



July 18, 2008
Press Release
Zoom Track Club
Connie Williams
303-925-1853

Zoom Track Club Qualifies 15 Athletes For the USA National Junior Olympics

The Zoom Junior Olympic Team competed in the 2008 USA Track & Field Region 10 Championships in Glendale, Arizona July 10-13th. The Regional Championships include the top 3 performers from Colorado, Arizona, Border Association of Texas, New Mexico and Utah. 39 Zoom athletes competed in the regional championships. The Zoom Track Club represented Colorado in 35 individual events as well as 5 relays. Full meet results can be found online:

<http://www.usatf.org/events/2008/USATFJuniorOlympicTFChampionships/results/regional/10.asp>

The Zoom Track Club has qualified 15 athletes to the National Championships in 21 individual events and 1 relay. The team has 5 new region 10 champions, 9 silver medalists, and 11 bronze medalists.

Top 3 finishers in each of the 16 regions in the U.S. qualify for the USATF National Junior Olympic Track & Field Championships July 22 – 27th. The 42nd annual event will be held at Burke Stadium in Omaha Nebraska. The USATF Junior Olympic National Track & Field Championships is the most visible youth athletic development program in the world.

Someone Get A Broom. It's Another Zoom Sweep!



Left to right: Eleanor Fulton, Kristen Kientz, and Dominique Gerard

The Zoom Track Club once again dominated the steeple chase, claiming the top 3 spots. All 3 Zoom runners broke the region 10 record in the event. Eleanor Fulton (age 15) of Lone Tree is the 2008 region 10 champion and new Region 10 record holder with a time of 10:19.19. Fulton broke the 2004 record

formally held by Amelia Troutner of Utah. Fulton improved on her previous time by over 17 seconds and is now only 3 seconds shy of the Junior Olympic record. Dominique Gerard (age 14) of Highlands Ranch brings home the silver medal with a 28 second personal best performance of 7:29.53, while Kristen Kientz (age 14) of Highlands Ranch claims the bronze with a time of 7:35.36, improving 21 seconds from the Colorado State Championships.

Fulton is ranked 3rd in the country on the National Elite Youth Ranking System in the steeple. Gerard is ranked 5th and Kientz lands in the 7th spot of best performances so far this season. All 3 Zoom athletes are Youth National Elite All- Americans. “The athletes have trained well on all aspects of the event, including endurance, technique, and race strategy. When talent & dedication are combined in one athlete, great performances are achieved.”

All-American status is given to the top 20 national performances from USATF & AAU sanctioned events. Athletes achieving top 100 performances in the country are listed on the National Honor Roll. The National Elite Youth Ranking System may be accessed online: www.eliteyouth.com.

Eleanor Fulton Sets 3 New Region 10 Records



In addition to the steeple chase, Eleanor Fulton is also the Region 10 champion in the 3000 meter completing the run in 10:19.19. Fulton smashed the region 10 record by 24 seconds. The previous record was set in 1985 by Janis Strickland of Colorado. Fulton’s performance is currently ranked 5th on the All-American performance list in this event. Kristen Keintz, competing in her second event of the championships, claimed the bronze medal in a new personal best performance of 10:44.01. Keintz is also a Youth All-American in the 3000 and her performance ranks 14th among the best performances in the nation.

Fulton wins her third gold medal of the Region 10 championships in the 1500 run with a time of 4:40.10, breaking the 1983 record set by Julie Farrer of Utah. The JO and national records are 4:25.57 held by Suzy Favor, former Olympian & world class runner. Fulton is also an All-American in the 1500, and has posted the 3rd best performance in the nation so far this season.

Dominique Gerard, competing in her 2nd event of the meet placed 3rd in the 1500 in 4:49.39 improving her new personal best performance by over 10 seconds. Gerard is also a Youth All-American in the 1500 and has posted the 12th best performance in the country this season.

Michael O'Neal (age 13) of Highlands Ranch, a 2 year veteran of the steeple chase, is the region 10 silver medalist finishing in 6:47.52. "Michael's experience in this event showed as he ran a technically sound race and a strategically smarter race than anyone in the field." O'Neal is an All-American in this event and his performance is ranked 11th in the U.S.

Gerard Brings Home Gold

Taylor Gerard (Age 12) of Highlands Ranch wins the region 10 Junior Olympics in the 3000 meter race in 11:37.08. Gerard made a 33 second improvement in her race time since that State Junior Championships. Teammate Jordyn Colter (age 11) of Centennial followed up with second place in 11:49.33. Ayuna Porth (age 12) of Highlands Ranch was 4th 11:59.19. Gerard, Colter, and Porth are on the national honor roll in the 3000 meter run.

T. Gerard also wins the silver medal in both the 1500 meter (5:16.82) and the 800 meter (2:32.89). Gerard has made the National Elite Honor Roll in both events. T. Gerard advances to the national championships in all three of her regional events.

Also placing in the 1500 meter were Jordyn Colter 5th 5:42.32 and Ayuna Porth 6th 5:50.70. Madison Comstock (age 11) of Lakewood competing for the 1st time at the regional level, placed 11th with a time of 2:57.45 improving on her personal best by 7 seconds.

Tyler Nelson is Region 10 Champion

Tyler Nelson (age 15) of Lone Tree wins the 1500 meter run in 4:18.10 clocking a 22 second personal best improvement in that event. Nelson also placed second in the 3000 meter completing the race in 9:36.46, also a new personal record. Both performances earn Nelson a spot on the national honor roll. "Nelson started his race with an attainable goal in mind. Nelson is not afraid to go all out."

Precious Silver



Colin Best (age 15) of Highlands Ranch, brings home the silver medal in the 800 meter. Best improved his time by nearly 4 seconds. He is now less than 1 second from landing on the national honor roll in that event.

In the midget girl's high jump, Jamie Williams (age 11) of Littleton and Kathryn Hall (age 12) of Greenwood Village tied for 2nd place honors both clearing the bar at 1.25 meters (4-01.25 feet). Both Zoom jumpers qualify for the national championships.

K. Hall also competed in the open 400 meters running 1:08.63 in preliminary round. Her new best performance time of 1:06.94 in the finals places her 5th in the region.

Jamie Williams & Kathryn Hall joined forces with sister and teammate Julia Hall (age 10) and Alexandra Weil (age 11) of Highlands Ranch for the 4x400 relay. The team ran 4:41.83 to earn the bronze and has qualified for the national championships. The girls had a 10 second improvement from the State Championships held in June. The Zoom team is on the national honor roll.

Bronze In the Sun

Newcomers Mackenzie Comstock (age 13) of Lakewood and Katherine Higgins (age 12) of Highlands Ranch made their regional debut in Phoenix. M. Comstock was awarded the bronze medal in both the long jump 4.76 meters (15-03.50 feet) and the triple jump 9.70 meter (31-10.00 feet). Comstock also begins her track career making the national honor roll in the triple jump. Katherine Higgins nailed 2 consecutive personal best jumps in the long jump making her last jump her best at 4.16m, 13-07 feet to place 3rd.

Luke Pousma (age 9) is the youngest Zoom athlete to qualify for the National Championships. He earned the bronze medal by running 1:10.78 in the prelims of the 400 meter run. In the finals, Pousma had yet another personal best performance of 1:10.21. Pousma will compete in his first national USATF championships next week. Nick Birkholz (age 10) placed 5th in the 400 event running his new personal best time of 1:10.88 in prelims. In the finals, Birkholz ran a 1:11.40. Both athletes reside in Highlands Ranch.

Young Zoom

Blake Williams (age 8) of Littleton ran 2:53.40 for a 5th place finish in the 800 meter. B. Williams also placed 6th in the high jump with a 1.0 meter (3-03.25) leap. Williams is the youngest Zoom athlete to qualify and compete in the region 10 championships. "Blake is a determined young man and is not intimidated by older or larger athletes in his age division."

Parker Churchill (age 9) of Parker, ran a 2:59.37 in the 800 meter placing 7th. Churchill also placed 8th in the 1500 with a 10 second improvement of 6:06.85. Both athletes will compete in the same age division again next season.

Great Zoom Finishes

Zach Motes (age 14) of Highlands Ranch placed 4th in the 3000 with a 21 second improvement on his personal best. Motes also placed 8th in the 1500 meter in a time of 4:56.98, with another personal best time posted at the Regional Championships.

The midget boys 4x400 team placed 5th in 4:27.76 improving by 23 seconds from the State Championships. Team members include Brock Rubley (age 12), Brandon O'Donnell (age 12) both of Highlands Ranch, Dylan Tartz (age 11), and Dylan Shoemake (age 12) both of Littleton. "Every young man on that team had a personal best 400 meter split." The combined team effort earned all a spot on the national honor roll. Tartz also competed in the 80 meter hurdles posting a time of 16.26 for a 6th place finish.

Taryn Phipps (age 13) of Centennial competed in the open 400 meters running a 1:03.96 in the preliminary round and completing the finals in 1:04.66 during the 104 degree heat of Phoenix. She placed 8th in the region. “Taryn is having a breakthrough season with performances beyond what she thought she was capable of.” Phipps also anchored the 4x400 relay team. Phipps, Zoe Zambo (age 12) also from Centennial, along with Courtney Best (age 13) of Highlands Ranch and Danielle Williams (age 14) of Littleton completed the event in 4:38.61 and placed 6th in the region.

The 4x400 midget girls B team includes Jayla Balman (age 12), Rebecca Pousma (age 11) both from Highlands Ranch and Madison Comstock (age 11) and Jordyn Colter (age 11) of Centennial, placed 6th completing the race in 4:57.22 and making a 5 second personal team record .

Pam Yu (age 15) of Highlands Ranch represented the Zoom team in the intermediate girl’s triple jump. Yu jumped 10.11 meters (33-02.00) for a 6th place finish.



Keane Lyle (age 11) of Littleton placed 6th in the high jump with a 1.25 (4-01.25) clearance. “Lyle is a technically sound jumper, especially considering his age.”

Tyler Matzke (age 11) of Highlands Ranch completed the 3000 meter race in a time of 12:06.53 placing 7th. Matzke improved his personal best time by 4 seconds.

MacKenna Balman (age 10) of Highlands Ranch was out to prove a point in the 400 meter prelims. She ran a new personal best time of 1:15.60 to qualify for the final round. In the finals, Balman ran 1:16.94 for an 8th place finish. Halie Balman (age 10) showed her muscle in the shot put taking 9th with a

throw of 3.9 meters (12-09.50).

4x100 Performs Under Fire Drill

Zoom’s bantam girls 4x100 girls relay team including twin sisters MacKenna Balman and Halie Balman, along with Ellie Sherbert (age 8) (all 3 from Highlands Ranch), and Devyn Hacker (age 9) of Greenwood Village, qualified for the finals with a time of 1:07. After learning of a disqualification that evening, the team dispersed. Not long before the finals, Zoom learned the DQ had been reversed based on review of video. The team had indeed qualified to run in the finals. Zoom had only minutes to round up the team for the finals of the 4x100. All four members stepped on the track 10 seconds before the gun was up. The girls ran a 1:05.96 knocking a full second off their preliminary time. The girls placed 7th in the event.

“These young athletes (as well as parents & coaches) were able to perform under pressure, staying focused and determined, even when circumstances were not ideal or seemed impossible. It is a great lesson for all of us.”

“The Zoom team performed well in this competitive venue of highly talented athletes. They maintained focus on their events, personal goals, and team goals. Dedication, loyalty, and support of the team allowed athletes to run with a greater purpose. The Zoom team performed above all expectations. We

are all so very proud of the contribution made by our athletes. The Zoom Track Club is truly an all-star team.”

Zoom Athletes Qualified For USA Track & Field National Junior Olympic Championships

Colin Best

800

Jordyn Colter

3000

Mackenzie Comstock

LJ

TJ

Eleanor Fulton

3000

1500

Steeple

Dominique Gerard

1500

Steeple

Taylor Gerard

800

1500

3000

Julia Hall

4x400 (A)

Kathryn Hall

HJ

4x400 (A)

Katherine Higgins

LJ

Kristen Kientz

3000

Steeple

Tyler Nelson

1500

3000

Michael O'Neal

Steeple

Luke Pousma

400

Alexandra Weil

4x400 A

Jamie Williams

HJ

4x400 A

Zoom Track Club National Elite Youth All-Americans (Top 20 National Ranking)

Colin Best	Steeple	4x800			
Eleanor Fulton	Steeple	3000	1500	800	4x800
Dominique Gerard	Steeple	4x800			
Kristen Kientz	Steeple	3000	4x800		
Michael O'Neal	Steeple				
McLane Ritzel	4x800				
Blake Williams	Multi				

Zoom Track Club National Elite Youth Honor Roll (Top 100 National Ranking)

Jordyn Colter	3000				
Mackenzie Comstock	TJ				
Dominique Gerard	3000	1500			
Taylor Gerard	3000	1500	800		
Stephanie Gerber	100 MH				
Julia Hall	4x400				
Kathryn Hall	4x400	HJ			
Cassandra Hardy	3000				
Kristen Kientz	1500				
Keane Lyle	HJ				
Tyler Nelson	1500	3000	4x800		
Brandon O'Donnell	4x400				
Michael O'Neal	4x800				
Ayuna Porth	3000				
Brock Rubley	4x400				
Dylan Tartz	4x400				
Dylan Shoemake	4x400				
Alexandra Weil	4x400				

Blake Williams	800	HJ
Jamie Williams	4x400	Multi
Connor Winter	4x800	
Pam Yu	TJ	LJ

Wow! What a Team!

Go Zoom.

National Junior Olympic Meet Schedule for Zoom Athletes:

Tuesday, July 22nd

10:45 am	Steeple	Eleanor Fulton, Dominique Gerard Kristen Kientz
11:45 am	Steeple	Michael O'Neal

Thursday, July 24

8:30 am	3000 meter	Tyler Nelson
9:00 am	800 meter (prelims)	Colin Best, Taylor Gerard
3:30 pm	4x400 Prelims:	Jamie Williams, Alex Weil, Julia Hall, Kathryn Hall
4:00 pm	High Jump:	Jamie Williams, Julia Hall

Friday, July 25

12:30 pm	400 prelims	Luke Pousma
----------	-------------	-------------

Saturday, July 26

8:00 am	Long Jump final	Mackenzie Comstock
10:00 am	3000 meter	Taylor Gerard, Jordyn Colter
12:00 pm	3000 meter	Eleanor Fulton, Kristen Kientz
12:00 pm	Long Jump	Katie Higgins
4:00 pm	800 meter (final)	Colin Best, Taylor Gerard

Sunday, July 27

8:00 am	Triple Jump	Mackenzie Comstock
11:30 pm	400 meter final	Luke Pousma
12:00 pm	1500 meter	Eleanor Fulton, Dominique Gerard, Tyler Nelson, Taylor Gerard
2:30 pm	4x400 (finals)	Jamie Williams, Alex Weil, Julia Hall, Kathryn Hall

*Awards are 90 minutes after completion of the event. Awards are given to top 8 finalists.

Connie Williams
Zoom Track Club
303-925-1853

