

2024 Saline Track & Field



Captains: Andrew Black, Noah Lepore, Truman Johnson,
Ryan Kavanaugh, Leo Ignacio, Camden Pawlick

Coaches

Head Coach: Corbin Brown

Hurdles Coach: Coming Soon!

High Jump: Coming Soon!

Throws Coaches: Chris Jagodzinski

Assistant Distance Coach: Carl Spina, Dom White & Adam Ditri

Assistant Sprints Coach : Brian Boze, Caprice Radcliffe & Corbin Brown

Pole Vault and Long Jump Coach: Shean Conlon

Start of Season

February 13th - Informational Team Meeting

- [Sign up for the team](#)
- Click Join Saline T&F on the top menu bar, work through the tabs
- Check out the clothing order! (COMING SOON)

March 11th - First Day of Practice!

- The first two weeks of practice (until spring break) will take place at the Middle School with the exception of FRIDAYS, which will be determined by the event coaches. March 11-22
- Getting to the MS is the athletes responsibility, they can drive themselves, ride with parents or other athletes, [or sign up for a transfer bus.](#)
 - Practice will begin at 3:15pm. The boys will meet in the gym.

Spring Break - March 22- 31

- Optional practices and practice times will be at the determination of your event coach!
- Workouts for the break will be provided. Please make sure you stay in shape during break!

Uniforms

Our uniforms are custom made and ordered in advance. When you order your uniform, we will start to hand them out in the first few weeks of practice. Go to Saline's [REVTRAK](#) to purchase. A uniform can be purchased via RevTrack. If you purchased bottoms for XC, you do not need to purchase another one.

1. Our competition bottoms:
 - a. You may use the same bottoms you purchased from a previous high school track season or a high school cross country season.
2. Competition Top:
 - a. Loose Fit - Distance or Throwers
 - b. Compression - Sprinters and Jumpers

Fundraiser

In the past, we have offered a few different Fundraiser opportunities. This year, we will have 3 different fundraiser options that you may **choose from that best fit for you and your family**. With the size of the team and the equipment demands of our sport we need to raise money each year to keep Saline Track and Field one of the best programs in the state.

Some examples of equipment we will buy with the money raised are vaulting poles at \$600 each, crossbars at \$200 each, and a single competition discus can be more than \$200. Furthermore, much of the fundraising goes to provide some compensation for many of the additional, non-teaching coaches on this staff. In order to ensure all members of the track team participate this season we have some additional incentives to help you make your individual goal.

PICK ONE OF THE FOLLOWING

- A. CARDS: \$25 a Piece
 - a. Minimum sold: 6 Minimum - \$150 of card sales returned to the team
 - b. GOAL: 12 sold- Earns a Nike Jacket- \$300 of card sales returned to the team
 - c. 18 sold -Earns both Nike Jacket and Custom Jacket - \$450 of card sales returned to the team
- B. No Hassle:
 - a. Minimum - \$100 No Hassle
 - b. \$180 dollars No Hassle - Earns Nike Jacket
- C. SchoolFundr Fundraiser - [Click here to join](#)
 - a. Minimum - \$100 in donations
 - b. \$180 - Earns Nike Jacket
 - c. \$375 - Earns both Nike Hoodie and Custom Jacket

SchoolFundr is new to us this year, the benefit to using them is they do not take any funds from the team. They will ask for a donation/tip **at the end** of the transaction, this is the only money that the company will earn.

At the end of our fundraiser window, there will be a Blitz Night. Blitz Night, where we meet after practice to sell our final cards or make the final push to sell cards. In order to NOT be required to attend Blitz night, the athlete must have completed ONE of the following: sell the minimum of the cards, complete the No Hassle, or meet the minimum of SchoolFundr fundraiser.

Hall of Honor - Since 2015

Won the New Balance Outdoor National Championships in the 800 and 1600 Sprint Medley Relay in 2018.

Won the New Balance Outdoor National Championship in the DMR in 2015

Won a Team State Championship in 2015

MITCA Team State Runner-Up 2015

[Won Regional Title 12 straight times](#)

Regional Champion 1999, 2000, 2001, 2011, 12, 13, 14, 15, 16, 17, 18, 19, (20 No Season), 21, 22 & 23 Runner-Up 2003, 04, 05, 06, 07, 08, 09

[Won SEC League Championship 12 straight times](#)

SEC Champions 1998, 1999, 2000, 03, 04, 05, 07, 08, 09, 11, 12, 13, 14, 15, 16, 17, 18, 19, (20 No Season), 21, 22, & 23

Had 5 Individual and Relay State Champions

2023 - [Dolan Gonzales - Pole Vault](#)

2016 - [Brian Blakenship, David Alberdi, Harrison Koch, Auston Welch - 4x400](#)

2015 - Logan Wetzel, Josiah Humphrey, Austin Welch, Kevin Hall, - 4x800

2015 - Skyler Bowden - 400m

2015 - [David Alberdi, Logan Wetzel, Josiah Davis, Skyler Bowden - 4x400](#)

Had 26 All-State Individuals and Relay Performances

2023 Leslie/Brown	4x800 3rd (Jason Whitton, Stewart Berryhill, Andrew McNally & Noah Lepore), 4x100 7th (Malik Eisemann, Ryan Kavanaugh, Leonardo Ignacio, Wynter Burnett), Pole Vault STATE CHAMPION Dolan Gonzales, Pole Vault 4th Eisemann,
2022 Leslie/Brown	4x800 2nd (Jason Whitton, James Harrison, Stewart Berryhill & Andrew McNally), 800m 6th Jason Whitton, 4x100 7th (Ethan Nelson, Josh Rush, Caden Winston & Larry Robinson), 4x200 7th (Torin Moore Jr., Wynter Burnett, Nelson & Rush), Pole Vault 5th Dolan Gonzales
2021 Leslie/Brown	4x800 4th (James Harrison, Jason Whitton, Joseph Fedoronko & Nathan Luther), 4x100 2nd (Josh Rush, Nick Walper, Kendall Cherry & Andrew Victoria), Shot Put 7th Ian Hanby
2020 Leslie	No Season COVID
2019 Leslie	4x800 6th (Brock Boze, Will Downey, Cam Bacarella & Chris Van Dyke, 4x400 (Brock Boze, Cam Bacarella, Andrew Victoria & Andrew Stuck)
2018 Leslie	4x800 2nd (Anthony DeKraker, Will Downey, Cam Bacarella & Josh Cook), Eric Harris 2nd Pole Vault, DeKraker 1600m 3rd & 800m 5th , Chris Chuparkoff 400m 4th, 4x400 (Win Walker, Chuparkoff, DeKraker, & Jack Fenlon)
2017 Leslie	4x800 3rd (Spencer Leslie, Anthony DeKraker, Will Downey & Aidan Carichner), Eric Harris 2nd Pole Vault, Kyle Nouhan 4th Pole Vault, 4x200 (Robbie Felton, Sean Duffy, Jameson Swanson & Win Walker) 4x400 (Leslie, Felton, Duffy & Walker)
2016 Leslie	4x800 4th (Austin Welch, Brian Blankenship, John Giles, & Anthony DeKraker), 3200M run 7th DeKraker, 4x200 8th (Harrison Koch, David Alberdi, Konrad Dixon, Mitch Carter) 4x400 STATE CHAMPIONS (Alberdi, Welch, Blankenship, & Koch)
2015 Leslie	4x800 STATE CHAMPIONS (Logan Wetzel, Josiah Humphrey, Kevin Hall, Austin Welch), 200M STATE CHAMPS 2nd Bowden, 400M STATE CHAMP Bowden, 800M & 1600M run 2nd Wetzel, 3200M 3rd Hall, 300IH 3rd Josiah Davis, 800M Relay 4th (Tyrone Miller, David Alberdi, Jacob Liebert, Bowden) 1600M Relay STATE CHAMPS (Wetzel, Bowden, Humphries & Davis)

Scored in the 4x800 at the State Meet EVERY YEAR in that span

Had Michigan Male Track & Field Athlete of the Year - Logan Wetzel 2015

☑ At the 2015 state meet, Logan Wetzel Gained All-State status in 4 events, in one afternoon:

🍌 7:38.97 (Finished 1ST in 3200M relay 1:50 split) *All Classes State Record

🍌 4:08.04 (Finished 2rd in the 1600M Run)

🍌 1:52.74 (Finished 2th in the 800M Run)

🍌 49.7 (Finished 1th in the 1600M relay)

🍌 **Mr. Track & Field for State of Michigan 2015** (Top male track athlete all classes) Member of the Villanova Wildcats Track and CC teams

☑ Others to be All State in 4 events in a single day are Skyler Bowden & Anthony DeKraker

Is one of the largest track teams in the Nation averaging 120+ athletes

In Season Information

Practice

Following spring break, the boys will start their practice at the high school at 3:00pm. We will strive to meet outside in the track stands each day. However, Michigan springs are incredibly unpredictable and we may meet in the commons before heading outside. Listen to the announcements and check the SportsYou app after school to see if practice is canceled or moved to the middle school. This will occasionally occur during the first couple weeks.

In general, we will be at the high school. Practice will start at 3:00pm and end between 5-6pm depending on your event area. All athletes should come prepared to practice outside. The weather can be cold, windy, snowy, or rainy so make sure to pack accordingly. Sweatshirts and sweatpants should be used DAILY for warmups. It is much easier to remove too many layers, than add the layers you do not have.

As the season progresses, some athletes will be determined as varsity athletes and some as JV. Knowing which group you fall in will help you see which meets you will be attending so you can plan your schedule. Typically JV athletes can plan on attending practice until the 3rd week of May while varsity athletes should plan on their season extending into June.

Meets

Our schedule can be found at Athletic.net

- Not every athlete will compete at every meet. These are a combination of full team meets, Varsity invitationals, JV invitationals, Underclassmen Invitationals, or Freshman only invitationals.
- At the start of each week (Sunday), an email will be sent out with information regarding that week's meets. Lineups are usually created and entered 48-72 hours prior to the start of the meet.
- Limited Bus transportation is provided to and from the competitions, this is based on the availability of buses and drivers. Some athletes need to drive themselves due to SWWC programs, if you are one of these athletes, you MUST have a parent email your event coach or the head coach with permission to do so. If this is regularly an issue, there may be follow up consequences, such as missing a competition.
- We encourage all athletes to take the buses home as well, however, if a parent is taking you home, we MUST have spoken or emailed with a parent 24 hours before this happens. In the past, there have been times we are looking for a student who has already left with a parent, delaying the bus departure. Please make sure you communicate ahead of time!
- If you intend on riding home with another athlete's parent, we will need an email from your parent with permission to do so.
- **HOME MEETS:** When we host a track meet at Saline High School, it is important that you stay the entire meet. As the host team, we want to have the largest support group at the meet, as well as our job to clean up our own facilities at the end of the meet. Please bring food, homework and any other things needed in order to stay until the meet is over.

Attendance

Once an athlete commits to being on the team, they are expected to be at all practices. Absences are considered excused either because of an illness or appointment (**with an email, SportsYou message, or phone call to your position coach prior to 12PM**). Other absences for school related functions or other commitments **MUST** be communicated with your event coach 48 hours prior to missing practice. It is up to your event coach to determine if this absence will be excused or not.

STUDENT-athletes are required to be in school for a minimum of three out of five hours. If they fail to do so they may be withheld from competition.

All other absences are unexcused. You must make up the missed practice(s) in order to be eligible to run in the subsequent meets. Practice(s) can be made up by helping at MS meets or staying after practice and helping with assigned jobs.

Team Rules

1. Follow all Saline Athletic and Saline School Student Code of Conduct Rules
2. Attend all scheduled practices and team events. Failure to attend team practices or events can result in dismissal from the team.
 - A. If prearranged with his/her coach, an athlete may have 1 unexcused absence without consequence.
 - B. All missed practices are considered unexcused unless you make prior arrangements with a coach.
 - C. If the athlete is sick/ill and did not attend school, a parent or athlete must contact their event coach prior to practice.
 - D. **All missed practices will be made up or scheduled to be made up before an athlete is eligible to run in the next meet.**
3. Consequences for missing practices and team functions.
 - A. 1st unexcused absence with prior arrangement – no consequence
 - B. 2nd, 3rd unexcused absence – Time made up, missing a competition for each absence, or Track Community Service for 1.5 times the amount of missed time. (ex. miss a 2 hour practice =3 hours of track community service)
 - C. 4th unexcused absence is grounds for dismissal from the team.
4. Actions not covered in the Saline Athletic Code or Saline Student Code that reflect negatively on our school or team will be handled on a case-by-case basis and could result in being dismissed from the team.

Lettering in Track

In order for you to receive your varsity letter you must obtain 18 points. We do not have a set number of letters that we can give out. If you earn it – you will get it!

1. All points scored in varsity meets.
2. Varsity Standards - 4 points for each varsity standard achieved. See the chart below for qualifying standards.
3. Receive 1 point for being in the varsity lineup, which includes "A Team Relays" and the top 4 Saline finishers in each event.
4. Coach awarded points for character and service beyond the expected. These are the hardest to get and require an exceptional effort.
5. Prior varsity award letter winners and reaching a Regional or State qualifying standard will be given special consideration.
6. **Receive up to 2 points for having a parent or older sibling help out at a meet.** In order to earn this point, have your parents go to the volunteer section of the website and sign up (1 point per meet).
7. **Receive up to 2 points for reaching your goal for the team fundraiser.**

2024 Track & Field Schedule

****Subject to change: Accurate Schedule at athletic.net****

Saline

2024 Outdoor Track & Field Calendar

Date	Meet Name	Location	Depart	Field	Track	Return
Thu, Jan 25 - Sat, Jan 27	2024 MITCA Track & Field Clinic (Not a Meet)	Crowne Plaza Lansing West, Lansing				
Tue, Feb 13	Outdoor Meeting in HS Commons		3:00 PM			3:30 PM
Mon, Mar 11	Outdoor Practice Starts! at MS Gym		3:00 PM			5:00 PM
Thu, Mar 14	Parent meeting		5:00 PM			6:00 PM
Thu, Mar 14	Senior Pictures at MS		3:00 PM			4:00 PM
Thu, Mar 21	'24 SEC Invite	Lincoln High School, Ypsilanti		10:00 AM	12:00 PM	
Mon, Mar 25	Spring Break					
Wed, Apr 3	Team/Individual Picture Day		3:00 PM			4:30 PM
Thu, Apr 4	Whitmer Freshman Invitational (Boys only)		3:00 PM			8:00 PM
Sat, Apr 6	'24 Lincoln Indoor Classic	Lincoln High School, Ypsilanti		9:00 AM	10:00 AM	
Tue, Apr 9	SEC HS: Huron & Saline at Bedford	Bedford HS, Temperance		4:30 PM	5:00 PM	
Wed, Apr 10	GIRLS Lock-In Pasta Dinner		6:00 PM			9:00 PM
Fri, Apr 12	Under the Lights Track Invite	Fowler HS, Fowler		4:00 PM	5:00 PM	
Tue, Apr 16	SEC-HS: Saline @ Monroe	Monroe High School, Monroe		4:00 PM	4:30 PM	
Sat, Apr 20	24 APRIL SHOWERS Invitational	Creekside Intermediate, Dexter		9:30 AM	10:00 AM	
Tue, Apr 23	SEC-HS: Lincoln & Saline at Dexter	Creekside Intermediate, Dexter		4:30 PM	5:00 PM	
Thu, Apr 25	24 Saline Frosh Soph Tracktown Showdown	Saline HS, Saline		4:00 PM	4:30 AM	
Fri, Apr 26	Charlie Janke Track & Field Invitational	Jackson HS, Jackson		3:30 PM	4:15 PM	
Sat, Apr 27	2nd Annual Throw Down in Trojan Town	Monroe High School, Monroe		1:00 PM		
Tue, Apr 30	SEC-HS: Pioneer & Skyline @ Saline	Saline HS, Saline		4:30 PM	5:00 PM	
Fri, May 3	24 Saline GOLDEN TRIANGLE	Saline HS, Saline		12:00 PM	1:30 PM	
Sat, May 4	Fenton 9/10 Invitational	Fenton HS & AGS MS, Fenton		10:00 AM	11:30 AM	
Thu, May 9	SEC-HS: Championship (Red)	Monroe High School, Monroe		1:00 PM	4:00 PM	
Sat, May 11	Lincoln Last Chance Invite	Lincoln High School, Ypsilanti		10:00 AM	12:00 AM	
Mon, May 13	24 Middle School Hornet Relays	Saline HS, Saline		4:00 PM	5:15 PM	
Wed, May 15	Lincoln JV Invite	Lincoln High School, Ypsilanti		3:00 PM	4:30 PM	
Fri, May 17	MHSAA LP Region 05-1 @ Ypsi Lincoln	Lincoln High School, Ypsilanti				
Thu, May 23	24 Michigan Middle School Last Chance	Saline HS, Saline		5:00 PM	5:00 PM	
Thu, May 23	Downriver 9th Grade Invitational	Theodore Roosevelt HS [Wyandotte], Wyandotte				
Tue, May 28	23 Steeb Meet Of Champs	Creekside Intermediate, Dexter		4:00 PM	4:00 AM	
Sat, Jun 1	MHSAA D1 State Finals (unofficial meet)	Rockford HS, Rockford				
Tue, Jun 4	End of Year Banquet		6:00 PM			7:30 PM

Boys Standards/Qualifying Marks

Event	2024 Varsity	2024 Regional	2024 State	2023 Nat/RS/9
High Jump	5'6	5'10	6'2	6'6/ 6'3/6'
Pole Vault	11'6	12'3	13'3	15'2/14'4/12'3
Shot Put	36'6	43'8	48'4	55'6/52'40'
Discus	105'0	127'0	145'0	169'/152'/130'
Long Jump	18'1	19'11	21'1	22'10/22'02/20'7
4x800	No standard	No standard	8:06	7:58.24/ 8:05
110m HH	17.4	16.35	15.35	14.44/14.80/15.64
100m	11.9	11.5	11.10	10.76/11.04/11.84
4x200m	No standard	No standard	1:30.7	1:29.24/1:32
1600 (+1.2 to make Mile)	4:54	4:38	4:24	4:14.5/4:21.5/4:37.5
4x100m	No standard	No standard	43.5	42.94/43.64
400m	55.2	52.5	50.4	48.54/49.44/51.94
300m Hurdles	45.5	42.6	40.5	38.54/39.44/45.50
800m	2:10	2:03	1:57.8	1:54/1:56.44/2:04
200m	24.8	23.5	22.55	21.72/22.14/22.74
3200 (+4.0 to make 2 mile)	10:44	9:58.0	9:33	9:11
4x400m	No standard	No standard	3:27	3:23/3:28

Event	2023 Nationals & Rising Stars
4x1 mile	17:50
800 medley	1:36.0
1600 medley	3:35/3:40
DMR	10:20/10:30
Swedish	2:01
Shuttle Hurdles	63

FRESHMAN:

With a team as big and as talented as ours, you may be wondering whether or not you can make an impact. Except in the rare circumstance, we don't expect our freshman to be "point-scorers" for the team. How many freshmen start for the varsity football, basketball, or baseball teams? However, we encourage ALL FRESHMEN to make "a run, jump or throw" for their varsity letters! Our sport is one of the few sports in Saline where anyone has the opportunity to earn his varsity letter!

Event	2023 Top Performer	2023 Top Freshman
High Jump	Leo Ignacio 6'0" #9 Junior All-Time	None
Pole Vault	Dolan Gonzales 16'1 #2 All-Time STATE CHAMPION	Kipras Kazlauskas 9'6"
Shot Put	Camden Pawlick 48'3" #4 Soph All-Time	Sawyer Towell 32'0
Discus	Camden Pawlick 149'7" #9 All-Time	Ryan Bondy 88'1
Long Jump	Lennon Cohoon 19'11.5" #2 Freshman All-Time	Lennon Cohoon 19'11.5" #2 Freshman All-Time
4x800	Jason Whitton, Stewart Berryhill, Andrew McNally, Noah Lepore 7:46.90 #5 All-Time	None Recorded
110m Hurdles	Leo Ignacio 15.27 #7 All-Time	Caleb Washington 18.89
100m	Ryan Kavanaugh 11.00 #4 All-Time	James Rush 11.70
4x200m	Ryan Kavanaugh, Leo Ignacio, Tyler Parrish, Wynter Burnett 1:29.17 #5 All-Time	Jack Gates, Parker Carrell, Evan Miklosovic, Graham Gerbe 1:47.68
1600m	Truman Johnson 4:28.22	Brennan LaRusso 4:37.01 #8 Freshman All-Time
4x100m	Wynter Burnett, Ryan Kavanaugh, Malik Eisemann, Leo Ignacio 42.63 #2 All-Time	Bryce Nadig, Graham Gerbe, Zach Heisler, Youssef Jarouche 47.43
400m	Wynter Burnett 50.98	Caleb Washington 55.40
300m Hurdles	Andrew Black 43.15	Caleb Washington #2 Freshman All-Time
800m	Noah Lepore 1:56.6 #6 Junior All-Time	Brennan LaRusso 2:14.06
200m	Ryan Kavanaugh 22.48 #4 Junior All-Time	James Rush 24.37
3200m	Samuel Jackson 9:16.99 #4 All-Time	None Recorded
4x400m	Andrew McNally, Wynter Burnett, Stewart Berryhill, Jason Whitton 3:25.60	None Recorded

READY TO JOIN OUR TEAM??

Please Download SportsYou app to your phone
enter the code: XAWR6ANW (or scan the QR Code)

In this app, you will find:

- Up to date information regarding sign up and Day 1 Practice information
- A Calendar with the competition dates and more
- Links that will be used throughout the season!
- Communication features for athletes and coaches to send out useful information!

We will be utilizing this app throughout the season, so please take a moment to download, add our team, and add the coaches as contacts!

