



RAYPEC TRACK NEWSLETTER

APRIL 22ND. 2010

TRACK MEETS

Liberty Challenge 9/JV	4/20
Mineral Water Classic Excelsior Springs —Var	4/23
Freshman Conference Home Meet!!!	4/27
Joe Falcon Relays Belton—Var	5-I
Conference PreLim @Lib Varsity and JV	5-5
Conference Finals @Lib Varsity and JV	5-7
Blue Valley 9th and 10th grade only	5-11

REMINDERS

Districts @ Blue Springs

5-16

Check full meet results at: www.athletic.net Search Missouri for RayPec

Check full schedule at: www.RayPecCC.com

Banquet Night: May 20th 7:00 pm

If you have any good pictures of our athletes, please share with Coach Swift for our endof-season banquet.

Lucky 13.1 Half Marathon and 5K

June 19th 7:00 am Start/Finish HS Stadium www.RayPecCC.com

Filling the Trophy Case This Week!

The last 2 weeks have very costly to the limited space available in our old trophy case. Since our last newsletter our teams have won both the boys and girls Kearney Invitational (15 teams), won both the boys 9th grade and JV divisions of the Raytown South Relays (9 teams), placed 2nd

in both girls divisions at the Raytown South Relays, and (even with a KU depleted squad), placed 2nd in both the girls and boys divisions at the RayPec Invitational (13 teams). What a busy 2-weeks it has been! Over the next 2 weeks, we plan on adding 2 Excelsior Springs plaques and 2 Belton plaques as well.

Best Performances at the KU Relays in School History!!!

KU hosts the most prestigious meet in the entire Midwest every year during late April. This is a qualification only meet with not only the best high school athletes, but also some of the top professional athletes in the world. This year we had several OUT-STANDING performances and school

(7th 300h), Girls Sprint Medley (4th place and school record), Boys Sprint Medley (5th place and school record), Girls 4x200 (6th place), Girls 4xMile (7th place and school record), Boys 4x200 (8th place), and Boys 4xMile (17th place and school record).

records as follows: Darryl Holland



Sprint Medley

Hurdlers Excel at KU and at Home

Congratulations to Darryl Holland and Mikiesha Hayes as they competed at the 83rd KU Relays . Both athletes competed very well and were able to bring down their times for personal records for the season. Also, a congratulations goes to Alyssa Carlson and Tay-

lor Prowell as both athletes took home gold medals in both the high and intermediate hurdler races at the Ray-Pec Invitational on Friday.



RayPec is Becoming a Dominant Force in the Sprints

Sprinters have been having much success in the past couple of weeks.

At the Ray South 9/JV meet the following medaled: Freshman Girls - 4x1, 4x4, 1600 Sprint Medley; JV Girls 4x4, 800 Sprint medley. Freshman Boys – 4x1,4x4, 800 Sprint Medley, 1600 Sprint Medley; JV Boys – 4x1, 4x4,800 Sprint Medley; JV Boys – 4x1, 4x4,800 Sprint Medley, 1600 Sprint Medley and 100 meter Dash. The Ray-Pec Varsity Invite standouts were: Aaron Russell placing 3rd in the 100 meter dash, boys 4x1 – 3rd with the 4x2 and 4x4 capturing first place. The girls 4x1 took first place and the 4x4 – 3rd.

On Saturday (KU Relays), the girls ran in 2 relays taking 4^{th} in the 1600 Sprint Medley and 6^{th} in the 4x2 relay: Alyssa

Carlson, Mikiesha Hayes,
Terrial Collins and Laprichianna Tabron. The boys
also ran in 2 relays taking
5th in the 1600 Medley Relay
and 8th in the 4x2: Aaron
Russell, Darryl Holland,
Rosezell Williams, Ricky Rivers (4x2) and Devon Young
(1600 Med. Relay).



Carlson pushes the pace at KU

Gutsy Performances Define the Distance Squad

Several mid and long distance runners gave exceptional performances over the last 2 weeks. Some of the best performances turned in this week were from our freshman! The following marks rank these freshman in our top all-time lists at RayPec: Brody Wild (1600m-4:51), Nick Grable (1600m-5:15), Brody Wild (3200m-10:58), Aaron Howard (800m-2:12), Brandon Trent (800m-2:13), Cole Christopherson (400m-

53.9), Freshman Boys 4x400 (3:42—Ranked #1 in KC), and Ashley Newson (3200m-12:58).

Upperclassmen also running PR's include: Devon Young (Mile-4:37), Devon Young (800m-1:59), Stephen Slusser (1600m-4:50), James Kennedy (1600m-4:47), Rafael Lozano (1600m-5:01), Jeron Hill (800m-2:05), and Megan Fox (1600m-5:32).



Young (KU 3200)

Long, Triple, and High Jumps

Tyler Green 5'10

Rosezell Williams 19'11

Shelby Luekenotto 4'10

KeAndre Robinson 19'6

Hailey Luekenotto 4'10



KeAndre Williams

Young Throwers, Big Improvements

The last two weeks have been very strong for the Ray-Pec Throwers with over 12 new PR's for the athletes. The highlights of the last two weeks include Junior Emily King breaking 100 ft in the discus for the first time in her career throwing 100'3" to take third at the Ray-Pec Invite. Along with Sophomore Savon Brown throwing the fifth furthest Shot Put in school history taking third at the

Kearney Invitational with a throw of 34'4".

The Panthers are looking to continue their improving ways over the course of the next couple of weeks as Freshman and JV Throwers compete at Liberty and our Varsity Throwers will be traveling to Excelsior Springs this week and Belton next week.



Emily King Breaks 100 feet

Soaring to New Heights

The young vaulting team has been improving daily over the last 2 weeks. Personal best jumps have been occurring almost every meet. As the technique gets better they have been jumping on bigger and longer poles which puts them higher in the air. It appears as if our heights will continue to soar as we near the end of the season. continue the hard work vaulters it will continue to be productive.

Top Vaults of the Year Include:

Eli Unruh—11ft Jason Scrivenver—10ft 6 Jamie Crabtree—8ft Shelby Morrison—7ft 6



Ethan Wilson Clearing 10 ft