



Spring Track Season Recap

Regular Season Record

Girls 3-1

Boys 3-2

Championship Season

Essex County Relay Championship

Girls 2nd

Boys 3rd

Champions

Boys

4x200; Truman Williams, Reuven Frye, Michael Robinson, Jessie Legister

Sprint Medley: Truman Williams, Reuven Frye, Jessie Legister, Oscar Counsell

Girls

4x100; Stephanie Webb, Ella McAdams, Anna Glorie, Kiya Lawson

4x200; Stephanie Webb, Ella McAdams, Anna Glorie, Kiya Lawson

4x400; Ella McAdams, Stephanie Webb, Krisantha Spencer, Kiya Lawson

DMR; Madeline Duncan, Ella McAdams, Avery McAdams, Violet Ross

Major Point Contributors

Boys

4x1600; Lucas Dia, Charles Hymowitz, Charles Ehlis Oscar Counsell (3rd)

4x400; Justin Kirkley, Michael Robinson, Max Blackburn, Lawton Haynes (4th)

4x800; Turhan Welch Jr., Lawton Haynes, Max Blackburn, Oscar Counsell (5th)

Distance Medley: Lucas Dia, Lawton Haynes, Charles Hymowitz, Charles Ehlis (6th)

Shot Put: Richard Fortune, Tylor McAuley (2nd)

Discus: Richard Fortune, Tylor McAuley (4th)

Girls

4x1600: Krisantha Spencer, Madeline Duncan, Avery McAdams, Violet Ross (2nd)

Sprint Medley: Stephanie Webb, Anna Glorie, Kiya Lawson, Krisantha Spencer (2nd)

Long Jump: Elizabeth Fitzgerald, Ava Summers (2nd)

Shot Put: Crystal Clark, Grace Gibson (2nd)

Discus: Giselle Frazier, Grace Gibson (4th)

Javelin: Chanel Armand, Giselle Frazier (4th)

SEC Conference Championship

Girls Conference Champions

Boys 2nd

Champions

Boys

Jessie Legister: 400m, 200m (new meet record)

Oscar Counsell: 1600m

4x400: Truman Williams, Reuven Frye, Michael Robinson, Jessie Legister

Girls

Stephanie Webb: 100m, 200m

Violet Ross: 3200m

Elizabeth Fitzgerald: Pole Vault (new meet record)

4x400: Ella McAdams, Stephanie Webb, Krisantha Spencer, Kiya Lawson

Major Point Contributors

Boys

Truman Williams: 100m (2nd), 200m (2nd)

Lawton Haynes: 400m (5th)

Oscar Counsell: 800m (2nd)

David Thom-Rodgers: Long Jump (3rd) Triple Jump (4th)

Dadensky Odige: Triple Jump (6th)

Richard Fortune: Shot Put (2nd)

Girls

Kiya Lawson: 100m (2nd), 200m (2nd), 400m (3rd)

Ella McAdams: 400m (2nd), 800m (3rd)

Krisantha Spencer: 800m (2nd)

Violet Ross: 1600m (2nd)

Avery McAdams: 1600 (4th)

Madeline Duncan: 3200 (2nd)

Teah Glorie: 100m Hurdles (3rd)

Elizabeth Fitzgerald: Long Jump (3rd), Triple Jump (2nd)

Grace Gibson: Discus (4th), Shot Put (6th)

Giselle Frazier: Discus (6th)

Chanel Armand: Javelin (4th)

Crystal Clark Shot Put (4th)

Essex County Championship

Girls County Champions

Boys 2nd

First time in 31 years boys have finished this high

Champions

Boys

Oscar Counsell: 800m, 1600m

Jessie Legister: 400m

Girls

Krisantha Spencer: 800m

Elizabeth Fitzgerald: Pole Vault

4x400: Ella McAdams, Stephanie Webb, Krisantha Spencer, Kiya Lawson

Major Point Contributors

Boys

Truman Williams: 100m (2nd), 200m (4th)

Jessie Legister: 200m (2nd)

Lawton Haynes: 400m (6th)

Charles Ehlis: 3200m (5th)

4x400: Lawton Haynes, Truman Williams, Michael Robinson, Reuven Frye

Shot Put: Richard Fortune (2nd)

Girls

Stephanie Webb: 100m (3rd), 200m (2nd)

Kiya Lawson: 100m (4th), 200m (3rd), 400m (2nd)

Violet Ross: 1600m (3rd), 3200 (2nd)

Elizabeth Fitzgerald: Long Jump (2nd), Triple Jump (5th)

Crystal Clark: Shot Put (6th)

NJSIAA Sectional Championship

Girls 2nd

Boys 3rd

First time in program history both teams have finished this high at the same time.

Champions

Girls

Stephanie Webb: 100, 200

Elizabeth Fitzgerald: Pole Vault

4x100: Stephanie Webb, Ella McAdams, Anna Glorie, Kiya Lawson
4x400: Ella McAdams, Stephanie Webb, Krisantha Spencer, Kiya Lawson

Boys

Jessie Legister: 200, 400
4x400: Truman Williams, Lawton Haynes, Reuven Frye, Jessie Legister

Point Contributors

Girls

Kiya Lawson: 400 (2nd)
Ella McAdams: 400 (4th)
Krisantha Spencer: 800 (3rd)
4x800: Krisantha Spencer, Sophia Draxler, Violet Ross, Ella McAdams (3rd)
Elizabeth Fitzgerald: Triple Jump (4th)

Boys

Truman Williams: 100 (2nd), 200 (5th)
Oscar Counsell: 800 (2nd), 1600 (2nd)
4x100: Truman Williams, Jessie Legister, Michael Robinson, Reuven Frye (2nd)
Richard Fortune: Discus (4th), Shot Put (6th)

NJSIAA Group Championship

Girls 8th

Boys 9th

First time in program history both teams have finished this high at the same time. All of this was done with only 15 athletes total (6 boys and 9 girls) compared to teams that had 20 or more on both sides. Below you will find our qualifiers for the NJ Meet of Champions.

Girls

Stephanie Webb (100, 200)
Kiya Lawson (200, 400)
Elizabeth Fitzgerald (pole vault)
4x100; Stephanie Webb, Ella McAdams, Anna Glorie, Kiya Lawson
4x400; Ella McAdams, Stephanie Webb, Krisantha Spencer, Kiya Lawson

Boys

Jessie Legister (200, 400)

Truman Williams (200)

Oscar Counsell (800, 1600)

4x100: Truman Williams, Jessie Legister, Michael Robinson, Reuven Frye

4x400: Truman Williams, Lawton Haynes, Reuven Frye, Jessie Legister

Qualifying for the Meet of Champions is an accolade in itself but all athletes and relay performances were so impressive that they ranked in the top 15 or better out of all the group championship meets that took place throughout the state over the weekend.

NJSIAA Meet of Champions

Elizabeth Fitzgerald: Pole vault 4th

Stephanie Webb: 200 11th

Kiya Lawson: 400m 24th, 200 8th

Girls 4x100: Stephanie Webb, Ella McAdams, Anna Glorie, Kiya Lawson 2nd

Girls 4x400: Ella McAdams, Stephanie Webb, Krisantha Spencer, Kiya Lawson

5th

Jessie Legister: 400m State Champion, 200m 3rd

Oscar Counsell: 1600 7th

Truman Williams: 200 14th

Boys 4x100: 2nd

Truman Williams, Jessie Legister, Michael Robinson, Reuven Frye

Boys 4x400: 4th

Truman Williams, Lawton Haynes, Reuven Frye, Jessie Legister

National Qualifiers

Girls

4x100: Stephanie Webb, Ella McAdams, Anna Glorie, Kiya Lawson

4x200: Stephanie Webb, Ella McAdams, Anna Glorie, Kiya Lawson

4x400: Ella McAdams, Stephanie Webb, Krisantha Spencer, Kiya Lawson

1600 SMR: Stephanie Webb, Anna Glorie, Kiya Lawson, Krisantha Spencer

Boys

Jessie Legister: 200, 400

4x100: Truman Williams, Jessie Legister, Michael Robinson, Reuven Frye

4x200: Truman Williams, Jessie Legister, Michael Robinson, Reuven Frye

4x400: Truman Williams, Lawton Haynes, Reuven Frye, Jessie Legister

1600 SMR: Truman Williams, Reuven Frye, Jessie Legister, Oscar Counsell