

2024 Lee's Summit West Titans

Track & Field

Handbook

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Track & Field/Cross Country Website

<http://coachshortino.wix.com/titanrunning>

MSHSAA Track and Field

<https://www.mshsaa.org/Activities/Info/TrackField.aspx>

Twitter

[@LSWTitanRunning](https://twitter.com/LSWTitanRunning)

Lee's Summit West Track & Field Community

Since 2004, the Lee's Summit West Track & Field teams have established a sense of community and work ethic that has pushed the program to one of the top in the state of Missouri. Coach Dave Denny opened the program in 2004 and passed the torch to Bob Klausing where it flourished with the boys placing 2nd at state for a few years and racking up multiple All-Staters and State Champions. This level of success in such a short period of time is undoubtedly linked to the dedication and hard work of not only the athletes and coaching staff but also families of those LSW runners.

As a track and field community we depend on the support from our parents and their representation in the Lee's Summit West booster club to help facilitate our success as a program. You as a parent are so important to our success and can become involved in many capacities that include but are not limited to hosting pasta parties, volunteering to bring fruit and snacks to the meets for our athletes, helping with fundraising, working a concession stand. The bottom line is you are there to support and love your son through the entire track & field season that is quickly approaching.

I am looking forward to having another successful season at West this year. It is our hope that each and every runner/thrower/jumper succeed on the athletic field and also achieve in every facet of their life including the classroom. Please feel free to contact me if you have any concerns or there are any issues that need to be clarified further.

Thanks for your support.

Michael Shortino

Head Boys Track & Field/Cross Country Coach
Lee's Summit West High School

What is Track and Field

Meet Events and Order (Field events are throughout the meet)

1. 4x800 meter relay	8. 300 meter intermediate hurdles	15. High Jump
2. 110 meter high hurdles	9. 800 meter run	16. Long Jump
3. 100 meter dash	10. 200 meter dash	17. Triple Jump
4. 4x200 meter relay	11. 3200 meter run	18. Pole Vault
5. 1600 meter run	12. 4x400 meter relay	19. Javelin
6. 4x100 meter relay	13. Discus	
7. 400 meter	14. Shot Put	

At some track meets, there will be what's called a rolling schedule. This just means that there is not a specific time for each event to start. Instead, the next event starts immediately after the completion of the previous event. Track meets that are on a rolling schedule typically take 4-5 hrs.

Levels of Competition

-Each meet first divides their races into boys and girls competition. Then into the following levels:

- **Varsity** – The highest level. A team's best 2-3 athletes in each event. An evaluation from week to week based on meet performance will determine the top athletes that will represent our varsity for the next competition.
- **Junior Varsity** - This is the next level after varsity. Generally, the next 2-4 runners after the varsity level athletes will compete at JV meets.
- **C-Team** – This is the third level of competition. Typical meets will be dual and tri meets. Athletes that do not run at the Varsity or JV level will run on the C-Team.
- **Freshman** - In the past we have traveled to freshman specific meets. At the end of the year there will be a freshman conference meet where we will take the top 3 9th graders in each event to compete.

Individual Awards

-Depending on the meet, individual medals will be passed out. This is different from scoring in a meet. Typically, at standard track meets, scoring is as follows:

10pts	8pts	6pts	5pts	4pts	3pts	2pts	1pt
1st	2nd	3rd	4th	5th	6th	7th	8th

-Earning individual awards or medals depends on the meet. Check the meet information posted on our website to see what places receive medals.

Team Awards

-To win a track meet, you must score more points than any other team competing. Whether you have 2 athletes or 50 athletes competing, all points scored go to team placing.

Lee's Summit West Track & Field Team Policies

Practice

-Practice will begin at 2:50 PM Monday through Friday. You are expected to be dressed and in the designated meeting area at that time. If you are not in the designated meeting area at that time you will be considered late and follow our discipline guidelines.

-Those not participating on the day of a meet are expected to be at practice.

-Practice ends at approximately 5:00 pm. Athletes should be picked up as close to 5:00 as possible.

-If you are going to be late to practice, for any reason, you are required to communicate that with your event coach **prior** to the beginning of practice. If you are late because you are getting extra help with a teacher, you are required to bring a note from that teacher. It is an excused tardy but you will need to make up the work you've missed.

-Being late to practice because of a detention lasting more than 1 hour counts as an unexcused practice. This will result in following our discipline guidelines.

-If you are going to miss practice, for any reason, you are required to communicate that with the head coach or your event coach prior to practice. Failure to do so will result in an unexcused absence from practice.

-Missing practice because of a detention lasting longer than an hour counts as an unexcused absence.

-You are required to have appropriate attire for your event for each practice. We practice and compete when it is cold. You should have your own sweats/warm-ups or tights, stocking cap, and gloves. Sweats will be issued after a few weeks of practice. It is strongly encouraged that you purchase tights for cold-weather meets and practice to help prevent injury.

-You must have a current completed physical/insurance form on file in the athletic office to participate in practice or in meets. As well, you must have paid your activity fee and sign off on the district citizenship form.

Discipline

-Unexcused Absences (practice, meets or training room)

1st offense-you will be able to make up the practice and be eligible for the next meet by doing a 400m lunge lap per event you were scheduled to be in.

2nd offense-you will not be allowed to make up the practice and will miss the next meet.

3rd offense-you will be removed from the team.

-Excused absences will be handled on an individual basis.

-Late to practice-being tardy will result in the individual doing a bear crawl down and back on the FB field.

Habitual tardiness (3) will result in an unexcused absence and discipline guidelines will be enforced.

Injuries

-Injuries that happen at practice or at a meet need to be addressed by the trainer the next school day. Failure to meet the trainer will result in an unexcused absence. The training room opens at 6:50am. If you are late and they don't let you in, consider this an unexcused absence. There are no after school training room options.

Meet Expectations

-Only sweats, warm-ups, and uniforms issued by Lee's Summit West Boys T&F may be worn at meets unless weather dictates otherwise. You should keep your warm-ups or sweats on until immediately prior to competition.

-Jewelry: Jewelry may be worn by competitors in Track and Field. Jewelry considered dangerous and inappropriate (as determined by the meet referee) is prohibited.

-Uniform: Only uniforms issued by LSW can be worn to meets.

Restrictions for relay teams.

a. Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.

b. Any visible garment worn by two or more relay team members underneath the uniform top and/or underneath the uniform bottom, extending below the knees, shall be unadorned and of the same single, solid color, but not necessarily the same length. NOTE: Visible items worn under both the top and the bottom do not have to be the same color.

-As an athlete you are responsible to know what events you are in. You are responsible to check in at the proper time and compete in all events in which you have been entered.

If you are entered in an event, you are responsible for competing in that event. Taking yourself out of an event without coach approval will result in loss of participation in your next track meet. *****If you feel you are injured or in a situation that prevents you from competing in an assigned event, you must meet with your event coach or coach who is present at the meet to determine a plan of action.*****

-You will conduct yourself in an appropriate manner at all times. Remember, you are representing your school at all meets. This rule applies at all times prior to, during, and on the bus home from track meets. We will be a team at all levels that shows class and consistently demonstrates good sportsmanship.

-All athletes will ride the team bus to the meets unless prior approval has been obtained from Coach Shortino. Athletes are expected to ride the team bus home from the meets. A form (you can get a travel release from our activities office) will need to be signed prior to each track meet the athlete is not riding on the bus.

-In order to leave a track meet before the meet is over, you must do the following:

1. All events must be completed including events you are listed as an alternate

2. You must have a parent present at the meet and you must ride with that parent.

3. You must show one of the track coaches your parent before you leave. You are not allowed to leave with another parent or friend. If this rule is violated it will be turned into administration.

-You will conduct yourself in a respectful and courteous manner while riding on the bus to and from any meet or team function. Inappropriate or profane language, loud music, singing, or other disruptive behavior will not be tolerated on the bus or at any other time. Members of the Titan Boys Track & Field team are expected to demonstrate class and self-control at all times.

Lockers and Equipment

-All athletes will be issued a lock and locker. You are responsible for keeping all personal items locked in your locker. If you have an item that will not fit in your locker talk to one of the coaches about storing it in the office.

-All equipment and apparel checked out to you must be turned in after your last meet. Failure to do so will result in a fine for the items not turned in. Athletes not turning in their team-issued gear at the end of the season or paying the fine for that gear will not be allowed to participate in fall sports the following school year until that gear is turned in or fines paid.

-Track apparel checked out to you should only be worn to practice or worn to school on days when there are track meets. Athletes should not wear their issued sweats, varsity warm-ups, or uniform on days when there is no track meet and should not wear their track apparel outside the school.

-We have access to the WAC weight room adjacent to our locker room facilities. You must be supervised by a coach in order to use the WAC weight room facility. All weight equipment must be returned to its proper place after you are done using it.

Academics

-Your academic success is far more important than your success in athletics. Consequently, athletes who have failing grades in any classes during the track and field season will not be allowed to compete as long as those grades stay in the failing category. Periodic grade checks will be done by the coaching staff, but it is the athlete's responsibility to maintain passing grades in all their classes.

-Be a good teammate and don't put your teammates in a bad position by not being eligible to compete.

-If a student-athlete has failing grades in any classes, an action plan will be developed for that student-athlete to assist him in raising those grades. This could include but not be limited to any combination of Wednesday morning tutoring, after-school tutoring and help prior to practice, and non-participation in competition until progress is demonstrated. A plan of action will be determined on an individual basis.

-It is a team expectation that all track and field athletes maintain good academic standing in all their classes during the season

Attitude/Effort

-Horseplay of any kind will not be tolerated in the WAC facility, on and around the track, or at track meets. Horseplay or other inappropriate disruptive activity will result in disciplinary action including loss of meet participation and possible dismissal from the team.

-For the Lee's Summit West Boys Track Team to be successful at all competitive levels, you must bring a great attitude to practice and to meets. Great attitude means an optimistic willingness to do all that you are asked to do with as great an effort as you can put forth. Optimism and great effort are contagious!

-Be coachable. Be focused, learn, and put forth a great effort in every drill, exercise, time trial, or workout. You will prepare for success in your track meets by applying what the coaches teach you in practice.

-Be a competitor in practice. You will improve and our team will improve as you compete against each other. Don't be satisfied with where you are. Improve.

-Be committed. Don't schedule work or other appointments during track practice if at all possible. If you must work or leave practice early, you will need to speak to your event coach and the head coach about making arrangements. Due to practice time required for you and our team to be successful, leaving early for work may not be an option and you may have to make a choice.

-Be a "team guy". Compete your best for your team where the coaches have assigned you.

-It is a team expectation and required that all team members participate in the team fundraising activity. Uniforms will not be issued to team members who do not participate in the team fundraising activity.

Leadership

-Since coaches can not be everywhere at all times, it is important to enlist the help of the more experienced athletes with leading the team at practice and at meets.

-A leader is someone others look up to, someone others respect, someone who takes initiative, someone you want representing you and your school.

-As a leader you are serving as a mentor to any new runners. You will instruct and lead form drills. You will instruct and lead post workout stretching exercises

-Team leaders will start each practice on the High Jump apron and lead the team in stretches.

Lettering Guidelines**Lettering**

-The requirements for a Varsity Letter in track and field will be determined by your attendance, your participation on varsity, and your performance in your particular events.

-Your event coach will decide if you earn a varsity letter along with the head coach. It is possible that you can participate in Junior Varsity meets throughout the season and then move up to the Varsity level at the end of the season and earn a Varsity Letter.

-An athlete must complete the season in good standing in order to be considered for a Varsity letter.

-Jr. Varsity conference champions earn provisional varsity letters.

-Seniors who have participated in multiple years of track and field at LSW and finish their senior track and field season in good standing but do not participate in varsity meets will receive a varsity letter for their dedication and commitment to Titan Track and Field

Running Events		Field Events	
100m	11.3	Pole Vault	12'0
200m	23.5	High Jump	6'0
400m	53.0	Long Jump	20'0
800m	2:05	Triple Jump	40'0
1600m	4:42	Shot Put	45'6
3200m	10:40	Discus	135'0
110m Hurdles	15.8	Javelin	115'0
300m Hurdles	43.0		

Nutrition

Nutrition refers to all the food we eat and drink. The food acts in the body as a fuel, providing energy and chemicals for movement, growth and to keep the body healthy. Age, gender, body build, state of health, and level of physical activity affect our nutritional needs.

Nutrition

SHIFTFIT

PERFORMANCE NUTRITION

Getting started... This guide is designed to give you an overall perspective and education for eating healthy in a flexible way that helps you to perform your best. The guidelines below emphasize clean eating of natural foods that are nutrient dense and minimally processed. ShiftFit Nutrition is very similar to the Paleo Diet, but offers flexibility to fit the differing needs of each individual. The suggested servings are relative to your bodyweight and body type. Fat serving sizes should be small because they are so dense with calories (1-3 thumb).

Carb serving sizes can be large if they are vegetables (1-2 handfuls), otherwise keep the servings as small as possible. Protein serving sizes should be roughly the size of your hand, (or slightly smaller if the selection is also high in fat). If you struggle to lose weight, try to choose smaller portions for all meals. If your goal is to gain as much muscle mass as possible, keep all of your servings larger than normal.

	FATS	CARBOHYDRATES	PROTEINS
GREAT	THE PROS: High quality fats improve brain function, help to strengthen the heart and promote good blood flow, provide sustainable energy, balance and regulate optimal mood and hormone levels, decrease inflammation throughout the body, help with nutrient absorption, and aid in growing muscle and burning body fat. THE CONS: Low quality fats are extremely dangerous for your health. They increase cholesterol, inflammation, decrease healthy blood flow, can block arteries, and often lead to heart disease. Bad fats are often the "glues" that hold unhealthy flour together in baked goods, fried foods, and crunchy snacks. • Avocado • Coconut Oil • Almond Butter • Flaxseed Oil • Wild Caught Fish/Sardines • Extra Virgin Olive Oil • Almonds • Walnuts • Macadamia Nuts • Cashews • Pumpkin/Sunflower Seeds • Olives • Pine Nuts	THE PROS: High quality carbs, also known as complex carbs, are the most nutrient dense foods you can eat. They are loaded with vitamins, minerals, fiber, antioxidants that fight sickness and disease, convert to energy for muscles, and improve overall health. The best source of complex carbs are organic vegetables and berries. THE CONS: Low quality carbs, also known as simple carbs, are calorie-high nutrient-low foods predominantly made up of grains and sugars (breads, pastas, pastries, etc). They are often over-processed and are a key source of weight gain, low/rogue energy, diabetes, digestive problems, bloating, and more. • Organic and/or Color-Dense Vegetable (Spinach, Carrots, Beets, Kale, Cabbage, Broccoli, Peppers, Asparagus, Cauliflower, etc.) • Organic Berries • Powdered Greens • Cold Pressed Vegetable Juice • Nonorganic Vegetables and Berries • Organic Fruits, Colorful Potatoes (Sweet, Purple, Red Skin, Yams) • Raw Local Honey	THE PROS: High quality proteins are essential for growing and preserving lean muscle mass. They also deliver amino acids that help with sustained energy, mental clarity, and hormone balance. Protein dense foods also slow the digestion process which aids in nutrient delivery and appetite control. THE CONS: Many sources of protein also contain high levels of fats and cholesterol that can lead to health complications. Too much protein intake can also cause digestive issues. Keeping your protein sources lean and balancing them with vegetables and good fats can help to avoid these problems. • Wild Caught Fish • Organic/Pastured/Cage free Eggs • Bison/Buffalo • Organic Grass Fed Red Meat • Organic Chicken/Poultry • Wild Game • Organically raised Fish • Organic Yogurt • Organic nonGMO Whey Protein • Lentils • Rice/Goat/Pea Protein Powder
GOOD	• Grass Fed Butter • Raw Dairy Products • Peanut Butter	• Fruit • Brown/White Rice • Quinoa • Legumes • Beans • Onions • Organic Corn • White Potatoes • Raisins • Dark Chocolate • Natural Granola • Iceberg Lettuce • Steel Cut Oats • Dried Fruit	• Farm raised Fish • Crab/Lobster/Shrimp • Grain-fed Eggs • Nonorganic grain-fed Red Meat • Nitrate-free Deli Meat • Bacon/Sausage/Pork • Organic Dairy
FAIR	• Mayonnaise • Pie Crust • Croissants • Fried Foods • Potato/Corn Chips • Gravy • Shortening • Margarine • Cream Based Dressings • Corn oil • Soybean Oil • Canola Oil • Palm Kernel Oil • Hydrogenated Oils	• Grains • Wheat Flours • Breads • Pastas • Cereals • Pastries/Sweets • Junk Food • Soda • Alcohol • Fast food • Fried Foods • White Sugar • High Fructose Corn Syrup • Artificial Sweeteners	• Processed, hormone Dairy • GMO, hormone Chicken • Chicken Nuggets • Most Deli Meats • Fast Food Burgers • Hot Dogs • Buffalo Wings • Most Whey and Soy Protein powders (hormone, GMO)
POOR			

HYDRATION

1 Liter (33oz) per 60lbs of bodyweight daily

SLEEP

7-9 hours daily (night + nap)

Adequate sleep is critical for fat loss and muscle gains.

SUPPLEMENTS

For improved results in performance and physique, consider trying "The Big 4":

- Multi-Vitamins (morning)
- Fish Oil (2-4gms, evening)
- BCAA/Creatine/Beta-Alanine
- Protein or Gainer (post wk)

PRE WORKOUT (Snack 1)

A snack of carbs with a little protein 1 hour before you start your workout helps to give your muscles the energy to help you perform and will help you bounce back with energy for your day.

Ex: Fruit and almonds

DINNER

More protein for evening recovery and a healthy portion of carbs and fats for nutrient delivery, heart health, and energy for the remainder of the evening.

Ex: Grilled fish w/ steamed veggies and another side

POST WORKOUT (Snack 2)

A quick snack within 30 mins of your workout will dramatically affect recovery. Muscles need quality protein and your energy levels need the boost of carbs.

Ex: Protein shake and fruit

BREAKFAST

Fats and proteins are great for breakfast. Both offer benefits of slow released, sustainable energy and help with mental focus to start your day off right.

Ex: 2 eggs and an avocado

LUNCH

Complex carbs offer a chance to get quality nutrients in your body and have a quicker release of energy to boost you through the afternoon.

Ex: Colorful salad with chicken or other protein

Hydration

-Normal individuals not participating in athletics are suggested to drink eight 8 oz glasses of water per day. Due to the nature of endurance/sprint training we suggest that you drink more water than what is suggested for the normal person in our population.

-Drinking up to twelve to sixteen 8 oz glasses of water will help you get through workouts and achieve a higher performance level.

-Being properly hydrated will cut down on illness, injury and sickness. The body will simply process everything much better and you will run faster.

-The USATF indicates that a dehydrated athlete can suffer as much as 3-5% in their performance and workouts due to not being hydrated properly.

-Hydration takes 3-5 days and can be lost in one day. Friday after your races and Saturday is very important that you continue to hydrate and not become dehydrated.

-Try to carry a water bottle to classes with you. If your teachers are not happy with a water bottle please let your coaches know so we can talk with them about the safety of our athletes and keeping hydrated properly.

Weather

Heat

-It is hot and humid in late May. As a result, adjustments may be made to our practice schedule. The coaches will watch the athletes during practice, but it is up to them to speak up if they start feeling ill. On certain days, practice might have to be limited due to heat. The coach will try to have water stations on the hot days. Tell the coach if you feel faint.

-We will follow the heat guidelines of the R-7 school district for practices and meets.

Cold

-Most of the track season it will be cold. Over pack when you are getting ready for meets and practice. The weather changes frequently during the spring and it is better to be over prepared than under prepared. The day may start off really nice but when the sun goes down it will get cold. Bring layers and something to keep the wind off of you.

Stormy Weather

-If it looks like a stormy day, practice or meets will be adjusted so that we stay safe. If stormy weather appears, we will adhere to the Lee's Summit R-7 Storm Policy. If lightning is indicated or seen then athletes will stay inside until it is safe.

-If you ever find yourself more than a mile from where you started and the weather gets bad, seek shelter in the way of some kind of structure, but not a tree. If it is lightning, stay low to the ground. Don't hesitate to go to someone's house or a business and ask for help.

****In all weather instances, please check our website and twitter accounts for the latest updates.*

Race Day

Training is 95% Physical, Competing is 95% Mental. Competing is the logical outcome of practice.

Preparation - start warming up 50-60 minutes prior to your race

- The warm-up will consist of jogging, stretching, dynamic flexibility drills, sprint drills and strides and will be led by the leaders of that event group. See your event coach for specific warm up exercises.
- Warm-up with your teammates.
- While you are stretching it is a good time to go through final race thoughts.
- Be consistent in your race preparation for every race.
- If you are wearing sweats, keep them on until the starter tells you to take them off.
- Listen to the starter's instructions.
- After your race you need to walk and jog a cool down then stretch.
- Cool down with your teammates.

Parents and Fans

- Bring healthy snacks for your kids to munch on before the race and during the meet.
- Print off the meet information from the website.
- Take tons of pictures. The more pictures/videos the better. We will compile as many pieces of race media as possible for our end of the year slide-show.
- Let your son warm-up and cool-down before and after the race. Our athletes need to go on cool-down that lasts about 15 minutes immediately after they are done racing. This cool down is important for recovering them after a hard race. Sometimes in the excitement of the competition with parents and fans it is hard for them to get this important phase of recovery to take place.
- The infield of the track will be for coaches and athletes only. Parents need to stay outside of the track.

2024 District Qualifying Standards

- At the District meet you are limited to 2 entries and 1 event. You can enter more if ALL of the entries meet the following standards:

Boys	Class 1	Class 2	Class 3	Class 4	Class 5
110m HH	16.82	16.27	15.61	15.36	15.17
300m IH	43.15	42.28	41.13	40.55	40.13
100m	11.61	11.44	11.27	11.17	11.08
200m	23.49	23.09	22.70	22.49	22.37
400m	52.71	51.72	50.95	50.35	49.93
800m	2:05.04	2:02.27	1:59.85	1:58.58	1:57.31
1600m	4:42.37	4:36.62	4:31.16	4:24.08	4:20.97
3200m	10:33.50	10:18.44	9:56.43	9:39.89	9:33.38
Discus	38.47	41.77	43.83	45.83	46.05
Shot Put	13.40	14.18	14.82	15.52	15.70
Javelin	44.07	44.86	45.73	47.19	48.81
High Jump	1.80	1.84	1.88	1.86	1.90
Long Jump	6.02	6.21	6.39	6.52	6.58
Triple Jump	12.30	12.66	12.96	13.33	13.51
Pole Vault	3.40	3.70	3.91	4.05	4.20

LSW TITANS TRACK & FIELD Records

100 Meter Dash	Nate Hammond	10.52	2005	Sectionals
200 Meter Dash	Nate Hammond	21.49	2006	Rockhurst
400 Meter Dash	Dwane Simmons	49.25	2014	Districts
800 Meter Run	PJ Thompson	01:56.40	2014	Districts
1600 Meter Run	Kevin Colon	04:17.1	2010	State
3200 Meter Run	Kevin Colon	09:12.1	2010	State
110m HH	Vonzell Kelley	14.19	2018	State
300m IH	Bryan Haney	38.01	2022	Gorilla Relays
4 X 100 Relay	Wilcox-Westhues-Z.Gray-H.Gray	42.13	2009	State
4 X 200 Relay	Simms-Charles-Mitchell-Furnell	01:26.70	2023	State
4 X 400 Relay	Simmons-Burau-Lyles-Warren	03:18.74	2013	State
4 X 800 Relay	Hildreth-Timberlake-Carroll-Burnett	07:53.64	2018	State
Shot Put	E'lan Moore	18.50m	2022	State
Discus	Evan Boehm	57.48m	2012	State
Long Jump	Bobby Carter, Vonzell Kelly	7.11m	07/17	SM West, Districts
Triple Jump	Bobby Carter	14.70m	2009	State
High Jump	Tim Johnson	2.08m	2020	Arkansas
Pole Vault	Tyler May	4.82m	2012	Rockhurst Invite
Javelin	Trevor Ford	51.96m	2022	Sectionals
4 X1600 Relay	Colon-Miller-Shepard-Hampton	18:22.8	2009	KU Relays
Dist. Medley Relay	Cundiff-Hammond-McGovern-Ehrhard	10:40.5	2006	KU Relays
800 Sp. Medley	Page-Phothisene-James-Hammond	01:40.3	2005	Warrensburg
1600 Sp. Medley	H. Gray-Z. Gray-Wilcox-Colon	03:41.4	2010	KU Relays
Weight Man Relay	LaPietra-Padget-Boehm-Klausing	49.9	2010	BS Invite
Shuttle Hurdles	Ray-Moore-Cundiff-Trokey	01:07.8	2006	KU Relays
2K Steeplechase	Phil Miller	06:53.5	2008	Baker

All State	Josh Ehrhard	3200	2005	6th
Athletes	???????????	4x200	2005	8th
	Taylor Dalby	PV	2006	2nd
	David Trokey	300 IH	2006	7th
	Nate Hammond	400/200	2006	8th/3rd
	Josh Ehrhard	3200/800	2006	6th/5th
	Bobby Carter	LJ	2006	State Champion
	Page/Hammond/Palmer/B.Carter	4x100	2006	State Champions
	Page/Hammond/Palmer/B.Carter	4x200	2006	State Champions
	McGovern/B.Cundiff/C.Cundiff/Erhard	4x800	2006	State Champions
	Brooks Mosier	Shot/Discus	2007	State Champion/3rd
<i>1st year of Class 4****</i>	Taylor Manaco	Pole Vault	2008	5th
	Drew Phoebus	Pole Vault	2008	6th
	Bobby Carter	Triple/Long Jump	2008	8th/7th
	Brooks Mosier	Shot/Discus	2008	State Champion/3rd
	Max Brown	Shot Put	2008	6th
	Carter/Z. Gray/Wilcox/H. Gray	4x100	2008	6th
	Drew Phoebus	Pole Vault	2009	2nd
	Taylor Manaco	Pole Vault	2009	3rd
	Bobby Carter	TJ	2009	State Champion
	Brooks Mosier	Shot/Discus	2009	State Champion/3rd
	Zach Gray	110/300 IH	2009	5th/7th
	Hartzell Gray	100/200	2009	8th/5th
	Phil Miller	3200	2009	5th
	H.Gray/Z.Gray/Westhues/Wilcox	4x200	2009	3rd
	H.Gray/Z.Gray/Westhues/Wilcox	4x100	2009	6th
	Kevin Colon	3200/1600	2010	State Champion/2nd
	Zach Gray	110	2010	2nd
	H. Gray/Wilcox/C. Carter/Z. Gray	4x100	2010	3rd
	Z. Gray/Smith/Wharton/Wilcox	4x400	2010	4th
	Adam Klausing	Discus	2011	4th
	Konner Cordes	High Jump	2011	5th
	Blake Bodenhamer	Pole Vault	2011	6th

	Evan Boehm	Discus	2011	State Champion
	Tyler May	Pole Vault	2012	4th
	Eric Carter	Long Jump	2012	3rd
	Evan Boehm	Discus/Shot	2012	3rd/8th
	Warren/Thompson/Pierson/Lyles	4x800	2013	8 th
	Simmons/Burau/Lyles/Warren	4x400	2013	4th
	Evan Martin	Shot	2013	8th
	Logan Brattin	Pole Vault	2013	5th
	Avery Carter	Shot	2014	State Champion
	Evan Martin	Shot	2014	4th
	Simmons/Burau/Palmer/Edwards	4x400	2014	6th
	Andrew Palmer	100m	2014	6th
	Peyton Burlingame	1600	2016	7th
	Vonzell Kelley	300 IH	2016	6th
	Burlingame/Timberlake/Brunes/Treece	4x800	2016	7th
	Vonzell Kelley	110/300	2017	2nd/2nd
	Caleb Furnell	High Jump	2017	State Champion
	Blayne Godshall	Long Jump	2017	7th
	Payne/Godshall/Wilcox/Kelley	4x100	2017	5th
	Isaiah Childs	Shot	2017	5th
	Vonzell Kelley	LJ/110/300	2018	4th/State Champion/3rd
	Hildreth/Timberlake/Carroll/Burnett	4x800	2018	5th
	Haney/Kayhill/Grace/Furnell	4x200	2019	8th
	Will Carroll	1600	2019	8th
	Vonzell Kelley	LJ/300/110	2019	2nd/3rd/3rd
	E'lan Moore	Shot/Disc	2021	State Champ/State Champ
	Bryan Haney	110/300	2021	6th/State Champ
	Russo/Miller/Furnell/Haney	4x200	2021	4th
	Okafor/Russo/Dornon/Hines	4x100	2021	6th
	Jayden Hines	Long Jump	2021	8th
	Nathan Lighfoot	Disc	2021	8th
	E'lan Moore	Shot/Disc	2022	2nd/State Champ
	Luke Furnell	110/300	2022	3rd/4th
	Jansen/Miller/McGrew/Okafor	4x400	2022	5th

	Luke Furnell	110/300	2023	4th/5th
	Simms/Charles/Mitchell/Furnell	4x200	2023	2nd

Lee's Summit West Boys Track and Field Schedule 2024

March 19	LSW/LSN/LSHS (ALL)	LSNHS	4:00pm
March 22	Bob Thorpe (VAR)	Ray Pec H.S.	4:00 pm
March 26	RayPec/Rusk/Ray/RaySo (Sub VAR)	LSWHS	4:00 pm
March 29	Blue Valley Spring Classic (VAR)	BVNWHS	3:15 pm
April 2	Ray-Pec JV Invitational (JV)	Ray-Pec H.S.	4:00 pm
April 5	Darwin Rold (VAR)	LSWHS	4:00 pm
April 9	Ray-South JV Invitational (JV)	Ray South H.S.	4:00 pm
April 12	Gary Parker Invite (VAR)	Blue Springs H.S.	4:00 pm
April 16	LS/LSW/Raytown/RSWS/RP (Sub VAR)	LSWHS	3:30 pm
April 18	Marc Cleveland Invitational (VAR)	Grain Valley	4:00 pm
April 19-20	KU Relays (Qualifiers)	Lawrence, KS	All day
April 23	9th Grade Sub Gold Conf. (9th)	Blue Springs HS	4:30 pm
April 25	Rockhurst Invite (VAR)	Rockhurst	4:00pm
May 3	JV Gold Conference Championship	Ray Pec H.S.	3:00pm
May 3	VAR Gold Conference Championship	Ray Pec H.S.	3:00pm
May 11	District Meet (VAR)	TBA	9:00 am
May 18	Sectional Meet (Qualifiers)	TBA	10:00am
May 24-25	State Meet (Qualifiers)	Jeff City H.S.	12:00pm

