

**2016  
Hamilton Township Rangers  
Track & Field**



**Season Summary**

## 2016 Track & Field Team Season Accomplishments

| <u>Meet Name</u>              | <u>Results 2015</u>          | <u>Results 2016</u>          |
|-------------------------------|------------------------------|------------------------------|
| OHSAA Div I                   | no score                     | no score                     |
| OHSAA Div 1                   | no score                     | 17 <sup>th</sup> of 67 teams |
| Region 3 Boys                 | 21 <sup>st</sup> of 38 teams | no score                     |
| Region 3 Girls                | 27 <sup>th</sup> of 39 teams | 13 <sup>th</sup> of 30 teams |
| Central District Boys         | 9 <sup>th</sup> of 8 teams   | 13 <sup>th</sup> of 14 teams |
| Central District Girls        | 11 <sup>th</sup> of 14 teams | 13 <sup>th</sup> of 17 teams |
| MSL Buckeye Boys              | 3 <sup>rd</sup> of 8 teams   | 5 <sup>th</sup> of 8 teams   |
| MSL Buckeye Girls             | 3 <sup>rd</sup> of 8 teams   | 6 <sup>th</sup> of 8 teams   |
| Larkin Invitational Boys      | 9 <sup>th</sup> of 12 teams  | 7 <sup>th</sup> of 12 teams  |
| Larkin Invitational Girls     | 11 <sup>th</sup> of 12 teams | 12 <sup>th</sup> of 12 teams |
| All-Star Boys                 | 4 <sup>th</sup> of 16 teams  | 4 <sup>th</sup> of 10 teams  |
| All-Star Girls                | 4 <sup>th</sup> of 16 teams  | 5 <sup>th</sup> of 11 teams  |
| Elmo Kallner Boys             | 4 <sup>th</sup> of 12 teams  | 7 <sup>th</sup> of 12 teams  |
| Elmo Kallner Girls            | 5 <sup>th</sup> of 12 teams  | 7 <sup>th</sup> of 15 teams  |
| Gahanna Relays Boys           | did not attend               | 9 <sup>th</sup> of 15 teams  |
| Gahanna Relays Girls          | did not attend               | 5 <sup>th</sup> of 14 teams  |
| Dublin Classic Boys           | 11 <sup>th</sup> of 15 teams | 13 <sup>th</sup> of 17 teams |
| Dublin Classic Girls          | 8 <sup>th</sup> of 16 teams  | 11 <sup>th</sup> of 17 teams |
| Golden Eagle Relays Boys      | 5 <sup>th</sup> of 14 teams  | 4 <sup>th</sup> of 10 teams  |
| Golden Eagle Relays Girls     | 14 <sup>th</sup> of 16 teams | 5 <sup>th</sup> of 10 teams  |
| Red Raider Relays             | 2 <sup>nd</sup> of 7 teams   | 2 <sup>nd</sup> of 11 teams  |
| Red Raider Relays             | 1 <sup>st</sup> of 7 teams   | 3 <sup>rd</sup> of 11 teams  |
| Booster Boys                  | 1 <sup>st</sup> of 12 teams  | 1 <sup>st</sup> of 12 teams  |
| Booster Girls                 | 2 <sup>nd</sup> of 12 teams  | 5 <sup>th</sup> of 10 teams  |
| Icebreaker Invitational Boys  | did not attend               | 5 <sup>th</sup> of 13 teams  |
| Icebreaker Invitational Girls | did not attend               | 7 <sup>th</sup> of 14 teams  |

### Teams Defeated by Boys Track & Field Team: (39)

Amanda Clearcreek, Beechcroft, Bexley, Bishop Hartley, Bishop Ready, Bishop Watterson, Bloom Carroll, Buckeye Valley, Canal Winchester, Columbus South, Columbus West, Central Crossing, Centerburg, Centennial, Franklin Heights, Granville, Harvest Prep, Kenton Ridge, London, Liberty Union, Licking Heights, Madison Plains, Marion-Franklin, Mifflin, New Albany, Newark, Northeastern, Northland, Northridge, Patriot Prep, Peebles, Philo, St. Charles, Tree of Life, Upper Arlington, Walnut Ridge, Whetstone, Whitehall-Yearling, Worthington Kilbourne

### Teams Defeated by Girls Track & Field Team: (36)

Amanda Clearcreek, Beechcroft, Bishop Hartley, Bishop Ready, Bloom Carroll, Buckeye Valley, Columbus Academy, Columbus East, Columbus South, Columbus West, Centerburg, Centennial, Central Crossing, Dublin Scioto, Eastmoor Academy, Franklin Heights, Grove City, Groveport Madison, Harvest Prep, Kenton Ridge, London, Madison Plains, Marion-Franklin, New Albany, Northeastern, Northridge, Peebles, Philo, St. Francis DeSales, Teays Valley, Walnut Ridge, Wellington, Whetstone, Whitehall Yearling, Westerville North, Worthington Kilbourne

# Season By the Numbers

## (6) School Records Broken

Wesley Payne Long Jump

Mike Phimmasone Triple Jump

Mckenzie Long 100m

Mckenzie Long 200m

Girls DMR 8-2-4-16 Relay (Naomi Dillon, Tierra Christman, Orianna Bass, Maddie Rollins)

Boys DMR 8-2-4-16 Relay (Banden Harris, Tyson Peoples, Ty'lei Tate, Kane Weisgarber)

## **(50) Top-20 All-Time Records Broken**

### **(8) Top-5 All-Time Freshman Class Records Broken**

### **(4) Top-5 All-Time Sophomore Class Records Broken**

### **(5) Top-5 All-Time Junior Class Records Broken**

### **(4) Top-5 All-Time Senior Class Records Broken**

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

## (7) Columbus Dispatch Track & Field Honor Roll

Mckenzie Long 100, 200 & 400

Jake Long 100, 200, 4x100, 4x200

Wes Payne Long Jump, 4x100, 4x200

Mike Phimmasone Long Jump, 4x100

Khari Berger 4x100, 4x200

Trey Johnson 4x200

Jacob Maynard Pole Vault

## (3) District Placers

Mckenzie Long 100m & 200m (DISTRICT CHAMPION IN BOTH)

Mike Phimmasone Long Jump (7<sup>th</sup>)

Jacob Maynard Pole Vault (4<sup>th</sup>)

## 1 District Placer

Mckenzie Long 100m & 200m (REGION RUNNER-UP IN BOTH)

## 1 State Placer

Mckenzie Long 100m (4<sup>th</sup>) & 200m (3<sup>rd</sup>)

# MSL Award Winners

## 1<sup>st</sup> Team All-MSL

|                  |                              |
|------------------|------------------------------|
| Mckenzie Long    | 100m, 200m,<br>4x100 & 4x200 |
| Shanell Hayes    | 4x100 & 4x200                |
| Brooke Wilhite   | 4x200                        |
| Jazlyn Simon     | 4x100                        |
| Christine Shaw   | 4x200                        |
| Bethany Robinson | 4x100                        |

## 2<sup>nd</sup> Team All-MSL

|                |                       |
|----------------|-----------------------|
| Jeremy Maynard | High Jump             |
| Khari Berger   | 100m<br>4x100 & 4x200 |
| Mike Phimasone | 4x100 & 4x200         |
| Trey Johnson   | 4x100 & 4x200         |
| Wes Payne      | 4x100 & 4x200         |

## Honorable Mention

### All-MSL Team

|                |              |
|----------------|--------------|
| Shanell Hayes  | 100m Hurdles |
| Christine Shaw | 400m         |

## MSL Place Winners

|                  |                            |
|------------------|----------------------------|
| Jacob Rollins    | 4x800                      |
| Drysten Crallie  | 800m<br>4x800 & 4x400      |
| Kevin Juarez     | 400m<br>4x800 & 4x400      |
| Conner Howell    | 4x800                      |
| Payton Sandine   | 110m Hurdles               |
| Ashalee Chaples  | 100m                       |
| Brooke Wilhite   | 400m<br>4x400              |
| Trey Johnson     | 400m                       |
| Derrick O'Neal   | 300m Hurdles<br>4x400      |
| Wes Payne        | Long Jump<br>200m          |
| Bethany Robinson | 200m                       |
| Shanell Hayes    | 300m Hurdles<br>4x400      |
| Trey Johnson     | 200m<br>4x400              |
| Christine Shaw   | 4x400                      |
| Maddie Rollins   | 4x400                      |
| Naomi Dillon     | 4x400                      |
| Khari Berger     | 4x400                      |
| Jacob Maynard    | 110m Hurdles<br>Pole Vault |
| Chris Green      | Pole Vault                 |
| Jazlynn Simon    | High Jump<br>Long Jump     |
| Kyra Alexander   | Shot Put                   |
| Heaven Bridges   | Discus                     |
| Aaron Godsey     | Discus                     |

## MSL Running Athlete of the Year

Mckenzie Long

# VARSIY LETTER & PARTICIPATION AWARDS

## Boys

### **Participation Award**

Branden Harris  
Jacob Marcum  
Jason Plantz  
Ty'lei Tate  
Kane Weisgarber

### **1<sup>st</sup> Year Varsity Award**

Eric Bonte  
Chance Bradley  
Drysten Crallie  
Aaron Godsey  
Conner Howell  
Devin Johnson  
Kevin Juarez  
Jeremy Lannom  
Jacob Long  
Tyson Peoples  
Donald Rakes  
Payton Sandine  
Corey Thanthanavong

### **2<sup>nd</sup> Year Varsity Award**

Chris Green  
Jeremy Maynard

### **3<sup>rd</sup> Year Varsity Award**

Trey Johnson  
Jacob Maynard  
Derrick O'Neal  
Wes Payne  
Mike Phimmasone  
Jacob Rollins

### **4<sup>th</sup> Year Varsity Award**

Khari Berger

## Girls

### **Participation Award**

Orianna Bass  
Mackenzie Castrodad  
Tierra Christman  
Breanna Dykes  
Alicia Sweet

### **1<sup>st</sup> Year Varsity Award**

Kyra Alexander  
Ashalee Chaples  
Chloe Davis  
Sarah Ervin  
Sidney Hall  
Taylor Haslett  
Cheyenne McClain  
Alyssa Perry  
Bethany Robinson  
Christine Shaw  
Bailee Thevenin  
Brooke Wilhite  
Melia Worboy

### **2<sup>nd</sup> Year Varsity Award**

Kendalynn Green  
McKenzie Long  
Mackenzie McClain  
Maddie Rollins  
Jazlyn Simon

### **3<sup>rd</sup> Year Varsity Award**

Heaven Bridges  
Shanell Hayes  
Trinity Palmer

### **4<sup>th</sup> Year Varsity Award**

Naomi Dillon