

2014
Hamilton Township Rangers
Track & Field
SEASON RECAP



Obetz Athletic Center
Monday, June 9th, 2014

2014 Track & Field Team Season Accomplishments

<u>Meet Name</u>	<u>Results 2013</u>	<u>Results 2014</u>
Region 3 Boys	13 th of 38 teams	29 th of 36 teams
Region 3 Girls	36 of 39 teams	<i>did not participate</i>
District Boys	7 th of 16 teams	10 th of 17 teams
District Girls	11 th of 16 teams	14 th of 18 teams
MSL Buckeye Boys	1 st of 8 teams	1 st of 8 teams
MSL Buckeye Girls	6 th of 8 teams	5 th of 8 teams
Africentric Classic Boys	did not attend	2 nd of 12 teams
Africentric Classic Girls	did not attend	4 th of 12 teams
Warrior Relays Boys	4 th of 13 teams	4 th of 16 teams
Warrior Relays Girls	3 rd of 13 teams	8 th of 16 teams
All-Star Boys	3 rd of 14 teams	4 th of 16 teams
All-Star Girls	10 th of 16 teams	8 th of 16 teams
Elmo Kallner Boys	1 st of 9 teams	1 st of 12 teams
Elmo Kallner Girls	5 th of 9 teams	8 th of 12 teams
Dublin Classic Boys	did not attend	7 th of 16 teams
Dublin Classic Girls	did not attend	13 th of 16 teams
Golden Eagle Relays Boys	8 th of 14 teams	4 th of 12 teams
Golden Eagle Relays Girls	8 th of 15 teams	10 th of 13 teams
Wildcat Premiere Boys	14 th of 21 teams	11 th of 21 teams
Falcon Invitational Girls	did not attend	7 th of 13 teams
Booster Boys	1 st of 12 teams	1 st of 12 teams
Booster Girls	1 st of 11 teams	3 rd of 12 teams
Icebreaker Inv Boys	3 rd of 16 teams	2 nd of 16 teams
Icebreaker Inv Girls	6 th of 16 teams	9 th of 16 teams

Teams Defeated by Boys Track & Field Team: (63)

Amanda Clearcreek, Africentric Early College, Beechcroft, Bexley, Bishop Hartley, Bishop Watterson, Bishop Ready, Bloom Carroll, Brookhaven, Buckeye Valley, Canal Winchester, Centerburg, Centennial, Central Crossing, Chillicothe, Circleville, Columbus Academy, Columbus East, Columbus Independence, Columbus International, Columbus South, Columbus West, Delaware Hayes, Dublin Coffman, Dublin Scioto, Eastmoor Academy, Fairfield Union, Franklin Heights, Grandview Heights, Grove City, Harvest Prep., Heath, Hilliard Bradley, Horizon Science Academy, Johnstown-Monroe, Liberty Union, Linden McKinley, Logan, Logan Elm, Marion Harding, Marion-Franklin, Marysville, Mifflin, Mount Vernon, New Albany, New Philadelphia, Newark, Northland, Olentangy, Reynoldsburg, Springfield Shawnee, St. Charles, St. Francis DeSales, Teays Valley, Upper Arlington, Unioto, Walnut Ridge, Washington-Court House, Westerville South, West Holmes, Withrow, Whitehall-Yearling, Worthington Kilbourne

Teams Defeated by Girls Track & Field Team: (29)

Amanda Clearcreek, Africentric Early College, Beechcroft, Brookhaven, Bishop Hartley, Bishop Ready, Bloom Carroll, Centennial, Centerburg, Columbus Academy, Columbus Independence, Columbus South, Columbus West, Crooksville, Franklin Heights, Horizon Science Academy, Huntington Local, Liberty Union, Linden McKinley, Marion-Franklin, Marion Harding, Mifflin, Ohio Virtual Academy, Sardina Eastern, Teays Valley, Walnut Ridge, Waverly, Wellington, Whitehall-Yearling

Season By the Numbers

(11) School Records Broken

Austin Niemann 400m

Austin Niemann 800m

Austin Niemann Indoor 800m

Lorenzo Bridges Indoor 60m Hurdles

Deric Phouthavong Indoor 60m

Boys 4x1600 Relay (Austin Niemann, Erick Juarez, Quinton Napier, Dylan Napier)

Boys Sprint Medley Relay (Wesley Payne, Dalton Holmes, Thomas Wilson, Austin Niemann)

Girls Sprint Medley Relay (Aaliyah Solis, A'riel Harris, Zadei Edwards, Sierra Green)

Girls Mid-Distance Medley Relay (Aaliyah Solis, A'riel Harris, Zadei Edwards, Shanell Hayes)

Indoor Girls 4x200m Relay (Aaliyah Solis, A'riel Harris, Zadei Edwards, Brooke Willhite)

Indoor Boys 4x400m Relay (Austin Niemann, Dylan Napier, Deric Phouthavong, Khari Berger)

(51) Top-20 All-Time Records Broken

(11) Top-5 All-Time Freshman Class Records Broken

(3) Top-5 All-Time Sophomore Class Records Broken

(8) Top-5 All-Time Junior Class Records Broken

(9) Top-5 All-Time Senior Class Records Broken

**See "Record Book" for new "All-Time" record holders.

(2) Columbus Dispatch Track & Field Honor Roll

Austin Niemann 400m & 800m

Lorenzo Bridges 110m Hurdles

(1) State Qualifiers

Austin Niemann: 400m

(2) Regional Placers

Lorenzo Bridges: 110m Hurdles

Austin Niemann: 400m

(2) District Champions

Lorenzo Bridges: 110m Hurdles

Austin Niemann: 400m

(13) District Placers

Khari Berger: 4x200 8th & 4x400 8th

Lorenzo Bridges: 4x100 8th

Zadei Edwards: 4x100 7th & 4x200 6th

Shanell Hayes: 4x100 7th & 4x200 6th

A'riel Harris: 4x100 7th & 4x200 6th

Dalton Holmes: Long Jump 6th/4x100 8th

Erick Juarez: 4x800 7th

Jeremy Maynard: 4x400 8th & 4x800 7th

Dylan Napier: 4x400 8th & 4x800 7th

Austin Niemann: 4x400 8th & 4x800 7th

Wesley Payne: 4x100 8th & 4x200 8th

Aaliyah Solis: 4x100 7th & 4x200 6th

Thomas Wilson: 4x100 8th & 4x200 8th

MSL Award Winners

1st Team All-MSL

Lorenzo Bridges: High Jump,
4x100
Zadei Edwards: 4x200
A'riel Harris: 4x200
Shanell Hayes: 4x200
Dalton Holmes: 4x100
Erick Juarez: 4x800
Jeremy Maynard: 4x800, 4x400
Austin Niemann: 4x800, 400m,
800m, 4x400
Dylan Napier: 4x800, 4x400
Wesley Payne: 4x100
Aaliyah Solis: 4x200
Thomas Wilson: 4x100

2nd Team All-MSL

Lorenzo Bridges 110m Hurdles
Zadei Edwards: 100m Hurdles,
300m Hurdles,
4x100
A'riel Harris: 4x100
Shanell Hayes: 4x100
Erick Juarez 3200m
Aaliyah Solis: 100m, 200m,
4x100
Thomas Wilson: 200m

Honorable Mention All-MSL Team

Lorenzo Bridges 30m Hurdles
Khari Berger 400m
Dalton Holmes: Long Jump
Dylan Napier 800m
Wesley Payne: 200m
Jeremy Maynard: High Jump
Aaron Johnson: Shot Put & Discus

MSL Place Winners

Heaven Bridges: Discus
Naomi Dillon: 4x800
A'riel Harris: 100m & 200m
Xavier Harris: 110m Hurdles
Shanell Hayes: 4x800
Erick Juarez 1600m
Jacob Maynard 300m Hurdles
Trinity Palmer: Pole Vault
Weley Payne 100m
Danielle Shaw: 4x800
Natalia Welton-Torres: 4x800, 800m
Thomas Wilson 100m

MSL Running Athlete of the Year

Austin Niemann

MSL Buckeye Boys Coach of the Year

Adam Beggrow

VARSIY LETTER & PARTICIPATION AWARDS

Boys

Participation Award

Austin Abram
Noah Broyles
Selwyn Ellis
Gunner Glass
Trey Hopper
Ben Sipe
Tanner Stewart
Josh Vega

1st Year Varsity Award

Alex Carey
Dalton Holmes
Greg Jankowski
Jeffrey Johnson Jr.
Erick Juarez
Jacob Maynard
Jeremy Maynard
Miguel Morales
Derrick O'Neal
Wesley Payne
Donny Rakes
Jacob Ralston
Jacob Rollins
Joshua Sweet
Kyle Waugh

2nd Year Varsity Award

Khari Berger
Xavier Harris
Mike Phimmasone
Deric Phouthavong
Josh Sweet
Kyle Ziklo

3rd Year Varsity Award

Aaron Johnson
Dylan Napier
Quinton Napier
Thomas Wilson

4th Year Varsity Award

Lorenzo Bridges
Austin Niemann

Girls

Participation Award

Alison Belcher
Jordan Harris-Smith
Alaina Henry
Aubrey Seidle

1st Year Varsity Award

Heaven Bridges
Destiny Estremera-York
Shanell Hayes
Trinity Palmer
Aaliyah Solis
Alicia Sweet
Kristina Thompson

2nd Year Varsity Award

Naomi Dillon
Tailor Kennebrew
Kaitlyn Yost

3rd Year Varsity Award

Zadei Edwards
A'riel Harris
Danielle Shaw
Natalia Welton-Torres

4th Year Varsity Award

none

Senior Athlete Career Summar
Lorenzo Bridges (Multi-Events)

Lorenzo Bridges	2011	2012	2013	2014
60m Hurdles	-	8.88	8.45	8.37
110m Hurdles	16.36	15.49	15.07	14.88
300m Hurdles	46.15	46.24	42.70	43.20
100m	12.49	12.27	11.71	11.45
200m	-	25.44	24.30	24.18
High Jump	-	5'10"	6'0"	6'2"

4-YEAR VARSITY LETTER WINNER

SCHOOL RECORD HOLDER INDOOR 60m Hurdles

- 2011: District Placer in 110m Hurdles
- 2012: District Placer in 110m Hurdles
District Placer in High Jump
- 2013: Indoor State Placer 60m Hurdles (6th)
Regional Qualifier 110m Hurdles
Regional Qualifier High Jump
MSL Champion 4x100m Relay
- 2014: Indoor State Qualifier 60m Hurdles
Indoor State Qualifier 4x400m Relay
MSL Champion 4x100 Relay
MSL Champion High Jump
Regional Placer 110m Hurdles

ATTENDING URBANA UNIVERSITY

Senior Athlete Career Summary
A'riel Harris (Distance)

A'riel Harris	2011	2012	2013	2014
100	-	-	14.53	13.36
200	-	-	29.74	27.33
400	-	66.84	64.75	61.88
800	-	2:29.10	2:44.40	2:50.05

3-YEAR VARSITY LETTER WINNER

SCHOOL RECORD HOLDER INDOOR 4x200 RELAY
SCHOOL RECORD HOLDER SPRINT MEDLEY RELAY
SCHOOL RECORD HOLDER MIDDLE DISTANCE MEDLEY RELAY 8-4-4-8

2012: MSL Place Winner 800m

2013: MSL Place Winner 800m

2014: MSL Champion 4x200m

District Place Winner 4x200 & 4x100

Senior Athlete Career Summary
Dalton Holmes (Jumps)

Dalton Holmes	2011	2012	2013	2014
Long Jump	19'0"	18'4.75"	-	21'0.5"
100m	12.44	-	-	11.54
200m	25.03	-	-	24.37

SCHOOL RECORD HOLDER SPRINT MEDLEY RELAY

Varsity Letter Winner

2014: MSL CHAMPION 4x100
MSL Honorable Mention Long Jump
District Place Winner Long Jump

ATTENDING THE OHIO STATE UNIVERSITY (NEWARK)

Senior Athlete Career Summary
Miguel Morales (Distance)

Miguel Morales	2011	2012	2013	2014
800m	-	2:35.78	2:29.35	2:25.56
1600m	5:35.00	5:30.00	5:19.30	5:15.06
3200m	12:46.79	12:18.00	12:05.20	11:44.11

Varsity Letter Winner
4-YEAR TRACK ATHLETE

ATTENDING WRIGHT STATE UNIVERSITY

Senior Athlete Career Summary
Dylan Napier (Mid-Distance)

Dylan Napier	2011	2012	2013	2014
800m	2:13.57	-	2:09.99	2:02.35
1600m	5:36.30	5:19.61	4:51.47	-
3200m	12:05.00	-	11:21.78	-
Pole Vault	9'6"	-	-	10'6"

SCHOOL RECORD HOLDER INDOOR 4x400 RELAY
SCHOOL RECORD HOLDER 4x1600 RELAY

2013: MSL Champion 4x800 Relay
2014: Indoor State Qualifier 4x400 Relay
MSL Champion 4x400 Relay
MSL Champion 4x800 Relay
MSL Honorable Mention 800m
District Placer 4x800 Relay
District Placer 4x400 Relay

3-YEAR VARSITY LETTER WINNER
ATTENDING THE OHIO STATE UNIVERSITY

Senior Athlete Career Summary
Quinton Napier (Distance)

Quinton Napier	2011	2012	2013	2014
800m	-	-	2:39.35	2:29.10
1600m	5:38.65	5:21.00	5:15.69	5:18.00
3200m	12:08.40	11:31.09	11:16.56	11:10.00

3-YEAR VARSITY LETTER WINNER
4-YEAR TRACK ATHLETE

ATTENDING CAPITAL UNIVERSITY

Senior Athlete Career Summary
Tanner Stewart (Distance)

Tanner Stewart	2011	2012	2013	2014
800m	2:33.40	2:33.12	-	2:31.63
1600m	-	5:44.00	-	-

VARSITY LETTER WINNER

Senior Athlete Career Summary
Kyle Ziklo (Pole Vault)

Tanner Stewart	2011	2012	2013	2014
Pole Vault	-	7'6"	9'6"	10'6"

2x VARSITY LETTER WINNER

ATTENDING CAPITAL UNIVERSITY

Senior Athlete Career Summary
Austin Niemann (Mid-Distance)

Austin Niemann	2011	2012	2013	2014
60m	-	7.48	7.49	7.51
100m	-	11.44	-	11.44
200m	24.03	23.29	23.05	-
400m	51.21	49.03	48.83	48.33
800m	-	1:59.20	2:00.60	1:56.32

SCHOOL RECORD HOLDER INDOOR 200m
SCHOOL RECORD HOLDER INDOOR 400m
SCHOOL RECORD HOLDER INDOOR 800m
SCHOOL RECORD HOLDER INDOOR 4x200 RELAY
SCHOOL RECORD HOLDER INDOOR 4x400 RELAY
SCHOOL RECORD HOLDER 400m
SCHOOL RECORD HOLDER 800m
SCHOOL RECORD HOLDER 4x200 RELAY
SCHOOL RECORD HOLDER 4x400 RELAY
SCHOOL RECORD HOLDER 4x800 RELAY
SCHOOL RECORD HOLDER 4x1600 RELAY
SCHOOL RECORD HOLDER SPRINT MEDLEY RELAY
RANGER STADIUM RECORD HOLDER 800m
MID-STATE LEAGUE BUCKEYE RECORD HOLDER 400m

4x VARSITY LETTER WINNER

2011: MSL Champion 400m
 2012: Indoor State Placer 400m (3rd)
 MSL Track Athlete of the Year
 Regional Placer 400m (6th)
 2013: Indoor State Qualifier 400m
 MSL Track Athlete of the Year
 Regional Champion 400m / State Qualifier
 2014: Indoor State Placer 800m (3rd)
 MSL Track Athlete of the Year
 Regional Placer 400m

ATTENDING OHIO DOMINICAN UNIVERSITY