

2023
Hamilton Township Rangers
Track & Field



Season Summary

2023 MSL Buckeye Division Boys Champions

2023 Track & Field Team Season Accomplishments

<u>Meet Name</u>	<u>Results 2022</u>	<u>Results 2023</u>
Region Boys	32 th of 35 teams	12 th of 38 teams
Region Girls	20 th of 37 teams	33 rd of 38 teams
District Boys	15 th of 17 teams	9 th of 17 teams
District Girls	11 th of 17 teams	11 th of 17 teams
MSL Buckeye Boys	3 rd of 8 teams	1 st of 8 teams
MSL Buckeye Girls	5 th of 8 teams	4 th of 8 teams
East Tiger Invitational Boys	7 rd of 12 teams	1 st of 13 teams
East Tiger Invitational Girls	3 rd of 16 teams	1 st of 13 teams
Africentric Invite Boys	did not attend	2 nd of 6 teams
Africentric Invite Girls	did not attend	2 nd of 6 teams
Ranger Boys	3 rd of 7 teams	2 nd of 8 teams
Ranger Girls	3 rd of 7 teams	3 rd of 8 teams
Elmo Kallner Boys	5 th of 12 teams	1 st of 14 teams
Elmo Kallner Girls	6 th of 12 teams	10 th of 14 teams
Bexley Relays Boys	Did not Attend	1 st of 10 teams
Bexley Relays Girls	Did not Attend	4 th of 10 teams
Berlin Boys	6 th of 8 teams	6 th of 8 teams
Berlin Girls	7 th of 8 teams	8 th of 8 teams
Booster Boys	4 th of 11 teams	2 nd of 11 teams
Booster Girls	3 rd of 11 teams	2 nd of 11 teams

Teams Defeated by Boys Track & Field Team: (67)

Africentric Early College, Amanda Clearcreek, Bard Early College, Bexley, Bishop Hartley, Bishop Ready, Bishop Watterson, Bloom Carroll, Briggs, Buckeye Valley, Canal Winchester, Centennial, Central Crossing, Circleville, Columbus East, Columbus Independence, Columbus International, Columbus South, Columbus West, Cristo Rey, Delaware Hayes, Dublin Coffman, Dublin Scioto, Eastmoor Academy, Fairfield Union, Franklin Heights, Gahanna Lincoln, Grandview Heights, Granville, Grove City, Grove City Christian, Groveport Madison, Harvest Prep, Hilliard Bradley, Hilliard Darby, KIPP Columbus, Liberty Union, Linden McKinley, London, Logan, Logan Elm, Marion Franklin, Marysville, Mifflin, Mount Vernon, New Albany, Newark, Northland, Northridge, Olentangy, Olentangy Berlin, Olentangy Liberty, Reynoldsburg, St. Charles, Teays Valley, Thomas Worthington, St. Charles, St. Francis DeSales, Walnut Ridge, Watkins Memorial, West Jefferson, Westland, Westerville North, Westerville South, Whitehall-Yearling, Worthington Christian, Worthington Kilbourne

Teams Defeated by Girls Track & Field Team: (40)

Africentric Early College, Amanda Clearcreek, Bard Early College, Bishop Ready, Bishop Watterson, Bloom Carroll, Briggs, Canal Winchester, Centennial, Central Crossing, Circleville, Columbus East, Columbus Independence, Columbus International, Columbus West, Cristo Rey, Bishop Hartley, Eastmoor Academy, Franklin Heights, Gahanna Lincoln, Grandview Heights, Groveport Madison, Harvest Prep, Hilliard Bradley, KIPP Columbus, Liberty Union, Linden McKinley, Logan Elm, Marion Franklin, Mifflin, Mount Vernon, Northland, Olentangy Berlin, Reynoldsburg, St. Francis DeSales, Walnut Ridge, Westerville North, Westland, Whitehall-Yearling, Worthington Christian

Season by the Numbers

(6) School Records Broken

Boys 4x1600 Relay

Caleb Martin, Andrew Diska, Kyan Spencer, Caden Spencer

Boys 4x110 Shuttle Hurdles

Nadir Langston, Javion Wilson-Booker, Jalen Townsend, Jaden Jarrell

Triple Jump

Jalen Townsend

Indoor 55 Hurdles

Nadir Langston

Indoor 60 Hurdles

Nadir Langston

Indoor Long Jump

Jalen Townsend

MSL Buckeye Records

High Jump

Matthew Noel

4x200 Relay

Z Coles, Javion Wilson-Booker, Omarion Medley, Matthew Noel

(56) Top-20 All-Time Records Broken

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

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

(7) 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.

(11) District Placers

Long Jump - Jalen Townsend (Champion) Regional Qualifier

Long Jump - Ayden Nott

High Jump - Matthew Noel - Regional Qualifier

High Jump - Ayden Nott

100 Hurdles - AnnMarie Whitson - Regional Qualifier

110 Hurdles - Nadir Langston - Regional Qualifier

300 Hurdles - AnnMarie Whitson - Regional Qualifier

300 Hurdles - Nadir Langston - Regional Qualifier

4x100 Relay - Henry, Holland, Mock, Whittenburg

4x200 Relay - Henry, Holland, Summerville, Whittenburg

4x200 Relay - Coles, Medley, Noel, Wilson-Booker

MSL Award Winners

1st Team All-MSL*

Nadir Langston	100, 110h 300h, 4x400
Matthew Noel	HJ, 4x200, LJ
Zyheir Coles	4x200, 4x400
Omarion Medley	4x200, 4x400
Javion	
Wilson-Booker	4x200
Brady Holt	4x400
Jalen Townsend	Long Jump
AnnMarie Whitson	100h, 300h

2nd Team All-MSL

Matthew Noel	200m
Omarion Medley	400m
AnnMarie Whitson	4x200
Gabrielle Whittenburg	4x200
Tamyra Henry	4x200
Brianna Holland	4x200

Honorable Mention

Andrew Duska	4x800
Brenden Delong	4x800
Caleb Martin	4x800
Ibsa Liban	4x800
AnnMarie Whitson	100m
Brianna Holland	200m, 4x100
Gabrielle Whittenburg	4x100
Navaeha Mock	4x100
Tamyra Henry	4x100
Roqeebah Ogunlana	High Jump

MSL Running Athlete of the Year

Nadir Langston (40 points)

*1st team Athletes must attend the
MSL Banquet Wednesday, May
31st at Whitehall-Yearling HS at
6:30pm

SENIOR ACCOMPLISHMENTS

Hannah Sandlin

Improved LJ from 14'10 to 15'4"
2x MSL Scorer in Long Jump
2022 2nd Team MSL 4x100

Kaylee Rose

Improved 800m from 3:08 to 2:48.78
Improved 1600 from 6:44 to 6:25
Improved 3200 from 14:58 to 14:04
3x MSL Scorer in the 4x800

Zak Dawson

Improved 100m from 12.94 to 12.28
Improved 200m from 27.54 to 25.28
Improved LJ from 12'3" to 17'7"

Brenden DeLong

Improved 100m from 12.44 to 12.06
Improved 400m from 56.74 to 56.45
3x MSL Scorer in the 4x800
2023 Honorable Mention MSL 4x800
2022 Honorable Mention MSL 4x200

Ibsa Liban

Improved 800m from 2:15 to 2:08
Improved 1600 from 5:02 to 5:00
2023 Honorable Mention MSL 4x800
2023 District Finalist in the 800m

Matthew Noel

Improved 100m from 11.78 to 11.14
Improved 200m from 24.24 to 23.25
Improved 400 from 54.15 to 51.75
Improved High Jump from 5'8" to 6'5"
MSL Champion High Jump
OHSAA Regional Qualifier High Jump

Ayden Nott

Improved LJ from 19'3" to 20'6.75"
OATCCC Indoor State Qualifier HJ
District Placer in the HJ and LJ

Alex Ratliff

1st year athlete
PR 100m 12.04
PR 200m 24.49
PR 400m 57.91
PR 800m 2:34.46

Jaylen Townsend

Improved LJ 20'7.5 to 22'8"
Indoor National Qualifier LJ
MSL Champion LJ
District Champion LJ
School Record Holder 4x110 SHR
Program Record Holder LJ

Javion Wilson-Booker

1st year athlete
PR 100m 11.74
PR 200m 24.24
PR 110H 16.32
PR 300H 42.42
MSL Champion 4x200
MSL Record Holder 4x200
School Record Holder 4x110 SHR