

CALTAF Track Classic

Never underestimate what you can accomplish! Every athlete has such a great potential that is waiting to be unleashed. And you can surprise yourself, your parents, coaches and fellow athletes... That is what happened for some of us during the CALTAF Track Classic this weekend.

Athletes never stop to amaze me when they bring out the best in themselves. And you don't have to be the winner of an event in order to do something great. Every personal best is a worthy accomplishment, hard worked for, hard competed for.

Still, the spotlight goes mostly to those who end up on the top of the podium, especially when they have done something extraordinary. And we had some of those at the CALTAF meet. Where to start?

Let's start with Katelyn Slessor. We knew she was fast. But how fast can you go? How fast could she go? Coming into the meet with a personal best of 12.97, she ran 12.92 in the preliminaries. Great. But who is going to beat Gracia Muamba and Shae Pedersen who posted times of 12.88 and 12.77? Well, those times fired Katelyn up, she was determined and she did in the final what she does best – run hard, very hard. A win in 12.62 - it blows my mind! That broke a 19 year old club record (the club was established in 1993 I believe, the record of 12.64 dated from 1994, but no wind reading for it, so who knows what that time was worth).

Katelyn's 80m hurdles – her third meet in hurdles ever. Her progression: 13.42, 12.89 down to 12.12, good for a third spot in the meet and a promise of great things to come! I never had an athlete going that fast in that short a time!

Her times in 100m flat and 80m hurdles are both under Legion Standard, but because of only 12 spots on the team, and 18 midgets winning their event with performances under standard, I don't think there will be a spot for her on the team. That just means she has to compete at Nationals as a Warrior.

When Katelyn ran her first 200m races in the indoor season, she was not very fast in that event. It was too long! Running fast in a 200m requires hard and consistent work in training, and we are slowly catching up with that work. From 29.14 and 28.33 indoor via 28.20 and 27.79 outdoor to 27.10 this weekend, and a wind aided 26.96 in the final. I know this will still go down substantially too.

Then the other Katelyn: Katie Yackel. We knew she is an excellent hurdler. But the question always remains – how hard are you willing to push yourself? And she needed to push herself hard to get the win with a chance for a spot on the Alberta Legion Team. Going 12.03 in the final, beating Mia Hull by 0.02, was what was needed. And that's what

she did. Excellent! But even better was her 200m hurdles. Again, Mia Hull was the person to beat. And she did it in style and very fast: 28.23 for a new Provincial Record (held by former Warrior Shaunie Morrison), and of course, a new club record.

Katie debuted in the Javelin and did well with winning the silver medal with a toss of 28.95m!

Our next hurdler: Madison Evans. Having had troubles in the 100m hurdles most of the time (they are just a little bit too far apart), Madison got it almost (from a coaching standpoint I have to say 'almost' after viewing the video) all together in this meet. After a wind aided 15.01 in the preliminaries, she was pushed by her competition to give it that little bit extra to secure first place in a great personal best time of 14.58! Next day in the 300m hurdles the head wind on the first straight brought her somewhat off balance, but she adjusted well enough to get a great race in a seasonal best of 44.51 for the win. We can safely say that will secure her with two wins under standard a spot on the Alberta Legion Team. Same can be said for Katie – a spot on the Legion Team should be hers.

This is not the end of our hurdle story: James Albers improved greatly in his 100m hurdle race, placing second in a great personal best of 14.48, an improvement of little over half a second on his previous PB. Club record! And under Legion Standard. But as said above, not enough spots for midgets on the team.

To finish with our hurdlers, more excellent results and personal bests: Morgan Kravtsov 12.55, Liv Price 13.07 and 29.72 (3rd), Chloe Nelson 14.47 and 32.44, Briar Nelson 15.01, Eric Evans 16.69, Kai Spierenburg 15.49 (club record) and 27.43, James 27.79, Quinn van Roesel 15.52 and 27.83, Jordan Samson 30.27.

It will take me too long to mention all personal bests, so I have added everyone's results with an improvement column at the right. You want to see a minus before the number in the column, that's the amount of improvement, and I am counting 68 of them!

2013 CALTAF TRACK CLASSIC 14-Jun-13 to 16-Jun-13 [Ageup: 12/31/2013]

Location: Foothills Athletic Park, Calgary AB

| Mark | Rnd | | | Place | Improv |
|-------------------------|------------|---|-------------------------------|--------------|---------------|
| Albers, James | | | | | |
| 12.51 | 3.9 | P | Men 14-15 100m Sprint | 15 | -.06 |
| 25.56 | 1.4 | P | Men 14-15 200m Sprint | 12 | -1.02 |
| 14.48 | 0.5 | F | Men 14-15 100m Hurdles Midget | 2 | -.58 |
| 14.51 | 2.7 | P | Men 14-15 100m Hurdles Midget | 1 | -.55 |
| 27.79 | 0.5 | F | Men 14-15 200m Hurdles Midget | 5 | -.70 |
| Banister, Sydney | | | | | |

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|---------------------------|-----|---|--------------------------|--------|----|-------|
| 1:02.41 | | F | Women 18-Ov 400m Sprint | | 12 | 1.27 |
| 2:17.13 | | F | Women 18-Ov 800m Run | | 4 | 1.28 |
| 5:01.54 | | F | Women 18-Ov 1500m Run | | 7 | 9.45 |
| Dale, Brinley | | | | | | |
| 14.01 | 1.1 | P | Women 16-17 100m Sprint | | 24 | -.05 |
| 28.34 | 0.3 | P | Women 16-17 200m Sprint | | 19 | -.53 |
| Evans, Eric | | | | | | |
| 13.35 | 0.9 | P | Men 14-15 100m Sprint | | 22 | -.36 |
| 27.14 | 1.4 | P | Men 14-15 200m Sprint | | 26 | -.61 |
| 16.69 | 0.3 | P | Men 14-15 100m Hurdles | Midget | 6 | -.72 |
| 16.95 | 0.5 | F | Men 14-15 100m Hurdles | Midget | 8 | -.46 |
| 30.23 | 0.9 | F | Men 14-15 200m Hurdles | Midget | 8 | -.63 |
| Evans, Madison | | | | | | |
| 14.58 | 0.5 | F | Women 16-17 100m Hurdles | Youth | 1 | -.75 |
| 15.01 | 2.8 | P | Women 16-17 100m Hurdles | Youth | 1 | -.32 |
| 44.51 | | F | Women 16-17 300m Hurdles | Youth | 1 | -.08 |
| Fischer, Lyndon | | | | | | |
| 13.51 | 3.9 | P | Men 14-15 100m Sprint | | 23 | -.19 |
| 26.57 | 1.6 | P | Men 14-15 200m Sprint | | 24 | -1.37 |
| 43.11 | | F | Men 14-15 300m Sprint | | 19 | 1.02 |
| 17.61 | 0.3 | P | Men 14-15 100m Hurdles | Midget | 11 | .15 |
| 30.52 | 0.5 | F | Men 14-15 200m Hurdles | Midget | 10 | .67 |
| Fischer, Sinclair | | | | | | |
| 2:35.84 | | F | Women 16-17 800m Run | | 10 | .00 |
| 5:26.92 | | F | Women 16-17 1500m Run | | 7 | 5.91 |
| 11:23.07 | | F | Women 16-17 3000m Run | | 4 | -5.40 |
| Holder, Jake | | | | | | |
| 57.37 | | F | Men 16-17 400m Sprint | | 12 | --- |
| 2:08.72 | | F | Men 16-17 800m Run | | 13 | -5.26 |
| 4:53.64 | | F | Men 16-17 1500m Run | | 16 | --- |
| Kravtsov, Morgan | | | | | | |
| 12.55 | 1.9 | P | Women 14-15 80m Hurdles | Midget | 4 | -.45 |
| 12.57 | 0.1 | F | Women 14-15 80m Hurdles | Midget | 4 | -.43 |
| 31.67 | 0.5 | F | Women 14-15 200m Hurdles | Midget | 8 | 1.44 |
| 4.72m | 4.1 | F | Women 14-15 Long Jump | | 6 | -0.11 |
| 10.11m | 1.9 | F | Women 14-15 Triple Jump | | 5 | -0.15 |
| Larke, Samantha | | | | | | |
| 1:13.48 | | F | Women 16-17 400m Sprint | | 16 | -1.16 |
| 6:26.71 | | F | Women 16-17 1500m Run | | 12 | 2.66 |
| Lauweryssen, Brant | | | | | | |
| 55.68 | | F | Men 16-17 400m Sprint | | 9 | -.26 |
| 2:04.36 | | F | Men 16-17 800m Run | | 8 | -.28 |

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|--------------------------|------|---|---------------------------------|----|-------|
| 4:32.15 | | F | Men 16-17 1500m Run | 10 | 3.80 |
| Lemenager, Erwann | | | | | |
| 10:51.83 | | F | Men 18-Ov 3000m Run | 11 | 11.88 |
| MacKinnon, Kalena | | | | | |
| 44.74 | | F | Women 14-15 300m Sprint | 7 | -.26 |
| 4.84m | 2.8 | F | Women 14-15 Long Jump | 2 | 0.04 |
| 10.28m | 2.7 | F | Women 14-15 Triple Jump | 3 | --- |
| Mathieson, Rachel | | | | | |
| 13.06 | 0.2 | F | Women 14-15 100m Sprint | 4 | -.47 |
| 13.10 | 1.5 | P | Women 14-15 100m Sprint | 8 | -.43 |
| 26.79 | 0.2 | P | Women 14-15 200m Sprint | 3 | -1.01 |
| 27.07 | 3.8 | F | Women 14-15 200m Sprint | 6 | -.73 |
| 4.77m | 2.2 | F | Women 14-15 Long Jump | 5 | -0.12 |
| 10.80m | 3.3 | F | Women 14-15 Triple Jump | 1 | -0.75 |
| Nelson, Briar | | | | | |
| 14.40 | 1.5 | P | Women 14-15 100m Sprint | 35 | --- |
| 30.47 | 0.5 | P | Women 14-15 200m Sprint | 34 | --- |
| 15.01 | 1.9 | P | Women 14-15 80m Hurdles Midget | 15 | -.11 |
| 3.62m | 2.6 | F | Women 14-15 Long Jump | 24 | -0.01 |
| Nelson, Chloe | | | | | |
| 14.65 | 2.0 | P | Women 14-15 100m Sprint | 41 | -.69 |
| 31.22 | 0.2 | P | Women 14-15 200m Sprint | 40 | .23 |
| 14.47 | 1.9 | P | Women 14-15 80m Hurdles Midget | 13 | -.01 |
| 32.44 | 0.5 | F | Women 14-15 200m Hurdles Midget | 10 | -1.42 |
| Price, Liv | | | | | |
| 29.06 | 0.2 | P | Women 14-15 200m Sprint | 24 | --- |
| 46.04 | | F | Women 14-15 300m Sprint | 17 | -.41 |
| 13.07 | 0.1 | F | Women 14-15 80m Hurdles Midget | 7 | -.03 |
| 13.42 | 1.2 | P | Women 14-15 80m Hurdles Midget | 8 | .32 |
| 29.73 | 0.5 | F | Women 14-15 200m Hurdles Midget | 3 | -.97 |
| Rawji, Natasha | | | | | |
| 14.99 | 1.3 | P | Women 16-17 100m Sprint | 30 | -.02 |
| 31.54 | +0.0 | P | Women 16-17 200m Sprint | 24 | -.74 |
| 3.86m | 3.6 | F | Women 16-17 Long Jump | 18 | 0.15 |
| Samson, Jordan | | | | | |
| 42.06 | | F | Men 14-15 300m Sprint | 16 | -1.04 |
| 30.27 | 0.9 | F | Men 14-15 200m Hurdles Midget | 9 | --- |
| Slessor, Katelyn | | | | | |
| 12.62 | 0.2 | F | Women 14-15 100m Sprint | 1 | -.35 |
| 12.92 | 0.5 | P | Women 14-15 100m Sprint | 3 | -.05 |
| 26.96 | 3.8 | F | Women 14-15 200m Sprint | 5 | -.83 |
| 27.10 | 0.2 | P | Women 14-15 200m Sprint | 8 | -.69 |

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| 12.12 | 0.1 | F | Women 14-15 80m Hurdles | Midget | 3 | -.77 |
| 12.60 | 1.9 | P | Women 14-15 80m Hurdles | Midget | 5 | -.29 |
| 17.77m | | F | Women 14-15 Javelin | 500g | 4 | --- |
| Smith, Lauren | | | | | | |
| 2:55.94 | | F | Women 14-15 800m Run | | 21 | 14.54 |
| Sorge, Alana | | | | | | |
| 14.05 | 0.8 | P | Women 14-15 100m Sprint | | 26 | -.10 |
| 4.13m | 1.3 | F | Women 14-15 Long Jump | | 17 | 0.08 |
| 9.41m | 2.3 | F | Women 14-15 Triple Jump | | 7 | -0.22 |
| Spierenburg, Kai | | | | | | |
| 12.29 | 0.9 | P | Men 14-15 100m Sprint | | 11 | -.33 |
| 24.41 | 1.6 | F | Men 14-15 200m Sprint | | 7 | -1.40 |
| 24.65 | 1.0 | P | Men 14-15 200m Sprint | | 7 | -1.16 |
| 39.42 | | F | Men 14-15 300m Sprint | | 4 | -.14 |
| 15.49 | 0.5 | F | Men 14-15 100m Hurdles | Midget | 5 | -.67 |
| 15.77 | 2.7 | P | Men 14-15 100m Hurdles | Midget | 7 | -.39 |
| 27.43 | 0.5 | F | Men 14-15 200m Hurdles | Midget | 4 | -.74 |
| Tweed, Cole | | | | | | |
| 2:39.85 | | F | Men 14-15 800m Run | | 29 | 4.37 |
| 4:05.24 | | F | Men 14-15 1200m Run | | 19 | -2.37 |
| 7:14.64 | | F | Men 14-15 2000m Run | | 12 | 5.75 |
| Van der Merwe, Daniel | | | | | | |
| 2:14.05 | | F | Men 14-15 800m Run | | 8 | -8.20 |
| 3:45.71 | | F | Men 14-15 1200m Run | | 12 | -6.46 |
| 6:48.77 | | F | Men 14-15 2000m Run | | 8 | -.65 |
| Van Roessel, Quinn | | | | | | |
| 26.16 | 1.0 | P | Men 14-15 200m Sprint | | 19 | --- |
| 42.26 | | F | Men 14-15 300m Sprint | | 17 | -1.13 |
| 15.52 | 0.5 | F | Men 14-15 100m Hurdles | Midget | 6 | -.62 |
| 15.72 | 2.7 | P | Men 14-15 100m Hurdles | Midget | 5 | -.42 |
| 27.83 | 0.5 | F | Men 14-15 200m Hurdles | Midget | 6 | --- |
| 5.01m | 3.3 | F | Men 14-15 Long Jump | | 10 | -0.06 |
| Yackel, Katelyn | | | | | | |
| 12.03 | 0.1 | F | Women 14-15 80m Hurdles | Midget | 1 | -.32 |
| 12.26 | 3.6 | P | Women 14-15 80m Hurdles | Midget | 2 | -.09 |
| 28.23 | 0.5 | F | Women 14-15 200m Hurdles | Midget | 1 | -.87 |
| 28.95m | | F | Women 14-15 Javelin | 500g | 2 | --- |

In our distance group, Daniel van der Merwe is making great strides forward, establishing three personal bests in this meet, Brant Lauweryssen got another PB in the 800m – 2:04.36 this time, Jake holder improved his 800m substantially to 2:08.72, Sydney

Bannister keeps running strong, and Sinclair Fischer added another PB in the 3000m to her résumé.

More club records? OK, a few more. Kai Spierenburg added three more besides the one in the hurdles: the 100m, 200m and 300m (12.29, 24.41, 39.42). A bright future for him too!

In the jumps department, Rachel Mathieson outdid herself with a jump of 10.80m in the triple jump, unfortunately wind-aided. Good for gold. In her first triple jump meet, Kalena MacKinnon hop-step-jumped with 10.28m to a bronze medal. She added a silver in the long jump. Morgan had a good day too with 4.72m long and 10.11 triple.

Rachel had some great performances in her sprints events too. 13.06 in the 100m and 26.79 in the 200m, both big personal bests.

Almost everyone got a PB in the 100, 200 and/or 300/400m. Way to go!

What else to say than that I am very fortunate to be able work with this group of dedicated young people. The season is still young, let's get ready for the Provincial Championships!

Jan Lips
Head Coach