



Panther Tracks

RAYPEC TRACK NEWSLETTER

MAY 13TH, 2010

TRACK MEETS

- Districts @ Blue Springs 5-15
- Sectionals @ Blue Springs South 5-22
- State @ Jeff City 5-28
- State @ Jeff City 5-29

REMINDERS

Equipment

All equipment needs to be checked ASAP to avoid late fees and fines for missing equipment.

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 end-of-season banquet.



Close-Call @ Freshman Conference

The freshman boys nearly pulled off the upset of the century at the freshman conference meet. Trailing by only 3 points going into the 4x400, each of the top 3 teams only needed to equal their best times of the year for us to win. We ran a 2 second season-best time, but Lees Summit North knocked off 10 seconds from their best time to secure the victory. Final scores for the top 3 boys teams included

LSN—135, RayPec—130, and Blue Springs—123. This group has definitely opened the eyes of opposing coaches as they dread what the future may bring for the RayPec Panthers.



Total Domination at the Joe Falcon Relays in Belton!

The Joe Falcon Relays hosted by Belton High School offers our team the unique opportunity to load-up on our powerful relays. This meet also offers individual plaques for each individual of winning relay teams. Powered by our core of strong sprint and distance runners, RayPec was able to win 7 different relays, plus the team trophy. Needless to say, the box of medals,

plaques, and trophies was heavy! All total, we took home 28 plaques, over 50 medals, and a 3ft tall trophy. Plaque winners on the girls side included Carlson, Tabron, Collins, Proctor, Dickerson, McLeod, and Fox. Plaque winners on the boys side included Young, Williams, Russell, River, Hill, Coop, and Slusser.



Varsity and JV Conference

Blue Springs hosted this year's Suburban Big 7 Conference Meet, AKA "The Gold Division". As our team focuses primarily on the Championship Run (district, sectional, state), we don't generally "load up" our athletes. On the events we focused on, our athletes really came through, especially at the JV level. Conference JV champions included Cole Christopherson (400), Megan Hays (800), Ashley Newson (1600), and the Boys 4x400. Plus too many runner ups to name!

On the varsity side, all-conference performers on the boys side included Aaron Russell (100,200), Taylor Prowell (110h), Darryl Holland (300h),

Jason Scrivener (PV), and 3 boys relays (4x100, 4x200, 4x400). On the girls side: Kaitlyn McLeod (1600), Megan Fox (3200), Alyssa Carlson (300h), Mikiesha Hayes (100h), Emily King (discus), Tasha Noland (discus), Savon Brown (shot), Shelby Lueckenotto (LJ, TJ, and HJ), Miesha McDonald (TJ), Ashley Proctor (LJ), and the girls 4x200 relay.



Sprinters and Hurdlers Prepare for State

The sprint group once again will again load up and shoot for as many top 4 places as possible. Individuals and relays with high hopes include: Holland and Carlson in the 300 hurdles, Prowell and Hayes in the 100/110 hurdles, Russell in the 100 and 200, Girls 4x100, both 4x200's, and both 4x400,'s. Athletes in these relays include

Ricky Rivers, Rosezell Williams, Aaron Russell, Darryl Holland, Taylor Prowell, Jeron Hill, Alyssa Carlson, Pre Tabron, Terrial Collins, MiKiesha Hayes, and Ashley Proctor.

Please wish these athletes well as they make their push for state.



Young and Talented (Long, Triple, High, and Pole Vault)

The jumps (especially the girls) really came through for us this weekend at conference. Triple jumpers placed 4th and 6th, long jumpers placed 6th and 8th, high jumpers placed 3rd and 9th, and the pole vaulters pulled out an 8th place finish.

As they head into districts, several jumpers and vaulters are ranked in the 8-10th place spots and will need to have big PR's to move on. However, all should be legitimate threats at scoring once again in the district finals.



Throwers Look to Qualify their First Athlete in Several Years

The throwers are lead by the strong performances of discus standout Emily King and shot put standout Savon Brown. Both scored high at the conference meet and are poised to qualify for sectionals if they can come through with big throws down the stretch.

With Kings toss of 104 ft and Brown throw of 34', both are looking at legitimate opportunities of advancing to the sectional meet. However, our district is always a powerhouse and they will need to be at the top of their games!



Distance Runners Ranked High for Districts

For the boys, Devon Young is ranked in the top 4 athletes in both the 1600 and 3200 as well as the 4x800 relay. He will be joined with Jeron Hill, James Kennedy, and Rosezell Williams as they pursue not only a state-berth, but also the school record of 8:07.9 in the process.

Rosezell Williams will also take a shot at the 2 minute barrier in the 800 as he is also ranked in the top 4 individually.

For the girls, Katie McLeod and Megan Fox lead the charge for qualifying attempts, both ranked in the top 6 for the 1600 and 3200.

