

Press Release June 27, 2008

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Zoom Track Club Crowns 39 Colorado State Junior Olympic Champions

All photos courtesy of Dave Kemman of the Zoom Track Club.

On June 21-22, Legacy Stadium in Aurora hosted the annual USA Track & Field Junior Olympic State Championships. The Zoom Track Club, Colorado's premier track & field Junior Olympic program, was a dominating presence with athletes near the front of nearly every heat on the track. The Zoom Track Club placed in the top 3 in 78 events. Zoom Team crowned 2008 State Champions in 39 events, had 28 Silver Medalists, and 15 Bronze Medalists.

The top 3 places in every event qualify for the USA Track & Field Region 10 Championships in Phoenix, Arizona July 11-13. The Regional Championships will include the best track & field athletes from Colorado, Utah, Arizona, New Mexico, & Texas. Complete State Junior Olympic results can be found at: http://zoomtrackclub.org/index_files/Page1061.html

Zoom Team Sweeps Steeplechase



Eleanor Fulton, Dominique Gerard, and Kristen Kientz

The Zoom Track Club showed its force by sweeping the top 3 spots in a favorite fan event, the steeple chase. Eleanor Fulton (age 15) of Lone Tree became the Colorado State Junior Olympics Champion in the 2000 Meter Steeplechase followed closely by her teammates Kristen Kientz (age 14), and Dominique Gerard (age 14), both of Highlands Ranch. Fulton won the race in a time of 7:33.80 earning her a 2nd place national ranking in that event. Kientz's time of 7:56.09 ranks her 9th in the country while Gerard's time of 7:58.03 ranks her 11th in the nation. All three Zoom athletes earned Youth National Elite All-American status.

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.

Fulton also won the 3000 meters with a time of 10:32.14 earning her the fourth spot on the national list. At the State Championships, Kientz (10:47.93) earned a 3rd place finish, D. Gerard (10:47.93) fourth, and teammate McLane Ritzel, age 16 of Larkspur (11:34.37) placed 5th. Zoom finished in the 4 out of the top 5 positions. Fulton & Kientz also earn All American status in the 3000 meters. Gerard & Ritzel are on the National Elite Honor Role (top 100 in the country) with their performances.

Fulton also won the 1500 meter run (4:49.61), winning a remarkable four gold medals in the state Junior Olympics and earning her a 7th spot on the national rankings in that event. D. Gerard brought home the silver medal in a time of 4:59.50. Kientz placed 4th with a time of 5:05.82 and Ritzel was 6th and completed the race in 5:13.47. D. Gerard, Kientz & Ritzel earned national honor roll rankings in the 1500.

The foursome joined forces for the 4x800 meter relay also winning the top spot with a time of 10:07.51 placing them 7th on the national list and earning them All-American status in yet another event.

Zoom Team Sweeps the Midget Girls 1500 & 3000

Taylor Gerard, age 12 of Highlands Ranch, Jordyn Colter, age 11 of Centennial, and Ayuna Porth, age 12, of Highlands Ranch dominated both the girls 1500 & 3000 meter runs. T. Gerard, Colter, and Porth placed 1st, 2nd & 3rd in both the events. Winning times were 5:30.88, 5:43.25, and 5:53.60 respectively in the 1500 meter. T. Gerard's time of 12:10.04, and Colter's time of 12:18.77 in the 3000 meter earns them a national honor roll ranking. Porth's bronze medal performance of 12:36.13 in the 3000 meter is just 16 seconds shy of earning her a spot on the national honor roll.

Taylor Gerard brings home 3 gold medals from the State Junior Olympic championships including a win in the 800 meter with a time of 2:40.71. Teammate Madison Comstock, age 11 of Lakewood, was 3rd (3:06.46), and Ariel Bailey (age 10) of Littleton was 4th with a time of 3:11.78.

Zoom Hops Skips & Jumps for Gold



Mackenzie Comstock digs for Gold.

New comer to track and field, Mackenzie Comstock, age 13, from Lakewood, strikes gold in both the long jump with a leap of 15-07.50 and the triple jump 32-02.25. M. Comstock's triple jump lands her on the national honor roll and her long jump is 1 inch shy of making the national honor roll. Comstock was also 4th in the 100 meter dash with a time of 13.17 and 6th in the 200 meter (27.84).



Pam Yu flies to a gold medal.

Pam Yu age 15, of Highlands Ranch wins the triple jump in the Intermediate girl's age division with a leap of 33-11.25. Pam also jumped 16-11.50 in the long jump placing 4th. Yu landed on the national honor roll with performances in both events.

State Champions X2

Zach Motes, age 14 of Highlands Ranch is the 2008 Colorado State Junior Olympic Champion in both the 1500 & 3000 meter with time of 5:02.31 & 10:53.45. Jessica Farra, age 12 of Castle Rock is the State Champion in both the 100 (18.75) and 200 (32.98) meter hurdles. Farra also tied for 4th place with teammate Danielle Williams (age 14) of Littleton in the high jump. Both girls jumped 4-01.25.

Youngest Zoom Athletes Win State Title



Blake Williams Youngest State Champion

Blake Williams (age 8) of Littleton wins the Bantam boys 800 meter run with a time of 2:52.98. Last season, he was the youngest athlete in all 5 states in Region 10 to qualify for the Regional Junior Olympic Championships. This season, Williams is the youngest State Champion in any event. Williams also won the silver medal in the high jump with a .97 meter jump and placed 6th in the 400 meter dash in 1:18.67. Williams competes in the 10 & under division of the Junior Olympics.

Parker Churchill of Parker, who just recently turned 9, is the State Champion in the 1500 meter run with a time of 6:16.48. Churchill brings home the bronze medal in the 800 with a 2:59.88 performance making him one of the youngest Zoom State Champions & Region 10 qualifiers.

Zoom Take Top 400 Meter Spots



Luke Pousma 2008 State 400 Meter Champion

Luke Pousma, age 9 of Highlands Ranch and teammate Nick Birkholz, age 10, had a 1-2 performance, taking the top two spots at the State Junior Olympic Championships in the 400 meter dash. Pousma wins with gold with a time of 1:10.82 and Birkholz brings home the silver medal with a time of 1:11.29 in the finals.

Cassandra Hardy age 12 of Castle Rock, wins the 3000 meter in 12:16.34. Hardy's time is one of the top 100 best performances in the US.

Zoom Jumps High

Jamie Williams, age 11 of Littleton is the State Junior Olympic Champion in the midget girls high jump with a leap 1.25 meters (4-01.25). Jamie also placed 5th in the 80 meter hurdles running 16.59. Teammates Kathryn Hall (age 12), of Greenwood Village placed second, and Katherine Higgins (age 12), of Highlands Ranch placed 4th. All three athletes jumped the same height. Williams won the event with no misses during the competition.

The 4-01.25 performances are $\frac{3}{4}$ " off making the national honor roll. Kathryn Hall is already on the national honor roll with a previous mark of 4-05. Kathryn Hall is also the silver medalists in the 400 meter (1:07.45).

Keane Lyle, age 11 of Littleton won the state high jump championship title in the boys midget division. Lyle won the midget boys event leaping 4-03.25, followed closely by Jackson Nichols 3rd 4-01.25, Nicholas Summervill 4th 3-09.25, and Zachary Barwick tied for 5th 3-03.25. Lyle is on the national honor roll with a personal best mark of 4-06.

In the youth boys division, Ryan Rubley (age 13) of Highlands Ranch is the State Junior Olympic silver medalist with a personal best in the high jump 4-09.

Regional Qualifiers Win Silver

Additional silver medalists and regional qualifiers include, Michael O'Neal with a 7:16.36 time in the steeplechase. O'Neal's performance ranks him 10th in the nation and gives him a National Elite All-American status. O'Neal was also 7th in the 3000 meter run 10:43.64. Colin Best (age 15) of Highlands Ranch, places 4th in steeple at the state championship, just missing a regional berth. Best's is also a National Elite All-American in the steeple.

Tyler Nelson (age 15) of Lone Tree is the Junior Olympic silver medalist in both the 1500 meter (4:30.08) and 3000 (9:47.51). Both performances are listed on the Youth National Elite Honor Roll.

More silver was earned by Dylan Tartz (age 11) of Littleton, in the 80 meter hurdles with a 15.98 performance and Shealeene Coe, (age 14) of Highlands Ranch in the shot put (7.25 meters). Coe also placed 4th in the high jump 4-05 just missing qualifying for regionals by 1 attempt. Colin Best, brings home the silver in the 800 meter running a 2:09.20.

More Zoom Region X Qualifiers



Taryn Phipps gets her groove on.

Taryn Phipps, age 13 of Centennial has continuously improved her 400 meter time over the last two of years. This season, hard work paid off and she is now one of the best 400 meter sprinters in the state. Taryn ran a 1:02.69 in the finals of the 400 for the bronze medal, qualifying her for the region 10 championships. Phipps also anchors the youth girls 4x400 gold medal team.

Tyler Matzke, age 11 of Highlands Ranch, had a great day qualifying in the 3000 meters (12:11.01). Matzke was also 5th in the 1500 meter (5:47.22.) Jesse Foland (age 13) of Parker, placed third in both shot put 30-05 (9.27m) and discus 25.05 meters.

More Zoom Relay Sweeping



Zoe Zambo of Zoom

Since the team's inception in 2002, the Zoom Track Club has lead the state with the most number of relay team state Junior Olympic champions. Without exception, the Zoom team has won the youth girls, midget girls, and midget boys 4x400 relays. Zoom won both the intermediate girls and boys 4x800 relays. Zoom also placed 2nd in the bantam girls 4x100, youth boys 4x100 and the midget girls 4x400.

Zoom sends two extremely strong midget girls relay teams to the regional championships. The 4x400 A-team of Jamie Williams, Kathryn Hall, Julia Hall, and Alexandra Weil ran a 4:51.68 for the gold. The 4x400 B-team with Jayla Balman, Rebecca Pousma and Madison Comstock, Jordyn Colter was not far behind with a time of 5:02.61. The Zoom A-team is on the national honor roll.

The midget boys 4x400 team struck gold as well winning with a time of 4:51.13. Team members include Brock Rubley, Brandon O'Donnell, Dylan Tartz Jackson Nichols.

Zoom's youth girl's team ran 4:37.05. Gold medalists include Zoe Zambo, Cassandra Hardy, Courtney Best and Taryn Phipps. Danielle Williams in addition to Zambo, Hardy & Best will represent the Zoom team at the regional championships in Phoenix.

In addition to the girls 4x800 state title, the intermediate boys also won the championship title. The boys team ran a 9:03.66 and is now ranked 25th in the nation. The team includes Colin Best, Tyler Nelson, Michael O'Neal, and Connor Winter.

The bantam girl's 4x100 meter relay team with Halie Balman, MacKenna Balman, Devyn Haecker, and Ellie Sherbert bring home silver medals in a time of 1:05.41. Halie Balman showing both speed and strength also captured a 3rd place qualifying spot in the shot put (4.28 meters).

Youth boys 4x100 placed second with a time of 55:13. Teammates include Ryan Rubley, Jake Stevens, Hunter Thompson, and Matthew Kamrass.

The coaches are extremely proud of the Zoom regional qualifiers and also of those who continuously strive for personal best achievements. The Zoom team provides a unique, positive environment where kids learn self discipline, and self motivation and self accountability. It is a place where athletes are still taught sportsmanship and ethics. The Zoom team is teaching its athletes the important role of a motivating teammate and challenging training partner, while maintaining the support needed for personal and team goals. This balance is difficult to achieve for most teams, but the Zoom team is accomplishing a dream team training environment supported by parents, coaches, and professional athletes in the sport of track & field.

Zoom Athletes Qualify For USA Track & Field Region 10 Junior Olympic Championships

MacKenna Balman

4x100

Halie Balman

4x100

Shot Put

Jayla Balman

4x400 B

Colin Best

800

4x800 (not competing)

Courtney Best

4x400

Nick Birkholz

400

Shealeene Coe

SP

Jordyn Colter

1500

3000

4x400 B

Mackenzie Comstock

LJ

TJ

Madison Comstock

800

4x400 B

Jessica Farra

100 MH (not competing)

200 MH (not competing)

Jesse Foland

SP

DIS

Eleanor Fulton

3000

1500

Steeple

4x800 (not competing)

Dominique Gerard

1500

Steeple

4x800 (not competing)

Devyn Haecker

4x100

Julia Hall

4x400

Kathryn Hall

400

HJ

4x400 (A)

Cassandra Hardy

3000 (not competing)

Katherine Higgins

LJ

Mathew Kamrass

4x100 (not competing)

Kristen Kientz

3000

Steeple

4x800 (not competing)

Keane Lyle

HJ

Tyler Matzke

3000

Zachary Motes

1500

3000

Tyler Nelson

1500

3000

4x800 (not competing)

Jackson Nichols

HJ (not competing)

4x400 (not competing)

Brandon O'Donnell

4x400

Michael O'Neal

Steeple

3000

4x800 (not competing)

Taryn Phipps

400

4x400

Ayuna Porth

1500

3000

Luke Pousma

400

Rebecca Pousma

4x400 B

McLane Ritzel

4x800 (not competing)

Brock Rubley

4x400

Ryan Rubley

HJ

4x100 (not competing)

Ellie Sherbert

4x100

Jake Stevens

4x100 (not competing)

Dylan Tartz

80 MH

4x400

Hunter Thompson

4x100 (not competing)

Alexandra Weil

4x400 A

Blake Williams

800

HJ

Jamie Williams

HJ

4x400

Danielle Williams

4x400

Connor Winter

4x800 (not competing)

Pam Yu

TJ

Zoe Zambo

4x400

Also placing in the Colorado State Junior Olympic Championships:

4th Place Finishes:

Colin Best	2000 Meter Steeple	Intermediate	7:23.48
Shealeene Coe	High Jump	Intermediate	4-05
Mackenzie Comstock	100 Meter Dash	Youth	13.17
Devyn Haecker	800 Meter Run	Bantam	3:07.45
Kori Hazel	400 Meter Dash	Intermediate	52.06

Kori Hazel	200 Meter Dash	Intermediate	24.03 (23.75 prelims)
Katherine Higgins	High Jump	Midget	4-01.25
Chloe Morton	1500 Meter Run	Bantam	6:34.41
Hunter Thompson	400 Meter Dash	Youth	1:01.03
Danielle Williams	high Jump	Youth	4-01.25
Pam Yu	Long Jump	Intermediate	5.17m
Nick Zimberoff	High Jump	Young	1.70m

5th Place Finishes

Stephanie Gerber	100 Meter Hurdles	Intermediate	15.97
Devyn Haecker	1500 Meter Run	Bantam	6:46.76
Katherine Higgins	100 Meter Dash	Midget	14.25
Tyler Matzke	1500 Meter Run	Midget	5:47.22
Ellie Sherbert	100 Meter Dash	Bantam	15.77
Alexandra Weil	Long Jump	Midget	3.86m
Jamie Williams	80 Meter Hurdles	Midget	16.59

6th Place Finishes

Arial Bailey	Long Jump	Midget	3.57m
Halie Balman	Long Jump	Bantam	3.12m
Mackenzie Comstock	200 Meter Dash	Youth	27.84
Julia Hall	400 Meters	Midget	1:11.35
Natalie Hurst	400 Meter	Intermediate	1:02.51
Natalie Hurst	Long Jump	Intermediate	4.63m
Nikki Look	100 Meter Dash	Young	13.15 (12.85 prelims)
Nikki Look	200 Meter Dash	Young	26.14
Brandon O'Donnell	100 Meter Dash	Midget	14.05
Brock Rubley	200 Meter Dash	Midget	29.27
Blake Williams	400 Meters	Bantam	1:18.67
Zachary Zambo	Long Jump	Intermediate	4.27m

7th Place Finishes

Nick Birkholz	200 Meter Dash	Bantam	15.13
Kelvin Ivery	Long Jump	Bantam	2.97m
Amanda Lark	200 Meter Dash	Youth	28.30
Frank Morton	1500 Meter Run	Youth	5:28.63
Shadron Nash	Long Jump	Bantam	2.96m
Brandon O'Donnell	400 Meter Dash	Midget	1:06.68
Rebecca Pousma	80 Meter Hurdles	Midget	17.88
Ellie Sherbert	200 Meter Dash	Bantam	33.23
Michael O'Neal	3000 Meter run	Intermediate	10:43.64
Zachary Zambo	High Jump	Intermediate	1.45 meters

8th Place Finishes

Elle Bailey	Long Jump	Bantam	3.04m
Nick Birkholz	100 Meter Dash	Bantam	15.13
Luke Pousma	200 Meter Dash	Bantam	31.80
Dylan Tartz	400 Meter Dash	Midget	1:08.10
Hunter Thompson	200 Meter Dash	Youth	28.30 (24.07 in prelims)

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		
Tyler Nelson	1500	3000			
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		
Stephanie Gerber	100 MH		
Julia Hall	4x400		
Kathryn Hall	4x400	HJ	
Cassandra Hardy	3000		
Kristen Kientz	1500		
Keane Lyle	HJ		
Tyler Nelson	4x800		
Michael O'Neal	4x800		
Alexandra Weil	4x400		
Blake Williams	800	HJ	
Jamie Williams	4x400	Multi	
Connor Winter	4x800		
Pam Yu	TJ	LJ	

Wow! What a Team!

Go Zoom

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