

Jacksonville Athletic Club Year in Review, 2013. The Genesis.

12/19/13

Our Indoor/Outdoor schedule page has been updated. Click on the underlined meet information page to be taken to the meet information. [Click here for the schedule page!](#) More meets will be added soon!

11/29/13

Black Friday Specials! We are uploading articles from the clinic today. They will be free until, well, forever![Check them out!](#)

11/25/13

Thanks to everyone who helped with the first ever JAC Fall Track and Field Clinic. It was a great one day event, and we look forward to doing more of these events! Stay tuned for a 2 day clinic this summer in Jacksonville!

10/3/13

We are very excited about the upcoming track and field clinic that will be coming to Jacksonville in November! See more info here: [JAC Fall Track and Field Clinic](#)

8/12/13

Congrats to all of the JAC athletes who competed in the final meet of the season on Saturday. We had some great personal bests, as well as some really promising things to look forward to as we embark on our fall season! Stay tuned for more updates, and don't forget to check out our [Youtube page!](#)



Frannie after her 11' Vault on Saturday

7/16/13

The JAC is proud to announce Fall Training for those athletes who want to make a commitment to being the best! Please see the information [here](#) about our fall training groups!

7/10/13

Congrats to Ari Dixon and Robert Yardley on their great performances in the decathlon at the AAU Club Championships. Robert had 5 pr's in the decathlon (100m, HJ, 400m, JT, 1500m) and Ari had 2 (DT and JT). It was a great showing for the young decathletes!



Ari and Robert after the decathlon with some of the competition!

6/18/13

Good luck to JAC decathlete NATHAN JEFFERS as he competes tomorrow in the USATF JR National Championships, in Des Moines, Iowa!



Nathan and one of his fans!

5/4/13

Congrats to JAC jumper **Brittany Bowald** for her double medal performance at the 3A State Meet on Friday! Brittany was 5th in the long jump and 3rd in the triple jump!

4/30/13

Meet info and schedule is now up for the JAC Combined Events Qualifier! (Meet results are [here](#))

[2013_JAC_Multi_Meet_Info_Sheet.doc](#)

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4/25/13

Congratulations to JAC jumper **Brittany Bowald** on her double victory today at the Region Meet! She won both the long jump (18'2") and Triple jump (37'6 1/4"). Keep up the good work, and good luck next weekend at the 3A state meet!

4/22/13

Congratulations to the following JAC athletes who have qualified for the state meet this upcoming weekend:

1A- Mitchell Barton (PV), Kat Stevens (PV), Alex Waler (100m, LJ) and Colin Culver (Discus)

2A- Nathan Jeffers (110mH, PV), Ashton Butler (TJ), Frannie Rice (PV), Cody Rose (LJ), David Bell (PV) and Emily Myslinski (100mh, TJ, 300mh)

4/12/13

Congratulations to JAC decathlete **Nathan Jeffers** on his fantastic performance at the District Meet yesterday. He had 3 lifetime bests in the Long jump (21'8 1/2") High Jump (6'2") and 110m hurdles (14.92). His long jump was a foot and a half personal best! He also tied his PR in the Pole Vault, jumping 14'. He made it on to regionals in all 4 of his events. Keep it up Nathan!

3/25/13

JAC is proud to announce their partnership with the Bolles School for the Summer Club. Training starts May 6th at the Bolles School!

3/22/13

Congrats to JAC pole vaulter **Mitchell Barton** on his foot personal best in the vault last night at the Episcopal Meet. Mitchell started the season with a 12' PR, and in only 6 weeks has increased his PR to 13'7". Keep up the good work!