

SMAC East-West 7th-8th Grade Meet Records

GIRLS 100m Dash	Kerry Caddell	St. Ignatius	13.20	2007
BOYS 100m Dash	Andrew Kraus	Sacred Heart	11.64	2009
GIRLS All-Star 3200m Relay		West Side	11:10.40	2006
BOYS All-Star 3200m Relay		West Side	9:13.13	2007
GIRLS 800m Relay		St. James	1:59.55	2007
BOYS 800m Relay		St. Barts	1:46.87	2007
GIRLS 1600m Run	Sarah Reeves	All Saints	5:23.56	2012
BOYS 1600m Run	Steven Johnston	SMAC Track	5:10.70	2013
GIRLS 400m Relay		St. James	56.75	2007
BOYS 400m Relay		St. Barts	51.74	2008
GIRLS Thowers R 400m		SMAC Track	1:01.25	2009
BOYS Thowers R 400m		SMAC Track	56.75	2009
GIRLS 400m Dash	Danielle Pfeifer	St. Ignatius	1:01.77	2008
BOYS 400m Dash	Josh Makin	OLL	56.51	2007
GIRLS 800m Run	Sarah Reeves	All Saints	2:28.35	2012
BOYS 800m Run	Alex Thiery	St. Barts	2:15.75	2007
GIRLS 200m Dash	Danielle Pfeifer	St. Ignatius	27.63	2008
BOYS 200m Dash	Andrew Kraus	Sacred Heart	24.75	2009
GIRLS 1600m Relay		SMAC Track	4:33.40	2008
BOYS 1600m Relay		Sacred Heart	4:05.60	2007
GIRLS Shot Put	Jessica Cobb	St. James	35'11.00"	2005
BOYS Shot Put	Ryan Schnieber	St. Ignatius	46'00.25"	2007
GIRLS Discus Throw	Rachel Berwanger	St. Ignatius	90'05.00"	2014
BOYS Discus Throw	Ellyer Lassiter	Walnut Hills	169'08.00"	2010
GIRLS Long Jump	Erika Armstead	St. Barts	15'03.00"	2007
BOYS Long Jump	Andrew Kraus	Sacred Heart	17'10.00"	2009
GIRLS High Jump	K. Caddell/S. Newcomer	St. Ignatius/Assumpt	4'09.00"	2007/2008
BOYS High Jump	Brian Otten	IHM	5'03.00"	2014
GIRLS Pentathlon 100m	Christina Farwick	St. James White Oak	12.91	2009
BOYS Pentathlon 100m	Noah Rich	Sacred Heart	11.10	2009
GIRLS Pentathlon 400m	Anna Herriott	SMAC Track	1:03.89	2013
BOYS Pentathlon 400m	Ronald Fricke	SMAC Track	56.69	2011
GIRLS Pentathlon 1500m	Anna Herriott	SMAC Track	5:09.73	2013
BOYS Pentathlon 1500m	Joe Ratterman	Our Lady of Visitati	4:46.66	2010
GIRLS Pentathlon Long	Maggie Weaver	St. James	14'07.75"	2008
BOYS Pentathlon Long	Luke Bradshaw	Holy Family-Midtwm	18'00.00"	2013
GIRLS Pentathlon Shot Put	Katie Vonerden	Mother Teresa	26'10.50"	2008
BOYS Pentathlon Shot Put	Sam Joines	SMAC Track	44'03.00"	2010

****2009 was the last year for the 1600 Pentathlon (now 1500 Meters). Record holders for 1600 Pentathlon: Katrina Maricocchi (SMAC Track), 5:41.66 in 2008 for girls; Chris Schultheis (SMAC Track) 5:25.54 in 2009 for boys

2014 SMAC East-West All Star Invitational Track Meet: Overall Girls 7-8 Results: West-32 East-95, Overall Boys 7-8 Results: West-19 East-108
Outstanding Female Meet Performer: Megan Mahan, IHM; Female Pentathlon Winner: Katie Miller, SMAC Track (2457 Points)
Outstanding Male Meet Performer: Joe Collins, St. Gertrude; Male Pentathlon Winner: Jared Tepe, St. Thomas More (2231 Points)

2013 SMAC East-West All Star Invitational Track Meet: Overall Girls 7-8 Results: West-29 East-98, Overall Boys 7-8 Results: West-54 East-73
Outstanding Female Meet Performer: Katie Miller, SMAC Track; Female Pentathlon Winner: Anna Herriott, SMAC Track (2414 Points)
Outstanding Male Meet Performer: Kyle Manuel, Sacred Heart; Male Pentathlon Winner: Luke Bradshaw, Holy Family-Middletown (2383 Points)

2012 SMAC East-West All Star Invitational Track Meet: Overall Girls 7-8 Results: West-35.5 East-91.5, Overall Boys 7-8 Results: West-28 East-99
Outstanding Female Meet Performer: Sarah Reeves, All Saints; Female Pentathlon Winner: Sophie Sikora, Mother Teresa (1982 Points)
Outstanding Male Meet Performer: Isaac Andrews, St. Barts/St.Vivian; Male Pentathlon Winner: Jacob Vaughn, St. Thomas More (2196 Points)

2011 SMAC East-West All Star Invitational Track Meet: Overall Girls 7-8 Results: West-49 East-78, Overall Boys 7-8 Results: West-72 East-55
Outstanding Female Meet Performer: Miranda Grigas, SMAC Track; Female Pentathlon Winner: Rebecca Schulte, SMAC Track (2086 Points)
Outstanding Male Meet Performer: Chase Pankey, St. Barts/St.Vivian; Male Pentathlon Winner: Ronald Fricke, SMAC Track (2626 Points)

2010 SMAC East-West All Star Invitational Track Meet: Overall Girls 7-8 Results: West-41 East-91, Overall Boys 7-8 Results: West-61 East-71
Outstanding Female Meet Performer: Kelly Fuller, SMAC Track; Female Pentathlon Winner: Maddie Goist, Our Lady of Grace (2140 Points)
Outstanding Male Meet Performer: Ellyer Lassiter, Walnut Hills; Male Pentathlon Winner: Joe Ratterman, Our Lady of Visitation (2677 Points)

2009 SMAC East-West All Star Invitational Track Meet: Overall Girls 7-8 Results: West-86 East-46, Overall Boys 7-8 Results: West-73 East-59
Outstanding Female Meet Performer: Kate Olding - St. James White Oak; Female Pentathlon Winner: Christina Farwick - St. James White Oak
Outstanding Male Meet Performer: Andrew Kraus - Sacred Heart; Male Pentathlon Winners: TIE Chris Schultheis - SMAC, Jeremy Rieskamp - St. Cath.

2008 SMAC East-West All Star Invitational Track Meet: Overall Girls 7-8 Results: West-78 East-72, Overall Boys 7-8 Results: West-82.5 East-73.5
Outstanding Female Meet Performer: Danielle Pfeifer - St. Ignatius; Female Pentathlon Winner: Maggie Weaver - St. James White Oak
Outstanding Male Meet Performer: Cameron Pankey - St. Barts; Male Pentathlon Winner: Jake Haigis - SMAC Track

SMAC Running Club proudly supports: ACS Relay for Life & Girls on the Run
www.smacrunning.org

SMAC

Strength Motivation And Courage

SMAC Running Club's
Annual East-West K-8 Track Meet

SMAC East-West All-Star Invitational Track Meet



SMAC Girls



SMAC Boys

May 2, 2015 for Grades 1-8
Milford Stadium, Milford, Ohio
www.smacrunning.org

Event Orders:

For K-4, girls will compete in running events first while boys compete in the field events. Boys running events follow conclusion of girls running events. Limit 3 events per athlete. **For 5-8**, girls' and boys' track events will run concurrently. For example, girls will run 100M prelims followed by the boys 100M prelims. For the 75M (5-6), 100M, 200M, and 400M events, teams are restricted to two individuals in seeded/scoring heats, with all others in unseeded/non-scoring "Blue Ribbon" heats that follow. Limit 3 events per athlete.

<u>Grades 1-2</u>	<u>Grades 3-4</u>	<u>Grades 5-6</u>	<u>Grades 7-8</u>
50 M Dash	800 M Relay	100 M Dash Prelims	100 M Dash Prelims
75 M Dash	50 M Dash	800 M Relay	100 M Dash Finals Pentathlon
100 M Dash	75 M Dash	75 M Dash Prelims	4x200 M Relay
200 M Dash	100 M Dash	400 M Relay	1600 M Run
400 M Relay	200 M Dash	400 M Dash	4x100 M Relay
Long Jump	400 M Dash	100 M Dash Finals	400 M Dash Pentathlon
Softball Throw	400 M Relay	800 M Run	400 M Dash
	Long Jump	75 M Dash Finals	100 M Dash Finals
	Softball Throw	200 M Dash	800 M Run
	High Jump	1600 M Relay	200 M Dash
	Shot Put	Discus	1500 M Run Pentathlon
		Long Jump	4x400 M Relay
		High Jump	Discus
		Shot Put	Long Jump
			High Jump
			Shot Put
			Shot Put Pentathlon
			Long Jump Pentathlon

Awards:

Gr. K-4: Heat ribbons for all participants for each event.
 Gr. 5-8: Medals for 1-3 places, ribbons for 4-6 places - boys and girls & Blue Ribbons for each heat winner in the unseeded/non-scoring heats of the 75, 100, 200, 400M events.
 Gr. 5-8: Trophies for most outstanding athlete of the meet—boy and girl (as voted upon)
 Gr. 7-8: Trophies for Pentathlon champion – boy and girl & special awards for 2-3 places

Pentathlon:

Athletes will earn points, using the IAAF tables, for each of the five events based on their distance/time of the particular event. The boy and girl with the most overall points will be declared the Pentathlon Champions. Tables for self-scoring available on smacrunning.org.

Team Scoring:

Scored as a dual meet for grades 5-8. (No individual team scoring). 5 points for first, 3 for second, 1 for third for all individual events. 5 points for first only for relays. Pentathlon scoring for grades 7-8 only, also included in final team scores, uses: 10, 8, 6, 4, 2, 1 format.

History:

Started by Tim Butler (SMAC Founder/President) in 2004 to be a showcase track meet for the youth of Cincinnati. The concept was to pair the schools/athletes from the East side of Cincinnati versus the schools/athletes from the West side in an All-Star type format. For the 7th-8th grades, additional events, such as the Pentathlon, were added as another opportunity for the athletes to show their talents.

Thanks:

Thank you to Randy Kuvin (Meet Director), Jim Waters (CTCYO President) and all CTCYO Board Members, Tim Butler (SMAC Founder/President) and all SMAC Board Members, and all the SMAC parents/families for all their assistance in running this annual track meet. And to Milford Schools for the use of their facility.

SMAC East-West 5th-6th Grade Meet Records

GIRLS 100m Dash	Karrington Winters	Ohio Pride	12.39	2009
BOYS 100m Dash	Jalen Fox	Lincoln Heights	12.66	2008
GIRLS 800m Relay		Eagles Track Club	2:04.75	2006
BOYS 800m Relay		IHM	2:01.43	2004
GIRLS 75m Dash	Olivia Jester	St. James	9.83	2006
BOYS 75m Dash	Ronnie Fricke	SMAC Track	9.72	2009
GIRLS 400m Relay		Bethany	57.23	2014
BOYS 400m Relay		St. Bart/Vivian	57.08	2010
GIRLS 400m Run	Olivia Jester	St. James	1:05.01	2006
BOYS 400m Run	Kenny Shields	IHM	1:03.15	2004
GIRLS 800m Run	Sarah Reeves	All Saints	2:34.11	2011
BOYS 800m Run	David Lawrence	St. Veronica	2:31.87	2005
GIRLS 200m Dash	Erick Armstead	St. Barts	28.18	2006
BOYS 200m Dash	Osaretin Asemota	SMAC Track	27.49	2013
GIRLS 1600m Relay		All Saints	4:45.71	2011
BOYS 1600m Relay		St. Ignatius	4:55.18	2011
GIRLS Shot Put	Brittany Williams	Bethany	3006.00"	2005
BOYS Shot Put	Patrick Coyne	St. Barts	3700.00"	2005
GIRLS Discus Throw	Erin Nordhill	Springer	6607.50"	2007
BOYS Discus Throw	Patrick Coyne	St. Barts	93'11.00"	2005
GIRLS Long Jump	Natalie Lorenz	St. Ignatius	1305.00"	2013
BOYS Long Jump	Jackson Scroggins	St. Barts/St. Vivian	1502.00"	2013
GIRLS High Jump	Ramei Jackson	SMAC Track	4'11.00"	2014
BOYS High Jump	Kenny Shields	IHM	501.00"	2004

2014 SMAC East-West All Star Invitational Track Meet: Overall Girls 5-6 Results: West-33 East-63, Overall Boys 5-6 Results: West-21 East-75
 Outstanding Female Meet Performer: Ramei Jackson, SMAC Track , Outstanding Male Meet Performer: Taylor Shearer, Annunciation

2013 SMAC East-West All Star Invitational Track Meet: Overall Girls 5-6 Results: West-42 East-54, Overall Boys 5-6 Results: West-19 East-77
 Outstanding Female Meet Performer: Natalie Lorenz, St. Ignatius , Outstanding Male Meet Performer: Osaretin Asemota, SMAC Track

2012 SMAC East-West All Star Invitational Track Meet: Overall Girls 5-6 Results: West-32 East-46, Overall Boys 5-6 Results: West-38 East-40
 Outstanding Female Meet Performer: Carolina Mayfield, Guardian Angles , Outstanding Male Meet Performer: Dan Hinton, St. Ignatius

2011 SMAC East-West All Star Invitational Track Meet: Overall Girls 5-6 Results: West-38 East-58, Overall Boys 5-6 Results: West-71 East-25
 Outstanding Female Meet Performer: Sarah Reeves, All Saints , Outstanding Male Meet Performer: Jaylen Hasan, St. Barts/St. Vivian

2010 SMAC East-West All Star Invitational Track Meet: Overall Girls 5-6 Results: West-43 East-53, Overall Boys 5-6 Results: West-48 East-48
 Outstanding Female Meet Performer: Mia Crim, CHCA , Outstanding Male Meet Performer: Jaylen Hasan, St. Barts/St. Vivian

2009 SMAC East-West All Star Invitational Track Meet: Overall Girls 5-6 Results: West-31 East-65, Overall Boys 5-6 Results: West-46 East-50
 Outstanding Female Meet Performer: Karrington Winters - Ohio Pride, Outstanding Male Meet Performer: Ronnie Fricke - SMAC Track

2008 SMAC East-West All Star Invitational Track Meet: Overall Girls 5-6 Results: West-45 East-51, Overall Boys 5-6 Results: West-27 East-69
 Outstanding Female Meet Performer: Sarah Clark - Lourdes, Outstanding Male Meet Performer: Elery Lassiter - Seven Hills

Results: Available at the conclusion of the meet at <http://www.smacrunning.org/SMACTrackMeet/pastmeetresults.html>

Teams: (list may not include any visiting public school or non-league individuals/teams)

EAST ANNU	Annunciation School (Clifton)	WEST BETH	Bethany
EAST HILL	Cincinnati Hills Christian Academy	WEST HFAM	Holy Family (Middletown)
EAST IMMA	IHM/Guardian Angels	WEST IMLU	Immanuel Lutheran School
EAST INDI	Indian Hill Track Club	WEST MOTH	Mother Teresa
EAST MARI	Mariemont	WEST OAKH	Oak Hills Youth Track & Field
EAST MARS	Mars Hill Academy	WEST GRAC	Our Lady of Grace/St. John the Bapt
EAST MERC	Mercy Montessori	WEST VISI	Our Lady of Visitation
EAST ROYA	Royalmont Academy	WEST BART	Sabrecats (Bart/Vivian/Clement)
EAST SEVE	Seven Hills	WEST SACR	Sacred Heart (Fairfield)
EAST SMAC	SMAC Running Club	WEST CATH	St. Catharine
EAST SPRI	Springer	WEST IGNA	St. Ignatius
EAST FRAN	St. Francis deSales (Lebanon)	WEST JAMW	St. James White Oak
EAST GERT	St. Gertrude/All Saints	WEST JAMV	St. James of the Valley
EAST LOUI	St. Louis (Owensville)	WEST JOHD	St. John the Baptist (Dry Ridge)
EAST SUSA	St. Susanna	WEST JUDE	St. Jude
EAST THOM	St. Thomas More		
EAST VERO	St. Veronica		
EAST PLEA	Pleasant Ridge Montessori		
EAST FDWH	St. Francis deSales (Walnut Hills)		
EAST BOND	Bond Hill Flyers		