

2014
Capital City Striders
At USATF Midwest Zone Indoor
Championships Perdue University West
Lafayette Indiana January 26th , 2014

National Championship Qualifiers

Girls

11-12	High Jump	Elicia Thomas, Charleston	2 nd	3'3"
15-16	Shot Put	Kaitlyn Wilson, Nitro	3 rd	27'8"
15-16	400M	Malika Houston, Charleston	5 th	1:11.16
	55M hurdles		2 nd	9.24
	Long Jump		2 nd	15'11"
17-18	800M	Renee Fisher, Spencer	3 rd	2:55.0
	High Jump		3 rd	4'3"

Boys & Young Men

9 – 10	55M Dash	Marlon Dixon, Charleston	6 th	8.95
11-12	3000m	Noah Castro, Hurricane	1 st	10:28.23
	1500m	new national record	1 st	4:52.68
13-14	3000m	Russell Carroll, Hurricane	2 nd	11:14.01
	1500m		5 th	5:23.42
15-16	Shot Put	Ramone Garnet, Charleston	1 st	39'5"
17-18	400m	Troy Fisher, Spencer	3 rd	52.89
	800m		4 th	2:07.64
	55m		6 th	6.93
	High Jump		2 nd	5'5"

For complete results:

www.adkinstrak.com/meets/2014/USATF_Midwest_Zone_Indoor_Championships

Student Athlete advance to the USA Track & Field National Youth Indoor Championships and Prince George's Sports Complex, Landover Maryland March 7- 9, 2014. More information at:

(http://coachoregistration.com/dbi-bin/meetinfopage.pl?Web_Site_Id=ni_usatfyouth&Meet_Id=usayouindn1401&Team_Id=&)

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