

2019 TFS HS Track & Field Highlights  
**2019 GHSA State Track & Field Championships May 9-11, 2019**

On the Berry College Viking campus at Valhalla stadium on Clark track under a splattering of puffy clouds, time lapsing dark condensed vapor raging across the sky, broad rays of light, downpours of precip, and hormonal temperatures, Classes A-Private, AA, and AAAAAAA took to the M99 Rekortan track and stellar field event venues to see who could best brave the spectrum of elements with their DNA, training, and fortitude. Who's the best and who can improve the most? That's what this pinnacle meet is all about.

Day one running preliminaries started out with the TFS girls 4x1 relay (Sydney Spivey, Damali Danavall, Reid Kafsky, Macy Murdock) setting another school record by running 51.13 to move up from a #9 seed to finish with the sixth best prelim time and advance to the finals. Sydney Spivey (100m hurdles) and Grey Bourlet (110m hurdles) then stamped their way to the hurdle finals. Chris Geiger ran 2:06.62 to place 12th. Reid Kafsky tied her 200m PR after a deluge to place 12th; she was one of only three of the fifteen in the race to improve upon her seed time. Spivey ran 50.50 in the 300m hurdles but did not make finals. Bourlet made the finals of the longer barrier race.

TFS girls 4x4 quartet of Madison Ball, Laurel Smith, Reid Kafsky, and Macy Murdock ran 4:23.01 to qualify for the last seasonal race. Their male peers (Gabe Iluma, Mohamed Kanu, Geiger, Bourlet) ran 3:44.53 but did not advance.

In the field events, sophomore Emily Gay - in her first year of pole vaulting - placed third with a foot and a half PR, tying the 9' 6" school record of Davidson Wildcat athlete Anna Davis! Senior Chance Bess finished sixth in the discus with four throws beyond his previous PR! Damali Danavall finished ninth in the discus and 12th in the shot put. Jenni Gallagher finished 12th in the pole vault.

All week long, the forecast for the season pinnacle was thunderstorms, near 100% rain, and lightning for the Saturday finals. Thankfully, the skies clouded, misted, and broke open much like TFS performances. Lady Indians 4x1 relay (Spivey, Danavall, Kafsky, Murdock) started the day by placing seventh in the school's second best time ever.

Spivey followed that with a third place 100m hurdle performance! Counterpart Bourlet darted a school record 14.97 (eclipsing current Davidson athlete James Davis high school best) in the 110m barrier race to also place third. The sophomore later scored another third place six team points in the longer hurdle race, only .05 out of the runner-up spot. Grey was also given "the coin" by peer graduating pole vaulters, an Area 2 A-Private tradition given to what they feel is the top up and coming pole vaulter with the expectation of success and passing on the tradition.

The girls 4x4 relay team has made it a tradition in the last few years to PR in the final race, to leave it all on the track in a memorable legacy. Once again, the team cut off drastic seconds - this time five! - from the previous season best (set at Area) to finish sixth and become #3 on the TFS Legacy List. The significance goes well beyond the strong place for this team and the astounding time drop (all

four relay legs ran PR splits); this quartet of young ladies (Spivey, MadBall, Smith, Murdock) mastered significant challenges as they unleashed the beast within while inspiring those cognizant enough to recognize the impact interscholastic athletics has upon the psyche, upon relationships, and upon conquering internal struggles to finish as a new person ready to change the world! TFS girls finished 16th with 17 points. TFS Boys finished 13th with 18 points.

Results <https://ga.milesplit.com/meets/346233/results/653122/raw#.XNeJC9NKgnV>

TFS results <https://ga.milesplit.com/meets/346233/teams/4745#.XNiBEtNKgnU>

### **Tallulah Falls School Track & Field Rankings**

The ga.milesplit rankings overall go to 1000 (though I'm sure there are more than that - it stops at 1k)

Lucy Alexander - freshman

6:00.93      1600m 110th of nearly 600 freshmen

13:03.68      3200m 81st of nearly 350 freshmen

Damali Danavall - senior

105' 2      Discus 105th of nearly 1000 all classifications

32' 8      Shot put 202nd of nearly 1000 all classifications

Emily Gay - sophomore

9'6      Pole Vault 13th of nearly 150 sophomores, 55th of nearly 550 all classifications

Jenni Gallagher - senior

9' 0      Pole Vault 81st of nearly 550 all classifications

Reid Kafsky - junior

12.98      100m 374th of nearly 1000 all classifications

33' 4      234th of nearly 900 all classifications

Macy Murdock - freshman

63.43      400m 90th of nearly 900 freshmen

28.31      200m 206th of nearly 1000 freshmen

15' 9 ¼      long jump 59th of nearly 550 freshmen

Sydney Spivey - senior

16.75      110m hurdles      156th of nearly 1000 all classifications

49.05      300m hurdles 179th of nearly 1000 all classifications

Laurel Smith - junior

66.61      400m 45/173 in Class A-Pvt, 914th

2:45.64      800m 50th/170 in Class A-Pvt, 748th

6:34.77      1600m 73rd/123 in Class A-Pvt

Maria Whitson - junior

2:38.21      800m 84th of nearly 750 all classifications

Girls 4x1      207th of nearly 500 all classifications

Girls 4x4      143rd of nearly 450 all classifications

Chance Bess - senior

142' 11      Discus 70th of nearly 1000 all classifications

Grey Bourlet - sophomore

40.67      300m hurdles 14th of nearly 400 sophomores, 70th of nearly 1000 all classifications

14.97      110m hurdles 3rd of nearly 300 sophomores, 104th of nearly 1000 all classifications

12' 6      Pole vault 14th of nearly 250 sophomores, T55th of nearly 550 all classifications

Chris Geiger - junior

2:02.58      800m 162nd of nearly 1000 all classifications

4:44.08      1600m 245th of nearly 1000 all classifications

Gabe Iluma - junior

12' 6      Pole vault T55th of nearly 550 all classifications

Simeon Respress - sophomore

6' 0      High jump 25th of nearly 300 sophomores, 123rd of 934 all classifications

## **TFS T&F HS Highlights Area 2 A-Private April 27, 29, 2019**

A refreshing northeast Georgia whisper of a breeze calmed just enough heat to spice up the two day Class A-Private Area 2 track & field championships. TFS girls had a least one person in the finals in every event, set the school 400m relay record in both the prelims and the finals, and are going to state in the shot put, discus, pole vault, both relays, both hurdles, and the 200m. Moreover, the Lady Indians placed third overall as a team while scoring the most TFS points in region/area competition ever and tying the highest region/area place in school history.

Damali Danavall won the discus with a 105' 2 personal record (# 5 TFS Legacy List) last throw heave, tossed the steel ball 32' 3 as the shot put runner-up, and placed seventh in the 100m. Jenni Gallagher is heading to state again as the pole vault Area runner-up while Emily Gay also advanced to the state meet by placing fourth in the same vertical jump.

Sydney Spivey had quite the finals day; she ran within .05 of a PR to be 100m hurdle runner-up and hurdled a PR 49.05 to place fourth (#5 Legacy List) and make it to state in both barrier events. Reid Kafsky edged out a runner by .02 to place fourth in the 200m to advance to Valhalla stadium.

Macy Murdock had a significant finals day by setting a 200m PR for sixth place and anchoring the school record setting, state bound 4x1 relay team and the 4x4 relay, which she came from behind while running two seconds faster than ever to help the team earn the last state qualifying spot.

Both Lady Indian relay teams are heading to pinnacle meet at Berry College. The 400m quartet broke the school record in the prelims and again in the finals. The 1600m baton passing squad cut off seven seconds to run a season best to finish fourth in dramatic fashion.

Also scoring points in the field events were Murdock (long jump), Kafsky (triple jump) and Lucy Alexander (high jump). The Alexanders - Sophie 5th and Lucy 6th - both ran personal records to place in the 1600m. Scoring running event points were Sophie Alexander (7th - 800m PR), Lucy Alexander (5th - 3200m with a 20 second PR), Kafsky (100m - 5th), and Laurel Smith (7th - 400m, 7th 3200m),

TFS boys scored 61 points to finish fourth of ten scoring schools. Grey Bourlet joined Danavall as an Area champion by coming from behind to win the 300m hurdles after earlier setting a PR while placing second over the higher barriers. Bourlet also ran a 50.4 relay split to bring the team to within .26 of qualifying to state. He again vaulted 12' 6, this time clearing his way to the state meet by placing third.

Chance Bess earned the right to fling the saucer in two weeks at the state meet by placing fourth in the discus while sophomore Simeon Respress (high jump - 3rd place) will join him at Clark Track on the Berry College campus. Chris Geiger ran the double lap race in a PR, near school record 2:02.58 to place third and join his teammates in two weeks. He also placed fifth in the 1600m.

Gabe Iluma placed fifth in the pole vault. Mohamed Kanu set a PR in the triple jump to place sixth. Caleb Griffis threw near PR marks in the shot put and discus (8th place).

The 4x1 relay team (Ajani McIntosh, Bourlet, Iluma, Kanu) set a season best and #5 Legacy List time to advance to the finals, then placed sixth overall. The four lap relay group (Iluma, Kanu, Geiger, Bourlet) ran the #7 Legacy List time to place fifth, but narrowly miss out on going to state. Zi Wang (800m), Ethan Wanner (400m) and Junhao Alan Lan (200m) set personal records.

Results: <https://ga.milesplit.com/meets/351946/results/648411/raw#.XMe2iZNKhsM>

Team results: <https://ga.milesplit.com/meets/351946/teams/4745#.XMz6iJNKhsM>

Next meet: Class A - Private Track & Field Championships on Clark Track at Valhalla Stadium on the campus of Berry College at Mt. Berry, GA on May 9-11.

## TFS HS T&F Highlights vs Commerce 4/11/19

Under a cirrus spaced, warmy sky in the Commerce “bowl,” TFS girls won the dual competition with the Tigers with twelve of 14 event victories while the Indian boys won three events. TFS has multiple Top five Area and State ranked female and male athletes as well as multiples who moved up the esteemed TFS Legacy List.

Highlights include victories by Grey Boulet (PR 300m hurdles - #2 Class A Private, #2 TFS Legacy List; 110m hurdles), Chris Geiger (1600m), Macy Murdock (400m, long jump), Reid Kafsky (100m, 200m), Sydney Spivey (100m hurdles), Damali Danavall (PR shot put - #5 Legacy List, #5 Class A Private, discus), Lucy Alexander (1600m, 3200m), Maria Whitson (800m), Jenni Gallagher, who tied her PR of 9'0 in the pole vault and is ranked #3 in Class A Private, the 4x1 relay team (Spivey, Danavall, Kafsky, Murdock) and the 4x4 relay (Spivey, Laurel Smith, Whitson, Murdock).

Caleb Griffis broke his own PR in the discus after two weeks in a boot. Other PR performances came from Gabe Iluma (pole vault; 12' 7 ranked #2 in Class A Private), George Ketch (shot put), Reese English (400m), Mohamed Kanu (200m), Sydney Spivey (200m; #5 200m TFS Legacy List).

Having back to back track meets is fatiguing, but being right before spring break gave us the opportunity to practice what it will be like at the area and state championships.

Next meet. Saturday/Monday April 27, 29 Area 2 Class A Private Championships

## TFS HS T&F Highlights vs Rabun County, Stephens Co 4/10/19

Warm rays, scooting clouds, simple breezes greeted the Indians at our immediate northern neighbors stadium while providing enough intrinsic motivation for our girls to win 12 of 15 events and win the meet. TFS boys won eight of 15 events.

Highlights include Macy Murdock setting victorious personal records in the long jump, 200m, and 400m. Sydney Spivey won both hurdle races. Reid Kafsky (100m), Maria Whitson (800m), Sophie Alexander (1600m), Mali Danavall (discus), Emily Gay (pole vault), and the 4x4 relay team (Madison Ball, Whitson, Alexander, Murdock). Spivey, Danavall, Kafsky, and Murdock set a school record in the 4x1 relay (51.68). Shelby Brightwell jumped over a three foot PR in the triple jump.

TFS boys highlights include Chris Geiger winning the 800m and 1600m, Grey Bourlet both hurdles, Chance Bess the discus, Mohamed Kanu the long jump, and the 4x4 relay team (Kanu, Collin Kelly, Geiger, Bourlet). Personal record performances included Jiajun Ray Pan (800m, 1600m), Kelly (1600m), Kanu (triple jump), Reese English, and Ethan Wanner (3200m).

An inspiring performance came via Caleb Griffis in the discus. Caleb has been out with an injury for weeks yet came back to throw within seven feet of his personal record from a standing throw. Caleb is an incredibly tough young man who role models determination as well as the depth that hope and brainpower combined can continue skill development even when injured and unable to train normally. Caleb continues a track & field program tradition and expectation to not give up, no matter what, that injury does not define you, but provides an opportunity to focus, work smarter, and to shine!

## TFS HS T&F Highlights - Winder Barrow Invite April 5, 2019

TFS had a few nagging and new injuries that depleted the ability to score significant points, but the weather and overall competition was stellar. Highlights include runner-up finishes by Grey Bourlet (110m hurdles, PR 300m hurdles, pole vault), Chris Geiger (800m), and Chance Bess (discus).

Personal record performances include Macy Murdock (long jump, 200m, 400m), Sophie Alexander and Laurel Smith (800m, 1600m), George Ketch (shot, discus), Geiger (1600m), Jiajun Ray Pan (800m), Collin Kelly (1600m, 4x4 split), Zi Wang (800m, 1600m), Colton Augustine (400m, 800m), Gabe Iluma and Mohamed Kanu (4x4 split), Ethan Wanner (400m), Damali Danavall (shot put), Emily Gay (pole vault), Shelby Brightwell (200m), and Jiajun Alan Lan (200m). The girls 4x4 relay team also set a season best (Madison Ball, Alexander, Smith, Murdock) to be ranked #4 in the region and #9 in Class A-Pvt.

Sophie Alexander moved up to #2 on the TFS Legacy List in the 1600m (6:00.02) and #5 for the 800m (2:39.99). Damali Danavall moved up to #5 in the shot put. Jenni Gallagher tied her PR from last year, maintaining #2 amongst TFS best ever. Bourlet's 300m hurdle time is #3.

TFS results: <https://ga.milesplit.com/meets/333589/teams/4745#.XKiL0-tKgnU>

Full results: <https://ga.milesplit.com/meets/333589/results/638327/raw#.XKf7khNKgnU>

### Women - Team Rankings - 17 Events Scored

=====  
==

- 1) Greenbrier High School 154
- 2) North Springs 149
- 3) Winder-Barrow HS 100
- 4) Monsignor Donovan Catholic 81
- 5) Tallulah Falls 65
- 6) Gainesville High School 55

### Men - Team Rankings - 17 Events Scored

=====  
==

- 1) Greenbrier High School 170
- 2) Winder-Barrow HS 150
- 3) Gainesville High School 124
- 4) Tallulah Falls 80
- 5) Monsignor Donovan Catholic 78
- 6) Grady 43
- 7) Fulton Science Academy 16



## TFS HS T&F Highlights - Habersham Dual 4/2/19

Indians and Raiders competed among friends under intermittent clouds, stunning sun rays, and crisp temperature, providing some personal record performances.

Lady Indians won 14 of the 16 events. Reid Kafsky won the 100m, 200m, and triple jump, Sydney Spivey both hurdle races, Macy Murdock the 400m and long jump, Sophie Alexander the 1600 and 3200m, Jenni Gallagher the pole vault, Damali Danavall the shot put, and Maria Whitson the 800m. The 400m relay (Spivey, Danavall, Kafsky, and Murdock) and 4x4 relay (Spivey, Madison Ball, Whitson, and Murdock) teams also won. Laurel Smith ran her best performances of the year in the 400m and 800m.

The TFS male counterparts won the pole vault (Gabe Iluma), 200m and 400m (Grey Bourlet), discus (Chance Bess), and 4x1 relay (Ajani McIntosh, Bourlet, Iluma, Mohamed Kanu). Collin Kelly broke the 12:00 barrier in the double metric mile for the first time. Bourlet, Chris Geiger, Kanu, Iluma, Ray Pan, Zi Wang, Ethan Wanner, and Colton Augustine all set personal records.

Next meet: Friday, April 5 @ Winder-Barrow Invite 4:00

TFS HS T&F Highlights - Yonah Invite White Co HS March 29, 2019

TFS Lady Indians accepted the winning plaque after scoring 148 points to defeat seven larger schools at the White County Yonah Invite under sunny firmament that turned into Friday night lights, a high school aura now also in the spring season.

Reid Kafsky scored 34.5 points while winning the 100m, 200m, and triple jump with personal records performances. Macy Murdock won the long jump and 400m while Jenni Gallagher won the pole vault. The 4x1 relay (Sydney Spivey, Damali Danavall, Kafsky, Murdock) set a season best in victory. Spivey ran season bests to place second in both hurdle races. Lucy Alexander and Laurel Smith both set PRs in their two distance races.

Grey Bourlet led the Indians by winning the pole vault and 300m hurdles, in which he set a personal record and moved up to #3 in Class A - Private. Chris Geiger won the 800m while moving up to #2 on the TFS Legacy List and #3 in Region 8A. Chance Bess won the discus. Zi Wang set two significant distance PRs. Mohamed Kanu (triple jump) and Collin Kelly (1600m) both earned lifetime bests.

TFS results: <https://ga.milesplit.com/meets/333156/teams/4745#.XJ9f-RNKgnU>

Full results: <https://ga.milesplit.com/meets/333156/results/635820/raw#.XJ7h-hNKgnU>

Next meet: Habersham Central 4:00 Tue Apr 2

Team scores:

Women - Team Rankings - 16 Events Scored

=====  
==

- 1) Tallulah Falls 148
- 2) White County High School 132
- 3) Fannin County HS 99
- 4) Habersham Central High Sc 66
- 5) Lumpkin Co. High School 60
- 6) Fideles Christian School 43
- 6) Union County HS 43
- 8) Rabun County 19

Men - Team Rankings - 16 Events Scored

=====  
==

- 1) White County High School 146
- 2) Union County HS 98
- 3) Fideles Christian School 90
- 4) Habersham Central High Sc 81
- 5) Tallulah Falls 80
- 6) Rabun County 63
- 7) Fannin County HS 34
- 8) Lumpkin Co. High School 32

## **TFS HS T&F Highlights - Landmark Christian Invite 3-23-19**

TFS girls scored 160 points to defeat Landmark Christian, New Manchester, Calvary Day, Drew Charter, The Heritage School, Greenforest, and Mount Bethel at the Landmark Track & Field Invite under sunny, crisp skies.

Earning victories for the Lady Indians were the 4x1 relay team (Sydney Spivey, Damali Danavall, Reid Kafsky and Macy Murdock), Danavall (discus), Spivey (100m hurdles), Murdock (400m), Jenni Gallagher (pole vault) and the 4x4 relay team (Spivey, Maria Whitson, Kafsky, and Murdock). Danavall (shot), Lucy Alexander (high jump), Emily Gay (pole vault), Murdock (long jump), Kafsky (200m) and Spivey (300m hurdles) placed second in their events. Laurel Smith set a personal record in the 800m.

On the boy's side, Grey Bourlet (pole vault, 110m hurdles, 300m hurdles; high point award) and Chance Bess (discus, shot) won their events while Caleb Griffis placed second in the shot put. Simeon Respress (PR long jump), Mohamed Kanu (PR triple jump, 100m) Collin Kelly (1600m), Ethan Wanner (PR 1600m, 3200m), Colton Augustine (PR 1600m), Ray Pan (PR 800m), Zi Wang (PR 1600m), and Ajani McIntosh (SB 100m, 200m) all improved with the warmer weather to help the team score 119 points to place second overall behind Landmark.

TFS results: <https://ga.milesplit.com/meets/328599/teams/4745#.XJd1IRNKgnU>

Full meet results: <https://ga.milesplit.com/meets/328599/results/633700/raw#.XJayTxNKgnU>

Next meet: Fri, Mar 29 at Yonah Invite, White County HS 4:00

## TFS T&F HS Highlights - Hebron Invitational - 3/15/19

Under a mostly cloudy, cool, clammy afternoon and light breezy evening under the lights on a new Rekortan track, TFS placed sixth of ten schools in both boys and girls.

Highlights include the victorious and school record setting Lady Indian 4x800m and 4x1600m relays comprised of Maria Whitson, Laurel Smith, Sophie Alexander, and Lucy Alexander. Damali Danavall won the discus with a season best heave. Jenni Gallagher tied her pole vault personal record while Reid Kafsky triple jumped her best to place fourth. Emily Gay vaulted her PR.

Gabe Iluma won the pole vault with a PR 12' 6 leap while Grey Bourlet won both hurdle races after also clearing 12' 6 as the PV runner-up. Mohamed Kanu set PRs in the long jump, triple jump, and 200m. Chance Bess placed second in the discus with a season best whirl.

TFS results: <https://ga.milesplit.com/meets/337283/teams/4745#.XlyVgINKgnU>

Full results: <https://ga.milesplit.com/meets/337283/results/631732/raw#.XlyH2VnKgnU>

## TFS T&F HS Highlights Wesleyan Tri Meet 3-13-19

On a splendid afternoon when precipitation was a day away, competitive morale was high, the Mondo track was fast, and team unity outstanding, TFS Indians performed quite well at the first meet of the season against region foe Wesleyan and larger school Clarkston. It was a confidence building day with significant performances.

Highlights include victories by Maria Whitson in the 800m, Damali Danavall in the discus, Grey Bourlet in both hurdle races, Simeon Respress in the high jump, and Chance Bess in the discus.

Other notable performances include a slew of personal records set by Sophie Alexander (1600m, 3200m), Maria Whitson (800m), Lucy Alexander (1600m, 3200m), Emily Gay (pole vault, 100m), Macy Murdock (200m, 400m), Shelby Brightwell (pole vault), Chris Geiger (800m), Zi Wang (800m, 1600m), Jiajun Ray Pan (1600m, 3200m), Colton Augustine (1600m, 3200m), Ethan Wanner (1600m, 3200m), Mohamed Kanu (long jump, triple jump, 100m), Gabe Iluma (200m), and Reese English (shot, discus, 400m).

TFS results: <https://ga.milesplit.com/meets/335597/teams/4745#.XlpB0FNKgnU>

Full results: <https://ga.milesplit.com/meets/335597/results/631064/raw#.XlmtAFNKgnU>

**Tallulah Falls School HS T&F Highlights 2019**  
**Last Chance Indoor Invitational at the Birmingham, AL CrossPlex**  
**January 25-26, 2019**

Eight TFS track & field athletes were among 2300 entries in two divisions from 155 schools from Alabama, Georgia, and Mississippi to compete on the track of the upcoming 2019 NCAA DI Championship. It is quite an opportunity for TFS athletes in our quest to have a season of significance, connect with each other, break records, and forge memories.

Competing in the A-5A division, TFS athletes set two school records. Senior Caleb Griffis set the TFS indoor record in the shot put (38' 0) - a near five foot improvement over last year's indoor meet - and a personal indoor record in the 400m. Sophomore Grey Bourlet blazed over two seconds faster than last year to set a new 400m indoor record in 54.06 (11th place). Grey also set a 60m hurdle PR (9.35) to place eighth, vaulted 10'6 to place 13th, and ran a PR 2:14.49 in the indoor four lapper to compete in quite a range of events.

Ajani McIntosh ran a personal best 8.00 in the 60m dash and Chance Bess threw the shot 34' 1.5". Maria Whitson was only a second off the 800m TFS indoor record and also ran the 400m and 1600m, Madison Ball ran indoor bests in the 60m and 400m, and Laurel Smith contended in the 400m, 800m, and 1600m. Jenni Gallagher joined the trio to sprint the 800m relay in 2:06.14.

The four hour trip, hundreds of heats and flights, lengthy waiting periods, and enthralling atmosphere - including a national #3 performance - is so worth the trip by providing distinctly different learning opportunities, emotional souvenirs, and performance breakthroughs.

The 4000 seat Birmingham CrossPlex has a six lane, Mondo surfaced hydraulically banked 200m oval track, eight straightaway lanes for sprinting, and a full array of indoor field event venues is annually the host of an NCAA indoor T&F championship. The separate four lane, 60m warm up track displays the details necessary to host national championships from youth to every division of the NCAA. The CrossPlex has events 90 plus days of their season and hosts a professionally run meet with certified officials and numerous service oriented staff. It is an opportunity for the average as well as the elite to experience competing in a venue that certainly has a wow effect upon entrance. It is also an economic business model of what leaders can do to enhance a community and change lives.

TFS results: <https://al.milesplit.com/meets/326753/teams/4745#.XE3C4s9Kjwc>

Full results: <https://al.milesplit.com/meets/326753/results/625525/raw#.XE3DQ89Kjwc>

## 2019 State T&F Media Questions

Sydney Spivey - senior

1. I attribute my success to my teammates, coach, and family for pushing me and encouraging me to always give it my all even when I doubt myself.
2. It was a feeling I don't think I've ever felt before. I've always been up on the state podium with my teammates for a relay, but it is such a different feeling standing there by yourself knowing you did this. All the hard work you've been putting in for over 6 months has finally paid off.
3. I know I will always remember running my last race ever with my teammates in the 4x400. We pulled off something we never thought we could do, and it was a great feeling to end my track career that way.

Grey Bourlet - sophomore

My success is mainly due to those around me lifting me up and encouraging me to work a little harder, and reach a little deeper to find out what I really could do as a track athlete.

The feeling of standing on the podium was that of gratitude for everyone that helped me get there by either coaching me or just by believing in me.

The thing I will remember from this season is the people that I trained with because they have become some of my closest friends especially my polevault family.

Emily Gay - sophomore

1. I would attribute my success to my team. The consistent support they have given me throughout my first year of track has helped me achieve my goals
2. It was an amazing feeling. I finally felt like all the hard work I had put in throughout the season had finally paid off.
3. The thing I will remember most about this season is my teammates, the kind of family we all formed together. Especially the seniors that I got the chance to spend the end of the year with.