

# THE JOHN SANDERS EARLY BIRD INVITATIONAL



## Olmsted Falls High School

**March 23, 2024**

Welcome to the John Sanders Early Bird Track & Field Invitational. This meet is dedicated to the memory of John Sanders, a track and field coach at Olmsted Falls for over thirty years. He was a coach, mentor, and teacher, dedicated to his profession and sport, and the Olmsted Falls track program would not have achieved the success that it has without the foundation and tradition that he established. On March 14, 1998, the "Bulldog" John Sanders lost his race with cancer. John battled to the very end and just like every other task that Mr. Sanders took on he battled it with class. His legacy in the track program will last forever. It is with his memory in mind that we hold this meet.

The founders of this track meet were Mr. Jeffrey Chase and Mr. Robert Trapp. Like John Sanders, they also spent the majority of their careers as coaches in the Olmsted Falls track program. Mr. Chase was the first women's track coach in Olmsted Falls history and left the program with an outstanding reputation when he retired. Mr. Robert Trapp gave up coaching track to focus on his administrative career when he became the principal of Olmsted Falls. These three men gave Olmsted Falls the reputation that it has today, not only for excellent track teams, but also in being able to run an organized and excellent track meet. The current coaching staff hopes to continue this tradition. They would like to thank all of those volunteers, parents, and coaches for their presence today and their commitment to this meet. Best of luck to all, and HAVE A GREAT MEET!

### **Teams**

**Berea-Midpark  
Elyria Catholic  
Midview  
Padua**

**Columbia  
Holy Name  
Olmsted Falls  
Avon Lake**

# THE JOHN SANDERS EARLY SEASON INVITATIONAL

## OLMSTED FALLS HIGH SCHOOL

Saturday March 23, 2024

### Schedule of Events

**9:30 AM – Coaches Meeting (Press Box)**

#### **10:00 AM - FIELD EVENTS**

**GIRLS HIGH JUMP  
GIRLS DISCUS  
BOYS SHOT PUT  
BOYS LONG JUMP  
GIRLS POLE VAULT**

**Remaining field events will begin 15 minutes after the conclusion of the 10:00 AM events.**

**BOYS HIGH JUMP  
BOYS DISCUS  
GIRLS SHOT PUT  
GIRLS LONG JUMP  
BOYS POLE VAULT**

#### **11:00 AM - RUNNING EVENTS - Girls first, followed by boys in all events!** (rolling time schedule)

- 1) 4 x 800 M Relay
- 2) 100/110 Meter High Hurdle
- 3) 100 Meter Dash
- 4) 4 x 200 M Relay
- 5) 1600 M Run
- 6) 4 x 100 M Relay
- 7) 400 Meter Dash
- 8) 300 Meter Hurdles
- 9) 800 M Run
- 10) 200 M Dash
- 11) 3200 M Run
- 12) 4 x 400 M Relay

## Field Event Information

**HIGH JUMP** - Girls first, then boys.

Girls 4', 4' 3", 4' 6", 4' 8", 4' 10", 5' 0", 5' 1", 5' 2", ...  
Boys 5', 5' 3", 5' 6", 5' 8", 5' 10", 6' 0", 6' 1", 6' 2", ...

**POLE VAULT** - Girls first, then boys.

Girls 5', 6', 7', 7' 6", 8' 0", 8' 6", 9' 0", ...  
Boys 7', 8', 9', 9' 6", 10', 10' 6", 11', ...

**SHOT PUT** – Boys first, then girls. Four Throws. No Finals. Two Flights.

**Flight one**

Padua  
Berea-Midpark  
Olmsted Falls  
Midview

**Flight two**

Avon Lake  
Columbia  
Holy Name  
Elyria Catholic

**DISCUS** – Girls first, then boys. Four Throws. No Finals. Two Flights.

**Flight one**

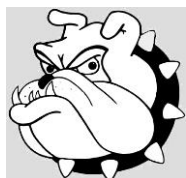
Avon Lake  
Columbia  
Holy Name  
Elyria Catholic

**Flight two**

Padua  
Berea-Midpark  
Olmsted Falls  
Midview

**LONG JUMP** - Boys first, then girls. Open pit for 75 minutes. Four Jumps. No Finals.

**\*\* Final Results will be posted on MileSplit and Lightning Timing \*\***



# John Sanders Invitational



## MEET RECORDS (Girls)

<b>Event</b>	<b>Name</b>	<b>School</b>	<b>Time/Distance</b>	<b>Year</b>
<b>Shot Put</b>	Chelsea Smalley	Midpark	36' 10"	2002
<b>Discus</b>	Kathy McGraw	North Ridgeville	116' 9"	1998
<b>High Jump</b>	Kristina Bolterstein	Midpark	5' 7"	2004
<b>Long Jump</b>	Alexis Weber	Midpark	17' 11 ½ "	2023
<b>Pole Vault</b>	Katie Nageotte	Olmsted Falls	12' 0"	2009
<b>100M Hurdles</b>	Jade Barber	Midpark	14.6	2010
<b>300M Hurdles</b>	Emma Clink	Padua	47.7	2021
<b>100M</b>	Kaila Barber	Midpark	11.8	2008
<b>200M</b>	Kaila Barber	Midpark	24.7	2008
<b>400M</b>	Jade Barber	Midpark	57.5	2009
<b>800M</b>	Katie Clute	Olmsted Falls	2:22.61	2023
<b>1600M</b>	Lillie Katsaras	Olmsted Falls	5:13.0	2021
<b>3200M</b>	Madeline Finton	Columbia	11:48.2	2021
<b>4x100</b>	M. Wendling, Reddinger J. Wendling, Morris	Midview	50.6	2021
<b>4x200</b>	M. Wendling, Vance, J. Wendling, Morris	Midview	1:49.2	2021
<b>4x400</b>	Shymske, Lobas Pasela, Barber	Midpark	4:07.0	2010
<b>4x800</b>	Durisin, Schutte Kalb, Baker	Riverside	10:17.4	2016



# John Sanders Invitational



## MEET RECORDS (Boys)

<b>Event</b>	<b>Name</b>	<b>School</b>	<b>Time/Distance</b>	<b>Year</b>
<b>Shot Put</b>	Adam Patterson	Benedictine	54' 8"	2010
<b>Discus</b>	Ryan Krystowski	Avon	162' 7"	1998
<b>High Jump</b>	Dean Coticchia	Olmsted Falls	6' 9"	1998
<b>Long Jump</b>	Ryan Runser	Midview	21' ¼"	2023
<b>Pole Vault</b>	Matt Stenger	Olmsted Falls	14' 6"	2010
<b>110M Hurdles</b>	Mike McCelland	Olmsted Falls	14.4	1999
<b>300M Hurdles</b>	Vinnie Minosky	Padua	40.9	2013
<b>100M</b>	John Barber	Midpark	10.6	2008
<b>200M</b>	Aaron Fenzel	Midview	22.3	1997
<b>400M</b>	Jeffrey Jamison	Holy Name	50.60	2023
<b>800M</b>	Tim Chippy	Midpark	1:59.7	2008
<b>1600M</b>	Mike Miller	Strongsville	4:32.6	2012
<b>3200M</b>	Morgan Elliot	General McLane	9:51.7	2010
<b>4x100</b>	Hoyett, Meadows Levin, Jones	Olmsted Falls	43.6	2013
<b>4x200</b>	Blasinsky, Bober Pastor, Voight	Padua	1:31.5	2006
<b>4x400</b>	Aske, Alexander Cook, Hopkins	Strongsville	3:28.5	2010
<b>4x800</b>	Ritz, McKnight Tyler, Zupan	Berea	8:18.1	2012

