

• THE BEST YOUTH TRACK AND FIELD COVERAGE IN GEORGIA •

# ***INSIDE THE OVAL***

***GEORGIA EDITION 2018***

***VOLUME 1 NUMBER 1***

***"LEARN BY DOING"***

***HURDLE CLINIC WITH  
3X OLYMPIC HURDLER  
TERRENCE TRAMMEL***

## ***CHECK OUT: WHERE GEORGIA RANKS***

***GET FAST SPPEED CAMP WITH  
OLYMPIC GOLD MEDALIST AND FORMER 100M  
RECORD HOLDER MAURICE GREEN  
AND THE JACKRABBIT TRACK CLUB***





# On Your Marks!!

Welcome to “Inside the Oval”. It is not a new brand, but it is a new launch. This publication is part of the concept of #Youthtracktown – devoted to raising the profile of Georgia's Youth Track & Field athletes and coaches and those who support them. This publication will feature all that makes Georgia #Youthtracktown – from the athletes and coaches to the schools and clubs, and everything and everyone in between.

This edition will feature the results of the 2018 USATF Junior Olympics, and where the Georgia teams and unattached athletes finished and ranked among the nation. The research was conducted to determine whether Georgia was even justified in thinking of itself as #Youthtracktown. I published a preview of the results just under a month ago. This launch will present all the data gathered, and summarize how Georgia performed, and initial suggestions around how our Association and District can help our teams improve and continue to “drive competitive excellence and popular engagement in our sport”.

We hope you enjoy!

Charles Muhammad

*Contributor – Inside the Oval*



**FITNESS. SPORTS. WELLNESS.**

Dear Athletic Director,



A+ Sports Performance Center would like to cordially invite you, your coaches and athletes to our “*Learn by Doing*” *Hurdle Clinic* with 3X Olympic Hurdler **Terrence Trammell**.

There will be:

- One-on-one instruction provided by Terrence Trammell
- A light snack
- Individual hurdle video analysis

**Saturday, October 13, 2018**

**2:00 - 6:00 PM**

**Cost: \$150**

Only 20 slots available!

10 females

10 males

Coaches can attend free!

Reserve your slot through [info@plusports.com](mailto:info@plusports.com)



# MAURICE GREENE SPEED CAMP



GET FAST WITH  
WITH OLYMPIC

**GOLD**

**MEDALIST  
AND FORMER 100M  
WORLD RECORD**

**HOLDER**

**SATURDAY, NOVEMBER 10th  
8 AM - 6 PM**

**ARCHER HIGH SCHOOL**

**2255 NEW HOPE ROAD  
LAWRENCEVILLE, GA 30045**

**\$175**  
PER ATHLETE

PRICE INCLUDES  
PARTICIPANTS TSHIRT

ONLINE REGISTRATION AT  
[www.jackrabbittrack.com](http://www.jackrabbittrack.com)

FOR MORE INFO CALL  
678-294-7448

# 2018 USATF Junior Olympics

**Where Georgia Ranks**

I will not waste a lot of time on commentary. This edition will show the numbers from the USATF Junior Olympics conducted in Greensboro, North Carolina this past July. We will show the numbers and talk about them in relation to how Georgia is performing, and what we need to do where we are lacking. The narrative is specifically from me, Charles Muhammad, thinking from the USATF Youth Chair perspective in relation to my own opinions, based on the data that I found.

The data will be presented as such:

- Total Medal Count
- Total Points
- Total Medal Count by Region
- Point Totals by Event

- Sprints (100m Dash, 200m Dash, 400m Dash, 400m Relay, 1600m Relay)
- Middle Distance (800m Run, 1500m Run, 3000m Run, 2000m Steeplechase, 3200m Relay)
- Hurdles (Short Hurdles, Long Hurdles)
- Racewalk
- Field Events (Long Jump, High Jump, Shot Put, Javelin, Discus, Hammer Throw, Triple Jump, Pole Vault)
- Multi Events

We hope you find the information very informative.

# Total Medal Count

Georgia finished with 279 Total Medals in the 2018 USATF Junior Olympics. Of that number of medals:

135 Individual Medalists, including 17 National Champions  
(2 new National Records)

144 Relay Medalists, including 6 National Champion Relays

Georgia was **3<sup>rd</sup>** among 53 Associations winning medals

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
Gulf	297	35	7	74	50	35	40	32	24
Southern California	280	34	38	33	29	25	46	42	33
Georgia	279	40	49	45	25	27	28	47	18
North Carolina	221	40	26	17	38	27	28	17	28
Potomac Valley	102	4	13	10	13	34	8	8	12
Southwestern	99	11	6	5	11	10	20	16	20
Florida	94	12	21	10	20	10	5	9	7
Pacific	88	22	15	7	6	5	10	10	13
Illinois	82	5	6	13	9	15	13	14	7
Southern	65	15	16	1	7	8	9	5	4
Arizona	60	2	5	8	8	8	7	9	13
Pacific Northwest	60	8	3	10	8	5	7	9	10
Virginia	58	9	5	3	7	7	10	5	12
New Jersey	57	6	9	1	6	7	14	9	5
South Carolina	53	4	10	6	5	3	7	6	12
Mid-Atlantic	48	2	2	4	6	11		14	9
Oregon	35	3	2	5	2	10	5	4	4
New York	31	2	5	1	6	5	8	2	2
Nevada	27	4	3	5	7	3		2	3
South Texas	24	10	1	3	2	2	4	2	
San Diego	24	1	13		1	3		2	4
Missouri Valley	22	2	4	6	2	3	2	2	1
Oklahoma	19	2	2	2	1	5		6	1
Indiana	19	4	1	3	1	2	4	2	2
Colorado	18	1	6	1	2	1	5	2	
Alabama	18		2	4	2	1	1	3	5
New England	13	2	5	1	1	1	1	1	1
Tennessee	13			1	4	2	1	1	4
Nebraska	12	1	1	2	2	3	2		1
Inland Northwest	12					5	2	4	1
Three Rivers	12		1	2	1	1	3	1	3
Niagara	11	4	1	1	2	2	1		
Ohio	11			1	3	2	1	3	1
Connecticut	10	2	2		2		2	1	1
Michigan	8		1		4	2		1	
Minnesota	7	1	2	1				1	2
Ozark	7	1	3	1		1			1
Border	7	2	2		1	1	1		
New Mexico	6		1	1		1	1	1	1
Utah	5			1	1		1	1	1
Montana	5	2						2	1
Maine	5	1	2					1	1
Kentucky	4				1		1	2	
Lake Erie	4		1	1		2			
Arkansas	4		1					1	2
Snake River	4			2				1	1
Long Island	3			1		1		1	
Central California	3		2						1
Wisconsin	2				1			1	
Dakotas	2	1				1			
West Virginia	2		1				1		
Iowa	1	1							
Adirondack	1	1							

# Total Points

The Georgia Association finished atop all associations in points based on how the track and field point structure is done.

*(i.e. 1st = 10 points, 2nd = 8 points, 3rd = 6 points...etc.)*

Georgia finished with 230 - 1st place points,  
and 208 - 2nd place points

*(#1 in the country in 2nd place points)*



State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
<b>Georgia</b>	<b>900</b>	230	208	162	95	84	60	48	13
North Carolina	855	250	160	102	130	88	69	34	22
Southern California	781	230	168	120	80	40	78	48	17
Gulf	722	160	64	210	105	80	57	34	12
Florida	387	90	96	60	60	40	15	18	8
Pacific Northwest	326	80	72	60	45	20	21	18	10
Southwestern	318	80	56	30	40	40	42	16	14
Pacific	315	120	72	30	30	20	21	14	8
Potomac Valley	262	40	48	48	35	60	15	10	6
Illinois	253	50	48	48	30	24	21	24	8
Southern	244	110	56	6	20	20	18	10	4
New Jersey	218	60	56	6	30	16	27	18	5
Virginia	209	60	40	24	35	16	18	10	6
South Carolina	192	40	56	24	25	16	12	12	7
Arizona	170	20	40	30	25	24	12	12	7
Oregon	146	30	24	30	10	28	15	8	1
Mid-Atlantic	144	20	16	30	30	32		10	6
New York	125	20	40	6	30	8	15	4	2
Nevada	121	40	24	12	20	16		6	3
South Texas	108	40	16	18	10	8	12	4	
Indiana	105	40	16	18	5	8	12	4	2
Missouri Valley	103	20	32	18	10	12	6	4	1
Colorado	102	10	48	6	15	4	15	4	
Oklahoma	87	30	16	12	5	8	3	12	1
Niagara	75	40	8	6	10	8	3		
Alabama	73		16	24	10	12	3	6	2
Nebraska	69	20	8	12	10	12	6		1
San Diego	67	10	32		5	12		4	4
New England	57	20	16	6	5	4	3	2	1
Connecticut	55	20	16		10		6	2	1
Border	48	20	16		5	4	3		
Ozark	45	10	24	6		4			1
Ohio	44			6	20	8	3	6	1
Three Rivers	43		8	12	5	4	9	2	3
Michigan	38		8		20	8		2	
Minnesota	36	10	16	6				2	2
Tennessee	29			6	5	12	3	2	1
Maine	29	10	16					2	1
Montana	25	20						4	1
New Mexico	24		8	6		4	3	2	1
Lake Erie	22		8	6		8			
Central California	20		16				3		1
Inland Northwest	17					8	6	2	1
Utah	17			6	5		3	2	1
Snake River	15			12				2	1
Dakotas	14	10				4			
Kentucky	12				5		3	4	
Arkansas	12		8					2	2
Long Island	12			6		4		2	
West Virginia	11		8				3		
Iowa	10	10							
Adirondack	10	10							
Wisconsin	7				5			2	

# Total Medal Count by Region

The Georgia Association led Region 4 to the Regional Medal Count Title by securing over 65% of the medals for the Region (279 out of 426).

State/Area	Re- gion	Total	Gold (1st)	Silver (2nd)	Bronz e (3rd)	4th	5th	6th	7th	8th
Florida, <b>Georgia</b> , South Carolina	4	<b>426</b>	56	80	61	50	40	40	62	37
Gulf, Southwestern, South Texas, West Texas	12	<b>420</b>	56	14	82	63	47	64	50	44
Potomac Valley, Virginia, North Carolina	3	<b>381</b>	53	44	30	58	68	46	30	52
Hawaii, Nevada, San Diego, Southern California	15	<b>331</b>	39	54	38	37	31	46	46	40
Mid-Atlantic, New Jersey, Niagara, Three Rivers	2	<b>128</b>	12	13	8	15	21	18	24	17
Alaska, Inland Northwest, Oregon, Pacific Northwest	13	<b>107</b>	11	5	15	10	20	14	17	15
Illinois, Indiana	7	<b>101</b>	9	7	16	10	17	17	16	9
Alabama, Southern, Tennessee	6	<b>96</b>	15	18	6	13	11	11	9	13
Central California, Pacific	14	<b>91</b>	22	17	7	6	5	10	10	14
Arizona, Border, Colorado, New Mexico	10	<b>91</b>	5	14	10	11	11	14	12	14
Adirondack, Connecticut, Long Island, Maine, New England, New York	1	<b>63</b>	8	14	3	9	7	11	6	5
Arkansas, Missouri Valley, Okalaho- ma, Ozark	9	<b>52</b>	5	10	9	3	9	2	9	5
Kentucky, Lake Erie, Michigan, Ohio, West Virginia	5	<b>29</b>		3	2	8	6	3	6	1
Dakotas, Iowa, Minnesota, Nebraska, Wisconsin	8	<b>24</b>	4	3	3	3	4	2	2	3
Montana, Snake River, Utah, Wyoming	11	<b>14</b>	2		3	1		1	4	3

# Total Points by Event – 100m Dash

The Georgia Association finished atop all associations in points for the 100m Dash. We have a healthy lead over North Carolina by 17 points, and then Florida (from our own Region) comes in at third, 35 points behind Georgia. Overall Georgia has 13 medalists in the 100m Dash. National Champions included: **Aiden Opore** (8 & Under Boys) – Jackrabbit Track Club : **Rasunek Tyler-Thompson** (13-14 Girls) – ATL Zoom Athletics : **Nathan Price** (15-16 Boys) – Atlanta Lightspeed Track Club. **JackRabbit Track Club** led the way among Georgia teams with 6 of the 13 medalists in the 100m Dash.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
<b>Georgia</b>	<b>81</b>	30	16	18	10		3	4	
North Carolina	64	10	16	12		12	6	6	2
Florida	46	10	16	12		4		4	
Gulf	41		8	6		16	9	2	
Southern	33	20	8		5				
Southern California	29		8	6	10		3		2
Potomac Valley	22	10				8	3		1
Pacific Northwest	21		8	12					1
Southwestern	18		8		10				
Niagara	18	10	8						
New Jersey	12	10						2	
Pacific	11				5	4		2	
Virginia	11				5		6		
Indiana	11	10							1
Oklahoma	10	10							
South Carolina	9				5		3		1
Alabama	6				5				1
Minnesota	6			6					
Nevada	5				5				
Michigan	4					4			
Arizona	4							2	2
Nebraska	3						3		
Mid-Atlantic	2							2	
Illinois	1								1

# Total Points by Event – 200m Dash

The Georgia Association finished atop all associations by a slim margin over Southern California in the 200m Dash. Georgia still had 12 medalists in the 200m Dash. National Champions included: **Aiden Opore** (8 & Under Boys) – Jackrabbit Track Club, **which included a National Record : Adejah Hodge** (11-12 Girls) – Legacy Athletics, **which includes a National Record : Alexa Rossum** (17-18 Women) – ATL Zoom Athletics. **ATL Zoom Athletics & JackRabbit Track Club** led the way among Georgia teams with 6 of the 12 medalists in the 200m Dash (each team had 3 medalists, including a National Champion each).

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
<b>Georgia</b>	<b>70</b>	30	8	12	10	4		6	
Southern California	<b>67</b>	10	32	12	5		6	2	
North Carolina	<b>58</b>		16	18	5	8	6	4	1
Florida	<b>49</b>	20	8	6	5	4	3	2	1
Southwestern	<b>32</b>		8		5	8	9		2
New Jersey	<b>18</b>	10	8						
Indiana	<b>18</b>	10	8						
Pacific Northwest	<b>17</b>	10			5				2
Potomac Valley	<b>16</b>		8			4	3		1
Niagara	<b>15</b>	10			5				
Southern	<b>14</b>	10				4			
Nevada	<b>11</b>				5	4		2	
Minnesota	<b>10</b>	10							
Alabama	<b>10</b>			6		4			
Pacific	<b>9</b>			6			3		
Illinois	<b>9</b>			6				2	1
Oklahoma	<b>9</b>			6			3		
Arizona	<b>8</b>				5		3		
Gulf	<b>7</b>				5			2	
Mid-Atlantic	<b>5</b>				5				
Nebraska	<b>4</b>					4			
Three Rivers	<b>4</b>					4			
Virginia	<b>3</b>							2	1
South Carolina	<b>3</b>							2	1
Inland Northwest	<b>1</b>								1



# Total Points by Event – 400m Dash

The Georgia Association finished atop all associations also in the 400m Dash. However, uncharacteristically, we did not have a National Champion in this event. Notwithstanding, Georgia had 18 medalists in the 400m Dash. Our two Runner-Ups included: **Adejah Hodge** (11-12 Girls) – Legacy Athletics: and **Kimberly Harris** (15-16 Girls) – JackRabbit Track Club. **JackRabbit Track Club** led the way among Georgia teams with 4 of the 18 medalists, with Drive Phase Track Club coming in with 3

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
Georgia	76		16	24	5	16	9	4	2
North Carolina	65	10	24	6	15	4	3	2	1
Southern California	47	10	8	12	10		3	2	2
Gulf	43	10		24		4	3		2
Southwestern	35	20		6			3	6	
Florida	29	20			5	4			
Virginia	27		8		15	4			
Illinois	18		16					2	
New Jersey	14	10				4			
Pacific Northwest	13				5	8			
Arizona	12		8			4			
Nevada	12	10						2	
Southern	10	10							
Mid-Atlantic	10	10							
Indiana	10	10							
Potomac Valley	8				5		3		
Ozark	8		8						
Three Rivers	8		8						
Pacific	6						6		
Border	3						3		
Colorado	3						3		
Alabama	2							2	
Tennessee	2							2	
Connecticut	2							2	
Central California	1								1

# Total Points by Event –

## 400m Relay<sub>(4 x 100)</sub>

The Georgia Association finished atop all associations also in the 400m Relay. However, only by a very slim margin. The Gulf Region is within two points of claiming the sprint relay title. **JackRabbit Track Club** claimed on National Championship in the 15-16 Girls Division **in National Record Fashion!** Our other National Champion was **ATL Zoom Athletics** in the 17-18 Women's division. **JackRabbit Track Club** led the way among Georgia teams with 6 Relay teams on the medal stand in the 400m relay.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
Georgia	85	20	32	12		4	3	12	2
Gulf	83	20	8	42	5	4	3		1
Southern California	77	20	8	12	15	8	9	4	1
North Carolina	53	20	8		15	4	6		
Potomac Valley	29		8			20			1
Florida	28	10	8		10				
Southern	26	10	8		5		3		
South Carolina	18		8	6			3		1
Southwestern	18	10					3	4	1
San Diego	16		16						
South Texas	10	10							
Arizona	9				5		3		1
Pacific	6						3	2	1
Nevada	5				5				
Inland Northwest	4					4			
Illinois	4					4			
Mid-Atlantic	2							2	
Oregon	1								1

# Total Points by Event – 1600m Relay<sub>(4 x 400)</sub>

The Georgia Association finished 3<sup>rd</sup> in points in the 4 x 400m Relay. Personally, while this event (400m) is considered a sprint, this relay can bring a hybrid of middle-distance runners into this relay (namely 800m runners). Therefore, this is the first of the sprint events where Georgia has not shown itself in a dominant fashion.

Notwithstanding, **JackRabbit Track Club** claimed two National Championship titles in this relay in the 8 & Under Boys division and the 11-12 Boys Division. **Drive Phase Track Club** had four All-American relay teams, with **Quicksilver Track Club** also providing two All-American teams.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
Gulf	99	30		18	25	8	12	4	2
Southern California	83	10	32	6	5	12	9	6	3
<b>Georgia</b>	<b>79</b>	20	16	24	10	4	3	2	
North Carolina	44	30	8		5				1
Southern	26	10	16						
Florida	21		16		5				
Illinois	19			6		8	3	2	
Virginia	15	10					3		2
Potomac Valley	12			6		4		2	
Southwestern	11				5		3	2	1
South Texas	10	10							
Arizona	8			6				2	
San Diego	8		8						
Pacific	7			6					1
New Jersey	7					4	3		
Tennessee	5				5				
New York	4					4			
Oklahoma	4					4			
Inland Northwest	2							2	
Alabama	1								1

# Total Points by Event – 800m Run

The Georgia Association finished Runner-Up to Southern California in the 800m Run, by only three points! We had 13 medalists in the 800m Run. Our two National Champions included: **Grant Reynolds** (9-10 Boys) – Mark Trail Flying Eagles: and **Emoni Coleman** (17-18 Women) – Need 4 Speed Track Club. **Drive Phase Track Club, ATL Zoom Athletics, and Quicksilver Track Club** led the way among Georgia teams with 2 All-Americans each in this event.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
Southern California	66	10	16	18	5	4	6	4	3
<b>Georgia</b>	<b>63</b>	20		12	10	8	9	4	
Pacific	46	20	16		10				
Gulf	39		8	12	10		9		
Virginia	38	30	8						
Arizona	21		8	6	5			2	
Southwestern	19					16		2	1
Missouri Valley	18	10	8						
Mid-Atlantic	17				5	12			
New Jersey	16		8		5		3		
New York	15		8		5			2	
Pacific Northwest	14			12				2	
Oklahoma	12	10						2	
North Carolina	12		8				3		1
Florida	11	10							1
South Carolina	11	10							1
Lake Erie	10			6		4			
Colorado	8				5		3		
Minnesota	8		8						
Nevada	7			6					1
New England	4					4			
Potomac Valley	3						3		
Southern	2							2	
Three Rivers	2							2	
Michigan	2							2	
Ozark	1								1
Illinois	1								1



# Total Points by Event – 1500m Run

The Georgia Association finished a distant third among points in the 1500m Run. We had only 5 medalists in this event. Our two National Champions included: **Alec Jackson** (13-14 Boys) – Unattached: and **Jackie Addy** (17-18 Women) – Unattached. We also had two runner-up finishers in Tai Brown (15-16 Girl) – Apollo Track Club and **Emoni Coleman** (17-18 Women) – Need 4 Speed Track Club, with Marcus Webb II of Jackrabbit Track Club finishing 8<sup>th</sup>. This is an event where we should be able to make an improvement because our Cross-Country numbers indicate that we should be able to put more athletes in position to compete at a national level (we have more than 800 athletes in our Association Championship).

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
Southern California	113	60	24	6	5	4	9	4	1
Pacific Northwest	44	10	8	6	10	4	3	2	1
<b>Georgia</b>	<b>43</b>	20	16	6					1
Pacific	33	10	8		5	8			2
Florida	31		8		10	8	3	2	
New York	25		16	6			3		
North Carolina	20				5	4	6	2	3
Oklahoma	18	10		6				2	
Colorado	18		8		5		3	2	
Gulf	17			12	5				
Southwestern	12			6		4			2
South Carolina	11			6	5				
Tennessee	10			6		4			
Border	10	10							
Virginia	8			6				2	
Mid-Atlantic	8					8			
Oregon	8		8						
Ozark	6			6					
Nebraska	5				5				
Connecticut	5				5				
New Mexico	4					4			
New Jersey	3							2	1
Central California	3						3		
South Texas	3						3		
Indiana	3						3		
Ohio	2							2	
Nevada	2							2	
Potomac Valley	2							2	
Utah	1								1

# Total Points by Event – 3000m Run

The Georgia finished fourth in the 3000m Run. We had only 3 medalists in this event. However, we had a National Champion in **Jackie Addy** (17-18 Women) – Unattached. Bottom line.... we need more participation in this event. It is probably a broad understanding that most our high school distance runners are preparing for their scholastic Cross-Country seasons, but we still should have participation at the 11-12 and 13-14 age group levels. Training shouldn't be drastically affected for youth XC.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
North Carolina	46	10	16	6	10			4	
Southern California	38	30					6	2	
Missouri Valley	23		8	6	5	4			
<b>Georgia</b>	<b>19</b>	10		6			3		
New York	15	10			5				
South Texas	13			6			3	4	
Border	12		8			4			
Pacific Northwest	12		8			4			
Gulf	11				5		3	2	1
Pacific	11	10							1
Utah	11			6	5				
Southwestern	10			6			3		1
Illinois	10	10							
Florida	9					8			1
Arizona	8					8			
Colorado	8		8						
Arkansas	8		8						
Central California	8		8						
Potomac Valley	6			6					
Nebraska	6			6					
Three Rivers	5				5				
Mid-Atlantic	5				5				
Oregon	5						3	2	
Virginia	4					4			
Indiana	3						3		
New Jersey	2							2	
Nevada	1								1
San Diego	1								1
New England	1								1
Connecticut	1								1

# Total Points by Event – 2000m Steeplechase

The Georgia finished 12<sup>th</sup> among associations in the 2000m Steeplechase. **Lena Cook** (17-18 Women) – Sirius Athletics was our only All-American in this event, with a **3<sup>rd</sup> Place** (Bronze) finish. Steeplechase is one of those events that combines a sprinters skill set with hurdling, along with that of a distance runner. Unparalleled. So, we as track and field leaders need to find ways to bring more athletes to this event in order to compete nationally.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
Southwestern	21	10			5	4			2
Gulf	20	10		6		4			
Indiana	17		8	6			3		
Mid-Atlantic	13		8		5				
Colorado	10	10							
Iowa	10	10							
Southern California	9		8						1
Illinois	9			6			3		
Pacific Northwest	8		8						
North Carolina	8					4		4	
South Carolina	8				5		3		
Georgia	6			6					
South Texas	5				5				
Niagara	4					4			
Tennessee	3						3		
Pacific	2							2	
Virginia	2							2	
Three Rivers	1								1

# Total Points by Event – 3200m Relay<sub>(4 x 800)</sub>

The Georgia Association finished tied for 2<sup>nd</sup> place in points in the 4 x 800m Relay. While tied with Southern California, we both were a distant second to the Gulf Association by 50 points.

**Drive Phase Track Club** led the way for Georgia with three All-American relay teams, two of which were National Champions... their 11-12 Boys Team, and their 13-14 Girls Team. **Quicksilver Track Club** also providing two All-American Runner-Up teams from their 15-16 Girls & Boys teams with **Sapphire-Ruff Riders** adding a 6<sup>th</sup> Place team for their 15-16 Girls

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
Gulf	91	30		18	20	8	6	8	1
Southern California	41	10	8	12	5		3	2	1
Georgia	41	20	16				3	2	
Pacific	36	20	16						
Potomac Valley	22		8		10		3		1
Illinois	14			6	5		3		
New Jersey	11		8				3		
Nevada	10			6		4			
New England	8		8						
Missouri Valley	6			6					
North Carolina	5					4			1
Arizona	5					4			1
Mid-Atlantic	5							4	1
Southern	4					4			
Virginia	4					4			
Oregon	4					4			
New York	3						3		
South Carolina	1								1
Tennessee	1								1



# Total Points by Event – Short Hurdles

The Georgia finished 3<sup>rd</sup> among associations in the Short Hurdles (80m, 100m, 110m). Georgia finished with 9 All-Americans across the short hurdles, with **Cameron Murray** (17-18 Men) – Quicksilver Track Club as our only **National Champion**. This was a little surprising as we are normally known for producing great hurdlers. However, after analyzing the data, we found that we are actually stronger this year at the 17-18 age group more so than any other division. For example, of the 16 available medals in the 17-18 age group, Georgia took 5 as compared to 2 for North Carolina (the points leader in short hurdles). However, in age groups from 11-12 to 13-14, of those 32 available medals, Georgia captured 4 as compared to 12 for North Carolina.

Our high school hurdlers seem to be leading the way. We need to close that gap if we expect to narrow that gap between us and North Carolina.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
North Carolina	86	30	16	18	10	8		2	2
Gulf	36	10	8	6		8	3		1
Georgia	33	10		6		4	9	2	2
Southern	30	20	8					2	
Southwestern	25	10		6			6	2	1
Potomac Valley	21		8		5	8			
Florida	17		8		5		3		1
Virginia	12			6			3	2	1
South Carolina	8		8						
Michigan	8		8						
Pacific Northwest	6					4		2	
New Jersey	6			6					
Arizona	5				5				
Mid-Atlantic	5				5				
New York	5				5				
Kentucky	5				5				
Alabama	2							2	
Southern California	2							2	

# Total Points by Event – Long Hurdles

The Georgia finished 2<sup>nd</sup> among associations in the Long Hurdles (200m, 400m). Georgia finished with 5 All-Americans across the long hurdles, with **A.J Hale** (15-16 Boys) – Unattached as our only **National Champion**. **Chakiya Plummer** (15-16 Girls) – Unattached was also a Runner-Up with **Morgan Iverson** (17-18 Women) – ATL Zoom Athletics taking a bronze medal. While not as wide a gap in the long hurdles, North Carolina was still dominant in these events. We have enough talent to turn this around.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
North Carolina	55	20	8	6	10	4	6		1
Georgia	30	10	8	6		4		2	
Southwestern	19			6	5	4	3		1
Virginia	19		8	6	5				
Gulf	14		8		5				1
Pacific Northwest	13		8				3	2	
Arizona	12	10						2	
Potomac Valley	11	10							1
New York	11		8				3		
Mid-Atlantic	10			6		4			
Niagara	10	10							
Ohio	8			6				2	
Florida	5				5				
Lake Erie	4					4			
Southern California	4					4			
Missouri Valley	3						3		
Illinois	2							2	
San Diego	1								1

# Total Points by Event – Racewalk

The Georgia finished 5<sup>th</sup> among associations in the Racewalk. Georgia finished with 8 All-Americans across the 1500m and 3000m events, with **Jordan Crawford** (17-18 Men) – Legacy Athletics claiming yet another **National Championship**. Of the 8 All- Americans, **Legacy Athletics produced 6 of them**. So while Coach Ken Jones and Jean Williams continue to be the torchbearers for Georgia in this event, we need to garner more participation in this event across the population of the Georgia track and field community. In order for us to be a leader in this event nationally, we have to take the burden off Legacy Athletics and share the responsibility of encouraging more participation in Racewalk.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
New Jersey	56	20	8		10	8	6	2	2
Pacific	54	10	16	12		4	3	8	1
Southern California	48	40		6				2	
Illinois	38	10	16	6		4			2
<b>Georgia</b>	<b>34</b>	10			15	4		4	1
South Carolina	26	10	8			4	3		1
Gulf	22			12	10				
Maine	17		16						1
North Carolina	13				5	8			
Long Island	12			6		4		2	
New England	11		8				3		
Oregon	10			6		4			
Virginia	8		8						
Niagara	8				5		3		
Florida	6			6					
Pacific Northwest	6			6					
Potomac Valley	5				5				
New York	3						3		
Three Rivers	3						3		
Connecticut	3						3		
New Mexico	3						3		
Arkansas	2							2	
Southern	1								1
Missouri Valley	1								1

# Total Points by Event – Long Jump

The Georgia finished 3<sup>rd</sup> among associations in the Long Jump. Georgia finished with 6 All-Americans. **Jadaja Baxter** (15-16 Girls) – All Heart was our highest finisher, claiming 2<sup>nd</sup> place in a Runner-Up performance. **Cameron Murray** (17-18 Men) – Quicksilver Track Club added another medal to his resume, adding a bronze in the Long Jump to his 110m Hurdles National Championship.

We have to find ways to close the 36 point gap between us and North Carolina.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
North Carolina	71	30	16		5	4	12	2	2
Florida	37	20	16						1
<b>Georgia</b>	<b>35</b>		16	6	5	4	3		1
Gulf	32	10		12		4	6		
Southern California	31	20	8					2	1
Illinois	30			12	10	4		4	
Arizona	26	10	16						
Mid-Atlantic	20			12	5			2	1
Indiana	19	10			5	4			
Pacific Northwest	17			6	5			4	2
Virginia	17	10				4	3		
Potomac Valley	16			12		4			
Nevada	15	10			5				
Southern	13		8				3		2
South Carolina	8		8						
Lake Erie	8		8						
Ozark	8		8						
New Jersey	7				5			2	
Oregon	7					4	3		
Colorado	7					4	3		
Snake River	6			6					
Alabama	5				5				
Pacific	5				5				
Ohio	5				5				
South Texas	4					4			
Tennessee	4					4			
Nebraska	4					4			
Southwestern	3						3		
San Diego	2							2	
Missouri Valley	2							2	
Utah	2							2	
Kentucky	2							2	
Arkansas	1								1
Minnesota	1								1

# Total Points by Event – High Jump

The Georgia finished 7<sup>th</sup> among associations in the High Jump. Georgia finished with 4 All-Americans. **Amare Hall** (13-14 Boys) – Carrollton Track Club was our highest finisher, claiming 2<sup>nd</sup> place in a Runner-Up performance. We need some forums on how to improve in this event. Clinics, surveys, etc. should help us identify how we help coaches drive participation and training in this event.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
Potomac Valley	50	20	8	6	10	4		2	
North Carolina	46	20			5	8	9	4	
Gulf	35	10		18		4		2	1
Pacific Northwest	24		16		5			2	1
Virginia	23	10	8		5				
Illinois	22	10			5		3	4	
<b>Georgia</b>	<b>18</b>		8		5		3	2	
Florida	17		8		5	4			
Oregon	17	10					3	4	
Oklahoma	16		8					8	
Nevada	14	10				4			
Southern California	13			6			3	4	
Pacific	11		8				3		
Minnesota	10		8					2	
Montana	10	10							
New Jersey	9		8						1
Alabama	8		8						
West Virginia	8		8						
New York	7				5			2	
Missouri Valley	7					4	3		
Mid-Atlantic	6			6					
Colorado	6			6					
Nebraska	6			6					
Border	5				5				
Southern	5				5				
Arizona	4					4			
Inland Northwest	4					4			
South Texas	3						3		
Connecticut	3						3		
South Carolina	2							2	
New Mexico	2							2	
Southwestern	1								1

# Total Points by Event – Shot Put

The Georgia finished 2<sup>nd</sup> among associations in the Shot Put. Georgia finished with 7 All-Americans. **Tanner Duffin** (17-18 Men) – Throw 1 Deep claimed a National Championship in this event for Georgia. Other top medalists included **Riley Vaughn** (9-10 Girls) – Titans Track Club and **Jeremiah Pierce** (17-18 Men) – Carrollton Track Club claimed a bronze medal in the same age group.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
North Carolina	55	20	8	12	5	4	3		3
<b>Georgia</b>	<b>39</b>	10	8	6		12	3		
Southwestern	33	10	16			4	3		
Southern California	32		8	6	10		6	2	
Gulf	28	10		6	5	4		2	1
Connecticut	26	10	16						
Pacific Northwest	22		8	6			3	4	1
Illinois	21	10			5		3	2	1
Pacific	20	20							
Nebraska	18		8		5	4			1
Florida	17				10		6		1
New Jersey	17		8				3	6	
South Texas	14	10				4			
Southern	11		8					2	1
Oregon	11			6	5				
Arizona	10			6			3		1
Nevada	10	10							
Michigan	10				10				
Montana	10	10							
South Carolina	8			6				2	
Missouri Valley	8		8						
Potomac Valley	6			6					
Indiana	6			6					
Alabama	6			6					
Ohio	6				5				1
Dakotas	4					4			
Mid-Atlantic	4					4			
San Diego	4					4			
Tennessee	4					4			
Inland Northwest	3						3		
Maine	2							2	
Wisconsin	2							2	
New York	1								1



# Total Points by Event – Javelin

The Georgia finished 6<sup>th</sup> among associations in the Javelin. Georgia finished with 5 All-Americans. **Jada Lubin** (9-10 Girls) – Unattached claimed a National Championship in this event for Georgia. Something unique about this field event was that all 5 medalists were Unattached athletes. I do not know what that says about team involvement for this event, but maybe this specialized event doesn't find great coaches on club teams. I would like to get some feedback as to why that is the case, but we need to address this question. While our margin to be the best is not insurmountable, answering this question may help us move to the top.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
South Carolina	39	10	16		5	4		4	
Southern California	38		8	6	5	8	9	2	
Gulf	37	10	8	6	5	4		4	
Southern	30	20				4	6		
Oregon	27		8	6	5	8			
Georgia	25	10		6	5			2	2
North Carolina	24		8	6	5			4	1
Alabama	23		8	12			3		
San Diego	23	10			5	8			
Arizona	20		8	6			3	2	1
Missouri Valley	19		8		5	4		2	
Ozark	18	10	8						
New Jersey	18	10					6	2	
Southwestern	10	10							
Nebraska	10	10							
Mid-Atlantic	10	10							
Border	10	10							
New Mexico	9		8						1
Michigan	9				5	4			
Central California	8		8						
Florida	7			6					1
Three Rivers	7			6					1
Illinois	6				5				1
South Texas	6			6					
Indiana	6			6					
Connecticut	5				5				
Nevada	5					4			1
Oklahoma	5				5				
Potomac Valley	3							2	1
Inland Northwest	3						3		
Virginia	3						3		
Utah	3						3		
Arkansas	1								1
Pacific Northwest	1								1

# Total Points by Event – Discus

The Georgia Association finished atop all associations also in the Discus. Georgia finished with 5 All-Americans. **Tanner Duffin** (17-18 Men) – Throw 1 Deep was a Runner-Up in the Discus, adding to his National Championship in the Shot Put. Other top medalists included **Seth Allen** (13-14 Boys) – Peach State Throwers with a Bronze Medal and **Jamal Ellis** (17-18 Men) – Throw 2 Deep with a 4<sup>th</sup> Place finish.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
<b>Georgia</b>	<b>32</b>		8	6	10	8			
Oregon	28		8	6		8	6		
North Carolina	27	10			10		6		1
South Texas	24	10	8	6					
Pacific	21	20							1
Florida	17			12				4	1
New York	14	10				4			
Pacific Northwest	13	10					3		
Southwestern	13		8		5				
Oklahoma	12		8			4			
Illinois	11		8					2	1
Dakotas	10	10							
Gulf	10				5			4	1
Southern	10				5		3	2	
Nebraska	10	10							
Colorado	8		8						
Nevada	8		8						
Missouri Valley	6			6					
Indiana	6						3	2	1
Mid-Atlantic	6			6					
New Mexico	6			6					
Michigan	5				5				
Ohio	5						3	2	
Alabama	4					4			
Ozark	4					4			
Virginia	1								1
Montana	1								1

# Total Points by Event – Hammer Throw

The Georgia Association finished atop all associations also in the Hammer Throw. Georgia finished with 5 All-Americans. Our highest finisher was **Shannah Mallet** (17-18 Women) – Throw 1 Deep, who finished with a Bronze medal. Throw 1 Deep and Peach State Throwers provided all the medalists for Georgia in this event.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
New England	33	20		6	5			2	
Pacific	24	10		6		4	3		1
Georgia	16			6		4	3	2	1
Niagara	14	10				4			
Illinois	12		8			4			
Pacific Northwest	11			6	5				
South Carolina	8		8						
Mid-Atlantic	8		8						
Colorado	8		8						
New Jersey	5				5				
Southern California	5						3	2	
Ohio	5				5				
Nebraska	3						3		
Florida	2							2	
New York	1								1
Oklahoma	1								1

# Total Points by Event – Triple Jump

The Georgia Association finished 2<sup>nd</sup> amongst all associations also in the Triple Jump. Georgia finished with 5 All-Americans. **Malik Thompson** (15-16 Boys) – Parkview Express and **Jasmine Barrow** (15-16 Girls) – Unattached were both Runner-Up finishers in this event.

Something to note: technical events like the Hurdles, horizontal jumps, High jump, Shot Put.... North Carolina has a bit of distance on us in points. We have to find out why? Are their Coaches/Advocates for these events that much better than Georgia's?

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
North Carolina	56	30		12	10	4			
<b>Georgia</b>	<b>28</b>		16		5	4	3		
Southern	17	10				4	3		
Illinois	15	10					3	2	
Pacific Northwest	12			6	5				1
Potomac Valley	12		8			4			
Southern California	11			6	5				
Colorado	11		8				3		
Southwestern	10	10							
San Diego	9		8						1
Gulf	8					8			
Nevada	8		8						
Virginia	6			6					
Niagara	6			6					
Wisconsin	5				5				
Montana	4							4	
South Texas	3						3		
Three Rivers	3						3		
Florida	2							2	
Indiana	2							2	
Alabama	2							2	
Mid-Atlantic	2								2
New Jersey	1								1
Arizona	1								1

# Total Points by Event – Pole Vault

The Georgia Association finished 2<sup>nd</sup> amongst all associations also in the Pole Vault. Georgia finished with 5 All-Americans. **Brian Hauch** (17-18 Men) and **Payton Phillips** (15-16 Girls) of Pole Vault Atlanta were both Runner-Up finishers in this event.

Pole Vault Atlanta is our flagbearer in this event, providing 4 of the 5 All-Americans. As an Association, we need to find ways to support them more and help them identify and develop new talent. For this specialized event, it will take more support and development to put us on top.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
South Carolina	31	10		6	5	8		2	
<b>Georgia</b>	<b>25</b>		16		5		3		1
Pacific Northwest	23	20					3		
Gulf	20	10		6				4	
Southern California	18	10		6				2	
Southwestern	17		16						1
Colorado	15		8		5			2	
Southern	12			6		4		2	
Ohio	10				5	4			1
Maine	10	10							
Three Rivers	9			6			3		
South Texas	8		8						
Nevada	8		8						
Oregon	6			6					
North Carolina	5					4			1
Pacific	5				5				
Kentucky	5						3	2	
Mid-Atlantic	4					4			
Illinois	3						3		
New Jersey	3						3		
Minnesota	1								1

# Total Points by Event – Multi Events

The Georgia Association finished 5<sup>th</sup> among all associations also in the Multi Events (Triathlon, Pentathlon, Heptathlon, Decathlon). Georgia finished with 3 All-Americans. **Kayleigh Stargell** (11-12 Girls) – Full Throttle Elite was our **National Champion** in the Pentathlon. Also, **Christian Barker** (13-14 Boys) – D4 Training was a Runner-Up in the Pentathlon. We have to come up with an approach to Multi Events. It appears we don't have a ton of participation across the board. Something to look into.

State/Area	Total	Gold (1st)	Silver (2nd)	Bronze (3rd)	4th	5th	6th	7th	8th
Pacific Northwest	49	30	8		5		6		
North Carolina	42	10	8	6	10	4	3		1
Florida	36		8	18		8		2	
Gulf	29		16	6		4	3		
<b>Georgia</b>	<b>22</b>	10	8			4			
Oregon	22	20						2	
New York	21		8		10		3		
Potomac Valley	18			12		4		2	
Arizona	17			6	5	4		2	
New Jersey	13		8		5				
Southwestern	11				5		6		
Connecticut	10	10							
Missouri Valley	10	10							
Adirondack	10	10							
Southern California	9						3	4	2
Snake River	9			6				2	1
Illinois	8			6				2	
Pacific	8		8						
Virginia	8				5			2	1
Border	8		8						
South Texas	5				5				
Indiana	4					4			
Alabama	4					4			
Ohio	4					4			
Three Rivers	4						3		1
San Diego	3							2	1
West Virginia	3						3		
Mid-Atlantic	2								2
South Carolina	1								1





*For advertising opportunities,  
contact Charles Muhammed at  
[charles.muhammed@premierathletics.org](mailto:charles.muhammed@premierathletics.org)*