

12/19/16

The JAC had a great showing at our first indoor meet of the 2016-17 season! We took a group of 9 athletes up to the NCRunners Holiday Invitational at Winston-Salem, North Carolina. This was a fun meet, and a great learning experience for all! Results can be found [here](#). Highlights include:

- Decathlete Kam Firpo PRing in the pole vault (12'6" for 5th place) and long jump (18'6").

-Heptathlete Caroline Johnston jumping a PR in the triple jump to get 3rd place (36'2") and getting 5th in the long jump (16'11 3/4"). She also hurdled and pole vaulted, having to compete in all 4 events right at the same time!



-Heptathlete Madison Murray with a PR in the high jump (5'5" to get 2nd) and her jump is now US #9. She also qualified for the New Balance Indoor National meet in the high jump



-Heptathlete Abby Thorpe getting 4th in the high jump (5'3"), 7th in the long jump (16'9") and running her first ever hurdle race in a meet! Abby, Caroline, and Madison did a great job managing their time and focus having to run back and forth between multiple events at once!



-Laine Roberts jumping 10'6" in the pole vault to get 3rd. This is currently the leading jump in the US for high school freshman!



-Alice Creed tying her PR in the pole vault, clearing it on her first attempt!

11/27/16

We will be going to our first indoor meet December 17th in Winston-Salem, North Carolina. Sign ups for that meet start tomorrow (Monday, Nov 28th) and [all info on how to sign up can be found here!](#)

11/14/16

The JAC had a great showing this Saturday at the Fitzgerald Hurricane Pole Vault Invitational. We brought six pole vaulters, and all did a great job! Some highlights include:

- Girls going 1-2-3 with Laine jumping 10'6", Ashton jumping 10' (from a short approach) and

Lainey jumping 9'6" from a short approach!

- Kam having a 2 1/2 foot PR, jumping 12'6"! ([see Kam's jump here](#))

- Jackie John tying his PR of 11'



10/20/16

The JAC has been busy this fall, training hard for the upcoming season. Check out

our [Youtube](#) page for some videos from training!

8/3/16

The JAC has completed the 2016 Summer Season! What a summer this has been, breaking personal bests, breaking school and state records, hosting meets, and having fun! This was our busiest summer by far, but as we continue to grow and evolve, we will plan better for next year! Some highlights from our last meet (Final Countdown) are below:

- Decathlete Kyle Martin, in his FIRST ever decathlon, scores 6386 to break our club record in the decathlon! His score is #8 in the US right now.....

-Madison Murray with a HUGE PR in the high jump, jumping 5'5". When she started with us in the summer, her PR was 5'

-Laine Roberts breaks her own Middle School State Record in the pole vault, jumping 11' 3/4"! This was a great jump, and then she had 3 very close attempts at 11'6"! Her 11' 3/4" jump is one of the top 5 highest jumps ever in middle school history!

- Jake Bias with a great javelin PR, throwing 141'8"

-Abby Thorpe jumping 5'3" to get 6th (All American) at the AAU Junior Olympic meet!





HUGE PR FOR MADISON! #1 FL FRESHMAN HJ!! CONGRATS ABBY!! AAU ALL-AMERICAN!

7/21/16

I guess when you are making news, you don't have time to update the news? We will update this page soon, in the meantime, feel free to go [here](#) to see our past few meets and results, or also follow us on twitter (@jac_trackfield) and instagram (@jactrackfield) for more updates!

6/19/16

The JAC has been very busy these last few weeks! We have had a lot of great performances over the last few weeks, please [click here](#) to see the past few meets we went to, as well as a link to the results! Some highlights include:

-Caroline Johnston pole vaulting 11' from 4 lefts, as well as setting a new PR in the long jump, jumping 18'7 3/4" in the heptathlon! She also has set a PR in the 100mH (15.21) as well as the 200m (26.44). Her heptathlon score (4192, first time doing one) is now US #1 for high school freshmen!

-Decathlete Kyle Martin breaking the club record in the shot put, throwing 43'5", for a SIX FOOT PR

in the shot! He also had a 20 foot PR in the javelin, throwing 145'.

-Decathlete Ari Dixon setting a PR in the 110mH (15.04), and setting a new PR and club record in the discus, throwing 135'3"!

-Tyrone "Bullet" Sparrow setting a new PR and club record in the 100m, running 11.12!

-Heptathletes Madison Murray, Elizabeth Crosby, and Lainey Hayden completing their first ever heptathlon! -Decathlete Jake Bias with a great decathlon PR, scoring 5095.

-Nazah Reddick with a nice PR in the high jump, jumping 5'7 3/4" to win the emerging elite division of New Balance Nationals!

5/29/16

The JAC had a great showing at the Golden South meet this past weekend in Clermont, Florida. Full results can be found [here](#). Highlights include:

-Madison Murray and Kyle Martin learning the hurdles a few weeks ago and running them quite well in their first hurdle race! Very excited to see their progress over the summer in the hurdles!

-Tyrone Sparrow with a nice PR in the 200m, running a 22.61.

-Aidan Dinsbeer jumping a PR in the pole vault (11') to now make him FL # 3 this year for middle school boys!

-Caroline Johnston winning the prep high jump with a PR jump of 5'2"!

-AJ Webb setting a PR in the 400m, running a 51.17.

-Seba Moreno getting 6th in the pole vault, jumping 13'6"





**KYLE GETTING 3RD IN THE SHOT PUT!
PUT**

**CAROLINE THROWING THE SHOT
PUT**

5/22/16

We had a great first summer meet on Saturday at the JTC Summer meet at Creekside HS. Full results can be found [here](#)



Madison and Caroline after a great meet!

5/16/16

Congrats to all of our middle school athletes who competed this past weekend at the Middle School

State Meet! Highlights included Alice Creed tying her PR of 8' to get 6th place in the pole vault, Aidan Dinsbeer jumping a PR of 10'6" to get third, and Laine Roberts jumping a PR of 10'8" to win and break the FL Middle School state record!!



NEW ALL TIME FLORIDA MIDDLE SCHOOL STATE RECORD!

5/2/16

Below is a list of our TWENTY SEVEN (27) athletes who have qualified for the state meet!

Middle School State Meet

- Laine Roberts, The Bolles School, Pole Vault
- Alice Creed, The Bolles School, Pole Vault
- Katie Roberts, Assumption, Pole Vault and Triple Jump
- Taylor Redden, Fruit Cove Middle, Pole Vault
- Aidan Dinsbeer, Pinewood Christian Academy, Pole Vault
- Gab Brennan, The Bolles School, Pole Vault
- Jack Leake, The Bolles School, Pole Vault

1A

- Elizabeth Crosby, Providence, 100mH, 200m and 4x400m relay
- Alexa Kelly, St. Joseph's Academy, Pole Vault
- Amy Volk, St. Joseph's Academy, Triple Jump, 4 x 400m relay
- Becky Volk, St. Joseph's Academy, Triple Jump, 800m, 4 x 400m relay
- Tre Preston, St. Joseph's Academy, Long Jump, 200m
- Mack Harris, Father Lopez, Pole Vault

2A

- Nia Guine, The Bolles School, 100mH and Triple Jump
- Caroline Johnston, Episcopal School of Jacksonville, 100mH and High Jump
- Holly Weber, The Bolles School, 4 x 400m relay
- Nazah Reddick, Raines, Long Jump, Triple Jump, and High Jump
- Laine Roberts, The Bolles School, Pole Vault
- Ashton Lundy, Bishop Kenny, Pole Vault
- Hannah Pataky, The Bolles School, 4 x 400m relay
- Ari Dixon, The Bolles School, 200m, 400m, Pole Vault, 4 x 400m relay
- Robert Yardley, The Bolles School, 300mH, Triple Jump, Pole Vault, 4 x 400m relay
- Bryson Kirksey, The Bolles School, High Jump
- Austin Gregory, Episcopal School of Jacksonville, Pole Vault
- Seba Moreno, Bishop Kenny, Pole Vault
- Caius Dixon, The Bolles School, 4 x 400m relay

3A

Sam Stelmaszek, Middleburg HS, Pole Vault

5/1/16

We had a tremendous showing at the region track meets! Way too many highlights to note, so very proud of all of our athletes. One big highlight? Taking the top 4 spots in the boy's pole vault, all PR'ing to make it to the state meet! Pictured below, Ari, Seba, Austin and Robert. Last year none of them even made it to the region meet in the pole vault! This year they went 1-2-3-4.....



4/14/16

District time is here! These past few days we had athletes competing in 3 different district meets, and highlights include:

1A District 4 meet

-Alexa Kelly winning the pole vault with a PR jump of 8'!

-Amy and Becky Volk going 1-3 in the long jump and 1-2 in the triple jump! Becky long jumped 17'1" (previous PR was 15'8") and Amy long jumped 16'10" (previous PR was 15'3")!

-Tre Preston winning the long jump and getting 2nd in the triple jump

-Scottie moving onto regionals in the 100mH, 300mH, and 200m!

2A District 4 meet

-Freshman Bryson Kirksey winning the long jump (21'2") and high jump (6'4")

-Freshman Caroline Johnston winning the 100m (15.57 PR) long jump (17'1") pole vault (10'6") and getting 2nd in the high jump

-Decathlete Robert Yardley with a huge 110m PR of 15.12, also winning the 300m (40.27) and advancing in the triple jump and pole vault

-Decathlete Ari Dixon winning the 200m, 400m, and advancing in the pole vault and 4x4 relay

-Great pole vault performances from Ashton Lundy (PR of 10') Laine Roberts (9'6") and Alice Creed (PR of 8') as well as PR's from Austin Gregory (14'), Seba Moreno (13'6"), Jake Lewinson (11') and Joey Bradley (10'6")



**ALICE WITH A NEW PR OF 8'!!
JUMPERS!**

ALL SMILES FROM THE SJA

4/11/16

For Immediate Release! Please [click here](#) for our press release concerning new 2016 summer projects!

4/10/16

The Jacksonville Athletic Club had a great showing this past week at meets at Bolles and Nease. Highlights include:

-Pole Vault PRs from Austin Gregory (14'), Ari Dixon (13'6"), Robert Yardley (12'6"), Lainey Hayden (9'6") and Alexa Kelley (8')!!

-Huge 110m hurdle PR for Ari Dixon (15.16)

- Huge horizontal jump PRs from Amy Volk, Becky Volk, Lauren Boswell and Tre Preston! Amy had over a 2 foot PR in the triple jump, to break her school record again and jump 35'4"! Her sister triple jumped 33'3" and also had a long jump PR of 15'8". Tre extended his state lead jumping 23'3" in the long jump. Lauren Boswell, fresh off of a spring break cruise, had a long jump PR AND a two foot triple jump PR, jumping 34'9"!

3/29/16

The Jacksonville Athletic Club had a great showing this past week at a few different meets! Highlights include:

-Multiple middle schoolers qualifying for the middle school state meet in the pole vault! 8th grader Gab Brennan jumping a PR of 8' ([video is here](#)), 7th grader Jack Leake jumping a PR of 7'6" ([video is here](#)) and 8th grader Laine Roberts jumping a middle school US #1 jump of 10'!! ([video is here](#)). They join Alice Creed and Katie Russell who have already qualified for the middle school state meet in the pole vault!

- 9th grade high jumper Bryson Kirksey with a huge PR in the high jump, jumping 6'9"! This jump is a US#1 for freshman, as well as a US # 11 jump overall. This jump also ranks him #2 in the state of Florida! [Video of Bryson attempting 6'10" is here.](#)

- First year jumper Tre Preston with two new PRs at the UNF meet. Tre jumped 22'2 1/2" in the long jump ([video here](#)) and 44' 3" in the triple jump ([video here](#)). He is now top 5 in both jumps in 1A!!

- Ari Dixon with a nice PR in the 110mH, running 15.41.

- Austin Gregory with a PR in the pole vault, jumping 13'9".



Laine 8th grade US #1 in the pole vault!
jump!

Bryson, 9th grade US #1 in the high

3/21/16

The Jacksonville Athletic Club has been quite busy over the past few weeks! Setting personal bests,

traveling all over the state (and out of the state) as well as hosting a great youth meet! Too many highlights to list below, so stay tuned for more updates! For our youth meet, please visit www.track4kids.com to see all results, pictures, etc!



LAINE JUMPING A PR OF 10' AT THE JAC YOUTH TRACK AND FIELD GAMES!

2/29/16

The Jacksonville Athletic Club had a great showing at 2 meets this past weekend. Some of our kids competed at Bishop Snyder, and some competed at Flagler Palm Coast. Highlights from both meets are below:

-Flagler Palm Coast: -Ari Dixon with a great shot put series (3 over 40') and then wins the 400m with a time of 50.12 and THEN comes back to PR in the 200m, 22.53!

- Freshman Bryson Kirkesy with a HUGE PR in the high jump, jumping 6'5" on his second attempt. Not a bad start to his season!

- Laine Roberts winning the pole vault, and her middle school teammate, Alice Creed, jumping a PR of 7'6" to get 6th place!

- Olivia Harris with a PR in the 100m hurdles, and a huge 5 second PR in the 300m hurdles, running a time of 51.75!

- Mark Bertrand winning the pole vault tying his PR of 14'6" and Jake Lewinson setting a new PR of 11'!

-Bishop Snyder:- Sam Stelmaszek with PR's in the 100m, long jump, and triple jump to win "Female Performer of the Meet!"

- Scottie Crosby with two great 100m hurdle races, and then goes on to PR and win the 400m!

-Pole Vaulters Ashton Lundy and Seba Moreno winning the vault, and Sarah Preddy, Noland Alexander, and Alexa Kelley all with PRs!



BRYSON AFTER JUMPING 6'5"!

2/22/16

The Jacksonville Athletic Club kicked off the 2016 Outdoor season last week, and over the past two weeks we have had some tremendous results and personal bests! Highlights from both weeks are below:

February 19-20:

- Elizabeth (Scottie) Crosby from (Providence) SHATTERED her 100m hurdle PR, running 15.97 to win the meet. Her previous PR was 17.35, and her average hurdle time last year was 18.17..... She came back to also PR in the 300m hurdles as well! What a great start to the season.

- Brianna Tribou (Bishop Kenny) shattered her PR in the 400m, going from 1:04.04 to 1:01.04 to get 2nd! Her average 400m time last year was 1:05.22! She also PR'ed in the 100m by over .45 of a second!

- Robert Yardley (Bolles) setting a 4 inch PR in the high jump, jumping 5'10". He also won the 300m hurdles with a 1 second PR of 42.11, and he also set a PR in the 110m hurdles! (15.74)

- Ashton Lundy (Bishop Kenny), Nolan Alexander (Nease), Laine Roberts (Bolles) and Austin Gregory (Episcopal) winning the pole vault at their meets, as well as Jake Lewinson (Bolles) setting a nice PR in the pole vault!

- Gianna Gunderson (Mandarin) with PR's in both the 100m hurdles and 300m hurdles!

February 11-12:

- Ari Dixon (Bolles) with a great PR in the pole vault, jumping 13', right after winning the 200m!

-Caroline Johnston (Episcopal) high jumping 5' and winning the pole vault jumping 10'6". Her JAC teammate, Laine Roberts (Bolles) got 2nd with a near PR jump of 9'6"!

-Mark Bertrand (Flagler Palm Coast) with a new PR in the pole vault of 14'6"!

-Robert Yardley (Bolles) PRing in the pole vault (12'), triple jump (44'1") and jumping right at his PR in the long jump (20'2")

-Jeff Preuss (Bolles) with a 4 inch PR in the high jump to win, jumping 6'2"

-Austin Gregory (Episcopal) ties his vault PR jumping 13', and setting a PR in the triple jump, jumping 41'11"!

2/7/16

The Jacksonville Athletic Club had a great meet on Saturday at the University of Florida in the last ever Jimmy Carnes indoor meet! This was the first ever indoor meet for 6 of our athletes, and it was a great experience for all who went! [Results can be found here.](#) [Photos can be found here!](#) Some highlights included:

- Decathlete Ari Dixon with a HUGE PR in the shot put throwing 41'1" to get 3rd in that event. At the beginning of this year his PR was 37'. He also set a PR in the 55m hurdles, running 7.97 which placed him 3rd in the meet.

- Decathlete Robert Yardley with a nice PR in the 55m hurdles, running 8.14 to get 6th. Robert also got 6th in the shot put with a near PR of 36'5". He ALSO got 5th in the long jump with a jump of 20'.

- Tyrone Sparrow running a PR of 6.81 in the 55m dash, as well as running some great times in the

55m hurdles and winning his heat in the 200m (23.84)

-Elizabeth Crosby having a great day running the 200m, 400m, and then the 55m hurdles. Her 200m time was right at an outdoor PR!

-Youngsters Gabby Mendes and James McCraine had tremendous days in the first ever youth track meet! They had fun, and left with smiles on their faces, so that is great!



8 year old James in the long jump!



Robert, Ari and Tyrone in the 55m hurdles!

2/1/16

The Jacksonville Athletic Club took a few athletes up to Chapel Hill, North Carolina this past weekend for an indoor meet, and we had some great performances! The day before the meet we were able to travel to Winston-Salem, North Carolina, to watch JAC Alum Nicole Green jump, as well as watch decathlon world record holder (Ashton Eaton) and his wife (heptathlete Brianne Theisen-Eaton) compete in open events. It was a great experience for our athletes! Highlights from the UNC Meet are below:

- Decathlete Ari Dixon with THREE CONSECUTIVE PR's in three throws in the shot put! He followed that up with a great 55m race (6.65) as well as some great long jumps, jumping 20'4" without touching the board.
- Decathlete Robert Yardley with a great 55m hurdle race, 55m race, as well as jumping very well in the long jump and triple jump in his first ever indoor meet.
- Tyrone Sparrow with a nice PR in the 55m hurdles (8.30) as well as a near PR in both the 55m and 300m sprint!

We will follow up this indoor meet next Saturday (Feb 6th) where we will be taking 13 athletes to Gainesville for an indoor meet at the University of Florida!

1/18/16

We have published our practice dates and times for the entire High School season (Middle of Jan-end of April). [Please click here to be taken to the schedule.](#) As always, email us (track@jaxtrack.com) with any questions!