

## 2024 Track Review

By Coach Jory Wipf

Typical 2024 weather conditions, breezy, greeted state track meet participants to end the season. JVC was well represented with 21 athletes blessed to participate. There were several highlights. On Thursday, in the second event of the meet, the girls 3200m relay team lowered their own school record another six seconds to 9:51.38 and placed 2nd in a deep field. That team consisted of Daril Frandsen, Jacey Wipf, Hadasah Olson, and Andee Frandsen. Navé Gross, Jacey, Daril, and Andee also broke a school record in the last event of the weekend, the finals of the 1600m relay. They ran 4:11.74 and placed 5th. The old record was from 2004 and was held by Jessica Wedel, Michelle Peterson, Andrea Wedel, and Natalie Wipf. Hadasah Olson broke Abby Hasart's school record from a year ago to place seventh in the 3200m run. She ran 12:19.28. Daril Frandsen ran a personal best to place fifth in the 800m run. Andee Frandsen ran personal bests in both hurdle races to place sixth in each. Her times were 16.29 (preliminary time) and 47.42 (finals time) respectively. Maggie Decker placed 6th in the shot put as the girls scored twenty-seven points and tied for 10th place.

On the boys side Gavin Waldner placed third in the long jump with a jump of 21'1.5 which puts him 3rd on the JVC list behind John Schrieder and Darrian Hood. Dax Frandsen ran the 3rd fastest 400m time in school history. A 51.64 finals time earned him fifth place. The Medley relay placed sixth in 3:48.04. That time ties them for seventh on the school's list.

Other events included Natalie Hamilton and Maggie in the discus, Rhayonna Hood in the triple jump, Lily Swanson in the 3200m run, Hadasah and Jacey in the mile run, with Jacey running a personal best, Navé Gross in the 400m dash, Lainey Goertz in the 300H and Alexa and Lainey in the 100H. The 800m relay (Alexa, Lainey, Rhayonna, Navé) and Medley relay (Alexa, Navé, Daril, Jacey) also ran well but did not place.

For the boys, Dax ran the 800m, Isaac Wipf long jumped, Kaden Ober ran the 3200m run, Tayne Herrmann the 110H, and Isaac Korell threw the Discus. An 800m relay (Gavin, Tayne, Keegan Loewen, Isaac), a 1600m relay (Gavin, Tayne, Isaac, Dax), and a 3200m relay (Kolby VandDerWerff, Kaden, Gideon Waldner, Joel Olson) also competed. For some, they had previous state meet appearances, some finally got there after years of work, and some younger athletes gained valuable experience. Regardless, it's always good to be at the state track meet.

A couple of weeks earlier, an exciting 281 conference meet had taken place with both team races coming down to the final event. The girls were able to win the 1600m relay in conference record time and with it secure a conference team title. That relay group was Lainey Goertz, Jacey Wipf, Daril Frandsen, and Andee Frandsen. The boys fell short in the 1600m relay and finished in second as a team. Rhayonna Hood was named Carr Chiropractic MVP of the meet. One of her accomplishments was breaking the school record in the triple jump. Her jump of 33'1 eclipsed Kelly Schouten's school record.

A few days prior, the Howard Wood Relays saw two girls relays place. The 3200m relay placed 2nd in school record time. They broke a 2013 record held by Khiree Held, Samantha Dowling, Mallory Aughenbaugh, and Julie Loewen. The medley relay team placed sixth with the 3rd fastest time in school history. That team included Alexa, Lainey, Daril, and Andee.

There were lots of other changes to the schools ``top ten list.” The medley relay from the state meet was 4th best, Daril’s 800m moved her to 3rd best in 2:25.07. Andee’s best 800m time of the season has her in right behind in 5th at 2:25.55. Jacey’s mile time of 5:35.30 put her on the list in 5th and Daril’s best time from the season of 5:35.58 ranks her 6th. Lily Swanson’s best time (12:59.16) has her ranked 6th in the 3200. Andee’s times from the state meet moved her to third in the 100H behind Andrea Wedel and Audrey Wipf. She is now second in the 300H behind only Andrea. Maggie finishes her career ranked second in the shot put (36’11.5) behind Jaclyn Loban, and second in the discus (116’) behind Jackie Brosnan. Natalie Hamilton’s best discus throw puts her 5th on the list (104’). Lainey and Alexa are now sixth and seventh in the 100H and seventh and eighth in the 300H. Two different 400m groups made the list. Navé, Lainey, Alexa, and Andee as well as Alexa, Lainey, Jacey, and Dara Olowu-Davies. The 800m relay team of Alexa, Lainey, Daril, and Andee joined the list in 3rd with a clocking of 1:54.60.

Isaac Korell moved into fifth place in the discus (128’10) as did Isaac Wipf (19’8) in the long jump and Dax in the 800m run (2:05.79). Kaden finds himself in the seventh position for the 3200m run (10:45.99). Tayne ranks fifth in the 300H and fourth in the 110H. Gavin and Isaac joined the list in the 100m dash. The 1600m relay group of Gavin, Tayne, Isaac, Dax joined the list in seventh. The same group joined the 800m relay list in sixth. Two different 400m relay combinations made the list in fifth (Gavin, Tayne, Keegan, Isaac) and sixth (Gavin, Tayne, Jones Bayola, Isaac) respectively.

It was a blessing to see so much improvement from so many, including some not listed here and to be able to enjoy seeing so many able to compete at a high level.