

# The Runner

Volume XV Issue II

January 2020, 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, Diane Krumpak*

Welcome! And thank you for attending the 2020 Track & Field Clinic! We hope you will embrace the opportunities that our incredible clinic director, Wayne Clark, has once again put together for our state's coaches. By attending sessions, asking questions, conversing with fellow coaches, and enjoying the socials and the Hall of Fame banquet, we all have the opportunity to learn and grow. Ohio has a proud tradition in our sports, and we thank you for your passion for our athletes.

You are encouraged to contact your district representatives (contact info is on page two and our website) and share any ideas/concerns about our sports. Discussions and communication will continue to improve our sports as is evidenced by the proposals which have created positive changes for our student-athletes. We appreciate the support and guidance of our OHSAA sport director, Dale Gabor, in working with the OHSAA and OATCCC.

It has been an honor to serve as your president the past two years. Please know that your time and effort in coaching our student-athletes is truly appreciated! The OATCCC Executive Board hopes that you will find this year's Clinic educational and motivational



Easton Hilton - home of the best clinic in the USA

*Photo courtesy of Hilton Hotels*

as you prepare for the 2020 Track & Field season. Good luck to all of you and your teams and may you have healthy and successful seasons.

ENJOY THE CLINIC!

Sincerely,

*Diane Krumpak*

President

## Mid-West Meet of Champions

*Senior classic returns to Michigan State University in 2020*

The Midwest Meet of Champions featuring the top seniors from Ohio, Michigan, and Indiana makes its third trip to Michigan State University on June 13th to showcase the talents of this year's graduating athletes before they continue their careers at the collegiate level.

Transportation arrangements are being finalized with a tentative itinerary centered around Team Ohio busses departing on Friday, June 12th and arriving at MSU for an afternoon practice session, followed by a fun evening on campus with media and entertainment events and an opportunity to meet their counterparts from the other states. Then, Saturday, athletes will compete in one of the finest regional meets in the nation.

ANY senior interested in being a part of Team Ohio and this competition should go to [the www.oatccc.com website](http://www.oatccc.com) for information updates.



# 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

Delaware, Fairfield

12 Fayette, Ross

Pike, Highland

Adams, Scioto

13 Preble, Butler

Montgoery, Warren

14 Hamilton, Brown

Clermont, Clinton

15 Williams, Fulton

Lucas, Wood

Defiance, Henry

16 Perry, Hocking

Athens, Vinton, Meigs

Jackson, Gallia, Lawrence



<u>Position</u>	<u>Name</u>	<u>School</u>	<u>Phone</u>
<b>President</b>	Diane Krumpak	South Range High School	330-501-3215
<b>Vice Pres.</b>	Doug Joy	John Glenn High School	740-586-4993
<b>Past Pres.</b>	Jeff Sheets	Heath Middle School	740-788-3200
<b>Treasurer</b>	Sam Lehman	Olentangy Orange High School	740-548-5968
<b>Secretary</b>	Julie Cole	Chardon High School	440-223-4336
<b>District 1</b>	Robert McQuoid	Geneva High School	440-466-4831
<b>District 2</b>	Anjanette Whitman	Lutheran West High School	440-655-0209
<b>District 3</b>	Jim Glessner	Norwayne High School	330-347-3816
<b>District 4</b>	Michael Laubacher	Massillon Perry High School	330-936-4619
<b>District 5</b>	Ed Lidderdale	Sandy Valley High School	330-209-1086
<b>District 6</b>	Matt Schock	Seneca East High School	419-618-8974
<b>District 7</b>	Jim Epperly	Waynesfield-Goshen High School	419-234-3328
<b>District 8</b>	Dugan Hill	Caldwell High School	740-732-5634
<b>District 9</b>	Jack Lintz	Northmont HS / Tipp City TF	937-750-0214
<b>District 10</b>	Andy Cox	Thomas Worthington High School	614-638-9091
<b>District 11</b>	Bart Smith	Granville High School	740-503-9467
<b>District 12</b>	Matt Paxton	Unioto High School	740-773-4105
<b>District 13</b>	Randy McKinney	Eaton High School	937-533-3207
<b>District 14</b>	Jim Vanatsky	Loveland High School	513-600-5800
<b>District 15</b>	Paul Barney	Toledo Notre Dame Academy	419-460-2942
<b>District 16</b>	Al Riffe	Vincent Warren High School	740-350-9809



# THE RUNNER

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## WELCOME TO THE CLINIC!

The OATCCC Welcomes Coaches from across the Nation

Welcome to the largest track clinic in the USA! We may take for granted that 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.

This year's clinic is dedicated to Jim Wright. This spring begins Jim's 64th year of coaching, and in that time, he has done it all. As a coach, an AD, and official, and a meet director—whether in high schools (Cincinnati Reading, Mariemont, Cin. Hills Christian Academy, and his current position at Country Day School) or college (Wilmington), Jim's athletes have achieved the highest levels of state and national recognition. He has served the OATCCC in literally every possible position—including clinic director prior to Wayne Clark taking the reins—and has received every well deserved honor we can bestow upon him. Therefore, for all of his contributions to our sports and on behalf of all of us—we dedicate the 2020 Clinic to Jim Wright. Make sure you meet him this weekend!

Enjoy this clinic! In the column to the right, please take note of the special certification classes being offered in response to the many new requirements being placed on coaches.

Additionally—we have tried to bring you the most current research and practical training based experts we can find in each of the four event areas. This year's lineup once again lives up to that billing and we look forward to seeing all of you in our many specific event sessions.

## SPECIAL PRESENTATIONS

### Ohio College Night

#### Thursday evening—Main Hallway

Help your kids with recruiting! This is the fourth year our Clinic has invited college coaches from around Ohio to have the opportunity to meet our high school coaches and talk about their athletes. At the time of printing, over a dozen college coaches have committed to this endeavor. STOP BY!

### 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.

## OATCCC COMMITTEES AND CHAIRPERSONS

<b>Track &amp; Field Clinic Director</b>	Wayne Clark	<b>Cross Country Clinic Director</b>	Carson Cheek
<b>Indoor State Championship Meet</b>	Jeff Sheets	<b>Hall of Fame Chairperson</b>	Neal Charske
<b>Mid-East Cross Country Director</b>	Neal Charske	<b>Scholarship Chairperson</b>	Bob Karl
<b>Awards Chairperson</b>	Diane Krumpak	<b>Historian</b>	Carson Cheek
<b>Academic All-Ohio</b>	R. Scott Williamson	<b>The Runner Editor</b>	Dave Kirk
<b>College Liaison</b>	Kris Boey Ohio Wesleyan Univ.	<b>OHSAA Liaison</b>	Dale Gabor OHSAA, Director CC/TF
<b>Mid-West Track Meet Coordinator</b>	Lori Robinson Thomas Worthington HS	<b>S.E.I. Chairman</b>	Jeff Sheets
<b>Pole Vault Safety Clinics</b>	Marty Dahlman	<b>Website</b>	Andy Cox, Ed Lidderdale
<b>Cross Country Poll</b>	Dugan Hill	<b>Constitution / Bylaws</b>	Vern Kiehl
<b>Membership Chairman</b>	Donna Joseph	<b>Wheelchair Division Liaison</b>	Dave Kirk

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

<http://oatccc.com/contact-us.aspx>



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## Clinic Notes

### General Membership Business Meeting

Diane Krumpak, 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 changes to the OATCCC Constitution and Bylaws brought forward by the Executive Board may 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 23, 2020—9:30pm

<b>Call to Order</b>	Krumpak
<b>Secretary's Report</b>	Cole
<b>Treasurer's Report</b>	Dingus
<b>Committee Reports</b>	
-Historian/CC clinic	Cheek
- Membership	Joseph
-District Rep Intro	Krumpak
-CC/TF Proposals	Krumpak
-Mideast Meet	Charske
-Midwest Meet	Robinson
-Indoor TF	Sheets

#### Committee Reports (cont)

-The Runner	Kirk
-Scholarships	Karl
-Web Site	Cox/Lidderdale
-Awards	Krumpak
-CC State Meet	Oerhtman
-College Liaison	Boey
-TF Clinic	Clark
-TF State Meet	Krumpak
<b>Approval of the Constitution</b>	Krumpak
<b>For the good of our sports</b>	Krumpak
<b>Adjournment</b>	Krumpak

**Your OATCCC provides the following for our sports' student-athletes and coaches:**

CC and TF Clinics  
MidEast CC Meet/Midwest TF Meet  
Coaching Awards/Recognition  
Indoor State TF Meet  
Hall of Fame Banquet  
Scholarships  
Pole Vault Safety Seminars  
CC Poll  
HOF Display at Jesse Owens Stadium  
*The Runner*

**The OATCCC appreciates the OHSA approval of various proposals and ideas over the years which have had a positive impact on our sports. Proposals which have been implemented include:**

Girls Pole Vault  
Boys 4 x 2 Relay  
Girls CC: 3 divisions  
CC: additional passes for teams at State Meet  
TF State Meet: 9 to finals  
Seated events at TF meets  
TF State Meet: at-large qualifiers  
CC State Meet: current 20 team format  
TF practice start date

**Support our Sponsors! Visit our website ([oatccc.com](http://oatccc.com))**







## 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 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 be sponsoring this breakfast gathering.

#### **Rules Interpretation Meeting**

**Friday (By Division—check your Clinic schedule for room and time!)**

You must be registered and wearing your clinic badge to enter this meeting. Meetings will be done by division and this year on a staggered time schedule. Therefore—please check the Clinic schedule for the appropriate room and time. 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!

#### **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 2019 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 OATCCC proudly recognized nearly 500 student athletes at this fall's State Cross Country Meet. This was a very proud moment for these athletes, their parents, and their coaches. Congratulations to all!

The 2019 Cross Country recipients are posted on the Association website (<http://oatccc.com/academic-all-ohio/>). 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. Over the past 25 years, our program has grown to where we recognize nearly 1,200 Ohio student-athletes each year as Academic All-Ohio. 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 OATCCC 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 OATCCC website.



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## Mid-East Cross Country Championships

Neal Charske

The Thirty-third Annual Mid-East Cross Country Meet was held in Kettering on November 16, 2019 on a pretty typical fall day, with cool temperatures and a slight breeze—but perfect for running.

Meet Director, Neal Charske, reports that the individual winner of the girls race was Maryam Sheena of Team Michigan in a time of 18:24.9. The winner of the boys division was Andrew Nolan, also from Team Michigan in a time of 15:46.5. In the team scoring, Ohio finished 3rd in the girls race with 77 points. Indiana won the event with 25 points while Michigan finished 2nd with 36 points. In the boys race, Ohio finished in second with 57 points. Michigan took the team title with 18 points with Indiana finishing third with 64 points. Illinois did not send a team this year.

Top scorers for the Ohio girls were Addison Ciecierski (Beaumont) - 12th (19:07.0), Grace Maurer (Ontario) - 14th (19:19.9), Alyssa Ellerbrock (Columbus Grove) - 17th (19:21.9), Caylee Phillips (Van Wert) - 20th (19:33.3), and Lily Dowdell (St. Paul) - 26th (19:46.9).

The Ohio boys top finishers were Hunter Christopher (Salem) - 7th (16:04.2), Demetrius Snellenberger (East Canton) - 11th (16:10.2), Alex Dedui (Dublin Coffman) - 12th (16:10.7), Max Gucker (Cloverleaf) - 13th (16:11.9), and Gabe Foster (Toledo Rogers) - 14th (16:12.8).

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

[OATCCC Mideast XC Information](#) AND [Milesplit complete results](#)

**MARK YOUR CALENDAR: NOVEMBER 21, 2020**



Andrew Nolan, 2019 Boys Champion  
Lake Orion HS / Michigan

Maryam Sheena, 2019 Girls Champion  
Walled Lake Western HS / Michigan

## Ohio Well Represented at the Foot Locker Midwest Regionals

*Taylor Ewert and Daniella Santos qualify to the National Championships*

A number of Ohio runners gave up part of their Thanksgiving break to make the trek to the University of Wisconsin-Parkside in Kenosha on Saturday, November 30, 2019. The weather was pretty brisk, and the course muddy, but times were still almost a full minute faster than in 2018.

In the girls team race, Ohio was led by National Championship qualifiers Taylor Ewert of Beavercreek High School, who finished in 3rd place with a 17:24.9, and 9th place finisher, Daniella Santos of Hilliard Darby, in 18:12.3. Ohio's top seven were rounded out by Grace Hartman (Oakwood, 14th), Lindsay Stull (Hilliard Davidson, 26th), Dina Gigandet (Troy, 33rd), Savannah Dennison (Mentor, 41st), and Abby Michalec (Westfield Center/DoD St. John's, Belgium, 56th).

In the girls team race, Ohio finished 3rd with 85 points behind eventual team champion Illinois (52) who was followed by Michigan (56). Minnesota finished 4th with 102 points followed by Indiana (138), Wisconsin (161), Colorado (162), and Iowa (230).

In the boys team race, Ohio was led by Justin Iler of University School in 13th. Braxton Tate (Galion, 30th), Noah Fisher (Defiance, 32nd), Sam Duncan (Lebanon, 35th), Mark Baroncini (Perrysburg, 56th), Elliott Cook (Dublin Jerome, 67th), and Colton Uber (Brunswick, 83rd) rounded out the Ohio top seven. With a total of 120 points, Ohio finished 3rd behind Michigan (23) and Illinois (45), but ahead of Colorado (127), Indiana (128), Wisconsin (194), Missouri (204), Minnesota (220), and Iowa (239).

Good luck to Taylor and Daniella in San Diego, and congratulations on an outstanding cross country season! You represented yourself and Ohio well!!



Taylor Ewert and Danielle Santos  
Midwest Regional National Qualifiers

Photo courtesy of

<http://footlockercc.com/midwest/#>



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## Foot Locker Nationals Once Again Features Ohio Athletes *Ewert and Santos compete at the National Championships*

Congratulations to Taylor Ewert of Beaver Creek HS and Danielle Santos of Hilliard Darby who qualified to the Foot Locker Cross Country National Championships held at Balboa Park, San Diego, California, on December 14, 2019.

In qualifying to this event, these athletes had to finish in the top 10 at the Midwest Regional held in Kenosha, WI on November 30th during the Thanksgiving holidays. Taylor finished in 3rd and Daniella finished 9th.

At the National Championships, Taylor finished in 6th place earning All-American honors and running fourth for the Midwest team. The Midwest dominated the girls race winning with 24 points followed by the Northeast (42), South (63), and West (120). Zofia Dudek of Ann Arbor Pioneer (MI) was the individual women's champion with a time of 16:45.0. Daniella finished 28th of the 40 runners who qualified to this event. The Midwest finished second in the boys race led by individual champion, Josh Methner (John Hershey HS, ILL) in a time of 15:08.8.

To Taylor and Daniella—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. Congratulations and good luck in the future as you pursue your collegiate running careers.



**Taylor Ewert and Daniella Santos  
at the National Championship  
finish line**

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

## 2017—2018 OHIO GATORADE ATHLETES OF THE YEAR

### *Looking back at last year's winners*

*(Photos courtesy of these athletes' hometown newspapers and Gatorade.com)*



**Taylor Ewert  
Beaver Creek HS**

**Ohio Athlete of the Year  
2018 Cross Country**



**Conant Smith  
Middletown HS**

**Ohio Athlete of the Year  
2018 Cross Country**



**Olivia Howell  
Solon HS**

**Ohio Athlete of the Year  
2019 Track and Field  
Middle Distance**



**Evan Matthews  
Pickerington Central HS**

**Ohio Athlete of the Year  
2019 Track and Field  
Hurdles**

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# THE RUNNER

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## 2019 DISTRICT COACHES OF THE YEAR

		BOYS TRACK & FIELD		GIRLS TRACK AND FIELD
1		Rob Motz, Salem HS		Robert Greer, Youngstown East HS
2		Dan Iwan, Solon HS		Bob Bewald, Mentor HS
3		Dan Fuller, Ashland HS		Jason Ayers, Orville HS
4		Tom Loy, East Canton HS		Daniel Lancienese, St. Vincent St. Mary
5		Ty Harris, West Holmes HS		Sandy Debos, Tuscarawas Valley HS
6		Chris Zuercher, Shelby HS		Todd Roston, Galion HS
7		Kylie Moody, Fort Recovery HS		Mark Bruns, Coldwater HS
8		David Millekin, Shenandoah HS		Doug Joy, John Glenn HS
9		Brian Stevenson, Springfield Northwest HS		Ann Vogel, West Liberty Salem HS
10		Kathryn Slaven, Dublin Coffman HS		Roger Whittaker, Gahanna Lincoln HS
11		Jason Roach, Pickerington Central HS		Rob Myers, Fairfield Union HS
12		Dave Frantz, Northwest HS		Brian Netter, Unioto HS
13		Richie Faber, Twin Valley South HS		Mark Stiver, Oakwood HS
14		Susan Savage, Indian Hill HS		Rodney Heath, Lakota East HS
15		Daniel Ebright, Ottawa Hills HS		Kevin O'Connor, Anthony Wayne HS
16		Tyler Schaad, Vincent Warren HS		Paul Boll, Wheelersburg HS

DISTRICT		BOYS CROSS COUNTRY		GIRLS CROSS COUNTRY
1		Chris Rupe, McDonald HS		Kim Grisdale, Poland Seminary
2		Matt Wieczorek, Solon HS		Fred Kieser, St. Joseph Academy
3		Jodi Augsperger, Dalton HS		Greg DeRodes, Smithville HS
4		Jeff Howard, Woodridge HS		Jeremy Huth, Tallmadge HS
5		Luke Immel, Garaway HS		Olivia Scott, Minerva HS
6		Keith Landis, New London HS		Denise Benson, Lexington HS
7		Jim Hennon, Waynesfield Goshen HS		Jessie Magoto, Minster HS
8		Chrissy Lewis, Martins Ferry HS		Dugan Hill, Caldwell HS
9		Kris Williams, Cedarville HS		Howard Russ, Beavercreek HS
10		Ryan Beck, Gahanna Lincoln HS		Nate King, Hilliard Davidson HS
11		Jake Hayes, Mt. Gilead HS		Jake Hayes, Mt. Gilead HS
12		Adam Schroeder, Northwest HS		Matt Paxton, Unioto HS
13		Tom Rapp, Mason HS		Paul Stiver, Talawanda HS
14		Andy Wietmarschen, St. Xavier		Adam Thomas, Lakota East HS
15		Obie Mauser, Defiance HS		John Monheim, Perrysburg HS
16		Raymond Friend, Leesburg Fairfield HS		Josh Kirkpatrick, Vinton County

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## 2020 Indoor State Championship Returns to Spire Institute

Jeff Sheets, Heath HS

The OATCCC will sponsor the fourteenth annual State Indoor Track and Field Championships on Saturday, March 2nd, at the [Spire Institute in Geneva](#). This year's schedule will feature the top 24 athletes in both the DI I/II Meet in the morning followed by the Division I Meet in the afternoon and evening—a reversal of the 2018 Championship format.

The Top 40 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. In the past, we have accepted results from some out-of-state meets and this will continue in 2020. 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 Spire is a US Olympic training facility with state-of-the-art competition venues and a Benyon 300M, eight lane track. With two pit areas in each of the jumping field events, simultaneous boys/girls events competition will be similar to what athletes have been accustomed in past years. Although access to the field, even for coaches, is much more restricted, visibility of events, seating for 5,000 and live video feeds should more than make up for this.

Spire and OATCCC officials continue to work on the details of event scheduling and competition flow in order to maximize this experience for athletes and fans alike. You can follow developments on the [oatccc.com](#) website ([click here](#)).

Our State Championships have always been 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 in Geneva!

## Midwest Meet of Champions—Preparing for 2020

Lori Robinson, Thomas Worthington HS

The 2020 Midwest Meet of Champions will be the third of the meet's four-year cycle in Michigan. The meet is scheduled for Friday/Saturday, June 12/13, 2020, at [Michigan State University](#) in East Lansing, Michigan. This competition 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.

In 2019, Team Ohio's men's and women's squads combined for 407.5 points to outscore Team Michigan's 342 and Team Indiana's 196.5. In the women's meet, Ohio won their sixth consecutive meet with 199 points followed by Michigan with 177 and Indiana with 97. The women won eight of the events including all five field events. They also won the 4 x 1 and 4 x 2 relays. In the men's meet, Ohio also finished first with 208.5 points ahead of Michigan's 165 and Indiana's 99.5. Ohio's male athletes won eleven of the seventeen events including four of the five field events, and the 4 x 1 and 4 x 2 relays.

For a complete list of results, rosters and photos from the meet, [CLICK HERE FOR BOYS](#), [HERE FOR GIRLS](#).

### ***BE A PART OF IT IN 2020 — 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 contact Lori Robinson of Thomas Worthington High School
2. Speak early with your senior athlete and his/her 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](http://www.oatccc.com)***



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## Track and Cross Country Coaching Longevity Awards Jes Rudolph, Chairperson

The OATCCC wishes to recognize the coaches who have devoted twenty or more years of devoted service to our sports. 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 Jes Rudolph at:

Jes Rudolph  
411 Park Avenue  
Zanesville, Ohio 43701  
[jrudolph@eastmschools.org](mailto:jrudolph@eastmschools.org)

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.

## OATCCC Marvin Crosten Scholarship Applications Bob Karl, Scholarship Chairperson

The OATCCC Marv Crosten Scholarship program was established to recognize the outstanding sons and daughters of OATCCC members with scholarship awards. Named in honor of long-time coach and OATCCC 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 OATCCC 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 OATCCC 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 OATCCC scholarship committee is accepting applications for the 2020 awards. The deadline for applications to be returned to the scholarship committee is April 1, 2020. [Click here for applications](#) and send to:

Bob Karl, OATCCC Scholarship Chairperson  
3005 Laplata Drive  
Kettering, Ohio 45420

## 2019 OATCCC FRED DAFLER AWARD WINNERS

### GIRLS' TRACK

Doug Joy  
John Glenn HS

### BOYS' TRACK

Seth Steiner  
Austintown Fitch HS

### GIRLS' CROSS COUNTRY

Ann Vogel  
West Liberty Salem HS

### BOYS' CROSS COUNTRY

Matt Paxton  
Unioto 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 should send this form with the information at the bottom of the sheet to Jes Rudolph through her e-mail address ([jrudolph@eastmschools.org](mailto:jrudolph@eastmschools.org))

### 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 cost 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	_____	_____	20____ - _____	_____
CC	_____	_____	19____ - _____	_____
CC	_____	_____	19____ - _____	_____
CC	_____	_____	20____ - _____	_____
Total seasons				_____





# THE RUNNER

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## CLASS OF 2020 HALL OF FAME

Neal Charske, Chairperson

*The OAT&CCC Hall of Fame is an impressive display of names and pictures of its members now featured at the Jesse Owens Track Facility at Ohio State University. Inductees are also featured on the Association website at <http://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 30<sup>th</sup> of the year for which you are asking consideration.*

### Nancy Beattie

When Nancy Beattie was inducted into the Ohio Capital Conference Hall of Fame in 2018, her contributions to track and cross country—and especially to women’s track—were called “legendary.” For those who have known Nancy, competed against her teams, and been a part of her leadership at the state and national levels as she promotes, not only women’s athletics, but the sports of cross country and track & field as a whole, “legendary” doesn’t quite cover it.

Nancy’s 32 year career (29 at Thomas Worthington and three at Bishop Hartley) has seen numerous athletes continue their careers at the collegiate level, has seen its share of State Championship performances—including State Champion Laura McKinley who also went on to win the National Outdoor Championship title, Molly Beckwith who ran in the 2012 Olympic Trials (1:56 PR) and was a part of the world Championship 4 x 800M in Beijing (2015), and Emily Fronz who continued her 800M career at Notre Dame and is now at Ohio State. Nancy’s teams won 12 league championships, two boys cross country District titles, 12 girls track District titles, eight Regional Championships, and were the Division I 1993 State Runners-up.

However, Nancy’s contributions to athletes across the state have also been far reaching and have served as a model for women coaches and administrators in sports with many of her former athletes pursuing coaching careers. Nancy served as a member and later President of the Central District Coaches Association before assuming the role of District Representative to the OATCCC, an organization she also went on to serve as Vice President, President, and then in an advisory role as Past President. Her leadership included serving on several OATCCC committees, coaching Team Ohio for the Midwest Meet of Champions, and as a presenter at multiple clinics for both coaches and officials. A USATF Level 2 certified coach, Nancy served on the USATF Women’s High School Committee.

Nancy currently lives in Powell, Ohio with her husband, George.



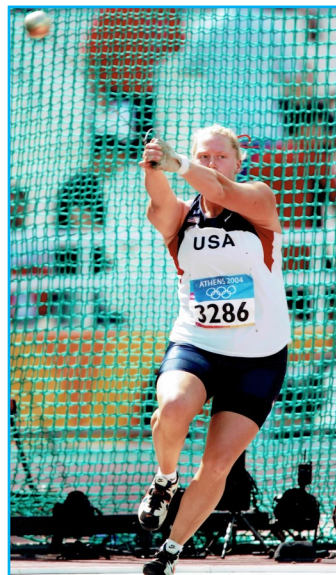
### Jackie Ulm

Many times, high school athletics provide the groundwork for that diamond in the rough who goes on to greater things than perhaps anyone ever knew were possible at the time. In the mid 1990’s, at Mentor High School, Jackie Ulm was becoming just such a diamond as she qualified to the Regional track meets in Northeast Ohio before going on to place 5th in the DI Discus as a junior, and 4th in the same event as a senior. And then came Ashland.

At Ashland University, Jackie flourished and became one of the leading throwers in the nation. Jackie won the first of her three NCAA Hammer Throw titles as a true freshman in 1999, and would add two more NCAA titles in the weight throw. Adding her shot put and discus events to this level of competition, Jackie earned All-American status 13 times in her collegiate career, winning the Penn Relays in 2002 as well as setting GLIAC conference and Ashland University records along the way (she still holds the AU hammer record). In 2002, she also set NCAA Division II records in the weight throw and the hammer throw. Her 64.85M (212’ 9”) hammer throw record was not only the NCAA Division II record, but also the All-NCAA championship meet record throw regardless of division, a record that stood for the next 13 years.

After Ashland, Jackie went on to compete for the USA vs. Germany, and competed in three US National Championships including the 2004 Olympic Trials. Qualifying in the hammer throw, Jackie represented the United States at the 2004 Athens Olympics. Before her career came to a close, she set a personal best in the hammer of 68.83M (225’ 10”).

Jackie currently lives in Hilliard, Ohio with her husband, Richard and their two standard poodles.





# THE RUNNER

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## CLASS OF 2020 HALL OF FAME (Continued)

Neal Charske, Chairperson

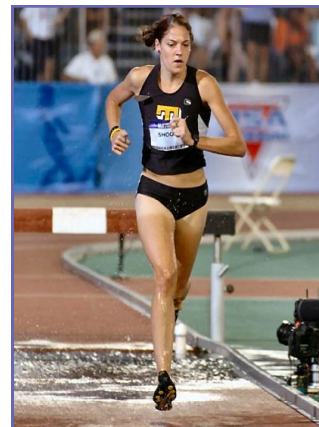
### Briana Shook

Graduating from Seneca East High School in 1999, it is fair to say that the accomplishments of Briana Shook may make her one of the most decorated athletes in school history. Many of the records she set in cross country and track in the course of her four year career still stand on courses around Northwest Ohio. In cross country, Briana won two State Championship titles and helped her team to three District and Regional Championship titles, the State Runner-up title in 1997, and the State Championship in 1998. It was the same on the track where she earned five more State Championship titles. Her 1997 State Championship time in the 3200M remained the state record until broken by another Hall of Famer, Sunni Olding of Minster, in 2004.

At the University of Toledo, Briana helped set the standards for the future, many of which still remain. She was a three-time All-American in both cross country and track, holds individually or as part of a relay eight current Toledo records, won 11 Mid American Conference titles, and helped guide the Rockets to the XC league titles in 2001 and 2002. Honored with numerous "Athlete of the Year" awards at all levels of competition, her 2004 3000M Steeplechase record of 9:29.32 set the American Record and stood until broken by Jenny Berringer at the 2008 Olympic Games in Beijing. She remains the 13th fastest woman in US steeplechase history.

Following her competitive career, Briana joined the coaching ranks of her Toledo alma mater and helped coach Ebba Stenbeck to an 8th place NCAA All-American finish. Stenbeck holds the #2 MAC time in the event second only to Briana. After four years at Toledo, Briana then went to Heidelberg University from 2010-2013 where she was named Coach of the Year in 2011 and 2013 for the excellence her athletes achieved under her tenure. Thirteen athletes were named All-American and two were National Champions.

Briana lives in Mexico, Missouri with her husband, Robert, and their daughters, Haleigh, Atley, and Georgia.



### Rob Myers

The roads of Fairfield County are no stranger to Rob Myers, but probably few who saw him back in his high school days out putting in those lonely summer miles could have guessed just how far those roads would take him. The first stop for the Fairfield Union High School senior in 1998 was the individual State Championship podium and his third All Ohio performance in cross country. Then came the winter and Rob moved indoors to claim his second and third state titles while setting state records in both the 1600M (4:18.77) and the 800M (1:55.32). Finally came the spring and the outdoor season where Rob repeated his indoor championship double in the 1600M and the 800M setting the State Record along the way in 1:52.73. Rob closed his high school career with an 800M National Championship title race (1:51.7) and a third place 1600M finish.

Rob's dominance in the middle distance events continued that fall when he arrived at Ohio State. In the course of his four year career, he helped the Buckeyes qualify as a team to the NCAA Championships, but it was on the track where he made his mark earning Big Ten Freshman of the Year accolades. Rob ended up with Big Ten Runner-up titles in the 800M and 1500M, Big Ten Championship titles in the 1500M and mile, was a two-time All-American in the 1500M, and held the Ohio State school records in the mile (3:58.64), the 1K (2:23.65), and the DMR.

Over the next seven years, Rob was one of the dominant American middle distance runners earning top ten American rankings every year from 2004-2011 and won the 1500M National Championship Indoor titles in 2004—where he set the current Indoor record of 3:40.80—in 2008, and in 2009. He competed in the Olympic Trials in 2004 finishing 3rd in the 1500M and the Olympic Trials of 2008. He was a three time World Championship team member and ended his career with PR's of 3:34.89 in the 1500M, 3:53.78 for the mile, and 1:47.0 in the 800M.

In 2013, Rob turned to coaching and his athletes have been the benefactors of his experience with 39 athletes earning All Ohio honors across the three seasons, one Regional Runner-up title, and two Regional Championship titles. In 2017, Rob's harriers earned the state Runner-up title in cross country.

Rob currently lives in Lancaster, Ohio with his wife, Kelly, and two children, Emma and Carter.



### PLEASE JOIN US!

The OAT&CCC Hall of Fame Banquet will be held Friday, January 24, 2020 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!





## CLASS OF 2020 HALL OF FAME (Continued)

Neal Charske, Chairperson

### Sean Robbins

Across the years, the City of Akron has produced some of the most outstanding teams and athletes to ever see the track at the State Championship level, and coming out of Akron East High School, the name of Sean Robbins can be added to that roll call. Sean was a four year letterman for Akron East and was recognized as the Akron City Series Athlete of the Year in 1991. Qualifying for the State Meet in three events—the 100M, the 200M, and the long jump—Sean exhibited the potential of what was to come.

From Akron East, Sean went to Ashland University where the long jump became his specialty and over the next four years, he put a stamp on that event not soon to be forgotten. For starters, he set the NCAA Championship Meet Record in 1995, and the following year broke Jesse Owens' Ohio Collegiate Record with a leap of 27'5." A 12 time All-American and five time NCAA Champion, he competed in the US Olympic Festival in 1994 and 1995, the World University Games in Fukuoka, Japan (1995), and the Olympic Re-enactment Meet in Athens, Greece (1996). He is currently still listed as one of the Top 10 All Time DII NCAA jumpers coming in at #6 for indoor track and #9 for outdoor.

Over the next nine years, Sean was ranked as one of the Top 10 US jumpers with his highest ranking being third in 1998. He competed in over 30 countries as a part of the Professional Track and Field Circuit and was the US Olympic Team alternate in both 1996 and 2004. His PR's include a 10.28 100M, 20.89 200M, an indoor 400M of 48.43, and a long jump of 27' 5."

Sean has been inducted into the Halls of Fame at Akron East, Ashland University, and the USTFCCCA. As a coach at Baker University (1997-98) and Ashland University (2000-2006), Sean has helped coach 15 All Americans in the sprints and jumps.

Sean founded Fitness & Sports Excelled LLC and works with Big Ten, Mid-American Conference, and Missouri Conference athletes. He can also be found working as a volunteer at various Akron area charity events.

He currently lives in Copley, Ohio.



### David Payne

Top athletes are never satisfied with their accomplishments and seem to have an awareness of themselves in that—if they'll just stick with it, if they work hard, if they keep their eye on the horizon with a clear vision of what could be—great things will come. David Payne is the epitome of this dedication to his event and the work ethic it takes to be a champion.

Representing Wyoming High School, David did not make it to the State Meet until his senior year (1999), but then he made it in three events. His third place 100HH finish was not perhaps indicative of the career to follow, but his 6th place 400M and contribution to the 7th place 4 x 400M showed that the strength was there. From Wyoming, David went to the University of Cincinnati where, under the guidance of Coach Elisha Brewster, he became a technician of his event setting school records in the 60HH (7.62), the 110HH (13.42), the 400M Hurdles (51.16), and the Shuttle Hurdle Relay (57.23). A two-time All American in the 110HH, he finished 3rd in 2003 and 4th in 2004. His contributions to UC's conference championship that year plus his qualification to the Olympic Trials were later recognized when he was named the C-USA Athlete of the Decade.

Following UC, David went to Osaka as a part of the World Championship team where he finished third in the 110HH with his PR time of 13.02. In 2008, with his eyes on the Olympic Trials, David finished third and made the US Olympic Team headed for Beijing. Running nearly flawless races through the prelims and semis, David eventually finished second to Dayron Robles of Cuba and won the Silver Medal. The following year, David again finished third at the World Championships in Berlin—his fourth world medal—and he also won the USATF Outdoor Championship in the 110HH. David Payne was a National Champion and the best hurdler in the United States. All of that hard work and dedication had paid off. He remains the fastest 110M hurdler in Ohio history—no small feat since Olympic Champions Harrison Dillard and Willie Davenport are also from the Buckeye state.

David currently lives in Cincinnati, Ohio.



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





## 2020 ED BARKER AWARD

Neal Charske, Chairperson

### Bob Hollen

The OATCCC Association was started in 1941, the brainchild of Ed Barker. In 1964, the OATCCC chose his name to represent the award now given as an acknowledgement to individuals who have shown the most exceptional service to the OATCCC and to the sports of Cross Country and Track & Field in Ohio.

The OATCCC takes great pride in naming Bob Hollen the 2020 Ed Barker Award winner for the leadership roles he has undertaken and the major impact he has had on the sports of cross country and track & field.

Bob had already served on the Central District Association from 1988-1989 before he became involved with the OATCCC in 1994 as a District 11 alternate for Scott Williamson. When Scott moved up to the Vice President's role, Bob took over as representative and began assisting OATCCC historian, Craig Whitmore, compiling Craig's notes of state records, event progressions, and state champion athletes and coaches, continuing in this capacity until just prior to Craig's death.

In 2000, Bob became the OATCCC President during which time he helped present the proposal that led to girls pole vault as a championship event in 2002; designed the certificates used for Coach of the Year, Academic All-Ohio, and All Ohio recognition; and helped develop—and through 2016, administer—the Association website. He also served on multiple games committees including twice with the OHSAA State Championships.

Additionally, Bob has been a presenter at the Georgia Coaches Clinic in Atlanta as well as several Ohio clinic panels, has served as the girls head coach for both the Mideast Cross Country and Midwest Meet of Champions teams, started the Granville TF and CC invitational, directed the league championship meets from 2006-2012, and has served as the official OATCCC event photographer at our championship events from 2005 through 2015.

For all he has done for the Association, coaches around the state, and student-athletes across the years—the OATCCC is proud to recognize Bob Hollen as the 2020 Ed Barker Award winner. Congratulations, Bob!



## NATIONAL COACH OF THE YEAR

Lee Sternberg, East Canton High School

The NFHS, which has been recognizing coaches through an awards program since 1982, annually honors 23 coaches for their excellence in sports for the 2017-2018 school year.

A very special congratulations goes out to Lee Sternberg of East Canton High School upon his selection as the NFHS National Coach of the Year for Boys Cross Country.

A 1968 graduate of Akron Firestone HS, Lee went on to the Ohio State University graduating in 1972. Immediately upon his graduation, Lee went to East Canton HS where he stayed until his retirement in 2008. Lee began the East Canton cross country program in 1973 and, 47 years later, is still going strong. In those 47 years, Lee has been named the Stark County Coach of the Year 11 times, and the conference Coach of the Year the same 22 years his teams won the League Championship.

With numerous athletes earning All Ohio honors along the way, Lee's teams have won 25 District Championships and nine Regional Championships. His teams have made 20 appearances in the State Championship Meet, winning three State Runner-up titles, and two State Championships.

In 2001, the OATCCC inducted Lee into the Ohio Hall of Fame.

Congratulations Lee!



*Lee Sternberg  
National Coach of the Year*



# THE RUNNER

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## OHSAA SPORTSMANSHIP, ETHICS, AND INTEGRITY AWARD WINNERS

### GIRLS' TRACK

Jeanette Domitrovich  
McDonald HS

### BOYS' TRACK

Justin Creps  
Jonathan Alder HS

### GIRLS' CROSS COUNTRY

Mark Brown  
Barnesville HS

### BOYS' CROSS COUNTRY

Ryan Beck  
Gahanna Lincoln HS

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

## 2019 CROSS COUNTRY CLINIC

### Carson Cheek, Clinic Director

If you missed the 2019 Cross Country Clinic, then you missed another outstanding day in Dayton. The featured speaker was Jim Spivey, three time Olympian (1984, 1992, and 1996). Michael Silva of Foundation Performance and Howard Russ of Beavercreek High School also gave a series of presentations on helping our athletes perform at the upper levels of competition.

The number of coaches attending the Clinic was reported at over 200 participants making the Ohio Distance Clinic the largest single day cross country clinic in the nation. A special thanks goes out to Blue Star whose continuing sponsorship helps make this weekend a success. Also thanks to *Run Ohio* who provides much appreciated help in spreading information about this clinic and to Blue Star Sportswear and SNAP for their sponsorship.

Please mark your 2020 dates: Friday, November 20th is the Cross Country Clinic and Saturday, November 21st will be the 34th 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! The Fairborn Holiday Inn will once again be our clinic site.

Any questions, please feel free to contact Carson Cheek at (419) 305-5797, or see the clinic website for more information:

<https://oatccc.com/clinics/cross-country-coaches-clinic.aspx>



**Jim Spivey**

*Three Time Olympian*

## 2019 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.*

<b>DISTRICT 1</b>	Ron Weaver, Official
<b>DISTRICT 3</b>	Ty Grude, Meet Director
<b>DISTRICT 5</b>	Gretchen Acker, Official
<b>DISTRICT 7</b>	Ted Radick, Sportswriter
<b>DISTRICT 9</b>	Jay Johnson, Official
<b>DISTRICT 11</b>	Matt McGowan, Sportswriter
<b>DISTRICT 13</b>	Steve Lair, Official / Asst. Meet Manager
<b>DISTRICT 15</b>	Jesse Squire, Announcer

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



# THE RUNNER

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## 2020 OLYMPIC/PARALYMPIC YEAR TOKYO, JAPAN



July 24 to August 9

August 25 to Sept. 6



*Ohio Track & Field  
will be there!*

## OHIO ATHLETES RECEIVE US PARALYMPIC ALL-AMERICAN RECOGNITION

Dave Kirk, US Paralympics Liaison

US Paralympics, a division of the US Olympic Committee, selected 69 athletes—40 boys and 29 girls— from across the nation as 2019 US Paralympic High School All-Americans. This is the tenth year that US Paralympics has honored the top track & field athletes with Paralympic-eligible impairments based off performances during the 2019 track season.

Ohio winners included Neyla Stary Schasfoort of Avon Lake (100M, 200M, 400M, Long Jump), Chance Milledge of Oak Harbor (800M, 1500M, 5000M, and LJ), Lyssa Zepfel of Westerville Central (800M), and Eric Rine of Bowling Green (Discus).

Participation by athletes with Paralympic classifications continues to grow with this national recognition of “ability” and of what can be accomplished when talent and desire meet opportunity. In 2019, the All-American pool of recognition came from 27 states—only the third time more than half the nation was represented and participation numbers are rising with each year. Ohio remains one of the top ten states in the nation for All-American recognition, moving up from 6th in 2018 to 4th this past year. Only Washington, California, and New Jersey are ahead.

Additionally, in Ohio, 2017 saw the addition of a State Championship in Track & Field to the Jr. High/Middle School level of competition and Paralympic athletes in 7th and 8th grades competed, received State recognition for their championship performances, and scored for their teams in this one day, all-divisions meet. Ohio remains the only state to include these athletes in championship competition at these grade levels and ensures the continuing growth of these events at the high school level. And at the high school level, athletes compete at the State Championship Meet in June before moving on to national level competitions in Colorado in July—and hopefully the Trials.

The benefits that the awareness the Wheelchair Division has created about Paralympic sport and the job our coaches are doing working with these students to dream bigger and compete in Paralympic sport continue to make Ohio a national leader in this area of Track and Field competition.

**GREAT JOB OHIO!**



**Lyssa Zepfel**  
*Westerville Central HS*

**Champion**  
TEAMWEAR

**The OATCCC says,  
“THANK YOU!” to Champion Teamwear -**

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





# Ohio Association Of Track And Cross Country Coaches

## ACADEMIC ALL-OHIO AWARD 2020 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 an unweighted 4.0 scale equivalent. G.P.A.'s must be calculated at the end of each 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, 2020 - December 31, 2020  
**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*

**Print Name(s) for school, individual, or association membership below:**

		Coaching Position (please circle)		
			Boys	Girls
			Track / CC	Track / CC
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**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



*The Ohio Association of  
Track & Cross Country Coaches*

**Dave Kirk, Editor  
Galion High School**

\_\_\_\_\_  
Boys' Varsity Cross Country  
\_\_\_\_\_  
Boys' Varsity Track  
\_\_\_\_\_  
Boys' MS Cross Country  
\_\_\_\_\_  
Boys' MS Track  
\_\_\_\_\_  
Girls' Varsity Cross Country  
\_\_\_\_\_  
Girls' Varsity Track  
\_\_\_\_\_  
Girls' MS Cross Country  
\_\_\_\_\_  
Girls' MS Track

**PLEASE ROUTE TO:**