

2018 Alberta Indoor Championships

33 Personal Bests, 15 medals, 6 club records.

The last meet of the indoor season was a good one.

We are always happy to see our athletes improve from meet to meet, and they delivered again at this occasion. One of the high points of the meet was the 1.69m high jump by Madison Mayr, which ranks her 3rd in the country in the U18 category. Madison had a great meet, adding a silver in the triple jump (first time doing the TJ) and a bronze in the long jump to her high jump gold. Other multiple medal winners were Verona Valero with gold in the U16 60m hurdles as well as the long jump, and a silver medal in the high jump, and Erika Cunniam with a silver in the 2000m and bronze in the 1200m.

The other medals went to Tope Toriola (gold, 60m hurdles U16), Ryan Wright (gold, 60m hurdles U18), Giancarlo De Castro (gold 1200m U16), Zack Poirier (silver triple jump U18), Evonne Henning (bronze 2000m U16), Gabriel Jukes (bronze long jump U16), and Theodain Jarrett = T.J. (bronze long jump U18 in his first-time long jumping).

Our 'sure' hurdle medal winner Natasha Gatzke was not able to compete on Saturday because of competing in the RBC Training Ground in Cochrane where she won the sprint part.

Club Records:

Ryan Wright: 60m hurdles U18 and U17: 8.45 (big improvement on his 8.70 PB);

Erika Cunniam: 1200m U16: 3:48.43 and 2000m U16 6:44.23;

Evonne Henning: 600m U15 and U16: 1:43.80;

Tope Toriola: 60m hurdles U15: 8.78, just 0.06 shy of the provincial record for 14-year-old athletes;

Verona Valero: long jump U16: 5.02m.

Almost everyone posted personal bests, and those who didn't were very close.

I will mention a few BIG PBs: Erika 1200m by almost 9 seconds, Giancarlo 600m by 6.5 seconds, Evonne 1200m by 12 seconds and 2000m by almost 13 seconds, Gabe 300m by 1.73 sec, and long jump by about 50cm (compared to outdoor) and last but not least Maïa Heppel 1200m by almost 20 seconds.

I was happy to see Anna back from injury, and Annette competing in her first indoor meet, both having a promising start of their 2018 season.

There was a Team Total Score for this meet, and in the Midget Category (age 14-15) the Warriors were 2nd overall behind CALTAF (who have a much greater number of athletes). So, who is the real winner? Excellent, boys and girls!

Congratulations everyone, great job!

Jan

Full results at: <http://www.ellistrack.ca/results/2018AITFCResults.pdf>