

TFS MS T&F Highlights - Tri State Championships @ Rabun Gap 4-24-19

The sun and the Indians were shining at the season culminating Tri State Middle School Track & Field Championships at Rabun Gap. The 33 member boys squad and 20 member girls unit both won the championship banner. TFS girls won ten of 14 events while the boys were victorious in five events. Both teams have won the championship each of the nine years the conference has been in existence.

Julianne Shirley won the 200m and 400m in personal record times; she also leaped to victory in the high jump. Sammy Hartman hurdled to two titles while Ellie Southards threw the discus and shot put well beyond her opponents. Layne Kafsky crossed the 100m line in front of all others. Both the 4x1 relay (Jace Ibemere, Shirley, Kafsky, Southards) and the 4x4 relay (Southards, Emma Jackson, Kate Trotter, Shirley) claimed relay titles.

Southards broke TFS Hall of Honor Legacy member Destinee Johnson's 2006 record in the discus with a new record 84' 3 fling. Shirley is now tied with Hall of Honor Legacy member Mariam Abdullah for the middle school high jump record at 4-6 set in 2004.

Other notable performances include personal bests from Emma Barrett, Victoria VerBerkmoes, Chesney Tanksley, Cassidy Hayes, Trotter, Kafsky, Ibemere, Tori Tilley, Emma Barrett, Southards, Hartman, Ellesen Eubank, and Nasha Dembele.

Earning victories on the boys side were Nelson Wilkinson (discus, 200m), Colton Hicks (1600m), and Lincoln Hall (long jump). The 4x4 relay team (Austin Ball, Dallas Loonubon, KC Respress, Wilkinson) came back in the last meters to tie for the win (tied down to the one hundredth of a second!).

Personal record performances were set by Respress, Wilkinson, Ball, CJ Augustine, Nick Edenfield, Hicks, Aiden VanOrman, David Plaisted, Clay Kafsky, Gavin Atkinson, Zach Freeman (who also celebrated his birthday), Seth Justice, Teryk Tilley, Jackson Pollock, Bryce Welch, Hall, Ethan Simmons, Josiah Turney, Songjie Jason Zhou, Tatum Myers, Talan Adams, and Sam Ketch.

Women - Team Rankings - 14 Events Scored

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1) Tallulah Falls MS 151.50 2) Summit Charter Middle Sch 99.50
3) Highlands MS 33 4) Rabun Gap Nacoochee Middle 4

Men - Team Rankings - 14 Events Scored

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1) Tallulah Falls MS 135.50 2) Rabun Gap Nacoochee Middle 67.50
3) Summit Charter Middle Scho 50 4) Highlands MS 35

TFS results: <https://ga.milesplit.com/meets/340188/teams/20834#.XME4bZNKhsM>

Full results: <https://ga.milesplit.com/meets/340188/results/646310/raw#.XMGpWZNKhsM>



TFS MS T&F Highlights Tri State #2 @ Rabun Gap April 11, 2019

Both TFS girls and boys won the second Tri State Conference track & field meet against Summit Charter, Rabun Gap, and Highlands on a early spring, tepid afternoon in the northeast Georgia mountains.

Scoring six points in victory for each event were Nelson Wilkinson (shot, discus, 400m), Colton Hicks (1600m), Lincoln Hall (both hurdle races), and 4x4 relay (Austin Ball, Colton Hicks, Bryan Cope, Wilkinson).

Runner-up finishes included Clay Kafsky (long jump), Sam Ketch (discus), Brit Shaw (1600m), Hicks (800m), 4x1 relay (Hall, Cope, Ball, Wilkinson), and the 4x4 B team (KC Respress, Jack Zhou, Dallas Loonubon, Hall).

David Hu, Jason Zhou, and Tatum Myers set personal throwing records.

TFS girls won 12 of 14 events. Julianne Shirley won her three individual events (high jump, 400m, 200m), Ellie Southards set PRs in winning the platter and steel ball throwing events and also won the 100m, Sammy Hartman won both barrier races, Cassidy Hayes hopped, bounded, and jumped to victory, and Kate Trotter more than trotted to win the double lap clash, chunking four seconds off her all time best.

Both relays passed the baton in celebration of being ahead at the finish line. Emma Jackson (1600m), and Hartman (discus) earned runner-up finishes as well. Jace Ibemere, (long jump), Ellesen Eubank (discus), and Chesley Tanksley (400m) bested previous marks.

<u>Girls</u>	<u>Boys</u>
TFS 124	TFS 102.5
Summit 69	Rabun Gap 56
Highlands 22	Summit 39.5
Rabun Gap 0	Highlands 34

Next meet: Tri State Championships Wednesday, April 24 @ Rabun Gap

TFS MS T&F Highlights - Apr 1, 2019 vs Habersham and Rabun Gap

TFS contended with our neighbors from both geographical sides on a warming day with just enough crispness to improve competitive morale amongst family and friends.

Lady Indians won 11 of 14 events. Victorious marks include Julianne Shirley (high jump, 200m, 400m), Ellie Southards, (shot put, discus, 100m), Emma Jackson (1600m), Kate Trotter (800m), Cassidy Hayes (triple jump), 400m relay (Layne Kafsky, Shirley, Jace Ibemere, Southards), and the 4x4 relay (Southards, Trotter, Hayes, Shirley).

TFS boys won the discus (Nelson Wilkinson) and pole vault (Lincoln Hall) while placing second in the 1600m and high jump (Colton Hicks), both hurdle races (Hall), 400m (Bryan Cope), long jump (Dallas Loonubon), pole vault (Gavin Atkinson), and 4x4 relay (Hall, Austin Ball, Cope, Wilkinson)

Personal record or notable performances came from Nelson Wilkinson (discus-108'-9"), Tatum Myers (discus-78'-7"), Ellie Southards (discus-79'-8" & shot-34'-1"), Colton Hicks (high jump-4'-10"), Julianne Shirley (high jump-4'-6").

Next meet: Tue April 9 at Rabun Gap (Tri State #2) 4:00

TFS MS T&F Highlights Tri State #1 Mar 26 2019

The Tallulah Falls School middle school track and field teams – both boys and girls – won the first Tri-State meet of the season, competing against Rabun Gap, Summit Charter and Highlands.

According to Athletic Director Scott Neal, highlights included first place finishes by eighth-graders Nelson Wilkinson of Cleveland (shot, disc, 200m), Lincoln Hall of Mt. Airy (both hurdle races), Colton Hicks of Clarkesville (800m, 1600m), Dallas Loonubon of Demorest (long jump), Bryan Cope of Mt. Airy (400m) and the 4x4 relay team [sixth-grader KC Respress of Cleveland, Hicks, Cope and Wilkinson]. Additionally, seventh-grader Sam Ketch threw two personal records (shot, disc) to place second in those events.

Lady Indian winning performances included seventh-grader Julianne Shirley of Clarkesville (200m, 400m, high jump), eighth-graders Ellie Southards of Dillard (shot, discus, 100m), Sammy Hartman of Clermont (100m and 300m hurdles), Cassidy Hayes of Cornelia (triple jump), Kate Trotter of Demorest (800m) and both relay teams. Sixth-graders Emma Barron of Clarkesville, Mia Hamon of Mt. Airy and Chesney Tanksley of Mt. Airy set personal records in the distance races while eighth-grader Chloe Kahwach of Cleveland set a PR in the shot put.

TFS results: <https://ga.milesplit.com/meets/348013/teams/20834#.XJtmYBNKgnU>

Full results: <https://ga.milesplit.com/meets/348013/results/634542/raw#.XJtmchNKgnV>

Team scores:

Women - Team Rankings - 14 Events Scored

1. Tallulah Falls School – 251
2. Summit Charter – 192
3. Highlands School – 55
4. Rabun Gap Nacoochee – 10

Men - Team Rankings - 14 Events Scored

1. Tallulah Falls School – 295
2. Rabun Gap Nacoochee – 98
3. Highlands School – 79
4. Summit Charter – 74

Next Meet: Monday, April 1 versus Habersham, 4 p.m.

TFS Middle School T&F Highlights - Landmark Christian Invite 3-23-19

TFS MS boys won the six school meet with 186 points with victorious performances by Nelson Wilkinson (shot), and CJ Augustine (triple jump) and runner-up finishes by Lincoln Hall (pole vault, both hurdle races), Wilkinson (discus, 400m), Josiah Turney (triple jump), Clay Kafsky (PR 3200m), KC Respress (high jump), Sam Ketch (shot) and the 4x4 relay team (Respress, Hall, Hanyuan Jack Zhong, and Wilkinson).

Other significant personal record highlights include Clay Kafsky (800m), Nick Edenfield (200m), Austin Ball (200m), Tatum Myers (shot), Ketch (disc), Zhong (800m), Teryk Tilley (both hurdle races, pole vault), and Zack Freeman (both hurdle races)

Seventh grader Julianne Shirley led the MS Lady Indians to a second place team finish by winning the 400m and high jump and placing third in the 200m. Sammy Hartman scored 18 points (both hurdle races and discus). Cassidy Hayes won the triple jump and placed second in the 800m. Kate Trotter added 13 points in the two distance races with personal record performances; Emma Jackson added another ten points in the same races with PRs.

Other personal record highlights include Layne Kafsky (100m) Chloe Kahwach (shot, 2nd place), Jace Ibemere (long jump), and Tori Tilley (disc, 200m).

TFS MS results: https://ga.milesplit.com/meets/328599/teams/20834#.XJd1_RNKgnU

Full MS meet results: <https://ga.milesplit.com/meets/328599/results/633703/raw#.XJawjBNKgnU>

Next meet: Tri State #1 Tue Mar 26 4:00 @ Rabun Gap

TFS MS T&F Highlights 3-21-19 vs Habersham and Lumpkin Co

TFS girls (68) defeated Habersham (35) and Lumpkin County (45) at a recent blue sky, breezy afternoon. TFS boys were third (34) behind Lumpkin (46) and Habersham (68).

Lady Indian highlights include victories by Cassidy Hayes (triple jump), Julianne Shirley (high jump, 400m, 200m), Kate Trotter (1600m), Emma Jackson (800m), and both relay teams. Ellie Southards placed second in both throwing events while Hayes was the runner-up in the 400m and 800m.

TFS Indian victories included David Hu in the discus, Nelson Wilkinson in the shot put, and Lincoln Hall in the pole vault. Runner-up finishes included Hall in the 110m hurdles, Wilkinson in the discus, Dallas Loonubon in the long jump and Bryan Cope in the 400m.

TFS MS T&F Highlights - Athens Christian 3-11-19

In a rain shortened meet, seventh graders Julianne Shirley (400m, 200m, high jump, relays) and Ellie Southards (throws, 100m, relays) continued to lead TFS in placing in their events while counterparts Lincoln Hall (hurdles) and Nelson Wilkinson (throws, 400m) continued the scoring for the boys. Colton Hicks placed third in the 800m and Cassidy Hayes placed third in the triple jump. Though the meet had significant rain segments and some events were canceled, the sky finally opened up enough for some athletes to compete well and build memories.

TFS MS T&F Highlights - Jr Eagle MS Invite 3-9-19

Ten middle schools competed at East Jackson HS in the 20th annual Steve Collins Jr. Eagle Invite on a cool, cloudy day.

Ellie Southards led TFS in scoring with 11.75 points, placing fourth in shot put and discus. Julianne Shirley followed with 11 points by placing second in the high jump and helping the Indians score in three relays. TFS placed seventh of nine scoring teams.

Lincoln Hall led the TFS boys with 6.5 points, placing fourth in the 100m hurdles. David Hu placed eighth in the shot put. TFS placed seventh of ten scoring teams.

TFS results: <https://ga.milesplit.com/meets/333159/teams/20834#.XIW3zFNKgnU>

Full results: <https://ga.milesplit.com/meets/333159/results/630369/raw#.XIRjZFNKgnU>

TFS MS T&F Highlights - Rabun County Dual 3-7-19

Julianne Shirley (400m, 200m, high jump) and Ellie Southards (1st in shot put and discus) led the Lady Indians to team victory while Nelson Wilkinson (1st in shot put, discus, 400m) and Lincoln Hall (1st in pole vault) led TFS boys in victory at Rabun County in a dual track & field meet.

Next meets: Thursday, March 21 at Habersham's Raider Stadium.

Saturday, March 23 @ Landmark Christian in Fairburn.

TFS MS Track & Field Highlights

Feb 13, 2019- RMA Indoor Invite

For the first time ever, 55 TFS track & field athletes competed in an indoor meet. The Riverside Military Academy MS Indoor Experience hosted five boys and four girls school teams at their indoor fieldhouse. The meet provided good competition, an opportunity to try an array of events, and memories galore amongst 200 plus teens.

Julianne Shirley won the high jump and 400m and placed second in the 200m. Kate Trotter was the 800m and 1500m runner-up while Ellie Southards placed second in the shot put and fifth in the 55m. Sammy Hartman placed second in the 400m and fourth in the 55m hurdles. Emma Jackson was third in the 800m and fifth in the 1500m. Chesney Tanksley (400m) and Cassidy Hayes (triple jump) placed third in their events. The 4x200m relay placed second.

On the boys side, Nelson Wilkinson won the shot put and placed second in the 200m and fourth in the 400m. Colton Hicks won the 800m and crossed the finish line fourth in the 1500m. Lincoln Hall placed second in the 55m hurdles and pole vault. Joel Bourlet was also the pole vault runner-up. CJ Augustine finished third in the triple jump.

TFS results: <https://ga.milesplit.com/meets/328072/teams/20834#.XGVYxM9Kjwc>

Full results: <https://ga.milesplit.com/meets/328072/results/627085/raw#.XGTNYc9Kjwc>