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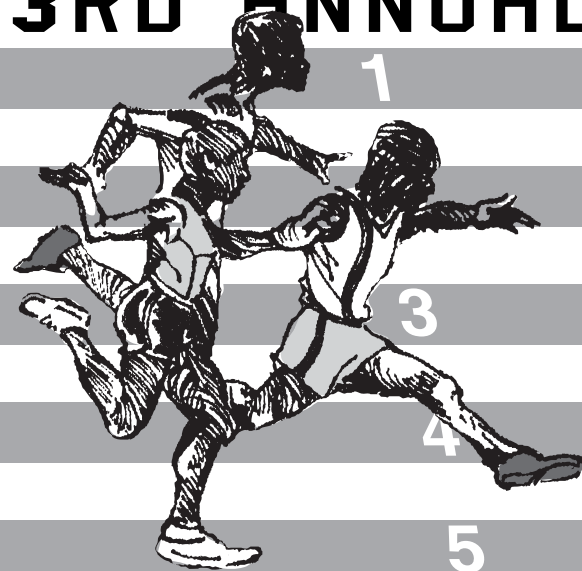
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2015

CENTRAL FLORIDA GLIDERS
23RD ANNUAL



SPRING TRACK CLASSIC

Saturday, May 30, 2015

Campus of Lake Brantley High School
991 Sand Lake Road, Altamonte Springs, Florida

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Central Florida Gliders 23rd Annual Spring Classic.

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Order of Events • Order of Events • Order of Events

Welcome:

The Central Florida Gliders Track Club welcomes you today to the 23rd Annual Spring Track Classic at Lake Brantley High School in Altamonte Springs. Sanctioned by the USATF, today's meet provides an opportunity for athletes to compete against some of the best youth track and field competitors in the state of Florida.

Order of Events: (girls, then boys)

7:20 a.m. Coaches/Officials Meeting at the Finish Line

FIELD EVENTS:

8:30 a.m. High Jump 9-10
Long Jump 11-12
Shot Put 13-14, 15-16, 17-18, 19 & Over

9:15 a.m. Shot Put 9-10
High Jump 11-12
Long Jump 13-14, 15-16, 17-18, 19 & Over

9:15 a.m. Discus 19 & Over, 17-18, 15-16, 13-14, 11-12

10:00 a.m. Long Jump 8 & Under, 9-10
Shot Put 11-12
High Jump 13-14, 15-16, 17-18, 19 & Over

RUNNING EVENTS: Rolling Schedule

7:15 a.m. 3000M Run 19 & Over, 17-18, 15-16, 13-14, 11-12
80 Hurdles 30" 11-12
100 Hurdles 30" 13-14 (girls)
100 Hurdles 33" 13-14 (boys), 15-16, 17-18, 19 & Over (girls)
110 Hurdles 39" 15-16, 17-18, 19 & Over (boys)
100 Meter 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over
Mile Run 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over
4 x 100 Relay 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over
Officials Lunch Break
400 Meter 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over
800 Meter 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over
200 Meter 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over
4x400 Relay 9-10, 11-12, 13-14, 15-16, 17-18, 19 & Over

Age Divisions:

Age divisions are determined by year born. The athlete's age as of December 31, 2015. Athletes must compete in their own age group. You can not move up or down. Exception: 9-10 year old relays may consist of primary athlete of same sex.

8 & Under Born 2007 & After
9 & 10 Born 2005 & 2006
11 & 12 Born 2003 & 2004
13 & 14 Born 2001 & 2002
15 & Over Born 1999 & 2000
17-18 Born 1997 & 1998
19 & Over Born 1996 & Before

Awards:

Medals will be awarded for 1st-3rd places, ribbons for 4th-6th places.

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AT THE GLIDERS
TRACK CLASSIC

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**Good luck to all
Central Florida
Athletes**

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GunLap Running, LLC provides affordable high quality electronic timing and event management services for Track & Field Meets (including expert timing for youth meets), Cross Country Meets, and Road Races.

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Good luck Audrey and Lauren and all the Gliders! Thank you coaches for your time and dedication!

"Run Often. Run Long. But never outrun your joy of running."
~ Julie Isphording

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To: Central Florida GLIDERS Track Club

Congratulations on your 23rd Annual Spring Track Classic!

Your long-term commitment to promoting active, healthy lifestyles and community service for our youth is commendable.



"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."

- Buddha

May God crown all your endeavors with success!

George Fuller

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RYAN TRUCHELUT
 on completing your
PhD in
Meteorology!!!
 and
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 to all the
CF GLIDERS
 competing today!
*"Once a Glider,
 Always a Glider!"*

Have a great season & Go Gliders!!



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Love, Dad, Mom and Billy



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USATF World Youth Trials Qualifying Standards

Boys

100m	10.79
200m	22.15
400m	49.66
800m	01:58.0
1500m	04:08.8
1600m	04:26.8
Mile	04:27.8
3000m	09:03.0
3200m	09:33.0
110m Hurdles (39")	15.5
100mH (36")	15.3
400m Hurdles (36")	55.13
300mH (30")	39.03
300mH (36")	39.53
400mH (30")	54.93
2000m Steeplechase	no standard
High Jump	1.85m
Long Jump	6.50m
Triple Jump	14.07m
Pole Vault	4.20m
Shot Put (5k)	no standard
Shot Put (12 lb)	16.12m
Discus Throw (1.5kg)	no standard
Discus Throw (1.6kg)	48.79m
Javelin Throw (700g)	no standard
Javelin Throw (800g)	52.92m
Hammer Throw (5k)	55.52m
Hammer Throw (12 lb)	no standard
Decathlon	no standard

Girls

100m	12
200m	24.75
400m	56.27
800m	02:18.0
1500m	04:49.1
1600m	05:07.1
Mile	05:08.1
3000m	11:00.0
3200m	11:30.0
100m Hurdles (33")	15
100mH (30")	14.4
400m Hurdles (30")	01:03.1
300mH (30")	44.14
2000m Steeplechase	no standard
High Jump	1.50m
Long Jump	5.40m
Triple Jump	11.66m
Pole Vault	3.40m
Shot Put (3kg)	no standard
Shot Put (4kg)	12.00m
Discus Throw (1kg)	35.00m
Javelin Throw (500g)	no standard
Javelin Throw (600g)	35.40m
Hammer Throw (3kg)	40.00m
Hammer Throw (4kg)	no standard
Heptathlon	no standard

GLIDER MEET RECORDS • GIRLS • GLIDER MEET RECORDS • GIRLS • GLIDER MEET RECORDS • GIRLS • GIRLS • GIRLS			30 & Over Masters	
8 & Under Primary			15-19 Open	
9-10 Bantam			13-14 Youth	
11-12 Midjet			15-19 Open	
High Jump	4-02.00 • 5/10/2008 Kaylin Whitney - Break Away Track Club 4-02.00 • 4/30/2011 Clarissa Cutcliff - CCCC South Track Club	4-08.00 • 1995 Blian Evans 4-08.00 • 4/30/2011 Jada Freeman - North Marion	5-02.00 • 2001 Valerie Flourney	5-06.00 • 4/28/2012 LaVonne Idlette - Unattached
Long Jump	14-04.25 • 5/5/2007 Brianna Washington - Young Achievers 15-04.75 • 5/10/2008 Kaylin Whitney - Break Away Track Club	15-04.00 • 5/5/2007 Abby Hani - Break Awat Track Club 78-01 • 2002 Wilamena Hopkins	17-05.75 • 2005 Kristina Mossberg	18-11.00 • 4/30/2011 Amber Bledsoe - Unattached
Discus Throw			97-06 • 2005 Laria Jenrette	44-00 • 4/26/2014 Joan Truchelut - Unattached
Shot Put			35-03.50 • 2002 Wilamena Hopkins	16-05 • 4/26/2014 Joan Truchelut - Unattached
1500m RW	9:03.57 • 4/28/2012 Isabella Pawloski - Speed City	8:23.44 • 4/30/2011 Jenna Terry - Central Florida Gliders	8:45.89 • 4/30/2011 Kelsey Carney - Break Away Track Club	13:19.25 • 4/27/2013 Elaine Rancatore - Unattached
3000m Run		11:36.63 • 4/26/2014 Aneth Castaneda - Miami Northwest 14.41 • 2003 Clivesha Hammond	10:27.77 • 4/26/2014 Rafaela Gibbons - Orlando Runners	
80m Hurdles				
100m Hurdles			15.16 • 4/30/2011 Dominique Turner - Unattached	19.97 • 4/26/2014 Elayna Eskell - Unattached
100m	14.21 • 4/30/2011 Tamari Davis - Gainesville Striders	13.12 • 5/10/2008 Kaylin Whitney - Break Away Track Club	11.88 • 2005 Tatinana Fisher - Florida Elite	13.67 • 4/28/2012 April Holmes - Unattached
1 Mile Run		5:54.00 • 2004 Malerie White	5:33.72 • 4/27/2013 Nadria Evans - Pure Athletics	6:33.06 • 4/28/2012 Vickie Steuben - Unattached
4X100m Relay	56.92 • 2004 Gainesville Striders	51.49 • 2006 Gainesville Striders	48.80 • 4/27/2013 St Croix Complex HS - St Croix Complex; A Browne; K Dascent; N Jack; K King	
400m	1:06.50 • 2005 Kylla Williams	1:00.51 • 4/26/2014 Hannah Douglas - Evolution Speed	57.00 • 2000 Lauren Austin - Florida Elite	54.93 • 4/27/2013 Shakeitha Henfield - Unattached
800m	2:38.90 • 2004 Destinee Gause	2:29.00 • 2006 Malerie White	2:24.79 • 4/28/2012 Larica Solomon - Running Force	3:04.57 • 4/27/2013 Elaine Rancatore - Unattached
200m	29.70 • 4/30/2011 Tamari Davis - Gainesville Striders	26.98 • 4/26/2014 Tamari Davis - Pure Athletics	24.00 • 4/28/2012 Kaylin Whitney - Star Athletics	24.79 • 4/27/2013 Shakeitha Henfield - Unattached
4X400m Relay	1600 Sprint Medley Coaches/Pare Open 4:29.03 • 4/30/2011 St. Pete Nitro	4:46.06 • 2004 Gainesville Striders	4:11.04 • 4/27/2013 Pure Athletics - Pure Athletics; N Evans, A Pennant, J Shuler, J Teasley	4:08.08 • 4/27/2013 St Croix Complex HS - St Croix Complex; K Dascent, N Jack, K King, A Paddle

GLIDER MEET RECORDS • BOYS • GLIDER MEET RECORDS • BOYS • GLIDER MEET RECORDS • BOYS • BOYS • BOYS			30 & Over Masters	
8 & Under			15-19 Open	
9-10 Bantam			13-14 Youth	
11-12 Midjet			15-19 Open	
High Jump	4-06 • 4/26/2014 Massey - Unattached	4-00.00 • 4/28/2012 Kam Lee - Florida East Coast	5-09.00 • 1995 Steven Postell	6-04 • 4/26/2014 Brian Ashlie - Unattached
Long Jump	13-04.25 • 4/27/2013 Seth Brooks - Jacksonville	14-06.00 • 5/5/2007 Doc Luckie - Gainesville Striders	17-10.25 • 5/5/2007 Mike Dash - Savannah Sil	22-05.00 • 2001 Joshua Redd
Discus Throw		94-06 • 2005 Cody Hurstman	156-06 • 1996 Marqus Johnson	44.12m • 4/27/2013 Art McDermott - Unattached
Shot Put	31-04.50 • 5/5/2007 Jamari Johnson - Christian Cruisers	40-02.00 • 4/30/2011 Randolph Christian - Evolution Speed	45-08.00 • 4/30/2011 Jamari Johnson - CCTT	19-05.00 • 4/30/2011 E Moore - Unattached
1500m RW	8:04.17 • 4/30/2011 Juan Moscoso - Central Florida Gliders	7:44.02 • 4/27/2013 Juan Moscoso - Central Florida	9:51.94 • 4/28/2012 Harryson Heister - Florida AC	
3000m Run		10:03.38 • 4/26/2014 Kayamo Galloway - Unattached	9:37.10 • 4/26/2014 Bryce Bell - Orlando Runners	9:18.72 • 4/26/2014 Alan Wells - Unattached
80m Hurdles		13.62 • 1999 Jarvis Richard		
100m Hurdles			14.00 • 5/8/2010 Samson Moore - The Matrix	
110m Hurdles				
100m	14.40 • 5/10/2008 Willie McKnight - Hogtown AC	13.06 • 2006 Tyris Wooten	11.06 • 2002 Munir Prince	13.60 • 4/28/2012 Alexander John - LAZ Leipzig/GER
1 Mile Run		5:23.00 • 1994 Ade Wise - Central Florida Gliders	4:52.93 • 4/30/2011 Max Robinson - Central Florida Gliders	10.19 • 5/5/2007 Chris Hargrett - Bos Elite
4X100m Relay		55.88 • 2006 M-Town Track Club	45:53 • 2005 Florida Elite	45:32 • 4/30/2011 Jeff Mack - Drive Phase
400m		1:02.47 • 2005 Imani Pennant - Florida Elite	57.05 • 5/10/2008 Marcus Bullard - Daytona Beach	55.32 • 4/27/2013 Rudy Briscoe - Unattached
200m	31.47 • 5/8/2010 Dominic Larry - Unattached	26.34 • 2005 Imani Pennant - Florida Elite	25.12 • 4/30/2011 Terrell Wright - Epitome	24.22 • 4/30/2011 Jeff Mack - Drive Phase
800m	2:33.00 • 5/10/2008 Brandon Marquez - Central Florida Gliders	2:23.23 • 5/8/2010 James Sturgill - Unattached	2:08.70 • 4/28/2012 Dominic Smith - St Joims Striders	2:21.89 • 4/27/2013 Jeremy Minsky - Unattached
4X400m Relay	4:29.03 • 4/30/2011 St. Pete Nitro	4:51.10 • 2000 Orlando Sensations	3:57.50 • 1999 Daytona	3:27.10 • 2000 Orlando Sensations