

MANHATTAN

TRACK & FIELD



2024

WWW.MHSTF.COM

COACHING STAFF

Coach Cool	Head Coach	Distance
Coach Lenhart	Head Assistant	Throws
Coach Robison		Sprints / Sprint Relays
Coach Small		Throws
Coach Mall		High Jump
Coach Spreer		Mid Distance
Coach Gabel		Long Jump / Triple Jump / Hurdles
Coach Wille		Pole Vault
Coach Alexander		Throws (Javelin)

Objective:

- improve; develop an attitude that consistently strives towards becoming better
- shorten trial and error experience
- key terms: CONSISTENCY / FOCUS / TEAM
- understand the most important kind of success resides in personal improvement, giving maximal effort, being willing to take risks, and striving to do their best
- do what you're supposed to do, do it right, do it that way every time – Bill Snyder

Communication:

- Team communication will be through parent square & group (event) communication through GroupMe
- FOLLOW YOUR TEAM ON TWITTER @MHS_TF and Instagram @trackandfield_mhs
- it is imperative we have efficient means of communication
- for updates on practices, meet information, results, etc.
- listen to announcements, check the website, and ask questions

Meet as a Team on Monday's:

- most Monday's we will meet as a group and evaluate our previous week / prepare for our upcoming week, we will warm up as a team when appropriate

Preparation:

- events coach plans their group's daily training
- athletes with multiple event coaches establish a primary event coach and that coach coordinates that athletes entire training block (which days do they see their secondary coach, etc.)
- athletes check in and out with primary event coach daily
- come to practice properly prepared (spikes, flats, trainers, warm clothes, hydration, etc.)
- try to leave valuables and distractions off the track; let a coach know if they can help with this
- no electronics inside the track, this is for safety and focus; a rule

Eligibility:

- meet schools/districts minimum standards for eligibility participation

Attendance:

- dressed and ready when freshman arrive, warm ups to start promptly at 3:30 / two sessions if necessary for busses
- have a note if late/not more than 3x
- excused from school, need to let me know / skip practice or class → don't compete that week
- stay home sick → stay home from practice!

Evaluations:

- what are our goals
- are we making progress, are we improving
- is this fun
- do we look and act like a team
- are we always appropriate role models for our team and our community
- are we positively displaying our program at school

Injuries:

- we will not have a trainer with us every day; our athletic trainer will likely be at MHS
- if you get injured or believe you might be injured, you MUST report to the training room and see what our trainer can do for you
- do not just skip practice, do not self-diagnose; get the trainers recommendation on next step
- injuries that require medical attention also requires paperwork

Meets:

- each athlete is allowed to compete in up to eight (8) meets during the regular season, this does not include regional and state competitions
- to qualify for State you must place top 4 at the Regional meet

Travel:

- you must ride on the bus with the team to the meet if you expect to compete
- you're expected to ride home on the bus with the team following the meet; if you are going to ride home with parent / guardian you must both first sign out with the coach that has the sign out clipboard at the meet (no notes or emails)
- you're responsible for getting yourself to the track for practice after school. Freshman have a bus that will bring them. If you are being responsible for transporting any other bodies to the track, you must have a signed waiver before doing so. **Drivers and passengers must comply with Kansas Driving Law.**

Lettering:

- any senior who has been in good standing with the program for 4 years will automatically earn a letter
- score 48 or more points throughout the season in varsity meets
- scoring any amount of individual points in either the League, Regional, or State Meet
- be nominated for a letter by event coach

VALUE TIME! Be on time // Respect time // Utilize time

MANHATTAN HIGH SCHOOL TRACK & FIELD

1977(i) / 2009 / 2018 / 2021 100 State Championship Performances 1989 / 2002
6 x Team Champions – 9 x Relay Champions – 85 x Individual Champions

YEAR	BOYS	MARK	YEAR	GIRLS	MARK
1921	Roberts – 120yd HH	16 3/5s (State Record)	1975	Linda Long - Discus	127-6 (State Record)
1931	Phelps – 880Yd	2:00.8	1976	Janel LeValley – 880yd (i)	2:21.0 (State Record)
1934	Klimek – Shot Put	53-2.5		Mile Relay (i) (Schoenweis, Bundy, Morrill, LeValley)	4:16.9
1935	Brown – 440yd	53.4		Janel LeValley – 880yd	2:23.6 (State Record)
1939	Johns – 880yd	2:00.5	1978	Janel LeValley – 880yd	2:20.0 (State Record)
1940	Kendall – Pole Vault	11-6		Janel LeValley – 1mile	5:11.7 (State Record)
	Mile Relay	3:39		Barbie Miller – High Jump	5-6
1948	Mile Relay	NR	1980	Pinky Suggs – Shot Put	47-2.5 (State Record)
	Crevison – Broad Jump	21-7	1981	Pinky Suggs – Shot Put	46-7
1950	Machin – High Jump	6-0.75		Pinky Suggs - Discus	134-1 (State Record)
1954	Mallard – High Jump	6-2.25	1982	Pinky Suggs – Shot Put	47-3 (State Record)
1955	Richardson – Broad Jump	22-1		Pinky Suggs - Discus	143-4 (State Record)
	Ballard – Pole Vault	12-6.875 (State Record)	1986	4x200m Relay (Benkleman, Brown, Mcgaughey, Spooner)	1:42.60
1957	Nelson – High Jump	5-11	1988	Teresa Suggs – Shot Put	40-3.5
1960	Starnes – 220yd	22.1	1989	Teresa Suggs - Discus	124-8
1973	Mile Relay (Darland, Johns, Stigge, Campbell)	3:36.5		Lisa Martin – Long Jump	18-9.75
	Frank Perbeck - Javelin	201-6	1990	Sally Geis – 1600m	5:10.19
1974	Blaine Campbell – 1mile	4:14.3 (State Record)		Sally Geis – 3200m	10:58.0
	Frank Perbeck - Javelin	231-4 (State Record)	1994	Kristen Walsten – High Jump	5-3
1977	Jim Favrow - Discus	182-4 (State Record)	1995	Audra Akin - Javelin	127-6
	Jim Favrow – Shot Put	60-8.5	1999	Julie Curtis – 300mH	43.24
1980	Veryl Switzer – Long Jump	24-6.5		Julie Curtis – 200m	25.39
1981	Lamont Madison – Shot Put	56-00	2000	Jessie Funk – 100m	12.50
	Calvin Switzer - Discus	176-10		Julie Curtis – 300mH	42.70
1983	4x800m Relay (Bartlett, Freshnock, Schneider, Avery)	7:58.6		Julie Curtis – 200m	24.89
1988	Brett Wallerstedt – Shot Put	56-8.5	2001	Julie Curtis – 100mH	14.58
2002	Matt Schwandt - Javelin	201-3		Julie Curtis – 300mH	43.20
2003	Matt Schwandt - Javelin	213-11		Julie Curtis – 200m	24.85
2004	Andrew Gerth - Javelin	184-00	2002	Julie Curtis – 100mH	14.48
2009	Kyle Thompson – 800m	1:56.21		Julie Curtis – 300mH	44.45
	Robert Dunn - Discus	167-7	2003	Jessie Funk – Long Jump	18-5
2010	Reid Buchanan – 1600m	4:20.85	2008	Marley Crusch – 3200m	10:59.78
	Dakota Weber – Shot Put	52-9.75		Lindsey Curtis - Javelin	126-2
2011	Reid Buchanan – 800m	1:54.81	2009	Lindsey Curtis - Javelin	126-2
	Reid Buchanan – 1600m	4:21.21	2010	Lindsey Curtis - Javelin	143-7
	Reid Buchanan – 3200m	9:24.30	2011	Sophia Alonso – 400m	57.98
	Logan Mahan – Long Jump	22-2.75	2012	MJ Massanet – Shot Put	40-9
2012	Logan Mahan – Long Jump	22-2.75		MJ Massanet - Discus	144-5
2014	Chris Melgares – 3200m	9:13.42	2019	Clara Mayfield – 1600m	4:58.28
	4x100m Relay (Bieber, Guevele, Daniels, Mack)	41.97	2022	Gili Johnson- Triple Jump	38-02.75
	4x800m Relay (Melgares, Alvarado, Melgares, Martin)	7:57.26	2023	Harli Omli – 400m	56.58
2015	Michael Melgares – 1600m	4:22.20			
	Michael Melgares – 3200m	9:17.17			
2017	Ko Saito – 110HH	14.73			
	Sam Hankins - Javelin	204-10			
2018	Cooper Schroeder – 3200m	9:28.97			
	Sam Hankins – Javelin	212-01			
2019	Sam Hankins – Javelin	206-09			
	Dan Harkin – 3200m	9:30.22			
	Darius O' Connell – SP	53-01.75			
2021	Darius O' Connell – SP	59-06.00			
2023	4x100 Relay (Morgan, Samenus, Walters, Dowling)	41.81			
	Tanner Dowling-Bumett – 400m	49.24			

Post Season Results & School Records

Year	League	Regional	State
2007	Boys – 6 th Girls – 3 rd	Boys – 6 th Girls – 1 st	Boys – 26 th Girls – 8 th
2008	Boys – 1 st Girls – 3 rd	Boys – 1 st Girls – 2 nd	Boys – 8 th Girls – 4 th
2009	Boys – 1 st Girls – 2 nd	Boys – 1 st Girls – 1 st	Boys – 1 st Girls – 8 th
2010	Boys – 1 st Girls – 1 st	Boys – 1 st Girls – 1 st	Boys – 2 nd Girls – 8 th
2011	Boys – 1 st Girls – 1 st	Boys – 1 st Girls – 1 st	Boys – 2 nd Girls – 4 th
2012	Boys – 1 st Girls – 1 st	Boys – 1 st Girls – 1 st	Boys – 4 th Girls – 4 th
2013	Boys – 1 st Girls – 1 st	Boys – 1 st Girls – 1 st	Boys – 9 th Girls – 9 th
2014	Boys – 1 st Girls – 1 st	Boys – 1 st Girls – 4 th	Boys – 2 nd Girls – 7 th
2015	Boys – 2 nd Girls – 1 st	Boys – 2 nd Girls – 4 th	Boys – 2 nd Girls – 17 th
2016	Boys – 4 th Girls – 3 rd	Boys – 6 th Girls – 6 th	Boys – 11 th Girls – 22 nd
2017	Boys – 4 th Girls – 2 nd	Boys – 1 st Girls – 2 nd	Boys – 2 nd Girls – 9 th
2018	Boys – 1 st Girls – 2 nd	Boys – 1 st Girls – 2 nd	Boys – 1 st Girls – 15 th
2019	Boys – 2 nd Girls – 1 st	Boys – 2 nd Girls – 2 nd	Boys – 3 rd Girls – 9 th
2021	Boys – 1 st Girls – 1 st	Boys – 1 st Girls – 1 st	Boys – 1 st Girls – 9 th
2022	Boys – 1 st Girls – 1 st	Boys – 2 nd Girls – 1 st	Boys – 13 th Girls – 5 th
2023	Boys – 1 st Girls – 1 st	Boys – 2 nd Girls – 1 st	Boys – 3 rd Girls – 5 th

BOYS	MARK	YEAR	EVENT	GIRLS	MARK	YEAR
Thomas Randolph Jerry Bishop	10.5	1989 1994	100m	Trina Blake	11.9	1997
Roy Stone	21.6	1990	200m	Julie Curtis	24.58	2000
Clyde King Jr.	47.77	2018	400m	Harli Omli	56.17	2023
Reid Buchanan	1:54.68	2011	800m	Janel LeValley	2:15.21	1978
Blaine Campbell	4:12.7	1974	1600m	Clara Mayfield	4:52.83	2019
Daniel Harkin	9:11.31	2021	3200m	Clara Mayfield	10:36.00	2019
Aaron Roberson	14.24	1982	110/100m HURDLES	Julie Curtis	13.95	2000
Veryl Switzer Jr.	37.5	1980	300m HURDLES	Julie Curtis	42.45	2000
Vincent Malone	6-9.25	2023	HIGH JUMP	Barbie Miller	5-10	1980
Jarrett Meek	14-1	1988	POLE VAULT	Montana Kubista	9-7	2015
Veryl Switzer Jr.	24-6	1980	LONG JUMP	Eden Nesbitt	18-10.75	2003
Veryl Switzer Jr.	48-4	1980	TRIPLE JUMP	Gili Johnson	39-09.50	2021
Darius O'Connell	61-3	2021	SHOT PUT	Pinky Suggs	49-3.5	1982
Jim Favrow	182-4	1977	DISCUS	Pinky Suggs	164-9	1982
Sam Hankins	224-6	2019	JAVELIN	Lindsey Curtis	148-5	2010
C. Morgan, E. Samenus, D. Walters, T. Dowling-Burnett	41.81	2023	4X100m	A. Barron, H. Pellant, A. Larson, H. Omli	48.37	2023
B. Roberts, T. Duncan, T. Dageford, R. Manges	3:21.6	1970	4X400m	T. Brown, J. Benkelman, B. Spooner, K. McGaughey	3:58.20	1986
S. Nelson, C. Rosenow, R. Buchanan, K. Thompson	7:56.63	2009	4X800m	E. Keeley, J. Gruenbacher, E. Rosenkranz, C. Mayfield	9:38.00	2018
S. Neslon, P. Ramundo, G. Armstrong, K. Thompson	18:16.05	2009	4X1600m	C. Mayfield, C. Melgares, A. Gloria, E. Rosenkranz	21:43.75	2017
J. Carter, D. Burton, D. Campbell, R. Buchanan	3:33.86	2010	SPRINT MEDLEY	T. Reeves, H. Miller, S. Alonso, O. Ehie	4:32.79	2010
L. Logback, C. King Jr., J. Van Beclaere, C. Schroeder	10:45.42	2018	DISTANCE MEDLEY	E. Keeley, E. Sturm, E. Rosenkranz, C. Mayfield	12:39.12	2019

What does it take to score / what does it take to win

Boys				2023	Girls			
League 8 th	League Champion	State 8 th	State Champion	Event	League 8 th	League Champion	State 8 th	State Champion
11.70	10.91	11.15	10.75	100	13.57	12.61	12.65	11.82
23.94	22.52	22.98	22.19	200	28.16	26.12	25.68	25.56
52.74	49.55	53.09	49.24	400	1:06.44	58.37	59.51	56.58
2:09.80	2:01.69	1:57.87	1:51.92	800	2:38.19	2:22.24	2:20.06	2:13.16
4:58.55	4:37.87	4:23.49	4:12.93	1600	6:00.18	5:28.56	5:11.90	4:55.52
11:00.20	10:20.87	9:28.68	8:56.66	3200	15:04.10	11:49.88	11:11.27	10:29.55
18.31	15.58	15.37	13.92	110/100 Hurdles	19.01	16.62	16.66	14.38
44.49	39.98	46.39	38.26	300 Hurdles	52.45	49.15	49.86	44.45
46.53	42.40	43.22	41.81	4x100	53.72	48.66	1:08.40	47.91
3:44.39	3:23.74	3:26.16	3:21.06	4x400	4:21.34	4:13.55	4:09.78	3:57.85
9:18.46	8:19.66	8:12.51	7:54.47	4x800	10:41.67	10:15.98	10:02.28	9:26.43
43-09	48-02.5	50-4.50	54-5.25	SP	29-10	36-11	36-3.75	41-07.75
116-0	155-0	146-03	170-03	DT	92-07	118-07	113-07	137-03
132-07	181-01	160-06	178-1	Javelin	93-04	118-07	113-03	146-07
10-06	12-06	12-0	15-06	PV	6-06	9-0	10-06	11-06
5-04	6-09.25	6-02	6-08	HJ	4-08	5-00	5-02	5-06
37-1	43-08.5	42-4.50	47-11.25	TJ	30-10	35-01.75	34-06.75	38-02.75
19-09	21-03.25	21-2	24-01.5	LJ	15-08	18-05.5	34-10.25	36-08

This season my goals are:

MHSTF24 IMPORTANT DATES

February 26 – Team Meeting 3:30 S Gym @ MHSW

February 26 - MHK Cards – *check out by event group coach*

Fundraising is important in ensuring we have appropriate funds for:

- Training equipment
- Uniforms
- Travel, meals, meet entry, etc.

If you do not wish to sell cards, please consider donating \$75 to MHS Track

The community has been supportive of our team. We need to remember we are a reflection of where we are from.

Each athlete should write their name on their envelope. Sell five MHK cards, return the envelope sealed with \$75 cash or check(s) to Coach Cool no later than March 21st. Checks should be made out to MHS Track.

March 4 – Spring Sport Parents Night MHSW @ 7pm

March 8 – MHK Cards – *check in*

Athletes that sell cards will have uniform priority and receive choice of team water bottle, decal, or sunglasses. Remember, you do not have to check out a uniform as you can buy your own.

March 18 – Uniform Checkout Begins

March 20 – Picture Day; all athletes need a uniform @ CiCo (unless inclement weather).

May 1 – Last JV Meet / Turn your uniform in to a manager at the meet before you leave. SIGN OUT

May 17 – Regional Meet / If you do not qualify, turn your uniform in to a manager at the meet before you leave. SIGN OUT

May 24/25 – State Track, do not schedule a vacation if you plan on competing!!

VARSIY TRACK

2024

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
THUR	MAR. 21	TOPEKA WEST INV.	TOPEKA	3:30PM
THUR	MAR. 28	JUNCTION CITY INV	JC	3:30PM
FRI	APR. 5	OLATHE NORTH INV	OLATHE NORTH	TBD
FRI	APR. 12	MANHATTAN INVITE	HERE	3:00PM
FRI	APR. 19	KU RELAYS	LAWRENCE	TBD
FRI	APR. 26	SEAMAN RELAYS	SEAMAN	3:00PM
FRI	MAY. 3	SALINA CENTRAL RELAYS	SALINA	3:30PM
THUR	MAY. 9	CENNTENIAL	JUNCTION CITY	3:30 PM
FRI	MAY. 17	REGIONAL MEET	TBD	3:00 PM
FRI/SAT	MAY. 24/25	6A STATE MEET	WICHITA	TBA

JUNIOR VARSITY TRACK

FRI	APR. 5	RILEY COUNTY	RILEY COUNTY	3:00PM
TUES	APR. 9	ABILENE JV	ABILENE	3:00PM
TUES	APR. 16	JUNCTION CITY JV	JUNCTION CITY	3:30 PM
THUR	APR. 25	MHS SMALL SCHOOLS INVITE	HERE	3:30 PM
WED	MAY. 1	JV CENTENNIAL	HERE	3:30PM