	Levaux, Roger	Dan Gabor Sprint/Distance Festival	2015-03-07
2:14.31	Woo, Owen	Skyline Invitational	2015-02-28
2:20.86	Tessema, Matthews	TCAL League Champs	2015-05-14
2:21.36	Abayari,Andre	TCAL League Champs	2015-05-16
2:25.85	Ybarra, Luis	TCAL League Champs	2015-05-14
2:27.33	Polataev, Sasha	Dublin Distance Fiesta	2015-03-21
2:36.72	Jaffe, Ben	TCAL League Champs	2015-05-14

Girls Discus

82-9.5	Brown, Olivia	TCAL League Champs	2015-05-16
73-0.5	Elmendorf, Kayla	North Coast Section Bayshore Area Finals	2015-05-23
73-4	Batzdorf, Galen	North Coast Section Bayshore Area Finals	2015-05-23
74-4	Hemo, Lindsay	North Coast Section Bayshore Area Finals	2015-05-23
59-4	Arevalo, Gracie	Skyline Invitational	2015-02-28

Boys Discus

128-6.5	Holt, Christian	TCAL League Champs	2015-05-16
120-4.5	Tingle, Damion	TCAL League Champs	2015-05-16
118-0	Kinchen, Jovan	North Coast Section Bayshore Area Finals	2015-05-23
117-8.25	Schrider, Ben	Bay Area Relays	2015-03-28
106-1.25	Hines, Sam	TCAL League Champs	2015-05-16
97-6	Mecadel, Aaron	Skyline Invitational	2015-02-28
95-8	Obim, Uche	East Bay Invitational	2015-03-14
82-11	Pitre, Jean-pierre	Bay Area Relays	2015-03-28
74-4.25	Ariel, Marcus	TCAL League Champs	2015-05-16
72-4	Jessie, Luther	Skyline Invitational	2015-02-28
66-5	Glover, Alex	Skyline Invitational	2015-02-28

Girls High Jump

5-4	Brown, Briahn	St. Francis Invitational	2015-03-21
5-0	Thompson, Kobi	CIF North Coast Section Meet of Champions	2015-05-29
4-2	Shaw, Noelle	Skyline Invitational	2015-02-28

Boys High Jump

5-10	Grace, Roman	CIF North Coast Section Meet of Champions	2015-05-29
5-4	Wood, Robert	TCAL Meet v. Hercules	2015-05-06
5-2	Bell, Jaylen	TCAL Meet v. Hercules	2015-05-06
5-0	Vasquez, Carlos	TCAL Meet	2015-05-06

Girls Long Jump

20-0	Mosley, Ma'ane	CIF North Coast Section Meet of Champions	2015-05-29
16-5.75	Hatcher, Kali	North Coast Section Bayshore Area Finals	2015-05-23
15-11.75	Thompson, Kobi	TCAL League Champs	2015-05-16
15-7.75	Brown, Briahn	Bay Area Relays	2015-03-28
15-4.5	Gill, Carolyn	TCAL Meet v. Albany	2015-04-30
14-8	Greenwood, Jamaica	TCAL Meet v. Hercules	2015-05-06
13-5	Shaw, Noelle	Skyline Invitational	2015-02-28
13-10	Ingram, Janelle	TCAL League Champs	2015-05-16

Boys Long Jump

23-5	Kettels, Sanjay	CIF North Coast Section Meet of Champions	2015-05-29
20-9.5	Smith, Ron	TCAL League Champs	2015-05-16
20-3	Stinson, Malik	TCAL League Champs	2015-05-16
19-6.5	Grace, Roman	TCAL League Champs	2015-05-16
19-4	Frendberg, Elijah	TCAL Meet v.	
18-9.5	Harvey, Steve	North Coast Section Bayshore Area Finals	2015-05-23
18-3.5	Joyner, Miles	TCAL Meet v. Hercules	2015-05-06
17-3.75	Wood, Robert	TCAL League Champs	2015-05-16
17-6	Vasquez, Carlos	TCAL Meet v. Hercules	2015-05-16
16-4.25	Bell, Jaylen	TCAL League Champs	2015-05-16
15-10	Ruiz, Carlos	TCAL Meet v. Hercules	2015-05-06

Girls Shot Put

26-7	Arevalo, Gracie	TCAL Meet v. Hercules	2015-05-06
24-0	Batzdorf, Galen	TCAL Meet v. Hercules	2015-05-06
25-4	Brown, Olivia	TCAL Meet v. Albany	2015-05-06
22-0	Elmendorf, Kayla	East Bay Invitational	2015-03-14
17-6	Trevino, Isabela	TCAL Meet v. Albany	2015-04-30

18-4.5	Hemp, Lindsay	TCAL Meet v. Hercules	2015-05-06

Boys Shot Put

48-6.25	Glover, Alex	TCAL League Champs	2015-05-16
42-0	Schrider, Ben	North Coast Section Bayshore Area Finals	2015-05-23
41-6	Kinchen, Jovan	Northern CA Frosh/Soph Championships	2015-04-25
39-6.5	Holt, Christian	TCAL League Champs	2015-05-16
36-9	Tingle, Damion	TCAL League Champs	2015-05-16
36-9	Jimenez, Lukas	TCAL League Champs	2015-05-16
36-7.75	Mercadel, Aaron	TCAL League Champs	2015-05-16
39-6.5	Hines, Sam	TCAL League Champs (JV)	2015-05-16
35-5	Jessie, Luther	TCAL League Champs	2015-05-16
34-0	Ariel, Marcus	TCAL League Champs (JV)	2015-05-16
29-8	Gonzalez, Ricardo	East Bay Invitational (JV)	2015-03-14
31-8.5	Pitre, Jean-pierre	TCAL League Champs (JV)	2015-03-14
34-4.5	Obim, Uche	TCAL League Champs (JV)	2015-05-16
22-0	Bosche, Parker	TCAL League Champs (JV)	2015-05-16

Girls Triple Jump

39-8.75	Hatcher, Kali	CIF North Coast Section Meet of Champions	2015-05-29
33-4	Greenwood, Jamaica	North Coast Section Bayshore Area Finals	2015-05-23
33-4.25	Thompson, Kobi	TCAL League Champs	2015-05-14
33-1.5	Gill, Carolyn	North Coast Section Bayshore Area Finals	2015-05-23
30-4	Shaw, Noelle	Bay Area Relays	2015-03-28

Boys Triple Jump

49-3	Smith, Ron	Stanford Invitational	2015-04-04
46-1.5	Stinson, Malik	Arcadia Invitational	2015-04-10
41-8	James, Cameron	St. Francis Invitational	2015-03-21
38-9.5	Wood, Robert	TCAL Meet v. Hercules	2015-05-06
35-8.5	Vasquez-Harrison,	TCAL Meet v. Albany	2015-03-28

~Saint Mary's NCS Meet of Champions~
"Champions"

1965
100y - Billy Sapenter - 9.8

1974
LJ - Carl Mellion - 23-5

1980
330 LH - Don Ward - 37.4h
110 HH - Don Ward - 13.5h

1981
110 HH - Mark Boyd - 14.8h
LJ - Ron Thompson - 23-1 ½

1982
300 LH - Mark Boyd - 36.2h
110 HH - Mark Boyd - 14.23
SP - Carlos Horncliff - 56-2
TJ - Mark Boyd - 46-8

1983
300 LH - Mark Boyd - 37.0h
110 HH - Mark Boyd - 13.9h
LJ - Mark Boyd - 23-6
TJ - Byron Patterson - 46-6

1984
300 IH - Dwayne Morgan - 38.22
LJ - Robert Reading - 22-1 ½

1985
110 HH - Robert Reading - 14.53
LJ - Robert Reading - 22-8 ¼
SP - Robert Adwere - 53-1

1986
110 HH - Doug Connor - 14.57

1987
110 HH - Doug Connor - 14.30

1991
400 - Damien Sullivan - 48.95

1992
100 - Rod Branch - 11.14w
200 - Rod Branch - 22.28w
400 - Jesse Wilson - 47.81
400 Relay - St. Mary's 42.49
1600 Relay - St. Mary's 3:15.7
HJ - Abby Hussein – 6'6"

1994
110 HH - Anthony Montgomery - 14.75
300 IH - Anthony Montgomery - 38.4
SP - Ihsan Warren - 56"5 ¼"
Disc - Ihsan Warren - 164'1"

1995
1600 Relay - St. Mary's 3:20.45

1996
1600 Relay - St. Mary's 3:20.04
TJ - Courtney Holmes – 45'6 ¾"

1997
200 - Jafar Williams - 22.12
110 HH - Rich Nero - 14.66
1600 Relay - St. Mary's - 3:19.69
TJ - Jerriod Mack - 49' 2"
HJ - Spring Harris (St. Mary's) 5-5

1998
200 - Jafar Williams - 21.84
400 - Jafar Williams - 48.25
1600 Relay - St. Mary's - 3:19.88
TJ - Jerrold Mack (St. Mary's) 50'0 ½"
TJ - Desirea English - 37-10 1/2

1999
400 - Kimani Lovan - 48.64
110 HH - Quaintas Cann - 14.77
400 Relay - St. Mary's - 42.06
1600 Relay - St. Mary's - 3:19.82
TJ - Asokah Muhammad – 46'9 ½"
HJ - Spring Harris – 5'6"
SP - Kamaiya Warren – 41'6 ½"

2000
200 - Denye Versher - 22.20
400 - Denye Versher - 48.55
300 IH - Halihl Guy - 38.23
400 Relay - St. Mary's- 42.0
1600 Relay - St. Mary's - 3:17.77
HJ - Ebon Glenn - 6'11"
TJ - Solomon Welch - 47'9 3/4"

2001
100 HH - Halihl Guy - 14.55
300 IH - Halihl Guy - 37.97
400 Relay - St. Mary's - 41.99
1600 Relay - St. Mary's - 3:19.65
TJ - Solomon Welch – 47'9 ½"
HJ - Riana Shaw – 5'4"
TJ - Tiffany Johnson - 38"5 ½"
SP - Kamaiya Warren – 44"2 ¼"

2002
1600 Relay - St. Mary's - 3:19.72
TJ - Solomon Welch - 49'3 ¼"
100 - Tiffany Johnson - 11.96
100 HH - Danielle Stokes - 13.90
LJ - Tiffany Johnson - 18'8 ½"
TJ - Tiffany Johnson - 38'6 ½"
SP - Kamaiya Warren - 44'5 ½"
Disc - Kamaiya Warren – 165' 5"

2004
HJ - Ed Wright - 7'0"

2005
1600 – Gabi Rios-Sotelo - 4:53.55
3200 – Gabi Rios-Sotelo - 10:55.93

2008
300 LH – Taylor Lawson - 44.27

2009
HJ - Maurice Spikes – 6' 7"

2010
HJ – Maurice Spikes – 6' 8"
100 HH – Trinity Wilson - 13.69
4x100 – St. Mary's - 46.97

2011
100 HH – Trinity Wilson – 13.38
Boys 4 x 100 – 42.07
200 – Ali Roosevelt – 21.73

2013
300m Hurdles - Carly Schulz - 44.45
Girls 4 x 400 - 3:52.22

2014
Girls 4 x 100 - 47.62
800 - Chloe Jenkins - 2:12.47
300m Hurdles - Carly Schulz - 43.43
Girls 4 x 400 - 3:47.04

2015
Girls 4 x 100 - 46.77
Girls 4 x 400 - 3:43.97
Boys 4 x 400 – 3:17.57
LJ - Ma'ane Mosley -20'0"
TJ - Ron Smith - 48'11"

Saint Mary's Track & Field
School Records

Boys		Girls
10.68 – Ali Roosevelt (2011)	**100 Meters**	11.82 – Trinity Wilson (2009)
21.62 - Rod Branch (1992)	**200 Meters**	24.37 - Trinity Wilson (2011)
47.34 – Jonevan Hornsby (1995)	**800 Meters**	2:11.31 - Chloe Jenkins (2014)
4.17.80 – Matt Duffy (2008)	**1600 Meters**	4:51.96 – Bridget Duffy (2001)
9:08.17 – Matt Duffy (2008)	**3200 Meters**	10:42.62 – Gabi Rios-Sotelo (2005)
13.73 – Don Ward (1980)	**110/100Hurdles**	13.15 - Trinity Wilson (2010)
37.26 – Halilh Guy (2001)	**300 Hurdles**	43.43 – Carly Schulz (2014)
36.14 – Mark Boyd (1983)	**300 Low Hurdles**	
41.30 - Muhammad, Brown, Dunbar, Guy (2001)	**4 x 100 Relay**	46.77 – Mosley, Jackson, Nu'man, Jenkins (2015)
1:26.00 - (Muhammad, Brown, Guy, Keyes) 2001	**4 x 200 Relay**	1:41.65 – (Porter, Johnson, Vega, Stokes) 2002
3:20.27 - Hercules (2014)	**4 x 400 Relay**	3:59.91 – St. Mary's (2013)
3:33.69 – (Keyes, Brown, Guy, Geraghty) 2001	**Sprint Medley**	4:00.59 – (Johnson, Stokes, Porter, Duffy) 2002
8:04.74c – (Jarosz, Hornsby, Young, Loh) 1993	**4 x 800 Relay**	9:22.56 – (Moore, Schulz, Campbell, Jenkins) 2014
10:33.85 – (Maxwell, Baka, Jordan, Duffy) 2008	**Distance Medley**	12:05.90 – (Duffy, Stokes, Porter, Rios-Sotelo) 2002
7'0" – Ebon Glenn (2000) Ed Wright (2004)	**High Jump**	5'8" – Spring Harris (1999) Riana Shaw (2001) Briahn Brown (2013)
23'11½ "- Mark Boyd (1983)	**Long Jump**	20'0" – Ma'ane Mosley (2015)
51'0"-Jerriod Mack (1998)	**Triple Jump**	40'7¼ " – Aziza Baker (2009)
56'5¼" - Ihsan Warren (1994)	**Shot Put**	47'10½" - Kamaiya Warren (2002)
169'9" – Ihsan Warren (1993)	**Discus**	165'5" - Kamaiya Warren (2002)
14'9" - Tim Barr (1987)	**Pole Vault**	