

The Runner

Volume VII, Issue I

January 2011, Clinic Edition

Regular Features:

- President's Message
- Your District Reps and Committee Chairpersons
- Welcome to the Clinic
- Longevity Awards
- Scholarship Information
- Academic All-Ohio Results
- OAT&CCC Membership Application

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Welcome to the Clinic!

A message from the President

Welcome to the 2011 OATCCC Track and Field Clinic. It is with great honor and pride that this year's clinic is dedicated to the greatest Ohio Track and Field athlete, Mr. Jesse Owens. How fortunate we all are to have a rich history in track and field in our state. Again this year we honor several Hall of Fame inductees including representatives from previous Olympic teams and staffs.

In 2010 we successfully proposed a change in the 2011 OHSAA Tournament at the Regional and State Meets in how athletes qualify from semifinals to finals in the running events. It has been an annual occurrence for the OATCCC Executive Board to discuss concerns surrounding the qualifying procedures in the tournament. Last year, in 46.7% of the state meet semifinals, slower runners qualified to the finals over faster runners using finish place as the lone qualifying standard.

Initially, athletes are assigned lanes in the semifinals based on regional finish places. So it is conceivable that a first place finisher in Region A could have a slower qualifying time than all four qualifiers from Region B, yet still get a preferred lane as all first place finishers are assigned lane 4 or 5. With this cascading lane placement there are issues with slower runners taking spots from the faster runners in the finals. This is also an issue in team standings. All eight finalists score points for their team if they complete the event successfully, thus team scoring is directly affected by this qualifying procedure. A slower runner may get the lane and the points. This concern is also mirrored at the Regional level.

At one time, head to head competition was the only fair way to qualify athletes forward in a competition. With the advancement of technology over the last ten years, the accuracy of automatic timing systems is now accepted at all levels of competition. The National Federation rules indicate that, when possible, head to head competition should be used for the advancement of athletes from semifinals to finals. It further allows for the use of time to qualify athletes through the early rounds to finals.

The OHSAA adopted our proposal that was crafted by our membership's survey responses. We used the email address you provided



Easton Hilton - home of the best clinic in the USA

Photo courtesy of Hilton Hotels

for us in 2010 for the survey. You heavily favored the use of place and time in the format of the top two places of each semifinal heat and then filling the empty lanes in the finals with the next four fastest times in the Regional and five fastest times at the State Meet. Thus, at this year's championships at the Jesse Owens facility, nine athletes will qualify to the finals from which eight will place.

The second proposal we made to the OHSAA was to add the triple jump. The surveys showed that while you supported adding the event by a 60% majority, we were still uncertain with everyone's comfort level of adding the event successfully. We asked the OHSAA to table the proposal for an additional year so that we could get better acquainted with the event statewide. During the 2011 season, we are asking each of you to learn more about the event by attending our clinic sessions on the event and by adding the event to your invitational meets. We are also asking the officials' associations to take a closer look at the event in expectation that they will be called on to officiate it significantly more often this season. The event remains as part of our Indoor Championship event in March. At the end of the 2011 season, you will again be called upon for your perceptions and opinions. Until then, please enjoy this year's clinic. It is always an honor for us to serve you. Warmest regards in these early cold months.

THE OHIO ASSOCIATION OF TRACK AND CROSS COUNTRY COACHES REPRESENTATION BY DISTRICT

1 Ashtabula, Trumbull, Mahoning, Columbiana

2 Lake, Geauga, Cuyahoga

3 Lorain, Medina, Wayne, Ashland

4 Summit, Portage, Stark

5 Holmes, Coshocton

Carroll, Tuscarawas

Harrison, Jefferson

6 Erie, Sandusky, Seneca

Huron, Crawford, Richland

Wyandot

7 Hancock, Putnam, Allen

Paulding, Van Wert

Mercer, Auglaize, Hardin

8 Muskingum, Guernsey

Noble, Belmont, Morgan

Monroe, Washington

9 Darke, Shelby, Miami, Logan

Champaign, Clark, Green

10 Franklin, Union, Madison, Pickaway

11 Licking, Knox

Marion, Morrow

Fairfield

12 Fayette, Ross

Pike, Highland

Adams, Scioto

13 Preble, Butler

Montgomery, Warren

14 Hamilton, Brown

Clermont, Clinton

15 Williams, Fulton

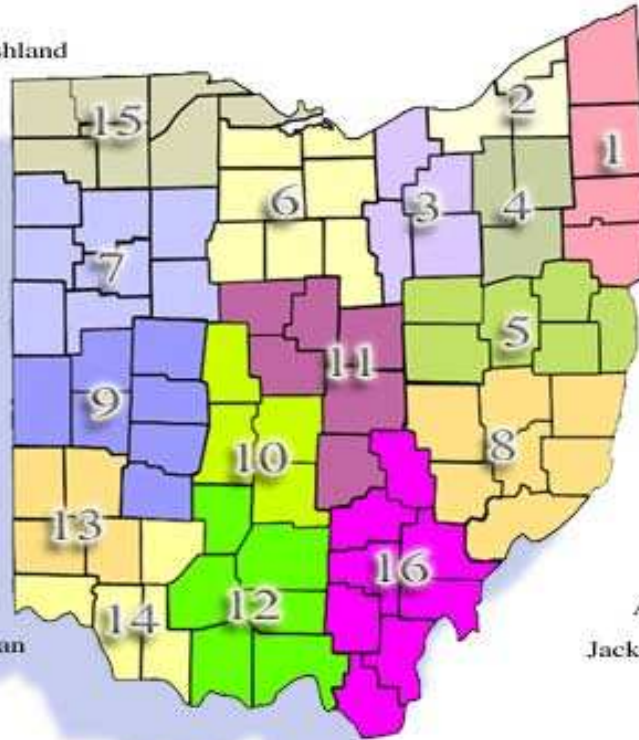
Lucas, Wood

Defiance, Henry

16 Perry, Hocking

Athens, Vinton, Meigs

Jackson, Gallia, Lawrence



Position

Name

School

Phone

President	Scott Dorne	Westerville South High School	614-797-6004
Vice Pres.	Ed Lidderdale	Sandy Valley High School	330-866-9371
Past Pres.	Greg Fraunfelter	Logan High School	740-385-2069
Treasurer	Sam Lehman	Olentangy High School	740-548-5968
Secretary	Donna Joseph		740-676-2365
District 1	Diane Krumpak	South Range High School	330-549-2163 x39133
District 2	Dave Kirk	Chagrin Falls High School	440-247-2072 x4466
District 3	Jim Glessner	Norwayne High School	330-435-4276
District 4	Tom Loy	East Canton High School	330-488-0316
District 5	Mark Albaugh	Claymont High school	740-922-3471
District 6	John Knickel	Carey High School	419-396-7638
District 7	Jim Epperly	Waynesfield-Goshen High School	419-234-3328
District 8	Dugan Hill	Caldwell High School	740-732-5634
District 9	Buzz Seilhamer	Xenia High School	937-426-9250
District 10	Andy Cox	Thomas Worthington High School	614-883-2250
District 11	Jeff Sheets	Heath Middle School	740-788-3200
District 12	Bob Bergstrom	McClain High School	937-981-3926
District 13	Mike Beaty	Meadowdale High School	937-542-7130
District 14	Andy Wolf	Anderson High School	513-232-2772
District 15	John Brashear	Ottawa Hills High School	419-882-0710
District 16	Al Riffey	Vincent Warren High School	740-678-2393



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WELCOME TO THE CLINIC!

Wayne Clark, Chairman

Welcome to the largest track clinic in the USA! We may take for granted we will have an outstanding clinic every year, however, you need only attend clinics in other states to realize how lucky we are here in Ohio.

Many people—namely your OATCCC committee of officers and representatives—work very hard to provide a quality clinic for you. In the column to the right, please take note of the special certification classes being offered at this year's clinic. In response to the many new requirements being placed on coaches, this clinic has tried to offer the opportunity to take care of these certifications in the course of this weekend.

Additionally, we have tried to bring you an outstanding motivational speaker—John “Wags” Wagner—and we hope you will enjoy his message on optimism that he brings to our professional discussions.

Let me take this moment to personally thank you for attending and I hope that you have fantastic Indoor and Outdoor Track and Field seasons!

Sincerely,
Wayne Clark
wclark002@columbus.rr.com

SPECIAL CERTIFICATION CLASSES

Sports Medicine / Pupil Activity Supervisor's Class Saturday, 8:15-10:15—Magnolia Room

This class meets the sports medicine requirements for the PAS Certification. **There is a \$20 fee for this class** that is not covered by your clinic registration. Likewise, you do not have to be registered for the clinic to attend.

Pole Vault Certification Saturday, 8:15-10:15—Room C-D-E

This class meets the three year renewal requirement of pole vault safety certification and rules updates.. **There is no fee for this class** as it is covered by your clinic registration. You will need to show your clinic badge to attend.

NFHS Coaching Education Course (Blended) Saturday, 10:30-2:30—Room C-D-E

This class meets the coaching education requirements for the PAS Certification. Workbooks for this class are included. **There is a \$55 fee for this class** that is not covered by your clinic registration. Likewise, you do not have to be registered for the clinic to attend.

OAT&CCC COMMITTEES AND CHAIRPERSONS

Track & Field Clinic Director	Wayne Clark	Cross Country Clinic Director	Carson Cheek
Indoor State Championship Meet	Jeff Sheets	Hall of Fame Chairperson	Neal Charske
Mid-East Cross Country Director	Neal Charske	Scholarship Chairperson	Bob Karl
Awards Chairperson	Diane Krumpak	Historian	Carson Cheek
Academic All-Ohio	R. Scott Williamson	The Runner Editor	Dave Kirk
College Liaison	Scott Jones University of Akron	OHSAA Liaison	Dale Gabor State Rules Interpreter
Mid-West Track Meet Director	Claude Holland	S.E.I. Chairman	R. Scott Williamson
Pole Vault Safety Clinics	Marty Dahlman	Web Site	Bob Hollen
Cross Country Poll	Todd Clark		

A complete contact list of phone numbers and addresses for these people can be found at:

<http://www.oatccc.com/info.html>



Clinic Notes

General Membership Business Meeting

Scott Dorne, OAT & CCC President

The General Meeting of the OATCCC will be held on Thursday night at 9:30pm. This meeting is open to all members of the Association and any changes to the OATCCC Constitution and Bylaws brought forward by the Executive Board will be voted on at this meeting. You are encouraged to come! The agenda for this meeting is as follows:

AGENDA FOR THE GENERAL MEMBERSHIP BUSINESS MEETING

State Track & Field Clinic
Easton Hilton, Room A
Columbus, Ohio

Thursday, January 27, 2011—9:30pm

Call to Order	Dorne
Secretary's Report	Joseph
Treasurer's Report	Lehman
Standing Committee Reports	
Historian	Cheek
Membership	Joseph
District Representatives Intro	Dorne
State of CC/TF - Proposals	Dorne
Mid East Championships	Charske
Midwest Meet	Holland
Indoor Track Championships	Sheets
<i>The Runner</i>	Kirk
Scholarship Committee	Karl
Web Site	Hollen / Dorne
S.E.I.	Dorne
Cross Country State Meet	Oerhtman
College Liaison	Jones
T & F Clinic	Clark
State T & F Meet	Oehrtman
For the Good of the Sport	Dorne
Adjournment	

Support our Sponsors!





Clinic Notes (Cont'd)

Other Clinic Notes

MF Social / Karaoke Night

Thursday, 10:30pm-12:30am (Juniper Room, Easton C-D-E)

Always a favorite. Come share a song with your fellow coaches.

Athletes in Action - Tim Coleman & Tim Ellis

Friday, 7:30 - 8:15am (Magnolia Room)

The Fellowship of Christian Athletes will have a breakfast meeting beginning at 7:30am in the Magnolia Room of the Hilton. Fellowship and good feelings are free - Vasco Paving will now be sponsoring This breakfast gathering.

Rules Interpretation Meeting

Friday, 9:45 - 10:45am (Easton A / Easton B / Easton C-D-E)

You must be registered and wearing your clinic badge to enter this meeting. **WE DO NOT HAVE TO SPLIT BY DIVISION!** You may stay in the room of the session you were attending. No one will be admitted once the meeting has begun and you must stay for the entire time to receive credit. Don't forget your OHSAA cards that came in your Rules Interpretation packet! A special motivational presentation will follow this meeting.

UCS Social

Friday, 9:30-12:30am (Easton B)

Join us at the conclusion of the Hall of Fame Banquet!

Academic All-Ohio Results from 2010 Cross Country

R. Scott Williamson, Chairperson

Our endeavor in honoring our scholar-athletes with the distinction of academic All-Ohio has been very successful. The OAT&CCC proudly recognized 431 student athletes at last fall's State Cross Country Meet. This was a very proud moment for these athletes, their parents, and their coaches. Congratulations to all! The 2010 Cross Country recipients are posted on the Association website (www.oatccc.com). For a complete list of all honorees, please see our display in the hospitality room at the clinic. We were the first coaches' association in Ohio to celebrate our athletes' scholastic abilities as well as their athletic excellence. In 16½ years, we have honored nearly 14,000 Ohio students with Academic All-Ohio recognition. We have received many positive comments on this program and with the coaches' help, we are looking for even better results this spring.

In the clinic and spring edition of *The Runner*, and in your outdoor track Regional packets (in May), you will find an application form. If you do not find this form, please question your regional meet manager as this form has been made available to all regional managers. If you have a State Meet bound athlete who is eligible for this award, you must bring the completed form to the OAT&CCC table at the State Meet. Also bring the athlete with you to receive their certificates. It is the responsibility of the coach to have the eligibility form signed by the school principal or a guidance counselor. No athlete will be entered into our records whose grade point average has not been correctly figured on a 4.000 point scale. This can and must be done.

These records are made available to interested college coaches upon request and are posted on the OAT&CCC website.



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Mid East Cross Country Championships

Neal Charske

(Ohio team photos—[Boys](#) [Girls](#))

The Twenty-fourth Annual Mid-East Cross Country Meet was held in Kettering on November 20, 2010 in beautiful weather. Meet Director, Neal Charske reports that the individual winner of the girls race was Michelle Thomas of Glen Este HS (OH) in an outstanding time of 17:47. The winner of the boys division was Austin Whitelaw from Monroe HS (MI) in another great time of 15:22. In the team scoring, Indiana won the boys race with a score of 20 points besting our Ohio squad with 55. Michigan followed with 95 points and Illinois was fourth with 109. In the girls race, Ohio emerged as the Mid East Champions with a score of 30 followed by Indiana at 53 in a tight race with Illinois (56). Michigan ended the day in fourth with 84. This is the eighth time the women have won this race.

Top scorers for the Ohio girls were Michelle Thomas (Glen Este) - 17:47 (1st), Carly Hamilton (Springboro) - 18:02 (4th), Hannah Stefanoff (Granview Hts) - 18:09 (6th), Jessica Hoover (Hilliard Davidson) - 18:10 (8th), and Abbie Clifford (Perry) - 18:13 (11th). The boys top finishers for Ohio were Colin Cotton (Summit Country Day) - 15:34 (9th), Luis Carbajal (Dublin Scioto) - 15:35 (10th), Colin Fisher (Delta) - 15:38 (11th), John Sweeney (St. Ignatius) - 15:41 (12th), and Andrew Trusty (Mohawk) - 15:44 (13th).

For a complete listing of the Mid-East results, check with our OATCCC website, or at the following address:

<http://www.oatccc.com/crosscountry/Mideast/WebPages/results.html> AND [See all of the meet photos here](#)

Ohio Well Represented at the Footlocker Midwest Regionals

Zach Wills (Mason HS) & Michael Brajdic (Bay HS) —Ohio's newest National Qualifiers

A large contingent of Ohio runners once again gave up part of their Thanksgiving break to make the trek to the University of Wisconsin-Parkside in Kenosha on Saturday, November 27, 2010.

In the boys team race, Ohio got their scoring from Zach Wills (Mason-8), Michael Brajdic (Bay-9), Colin Cotton (Summit Country Day-24), Ryan Polman (Independence—34), and Mike Wallace (Sylvania Northview-50). Blake Taneff (New Albany-57) and Matt Pelletier (Berkshire-67) rounded out the top seven. With a total of 115 points, Ohio finished fourth behind Indiana (41), Illinois (70), and Michigan (111). Wisconsin trailed in 5th place with 137 points.

In the girls team race, Ohio finished eighth in the team title race scoring 208 points. The first eight spots went to Michigan (30), Illinois (69), Colorado (102), Indiana (112), Wisconsin (114), Missouri (148), and Minnesota (199).

Ohio scorers were Jacquelyn Crow (Lebanon-20), Selena Pasadyn (Brunswick-54), Taylor Monheim (Perrysburg-77), Alexis Uber (Brunswick-79), and Loren McDaniel (Brunswick-88). Sammi Vaughn (Crestwood—102) and Alex Brown (Yellow Springs-112) rounded out the top seven.

Congratulations to all of you on an outstanding cross country season! You represented yourselves and Ohio well!!

And good luck to Zach and Michael at the National Championships ([see story, page 7](#))!



Zach Wills and Michael Brajdic finish together in 8th and 9th place at the Midwest Footlocker Regional Meet—November 27, 2010

Ohio's National Qualifiers from the Midwest Regional.

Photos courtesy of the Foot Locker Cross Country National Championship website (<http://www.footlockerccc.com>)



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Ohio Well Represented at Foot Locker Nationals *Two Buckeyes at the National Championships*

Congratulations to Zach Wills of Mason High School and Michael Brajdic of Bay High School on their qualifying efforts to the Foot Locker Cross Country National Championships held at Balboa Park, San Diego, California, on December 11, 2010.

In qualifying to this event, Zach—a three time Division I State Champion—ran an outstanding 15:08.2 at the Midwest Regional Meet at Kenosha (WI) to grab the #8 qualifying spot (top 10 qualify to Nationals). Michael, a two time State Champion in Division II, followed closely behind in 9th with a 15:08.7 to make it to this event.

At the National Championships, Michael finished 26th with a time of 15:45 and Zach finished in 34th place with a 15:55. The overall winner was Lukas Verzbicas (Carl Sandburg HS, ILL) in 14:59. Midwest runners dominated this race with the top five scoring 22 points followed by the South at 64, the Northeast at 73, and the West at 75.

To Zach (Oklahoma State) and Michael (Ohio State) —good luck with your collegiate careers. However, before you go, please know how proud Ohio is of the way you represented yourselves, your schools, your communities, and all of us in Ohio!



**Michael Brajdic (L) of Bay HS
and
Zach Wills (R) of Mason HS**

Photos courtesy of MileSplit.US

www.milesplit.com

2009—2010 OHIO GATORADE ATHLETES OF THE YEAR

Looking back at last year's winners



**Madeline Chambers
Magnificat High School**

**Ohio Athlete of the Year
2009 Cross Country**



**Zach Wills
Mason High School**

**Ohio Athlete of the Year
2009 Cross Country**



**Kaila Barber
Midpark High School**

**Ohio Athlete of the Year
2010 Track and Field
Sprints and Hurdles**



**Justin Welch
Eastwood High School**

**Ohio Athlete of the Year
2010 Track and Field
Throws**

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2010 DISTRICT COACHES OF THE YEAR

DISTRICT	GIRLS TRACK & FIELD	BOYS TRACK AND FIELD
1	Nancy Miller, United HS	Todd Huda, Salem HS
2	Rick Mack, Midpark HS	Tony Overton, Glenville Academy
3	Terry O'Hara, Norwayne HS	Lance Currens, Wadsworth HS
4	Georga Hallis, CVCA	Jim Sweiter, Woodridge HS
5	Rob Copeland, Steubenville HS	Dave Bell, Indian Valley HS
6	Mike Lyons, Ontario HS	Preston Foy, Colonel Crawford HS
7	Bruce McConnell, Spencerville HS	Larry Topp, Minster HS
8	Toni Gallow, Buckeye Trail HS	Doug Joy, John Glenn HS
9	Mike Goubeaux, Versailles HS	Elliott Shuman, Springfield HS
10	Denny Hammond, Reynoldsburg HS	Ed Rarey, Gahanna Lincoln HS
11	Nathan Corum, Watkins Memorial HS	Jason Ewalt, East Knox HS
12	Louis Reed, Washington Court House HS	Gary Johnson, Wheelersburg HS
13	Michael Coleman, Miami Valley HS	Randy Waggoner, Trotwood Madison HS
14	Dan Rosenbaum, Cin. McNicholas HS	Chip Dobson, Mason HS
15	Jason Gubernoth, Patrick Henry HS	John Downey, Archbold HS
16	Steve Semancik, Chillicothe HS	Adam Gonczy, Athens HS

DISTRICT	GIRLS CROSS COUNTRY	BOYS CROSS COUNTRY
1	Jillian Walters, Maplewood HS	Chris Rupe, McDonald HS
2	Anjanette Arabian-Whitman, Magnificat HS	Craig Polman, Independence HS
3	Deb Gallagher, Ashland HS	Greg DeRhodes, Smithville HS
4	Christine Muniak, Louisville HS	Bob Sudomir, Louisville HS
5	Chuck Zobel, Garaway HS	Bruce Crile, New Philadelphia HS
6	Denise Turner, Lexington HS	Dan Biesner, New Riegel HS
7	Jesse Magoto, Minster HS	Russ Holly, Lima Shawnee HS
8	Heidi Mooney, St Clairsville HS	Tony Ciroli, St. Clairsville HS
9	Ann Vogel, West Liberty Salem HS	Byron Kimmel, Tipp City Tippecanoe HS
10	Jim Ferguson, Dublin Coffman HS	Chad Biegler, Dublin Coffman HS
11	Bob Hollen, Granville HS	Jon Morris, Liberty Union HS
12	Jennifer Johnston, Chill Zane Trace HS	Matt Paxton, Chill Unioto
13	Ron Rohret, Springboro HS	Matthew Sobeleski, Kettering Alter HS
14	Lynn Brant, Kings HS	Kurtis Smith, Summit Country Day
15	Becky Minchoff, Toledo Notre Dame	John Wodarski, Delta HS
16	Steve Semancik, Chillicothe HS	Tim Thomas, Ironton HS

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2011 Indoor State Championships

Jeff Sheets

The OATCCC will sponsor its sixth annual State Indoor Track and Field Championships on Saturday, March 19th, at the University of Akron.

The Top 25 list of each event and for declarations for the State Championship will again be maintained throughout the course of the indoor season so athletes and coaches can track their progress. A change carried over from past meets includes the acceptance of results from some out-of-state meets and this will continue in 2011. For example, many Cincinnati schools run at the University of Kentucky and this year, those results will again be accepted—but check ahead of time!

The facility at Akron includes a 300M track, seating for 1200 spectators, and available areas to hold all field events at the same time. Mr. Paul Hammond, Assistant Athletic Director for Facilities, and Mr. Jeff Sheets are collaborating to maintain fees at last year's levels.

The University of Akron provides an absolutely outstanding state championship venue along with a very well organized format and structure for the meets. The State Championships are very professionally organized and it is the desire of the OATCCC Executive Committee to offer another opportunity for Ohio athletes to showcase their talents. Good luck—and see you at Akron!

Midwest Meet of Champions—Preparing for 2011

Claude Holland

The Midwest Meet of Champions is scheduled for Friday/Saturday, June 10/11, 2011, at Northrop High School in Fort Wayne, IN. This meet showcases senior talent from the states of Ohio, Indiana, and Michigan. We are also hopeful that past participants—Pennsylvania, West Virginia, and Illinois - might re-join us in the near future. This is the second of the meet's four -year cycle in Indiana hosted by the [Indiana Track Coaches Association](#). The meet will then return to Ohio in June of 2014.

In 2010, Team Ohio's men's and women's squads combined for 397 points to out score Team Indiana's 280.5 and Team Michigan's 268.5. In the women's meet, Ohio led the scoring with a 195.5 point victory against Indiana's 148 and Michigan's 129.5. Scoring for the women was very balanced, only winning seven events including a sweep of the long jump—but also placing high in each of the remaining events. In the men's meet, Ohio dominated the scoring with a 201.5 point victory against Michigan's 139 and Indiana's 132.5. Ohio athletes won ten of the seventeen events and had impressive sweeps in both the shot put and the 110HH. Demoye Bogle (Wayne High School) was selected as the Outstanding Athlete-Track for his double victory in the 110HH (13.96) and the 300IH (37.45) while Dustin Brode (Canfield High School) achieved a meet record in the shot put (67-1.5) earning him the Outstanding Athlete-Field award. Congratulations to you both on a great day of performances!

For a complete list of results, rosters and photos from the meet, [click here](#).

BE A PART OF IT in 2011 — AND HERE IS HOW:

1. Coaches should make the Midwest staff aware of their athlete's contact information by (A) filling out and dropping off a "Quick Fact" questionnaire at our table during the Clinic weekend and/or the Indoor Championships (B) go to our team website [by clicking here](#) or to the [Association website](#) and fill out an on-line questionnaire (C) or directly e-mail Claude Holland, Meet Director at rebeltc@aol.com
2. Speak early with your senior athlete and his parents about *holding that date*. Please don't schedule a graduation party for these days!
3. Be certain to DECLARE by filling out a quick DECLARATION FORM at the Midwest Meet tent during the State Outdoor Championships. For your convenience, the Midwest Staff will be setting up the tent early on Thursday afternoon. Our goal is to receive 95% of the declarations prior to the start of the meet.

HOPE TO SEE YOU THERE—AND GO TEAM OHIO!

Visit the OAT & CCC website at: www.oatccc.com



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2011 INDOOR TRACK AND FIELD MEET LINEUP

Check on OATCCC.com for further updates!

FRIDAY	SATURDAY	SUNDAY
JANUARY 21	JANUARY 22 Ohio State Univ Meet #1 GaREAT Open Meet #3 Pioneer Invite (Marietta College)	JANUARY 23 Univ of Findlay (all divisions) Kent State Open #1
JANUARY 28	JANUARY 29 KTCCCA Indoor (Maysville, KY) TSTCA Indoor #5 (Moon Twp)	JANUARY 30 Sid Sink HS Indoor (BGSU)
FEBRUARY 4 TSTCA Indoor #6 (Edinboro, PA)	FEBRUARY 5 KTCCCA Indoor (Maysville, KY) Oberlin College Open #2 Ohio State Univ #2	FEBRUARY 6
FEBRUARY 11	FEBRUARY 12 GaREAT Open #4 KTCCCA Indoor (Maysville, KY) Ohio State Univ #3 Richey HS Early Bird (Cedarville)	FEBRUARY 13
FEBRUARY 18	FEBRUARY 19 KTCCCA Indoor (Maysville, KY) Ohio State Univ #4	FEBRUARY 20 Kent State Open #2 Marietta Open #3 USATF Jr. Olympic @ GaREAT
FEBRUARY 25	FEBRUARY 26 KTCCCA Indoor (Maysville, KY)	FEBRUARY 27 Oberlin College Open #3
MARCH 4	MARCH 5 Arnold Classic (Ohio State Univ) Kent State #3 (Girls only) Univ of Findlay – Div I	MARCH 6 Kent State #3 (Boys only) Kenyon College Invite Univ of Findlay – Div II/III
MARCH 11	MARCH 12 GaREAT Am. Scholastic Nat'l Champs	MARCH 13 GaREAT Am. Scholastic Nat'l Champs Oberlin College Open #4
MARCH 18	MARCH 19 OATCCC State Championships @ University of Akron	



The OATCCC says,
“THANK YOU!” to NIKE -

For the travel bags received by each athlete competing in the Midwest Meet of Champions.



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Track and Cross Country Coaching Longevity Awards Diane Krumpak, Awards Chairperson

The OAT & CCC wishes to recognize the coaches who have many years of devoted service. If you meet the following criterion or if you know of another coach who qualifies—whether active, retired, or deceased—report to the “Awards” display area at the clinic, or contact Nancy Beattie at Worthington High School:

nbeattie@worthington.k12.oh.us

The awards are as follows (application on page 12):

CERTIFICATE: A coach who has coached 20 years in one sport (track or CC) or 30 combined seasons of both can receive a certificate at the Awards display

LAPEL PIN: A coach who has coached 25 years in one sport or 40 seasons of both can receive a lapel pin at the Awards display.

PLAQUE: A coach who has coached 30 years in one sport or 50 combined seasons of both and if they have accomplished either of these during the most recent calendar year, qualifies for a plaque.

OAT & CCC Marvin Crosten Scholarship Applications Bob Karl, Scholarship Chairperson

The OAT & CCC Marv Crosten Scholarship program was established to recognize the outstanding sons and daughters of OAT & CCC members with scholarship awards. Named in honor of long-time coach and OAT&CCC officer, Marv Crosten, this scholarship program is available for students currently in their senior year of high school or their freshman year of college. The scholarships are for one year only and the parent-coach must have been an active member of the OAT&CCC for three consecutive years directly prior to the application being filed.

The individual scholarship awards will be given in recognition of outstanding athletes, coaches, Hall of Fame members, Ed Barker Award recipients, and the current OAT&CCC president. This is done in order to honor many of the positive contributors to our two sports over the years. The amount of the scholarship is \$1,000. It is a privilege to be able to help these young people as they further their education at the collegiate level.

The OAT&CCC scholarship committee is accepting applications for the 2011 awards. The deadline for applications to be returned to the scholarship committee is April 1, 2011. [Click here for applications](#) and send to:

Bob Karl, OAT&CCC Scholarship Chairperson
3005 Laplata Drive
Kettering, Ohio 45420

2010 OATCCC FRED DAFLER AWARD WINNERS

GIRLS' TRACK

Denny Hammond
Reynoldsburg HS

BOYS' TRACK

Al Riffey
Warren HS

GIRLS' CROSS COUNTRY

Anjanette Arabian-Whitman
Magnificat HS

BOYS' CROSS COUNTRY

Ross Deye
Sylvania Northview HS

*Congratulations to all of our Career Coaches of the Year!
It is a privilege to honor you for your years of dedication and accomplishment.*



Ohio Association Of Track And Cross Country Coaches

TRACK AND CROSS COUNTRY COACHING LONGEVITY APPLICATION

The OAT&CCC wishes to recognize the coaches who have many years of devoted service. Coaches who meet the following criteria or know other coaches who have qualified are urged to contact the longevity chairman at the Awards Display Area at the OAT&CCC clinic in January. Coaches to be considered may be active, retired, or deceased. Coaches may should send this form with the information at the bottom of the sheet to Nancy Beattie through her e-mail address (nbeattie@worthington.k12.oh.us)

QUALIFICATIONS:

1. In one of two categories - in a single sport, or combination of both sports.
 - A. If you have coached **either** Track **or** Cross Country **for 20 seasons or more;**
 - B. If you have coached **both** Track and Cross Country **for a combined 30 seasons or more.**
2. All seasons of coaching are included: Jr. High, High School, and College - head or assistant positions
3. Count out of state coaching only if you have been coaching in Ohio for more than ten years.
4. Count only one season per year if you coach both boys and girls teams - or jr. high and high school teams. Please be careful not to double count the number of seasons.
5. Do not count indoor track as an additional season if you coach track.

OAT & CCC LONGEVITY AWARDS:

CERTIFICATE AWARD: A coach has 20 seasons in one sport (*either track or cross country*), or 30 combined seasons (in *both* track and cross country) can receive a certificate at the Awards Display Area at the OAT&CCC Clinic. The certificates can be updated every five years and at retirement.

LAPEL PIN AWARD: A coach who has 25 seasons in one sport (*either track or cross country*), or 40 combined seasons (in *both* track and cross country) can receive a certificate at the Awards Display Area at the OAT&CCC Clinic.

PLAQUE AWARD: A coach who has 30 seasons in one sport (*either track or cross country*), or 50 combined seasons (in *both* track and cross country) can receive a plaque if they have accomplished either during the most recent school year. A coach who may qualify in both criteria may purchase a second plaque by contacting the Longevity Committee Chairperson. The coast is approximately \$25.

Coach _____

School _____

Home Address _____

Home Phone (_____) _____

E-Mail Address _____

History	Schools	Level	Years	Total
T & F	_____	_____	19__ - _____	_____
T & F	_____	_____	19__ - _____	_____
T & F	_____	_____	19__ - _____	_____
CC	_____	_____	19__ - _____	_____
CC	_____	_____	19__ - _____	_____
CC	_____	_____	19__ - _____	_____
Total seasons				_____



CLASS OF 2011 HALL OF FAME

Neal Charske, Chairperson

The OAT&CCC Hall of Fame is located in French Field House on the Ohio State Campus. It is an impressive display of names and pictures of its members. Members are also featured on the association website at www.oatccc.com. Members of the Hall of Fame, as well as the Ed Barker Award winners, are voted on by the Executive Board who receive the nominations from the district representatives. If you have someone you would like to nominate for the Hall of Fame, please see your district representative and fill out the special form by June 30th of the year for which you are asking consideration.

Jody Grove

Jody Grove has served as the head girls Track & Field coach and the boys distance coach for 30 years at Colonel Crawford High School. She has also served for 17 years as the head boys and girls Cross Country coach.

During this time, Jody has received special recognition as the Fred Dafler Career Coach of the year, been named 3 times at the District 6 Coach of the year, and was recognized at the Colonel Crawford Teacher of the Year.

Under Ms. Grove's guidance every girls' track and field school record has been broken. She has had 44 girls participate in the State Track meet. Thirty-five athletes and relays have received All-Ohio honors. Thirteen individuals or relays have been State Champions including Carson Britton (1600 M), Jesse Armbruster (1600 M), Nate Siler (1600 M), and Erin Ebner (100 M. hurdles). Coach Grove has also coached 23 boys and girls who participated in the State Cross Country meet.

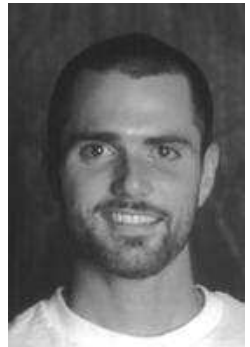
Ms. Grove has led her teams to 3 girls State Championships and the 1 State boys Champion team as the distance coach. With an outdoor track record of 226 - 50 and a cross country record of 51 - 19, Jody Grove is most deserving.



Bob Kennedy

When most coaches think of world class distance runners from Ohio, the first name which comes to mind is Bob Kennedy. This is for good reason. Bob attended Westerville High School where he was guided by Irv Christenson. He set a course record at Worthington of 14:53. Bob further won State championships in 1986 and 1987. Bob was also the Kinney National Champion in 1987. In the USA Juniors, he took home the gold in the 1500 with a time of 3:47.69. His best times in high school include 4:05.17 in the 1600 and 8:38.0 in the 3K. The Mid-East Cross Country meet is proud to have had Bob as its first winner.

Bob Kennedy attended Indiana University. He was the NCAA Cross Country National Champion in 1988. In 1990 Bob earned another National Championship in the 1500. He was 4 times US Outdoor National Champion in the 5,000 and 2 times in cross country. This outstanding runner held two American records with 7:30.84 in the 3,000 and 12:58.21 in the 5,000. Nationally, Mr. Kennedy was an Olympian in 1992 and 1996 in the 5,000 M.



Polly Barga Slonkosky

Polly Barga competed under the guidance of Hall of Fame Coach Katie Horstman. She had an outstanding career. While at Minster High School, she was part of 3 State record setting relay teams including the mile relay, (4:04.7) the 440 yd. relay (50.1) and the 880 medley relay. Polly also set a school record in the 440 in 57.4. At the State meet, Polly competed in 15 of the 16 possible events over four years. She earned 7 gold (2 individual), 4 silver (1 individual), 2 bronze, 1 fourth, and 1 sixth. Her team won the State title all four years.

Polly attended Miami University and participated in the 400 and 1600 relays. She was injured as a freshman and competed as a sophomore but gave up her scholarship to concentrate on school.

Ms. Barga is married and has six kids (three that are currently running for Minster.) She returned to teaching last year after 21 years of raising a family. This will be her 3rd year of coaching J.H. girls along side her former J.H. coach Diane Voskuhl.





CLASS OF 2011 HALL OF FAME (Continued)

Neal Charske, Chairperson

Bill Schnier

Bill Schnier began his coaching career at Trotwood-Madison High School. Four of his athletes who became college All-Americans include Lamar Preyor (double State Champ), Jeff Dils, Tom Rapp, and Gary Loe.

Mr. Schnier has been the head coach of both Track and Cross Country at the University of Cincinnati for 30 years. He has coached 2 Olympic medalists --David Payne won silver in the 2008 hurdles and Mary Wineberg was a member of the 4 x 400 gold medal relay. Under Coach Schnier's guidance were 6 NCAA Div. 1 All-Americans, 8 Bearcat alumni who qualified for the 2008 Olympic trials, and 12 Champion Conference team titles. Coach Schnier was named Conference USA "Coach of the Decade" in both track and cross country. Bill was also Conference Coach of the Year 15 times as well as Ohio Cross Country Coach of the year 2 times. His winning percentage in track is .793. He has coached 131 individual conference champions and 21 NCAA Div. 1 qualifiers. In cross country, his record is 155 - 61.

Coach Schnier has done all of this with few scholarships (and now none!) He teaches his team that scholarships don't make winners-- character and practice do.

Bill attended Capital University. As a member of the track team, Bill still holds the 800 M record set in 1966. He is also a member of the 4 x 800 relay team which holds the Capital school record. In 2010 Coach Schnier was inducted into the Capital University Hall of Fame.



Criss Somerlot

Criss Somerlot has been active and quite successful in the area of track and field for nearly all his life. As an athlete, Mr. Somerlot was two-time Ohio class A Discus Champ and school record holder at Ohio University in the hammer. In the NCAA, his achievements include a three-person record in the hammer in 1968, reset in 1969 and held until 1974.

Coach Somerlot is known for his outstanding accomplishments while coaching at Centerville High School. His 1981 girls track team won the State. In dual and triangular meets, his teams have a record of 114 - 9 with only one loss since 1979. They have also earned 215 invitational victories. Coach Somerlot is proud to have coached 14 All-time Ohio record holders. Outstanding athletes under his guidance include Alan Phillips-hurdles, Kristen Jumer-State champ in the 1600 and 800, Lisa Haws in the mile, and Kelly Greenlee- 2 time State champ in the 800. Criss has coached at least one athlete who has placed in every event at the Ohio State Championships.

Criss has been active as a speaker at many T & F clinics over the years in the areas of throws and developing a team. He has spoken in 36 different states and 7 foreign countries. He has further served as clinic director for the Gathering of Champion series coach/athlete clinics at Centerville HS that have had over 25,000 athletes and coaches attend over the past 25 years. Criss also served as clinic director for the USATF Super Clinic at the '96, '00, & '04 Olympic trials. He further worked with Nike and designed a running shoe and 2 different models of throwing shoes.

Criss has been quite active nationally. He coached the 1991 Eight Nation Games held in Spain. He also coached in the US Olympic Festival in 1994. Criss served as assistant coach at the IAAF World Indoor Championships in Maebashi, Japan in 1999. As an Olympic coach, Criss Somerlot served in 2004 in Athens, Greece, and 2008 in Beijing, China. He has further served as the USATF Director of Throws since 2002. He directs the development programs in conjunction with their personal coaches of the US elite men throwers in the areas of biomechanics, psychology, nutrition, and elite training with a goal of helping the US men prepare for the next Olympic and World Championship competitions.



Kevin Schlitt

Kevin Schlitt was a member of the Marion Catholic track team from 1986-1989, where he was coached by Bob New. Kevin was a 3X Class A State Champion in the pole vault, along with a 4th place finish his freshman year.

Kevin won numerous pole vault championships, including 3 Central District Indoor Titles, 3 Central District Outdoor Titles, 3 Mount Gilead Invitational Titles, 3 Mid-Ohio Conference Titles and 3 Regional Meet Titles. Besides his pole vault accomplishments, Kevin was strong in the hurdles and various sprint relays.

Kevin led Marion Catholic to the Class A State Team Championship in 1989 with a 1st place in the pole vault, 3rd in the 110 M HH and 4th in the 4X400 Relay.

Mr. Schlitt attended Georgetown University in Washington DC. His best pole vault performance was 16'. Competing for the Hoyas, Kevin won 2 Big East Titles in the pole vault and broke both the Indoor and Outdoor Big East Records in 1991. This outstanding athlete was also named to the Big East Academic/Athletic First Team from 1990-1992.





CLASS OF 2011 HALL OF FAME (Continued)

Neal Charske, Chairperson

Matthew “Mike” Thomas

Matthew “Mike” Thomas attended Fairport Harding High School where he was coached by Chet Rejeck. His accomplishments were many. Mike led the “Skippers” to two State Track Meet championships in 1964 and 1965 earning the State Meet MVP in both years. He won both the High and Low Hurdle events setting the State Meet high hurdle record in 1965, placing 4th in the long jump and anchoring the Mile Relay to a 4th place finish. He further won the Mansfield Relays in the highs, (14.2) competing against 114 other hurdlers from 3 states. Mr. Thomas finished his senior year undefeated in the high hurdles. Three weeks after the State Meet, Mike set a Kent State University Track record (cinders) of 14.3.

While Mike Thomas’s accomplishments are great, they are even better when you consider that Fairport Harding had no track. They ran in the streets. For example, 220 yards was between 3rd and 4th Streets, ½ mile was around the block, and they set the hurdles on the football yard lines.

Mike went on to attend The Ohio State University. He ran the 400 IM hurdles, winning the All Ohio College meet and setting the track record at Ohio Wesleyan. In 1967, he was named All Ohio IM hurdler.



Otis D. Winston

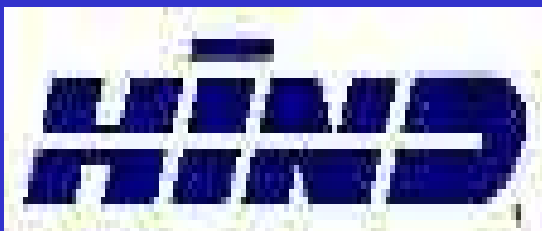
Otis Winston began setting the bar high at a young age. He won the State Meet in High Jump 3 consecutive years and qualified for the high jump, long jump, 110m hurdles and the 4x400m relay, taking home the title in both the high jump and long jump. Otis was the first athlete in the Ohio Valley to jump 7’ and in his pursuit of the 7’ mark he set several state records.

Track was not the only sport in which Coach Winston has set records. As a four time letterman, despite several injuries, Coach Winston still holds the Toronto career scoring record in basketball with an impressive 1453 points. His senior year, Otis led his team to a 19 game season record, was co-captain of the team and named Eastern District 1st Team, OVAC 1st Team, and District 5 Player of the Year. Otis had a High School career high of 46 points in a game and scored at least 20 points in 30 consecutive games.

Coach Winston’s pursuit of excellence did not stop in High School, and he went on to participate in both Basketball and Track & Field at The Ohio State University. Otis was an All-American in Track and Field. Still setting records in college, he continues to hold a school record of 7’41/2” in the high jump. His exceptional jumping ability awarded him the opportunity to participate in the Olympic Trials for Track & Field in 1996.

Otis’ athletic achievements continued in basketball as well. He was a starter his Junior Year as a defensive specialist, often times matching him with the opponents leading scorer. His senior year he was the co-captain of his team while scoring a double-double against Penn State and scoring a season high of 17 points against Michigan. After college Otis went on to play overseas in Russia.

Otis owns his own production company and is currently shopping around three television show concepts in Hollywood to major networks. Otis Winston has two beautiful children Promise Starr Winston 8 and Reign Dawan Winston 6 and he currently resides in Blacklick, Ohio.



The OATCCC says,
“THANK YOU!” to HIND -

The sponsor and uniform supplier to the MidEast Cross Country teams and the Midwest Meet of Champions teams. Thanks for helping our champions *look* like champions!



2011 ED BARKER AWARD

Neal Charske, Chairperson

The OAT&CCC Hall of Fame is located in French Field House on the Ohio State Campus. It is an impressive display of names and pictures of its members. Members are also featured on the association website at www.oatccc.com. The Ed Barker Award is presented to one individual each year who has made outstanding contributions to track and field and/or cross country in the State of Ohio. This award, like the Hall of Fame, is voted on by the Executive Board who receives the nominations from the district representatives. If you have someone you would like to nominate for the Hall of Fame, please see your district representative and submit the form by June 30th of the year for which you are asking consideration.

Nancy Beattie, Thomas Worthington HS

The Ed Barker Award is given as acknowledgement to the individual who has shown the most exceptional service to the OAT & CCC and to the sports of track and cross country in Ohio.

It is with great pleasure that we name Nancy Beattie as this year's Ed Barker award winner, the highest award our association gives. Coach Beattie has been a tremendous leader both locally and statewide in track and field. More importantly, she has been a role model for all coaches to emulate.

Ohio recently celebrated 100 years of track and field, but it has been less than 40 years for women's participation. In this brief time, Coach Beattie has ascended to the top of the ladder in service and excellence. Nancy Beattie was the first woman to serve as President of the Central District Track and Cross Country Coaches Association. She encouraged many of us to be active in our coaches associations to make our sports the best possible. Nancy then became the first woman President of the OATCCC. Over the years, Nancy has served our association in any way necessary. She has been a most valuable part of our group. She is especially proud that she was a proponent of girls' pole vault. Nancy wrote the report that the association took to the OHSAA.

Ms. Beattie's accomplishments at Thomas Worthington High School are many. Her athletes are not only outstanding in the sport, but her young female athletes present themselves with confidence and dignity. Both on the field and as an association member, Nancy Beattie has truly earned the Ed Barker award.



PLEASE JOIN US!

**The OAT&CCC Hall of Fame Banquet will be held Friday, January 28, 2011
in rooms A-B of the Easton Hilton Hotel, from 6:30 - 9:30pm.**

**Even if you are not coming to the banquet, please feel free to join us for the UCS social
from 9:30pm - 12:30am in room Easton B. Come join the fun!**

Visit the OAT & CCC Hall of Fame at: <http://www.oatccc.com/halloffame>



OHSAA SPORTSMANSHIP, ETHICS, AND INTEGRITY AWARD WINNERS

GIRLS' TRACK

Lori Guest
Licking Valley HS

BOYS' TRACK

Dick Walters
Circleville HS

GIRLS' CROSS COUNTRY

Chris Arno
Bellaire HS

BOYS' CROSS COUNTRY

Dan Otten
Celina HS

Congratulations—and thank you! Your outstanding traits of ethical behavior and integrity in your duties and responsibilities are a credit to our profession.

2010 CROSS COUNTRY CLINIC

If you missed the 2010 Cross Country Clinic, then you missed an outstanding day in Dayton. The featured speakers—Lowie VanStaveren (Gobles HS, MI) on circuit training, along with our own esteemed coaches from around the state including Jeff Howard (Woodridge HS), Milt Place (Medina HS), Jessie Magoto (Minster HS), and Dan Lancianese (SVSM) - gave an outstanding presentation of ideas and programs that any coach could put into place and improved their program.

The number of coaches who attended the Clinic was reported at about 100 and nearly 30 of those took advantage of Thursday evening's social and the opportunity to sit and talk with the featured coaches.

In 2011—the goal is to continue to bring in the coaches who you as an association want to hear and to continue to grow this Clinic into one of the best distance clinics in the country. Once again, it will be held in conjunction with the Mid East Cross Country Meet and sponsored by MF Athletics who will also be providing a coaches' social following the clinic. Please mark your dates: Friday,

November 18 is the Cross Country Clinic and Saturday, November 19 will be the Mid East Championship.

Coaches—start getting your seniors signed up now for the Meet, come down for the Clinic, and then stay and support your athletes!

Stay tuned for updates in the fall edition of *The Runner* concerning hotel information and speaker format.



Lowie VanStaveren

2010 DISTINGUISHED SERVICE AWARD WINNERS

Nominations for this award are submitted to the District Representatives and winners are announced—odd numbered districts in odd years, even numbered districts in even years.

DISTRICT 2	Theresa Audia / Chris Lillstrung
DISTRICT 4	Tim Stith
DISTRICT 6	Tim and Shannon DeCooman
DISTRICT 8	Denny Riddle
DISTRICT 10	Bruce Benedict
DISTRICT 12	Gayle G. Mahaffey
DISTRICT 14	George Carl
DISTRICT 16	

*Thank you for all you have done over the years on behalf of
The sports of cross country and track and field!*



Ohio Association Of Track And Cross Country Coaches

ACADEMIC ALL-OHIO AWARD 2011 OUTDOOR TRACK AND FIELD

ELIGIBILITY

1. You must have an accumulative high school G.P.A. of 3.5 or better to be eligible. Grades must be computed on a 4.0 scale and carried out to three (3) decimal places. If your school does not use a 4.0 scale, you must have your guidance counselor convert the average to a 4.0 scale equivalent. G.P.A.'s must be calculated at the end of the semester preceding the student's current season.
2. Athletes must qualify for the State Meet
3. Freshmen are not eligible
4. Only relay team members who competed at the Regional or State Meets are eligible.

Nomination Form

(Use this form for boys or girls - not both - and please write very neatly or type)

SCHOOL NAME _____ DIVISION: I II III

ADDRESS _____ COACH'S NAME _____

CITY _____ COACH'S PHONE _____

ZIP _____ SCHOOL PHONE _____

STUDENT NAME	SEX	GRADE	GPA	EVENT (S)	(For OATCCC use only)
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____	_____

Principal's signature _____ Coach's signature _____

1. The coach is responsible for turning in this form at the OATCCC table at the State Track Meet. Please bring your athletes with you to receive their award at this time. Forms turned in after the State Meet will NOT be eligible.
2. The coach is responsible for having this form signed by the school principal or counselor.
3. The coach will have the responsibility of notifying their respective local media.
4. **G.P.A. cannot be over 4.000**



Ohio Association Of Track And Cross Country Coaches

Membership is for the calendar year, January 1, 2011 - December 31, 2011
DO NOT SEND THIS FORM IN IF YOU REGISTERED FOR THE CLINIC!

SCHOOL _____ TELEPHONE _____

SCHOOL ADDRESS _____

CITY _____ ZIP _____

Individual Memberships:

_____ \$10 For each coach - list coaches on the lines below.

School Memberships:

_____ Enroll your entire staff! The price is still \$10 each, but it says something about your staff!

Membership includes voting and Association privileges: Mid East Cross Country Championships, OAT&CCC Indoor State Championships, Midwest Meet of Champions, and the OAT&CCC Runner

Coaching Position (please circle)

		Coaching Position (please circle)		
		Boys	Girls	
1.	Head / Asst	HS / MS	Track / CC	Track / CC
Home address _____		Phone: _____	E-Mail: _____	
2.	Head / Asst	HS / MS	Track / CC	Track / CC
Home address _____		Phone: _____	E-Mail: _____	
3.	Head / Asst	HS / MS	Track / CC	Track / CC
Home address _____		Phone: _____	E-Mail: _____	
4.	Head / Asst	HS / MS	Track / CC	Track / CC
Home address _____		Phone: _____	E-Mail: _____	

Make checks payable to OAT&CCC

(Mail to address below if different than school)

Mail to:

Donna Joseph
3822 Highland Avenue
Shadyside, Ohio 43947

For a subscription to *Ohio Track and Field News* and *Ohio CC*, contact:

Carson Cheek
Ohio Track and Field News
5628 Philothen Road
St. Henry, Ohio 45883

PLEASE ROUTE TO:

_____ Girls' Varsity Cross Country
_____ Girls' Varsity Track
_____ Girls' MS Cross Country
_____ Girls' MS Track

_____ Boys' Varsity Cross Country
_____ Boys' Varsity Track
_____ Boys' MS Cross Country
_____ Boys' MS Track

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