

2013 Track Teams



High School Track Team



Middle School Track Team

2014 High School Track Results



Regional Track Results

2014 NEK League Meet [Girls](#) [Boys](#)

Max Badgett 3rd place 200m

Boys 4x100m Relay 3rd place

(Christian Liewer, Dalton Morrow, Max Badgett, Dalton Sayers)

Boys 4x400m Relay 2nd place

(Christian Liewer, Max Badgett, Jason Myers, Dalton Morrow)

Dalton Morrow 3rd place 800m

Max Badgett 2nd place Long Jump

Girls 4x100m Relay 2nd place

(Emily Nottingham, Lauren Harrington, Sierra Neiberger, Tamara Drinkard)

Girls 4x400m Relay 3rd place

(Ali Brown, Lauren Harrington, Sierra Neiberger, Tamara Drinkard)

Tamara Drinkard 2nd place High Jump

Emily Nottingham 1st place 200m



2015 Track Season



State Track Athletes:

Kalynn - 4x100 relay and 400m
Dallas - Discus
Tamara - High Jump and 4x100 Relay
Emily - 4x100m Relay, 100m, and 200m
Rachel - 4x100m Relay
Callie - 4x100m Relay alternate
Macee - 4x100m Relay alternate

Regional Track May 20/21st





Track 2016



2017 Track Season



April 12, 2017

State Track Athlete Results

Justin Myers ran the 800 in 2:05.6 and placed 11th

Nathan Pickerell Jumped 18' 11.25" in long jump and placed 11th

Sway Schmelzle ran 27.07 in the 200 and placed 10th

Regional Track @ JCN on Friday, May 19th, at 3:00 PM

Teams in our regional include: Valley Heights; Jackson Heights; Lyndon; McLouth; Marmaton Valley; Heritage Christian; St. Mary's Colgan; Pleasanton; Kansas City Christian; Maranatha; Troy; Uniontown; Valley Falls, Wabaunsee; Washington; JCN



High School Track



Middle School Track

Track 2018



April 09, 2018



High School Track

Congratulations to Sway Schmelzle for being the MSC Athlete of the Week!

ACCHS Track Meet - 4/10/18

Top finishers were Sway Schmelzle 1st place in Long jump, 100 meters, and 200 meters; Noah Hefty 3rd place in 1600 meters and 3200 meters; Hannah Drinkard 3rd place in Javelin; and the Boys 4 by 800 meter relay placed 3rd (Dallas Clark, Noah Hefty, Nathan Hawk, Cameron Yates). We set 25 new personal records and are looking forward to our meet in Oskaloosa on Friday.

Oskaloosa Track Meet - 4/13/18

Congratulations to the dragon track team Friday night in Oskaloosa. Both boys and girls teams took second overall. Top finishers were Caleb Hefty 2nd place in the 110 meter hurdles, 200 meter Dash and 300 meter Hurdles; Noah Hefty 1st place in the 3200 meter run; Dallas Clark 1st place in the 800 meter run; Cameron Yates 2nd place in the 800 meter run; Nathan Hawk 2nd place in the high jump and 3rd place in the triple jump; Sway Schmelzle 1st place in the 100 meter, 200 meter, and 3rd place in the Long Jump; Rachel Woodgate 1st place in the 100 meter hurdles and 300 meter hurdles, 2nd place in the high jump; Catherine Montgomery 3rd place in the 300 meter hurdles; Hannah Drinkard 2nd place in the javelin, Gracie Coleman 2nd place in the shot put. Also the boys 4x800 meter relay and Girls 4x100 meter relay placed 1st, and the boys 4x400 meter relay placed 2nd.

Middle School Track



2019 Track



Holton Track Meet - Nathan P.

High School

Date	Meet
3/26/2019	Holton
4/1/2019	ESU



Hannah

4/2/19



Oskaloosa

4/4/19

Jeff West



4/9/19



ACCHS

Middle School

Date

Meet Results

Oskaloosa

4/4/
201
9

Last	First	Event 1	Time/Distance	Event 2	Time/Distance	Event 3	Time/Distance	Event 4	Time/Distance
Douhramaji	Nolan	Shot Put	20' 1"	Discus	48' 7"	100 M	0:15.97		
Evans	Zac	100 M	0:13.35 (2nd)	200 M	0:28 (1st)	LJ	11' 10"		
Starnes	Damian	Shot Put	17'	Discus	45' 7"	400 M	1:21		
Brown	Lauren	1600M	6:56 (4th)	800 M	2:59 (1st)	100 M	0:15.53		
Burch	Jodi	Shot Put	18' 0.5"	Discus	34' 10"				
Clark	Calleigh	Long Jump	11' 1.5"	100M	0:15.78				
Freeborn	Tori	Long Jump	7' 2"	200M	0:35.72			7G 4x100	1:06 (6th)
Johnston	Mallory	75M Hurdles	0:16.78	200M	0:35.72	100 M	0:16.79		
Lockhart	Peyton	Long Jump	8' 6"					7G 4x100	1:06 (6th)
Sebek	Carmen	Shot Put	18' 1"	Discus	43' 2"				
Thomas	Allison	Discus	45' 1"	400M	1:29	200 M	0:36.36	7G 4x100	1:06 (6th)
Yates	Katelynn	Long Jump	9' 2"	400M	1:18 (4th)	100 M	0:16.26	7G 4x100	1:06 (6th)
Branam	Dawson	High Jump	4' 8" (3rd)	400 M	1:02 (3rd)	800 M	2:27 (1st)	8B Medley	2:09 (4th)
Clak	Noah	Shot Put	21' 5"	Discus	47' 1"	800 M	3:01	8B Medley	2:09 (4th)
Coleman	Thayer								
Frakes	John	Long Jump	14' 0" (3rd)	100 M	0:13.7 (3rd)			8B Medley	2:09 (4th)
St. Onge	Niklas	Shot Put	15' 1"	Discus	34' 1"	100 M	0:17.72		
Swift	Bradley	Long Jump	10' 5"	75M Hurdles	0:14.81	100 M	0:15.91	8B Medley	2:09 (4th)
Ward	Joseph	Shot Put	24' 5"	Discus	59' 5"				

Clark	Sammi	Shot Put	21' 6"	Discus	41' 1"	200 M	0:38.82		
Darveaux	Lilly	Long Jump	12' 4.75"	100M	0:15.73 (6th)			8G 4x10 0	1:03 (5th)
Gibbens	Emma	Shot Put	21'	Discus	48'9"	200 M	0:41.00		
Henson	Carly	100M	0:17.70	800M	3:16 (3rd)			8G 4x10 0	1:03 (5th)
Long	Lexi								
Miller	Madelyn	Shot Put	25'6.5" (5th)	Long Jump	11' 10"	200 M	0:33.00 (3rd)	8G 4x10 0	1:03 (5th)
Seymour	Trinity	400M	1:16 (4th)	200M	---			8G 4x10 0	1:03 (5th)
Sprang	Olivia								

JCN

Last	First	Event 1	Time/Distance	Event 2	Time/Distance	Event 3	Time/Distance	Event 4	Time/Distance
Douhr amaji	Nolan	Shot Put	20' 5"	Discus	49'10"	100M	16.38		
Evans	Zac	Long Jump	15'00" (3rd)	100M	12.41 (1st)	400M	1:01 (2nd)	200M	26.72 (1st)
Starne s	Damia n	Shot Put	18' 8"	Discus	39' 9"	100 M	15.58		
Brown	Lauren	100M	14.93	1600 M	6:48 (4th)	800M	3:01 (2nd)		
Burch	Jodi	Shot Put	20' 4.5"	Discus	43' 00"				
Clark	Calleigh	Long Jump	12' 8" (1st)	100M		200M	33.19		
Freebo rn	Tori	200M	34.43					4x100	1:04.49 (6th)
Johnst on	Mallory	75M Hurdles	15.57	100M	16.21	200M	36.33		
Lockha rt	Peyton	Long Jump	10' 0" 56'					4x100	1:04.49 (6th)
Sebek	Carme n	Discus	6.5" (1st)	Shot Put	17' 7"				
Sprang	Olivia	Discus	37' 5"	Shot Put	15' 2"				
Thoma s	Allison	Discus	46' 0"	400M	1:29			4x100	1:04.49 (6th)

4/9/2019

Yates	Katelynn	75M Hurdles	16.02	400M	1:14.09 (2nd)	800M	3:03 (3rd)	4x100	1:04.49 (6th)
Brannan	Dawson	High Jump	5' 00"	400M	1:01 (4th)	800 M	2:25 (1st)	Sprint Medley	2:02 (4th)
Clak	Noah	Shot Put	18' 9"	Discus	52' 8"	800M			
Coleman	Thayer	High Jump	4' 2"	1600M	5:51 (4th)			Sprint Medley	2:02 (4th)
Frakes	John	Long Jump	15' 10" (2nd)	100M	12.78 (2nd)			Sprint Medley	2:20 (4th)
St. Onge	Niklas	Shot Put	15' 9"	Discus	38' 9"	100M	17.7		
Swift	Bradley	75M Hurdles	15.06 (3rd)	100M	15.62			Sprint Medley	2:02 (4th)
Ward	Joseph	Shot Put	22' 3"	Discus	49' 10"				
Clark	Sammi	Shot Put	22' 7.5"	Discus	47' 2"				
Darveaux	Lilly	Long Jump	12' 2.5" (5th)	100M	15.13 (4th)			4x100 Relay	1:05
Gibbens	Emma	Shot Put	21' 4"	Discus	50' 11"				
Henson	Carly	100M	17.18	800M	3:15 (3rd)			4x100 Relay	1:05
Long	Lexi								
Miller	Madelyn	Long Jump	11' 5.5"	200M	32.48 (3rd)			4x100 Relay	1:05
Seymour	Trinity	400M	1:14.40 (1st)	200M	33.38			4x100 Relay	1:05

<u>Pleasant Ridge</u>										
	Last	First	Event 1	Time/Distance	Event 2	Time/Distance	Event 3	Time/Distance	Event 4	Time/Distance
4/1 6/2 019	Douhr	Nolan	Discus	51'4.5"	Shot Put	20'7"	100M	17.18		
	Evans	Zac	LJ	14'10" (2nd)	100 M	13.54	400M	1:01.20 (3rd)	200M	27.21 (1st)
	Starnes	Damian	Discus	40' 1"	Shot Put	NGC	100 M	16.05		
	Brown	Lauren	100M	16.28	1600	6:48 (6th)	800M	2:58 (4th)		
	Burch	Jodi	Shot Put	20'11"	Discus	47' 10"				
	Clark	Calleigh	Long Jump	12' 7" (1st)	400M	1:16	100M	16.24	4x200	2:19 (5th)

Freeborn	Tori	200M	35.17	4x100	1:05.49 (4th)	4x200	2:19 (5th)		
Johnston	Mallory	75M Hurdles	16.64	100M	17.49	200M	NGC		
Lockhart	Peyton	Long Jump	NGC	4x100	1:05.49 (4th)	4x200	2:19 (5th)		
Sebek	Carmen	Shot Put	18' 6"	Discus	47' 4"				
Sprang	Olivia	Shot Put	NGC	Discus	NGC				
Thomas	Allison	400M	1:26.09	200M	34.68	4x100	1:05.49 (4th)	4x200	2:19 (5th)
Yates	Katelynn	75M Hurdles	NGC	400M	1:15.24 (4th)	800M	3:02.30 (5th)	4x100	1:05.49 (4th)
Branam	Dawson	High Jump	4'10"	400M	1:02.49 (4th)	800M	2:25.72 (2nd)	Sprint Medley	NGC
Coleman	Thayer	Hlgh Jump	4' 10"	1600M	6:03 (6th)	Sprint Medley	NGC		
Frakes	John	Long Jump	13' 9" (4th)	High Jump	5'2" (2nd)	100M	13.55 (3rd)	Sprint Medley	NGC
St. Onge	Niklas								
Swift	Bradley	Long Jump	11' 4"	100M	NGC	75M Hurdles	NGC	Sprint Medley	NGC
Ward	Joseph	Shot Put	23'3"	Discus	53' 0"				
Clark	Sammi	Shot Put	22'11"	Discus	47' 0"				
Darveaux	Lilly	Long Jump	10' 7"	100M	NGC	Sprint Medley	DQ		
Gibbens	Emma	Shot Put	21' 7"	Discus	58'3"				
Henson	Carly	100M	18.6	800 M	3:06 (3rd)	Sprint Medley	DQ		
Long	Lexi								
Miller	Madelyn	Shot Put	NGC	Long Jump	10' 3"	200M	32.71 (6th)	Sprint Medley	DQ
Seymour	Trinity	400M	1:13 (2nd)	Sprint Medley	DQ				

4/2 6/2 019	<u>McLouth</u>									
	Last	First	Event 1	Time/Distance	Event 2	Time/Distance	Event 3	Time/Distance	Event 4	Time/Distance
	Douhr amaji	Nolan	Discus	52' 10.5	Shot Put	18' 11"	100M	16.9		
	Evans	Zac	LJ	16'	100 M	12.46	400M	1:03.4	200M	26.55

			7.5" (1st)		(2nd)		7 (2nd)		(2nd)
Starnes	Damian	Discus	50'	Shot Put	18'8"	100 M	16.4		
Brown	Lauren	3200M	14.56.19 (5th)	800M	3:02.0 2 (4th)				
Burch	Jodi	Shot Put	21' 1.5"	Discus	48' 11.75"				
Clark	Calleigh	Long Jump	12' 0.5" (2nd)	400M	1:17	100M	15.78	4x200	2:23.4 (4th)
Freeborn	Tori	200M	35.02	4x100	1:03.4 1	4x200	2:23.4 (4th)		
Johnston	Mallory	75M Hurdles	16.81	100M	16.97	200M	36.87		
Kirkwood	Korie	High Jump	4' 2" (1st)	Long Jump	11' 7" (5th)	100M	15.15		
Lockhart	Peyton	Long Jump	9' 7"	4x100	1:03.4 1	4x200	2:23.4 (4th)		
Sebek	Carmen	Shot Put	17' 8"	Discus	50' 11.5"				
Sprang	Olivia	Shot Put	17' 6.5"	Discus	38' 11" 1:03.4				
Thomas	Allison	400M	1:21	4x100	1	4x200	2:23.4 (4th)		
Yates	Katelynn	75M Hurdles	15.72	400M	1:12.2 1 (3rd)	800M	3:05.1 1 (5th)	4x100	
Branam	Dawson	High Jump	4'10	400M	1:01.5 5 (4th)	800M	2:23.0 2 (2nd)	Sprint Medley	2:02.7 4 (5th)
Coleman	Thayer	High Jump	NGC 15'	1600M	5:47.8 7 (4th)	Sprint Medley	2:0.74 (5th)		
Frakes	John	Long Jump	9.5"(2nd)	High Jump	NGC	100M	13.02 (2nd)	Sprint Medley	2:02.7 4 (5th)
St. Onge	Niklas								
Swift	Bradley	Long Jump	11' 4"	100M	15.06 77'	75M Hurdles	15.02	Sprint Medley	2:02.7 4 (5th)
Ward	Joseph	Shot Put	23' 9.5"	Discus	10.5"				
Clark	Sammi								
Gibbens	Emma	Shot Put	20' 10"	Discus	61' 10" (2nd)				
Henson	Carly	100M	17.69	800 M	3:13 (4th)				
Long	Lexi	High Jump	4' 1" (2nd)						
Miller	Madelyn	Shot Put	28' 1.5"	Long Jump	12'2" (5th)	200M	32.74		

		(1st)	
Seymour	Trinity	400M	1:14.90 (5th)

Jackson Heights

4/2
9/2
019

Last	First	Event 1	Time/Distance	Event 2	Time/Distance	Event 3	Time/Distance	Event 4	Time/Distance
Douhr amaji	Nolan	Discus	58' 0.5"	Shot Put	19' 7"	100M	16.58		
Evans	Zac	LJ	15'5.5" (2nd)	100 M	13.27 (2nd)	400M	1:04.78 (1st)	200M	27.27 (1st)
Starn es	Dami an	Discus	48' 10.5	Shot Put	19' 5"	100 M	16.12		
Brown	Laure n	1600 M	6:39.34 (1st)	800M	3:02.22 (4th)	Sprint Medley	2:20.50 (3rd)		
Burch	Jodi	Shot Put	22' 9.5	Discus	55' 1" 1:15.37				2:17.65 (5th)
Clark	Callei gh	Long Jump	13'3.5" (1st)	400M	1:04.30 (4th)	100M	16.35	4x200 Sprin g	2:17.65 (5th)
Freeb orn	Tori	200M 75M	35.11 (5th)	4x100	17.01 12'	4x200	37.83	Medley	2:20.5 (3rd)
Johns ton	Mallor y	Hurdles	16.59 (6th)	100M	7.5" (3rd)	200M	15.78 (4th)	Sprint Medley	2:20.5 (3rd)
Kirkw ood	Korie	High Jump	4'0" (3rd)	Long Jump	1:04.30 (4th)	100M	2:17.65 (5th)	Sprint Medley	2:20.5 (3rd)
Lockh art	Peyto n	Long Jump	9' 3"	4x100		4x200			
Sebek	Carm en	Shot Put	17' 4"	Discus	51' 9"				
Spran g	Olivia	Shot Put	16'3.5"	Discus	41' 2" 1:04.30		2:17.65 (5th)		
Thom as	Alliso n	400M 75M	1:22.62	4x100	1:13.05 (4th)	4x200	3:07.02 (5th)		
Yates	Kately nn	Hurdles	15.26 (3rd)	400M	1:04.30 (2nd)	800M	2:17.65 (6th)	4x100	1:04.30
Bran am	Daws on	High Jump	5'0" (1st)	400M	1:04.00 (5th)	800M	2:25.62 (2nd)	Sprint Medley	2:00.53 (3rd)

**7th
Grade
Girls
3rd
Place
Over
all**

Coleman	Thayer	High Jump	NH 14'	1600 M	5:55.56 (4th)	Sprint Medley	2:00.53 (3rd)	Hurdles	16.84
Frakes	John	Long Jump	4.5 (6th)	High Jump	5' 0" (2nd)	100M	13.37 (4th)	Sprint Medley	2:00.53 (3rd)
Swift	Bradley	Long Jump	11'0.5"	100M	15.86	75M Hurdles	14.50 (6th)	Sprint Medley	2:00.53 (3rd)
Ward	Joseph	Shot Put	24"10'	Discus	74' 08.5"				
Clark	Sammi	Shot Put	23' 6"	Discus	50' 2"				
Gibbens	Emma	Shot Put	20' 6"	Discus	56' 3"				
Henson	Carly	100M	18.24	800 M	3:12.56				
Long	Lexi	High Jump	4' 4" (2nd)						
Miller	Madelyn	Shot Put	26'7"	Long Jump	12' 5"	200M	33.18 (5th)		
Seymour	Trinity	400M	1:16.52						

The Middle School NEK League meet was a good day for all of our kids. We came home with 18 PR's and several league champions, medalists, and top 6 finishers. If you see any of the Middle School Track team give them a congratulations!

NEK League Meet

Medalists

Zac Evans, 100M - League Champion

Zac Evans, 200M- League Champion and NEW SCHOOL RECORD (24.97 seconds)

John Frakes, 200M- 2nd Place

Zac Evans, 400M - 3rd Place

Dawson Branam, 800M - 2nd Place

John Frakes, High Jump- 2nd Place

Zac Evan, Long Jump- League Champion

Lauren Brown, 1600M - 3rd Place

Katelynn Yates, 800M - 3rd Place

May 2, 2019

Carly Henson, 800M- 3rd Place

Korie Kirkwood, High Jump- 3rd Place

Calleigh Clark, Long Jump- League Champion

Top 6 Finishers

John Frakes, 100M- 4th Place

Dawson Branam, 400M 5th Place

Dawson Branam. 75M Hurdles, 5th Place

Dawson Branam, High Jump - 5th Place

John Frakes, Long Jump - 4th Place

Korie Kirkwood, 100M - 6th Place

Maddie Miller, 200M- 4th Place

Katelynn Yates, 400M - 5th Place

Trinity Seymour, 400M - 4th Place (missed 3rd by 46/100 of a second)

7th Grade Girls 4x100 Team - 4th Place (Tori Freeborn, Peyton Lockhart, Allison Thomas, Katelynn Yates)

Katelynn Yates, 75M Hurdles- 6th Place

Lauren Brown, 800M- 4th Place

Lexi Long, High Jump - 5th Place

Korie Kirkwood, Long Jump - 4th Place

7th Grade Girls Medley Team- 6th Place (Tori Freeborn, Peyton Lockhart, Calleigh Clark, Allison Thomas)

Nolan Doughramji, Discus-6th place