



## TRACK & FIELD: WEEK 9 UPDATES

### COACHES UPDATES

#### Greetings MI Track & Field!



We had sunshine for our 4th and one and only home meet! It was a perfect day for racing! Many PR's were achieved. To list a few, sophomore Quinn Shavey ran his fastest 100m, 200m and 400m times! Junior Ari Nguyen PR'ed in both the 100m and 300m hurdles EVEN after falling and getting back up just meters from the finish line. Our top 1600m runner, freshman Owen Powell, decided to run the 100m dash for fun. His speedy time landed him in the top 10 on our team 100m list. A shout out to the two throwers 4x400 relays. It was fun to watch those big boys run, especially my son AJ!

Thank you to all the parent volunteers for helping run the meet. We could not do it without you. Thank you to the boosters who put together the [senior recognition](#) program and fantastic 2022 MI Track logo blankets. It takes a village to run a home meet. With that said, the most important part of the village is the finish line timing management. We take great pride in running smooth, efficient on-time home meets. What you might not be aware of is the timing system company got their trailer stuck on the way down to the track. We had to call Mac towing to get them out. They'd planned to set up at 1:30, but ended up starting at 3:20. Our amazing athletes stepped up, moving all the equipment and asking what they could do to help. Everyone was calm, cool and collected as they prepped. Shockingly our meet started promptly at 4 and finished just before 7!

5 Distance boys including Ryan Koopman, Brooks Enge, Owen Powell, Luke Sandmaier and Lars Eide PLUS pole vaulter Aimee Grasser competed at the Oregon Relays held at the new state of the art Hayward Field. This is a premier meet drawing some of the very best high schoolers, collegiate athletes and pros from around the country. Highlights included a brief tour and run around the Nike World Headquarters campus in Portland, meeting several Olympians and nationally ranked collegiate runners AND most

### THANK YOU'S

Thank you to our amazing meet volunteers! Check in table: **Faith Sandmaier & Sarah Smith**, flagger: **Leilani Paras**, Discus/Javelin: **Michelle Handler, Melissa Graesser & Leslie Lawrence**, shot put: **Tuuli Saloranta, Tatu Saloranta & Adam Skarbinski**, long/triple jump: **Sangita Woerner, Gary Shavey, Karen Weeks & Aleena Khan**, high jump: **Jessica Crump** and to **Aaron Koopman** for the wonder senior photos.

And another thank you to **Aaron Koopman** for volunteering to chaperone our athletes to Oregon.

Thank you to **Marcus Handler** and **Susie Sung** for helping out as floaters at the meet.

Thank you to the **Boosters** for the awesome senior gifts and providing Krispy Kreme donuts after the meet on Tuesday!

Special shout out to **Jenelle Evanoff** and **Mary Anne Eng** for continuing to put our signs out around the island!

### BE A "VOLUNTEERO!"



### PASTA FEEDS

Pasta feeds are back! These evening events are a favorite tradition among athletes, and we have 3 Pasta Feed Dinners planned for this season. It's a great way for athletes to bond and parent volunteers to meet.

importantly running really fast on an incredible track and vaulting in an amazing setting. Owen Powell **WON** the Freshmen 3k leading wire-to-wire, Ryan Koopman and Lars Eide ran fantastic 3ks with Ryan notching a huge PR, Brooks raced the mile (which is a tad longer than the 1600 we usually run) and for the first time in a long time (maybe ever?) MI competed in the Distance Medley Relay (1200-400-800-1600). Athletes, chaperones (thank you Koopmans!) and Coach Susan came away with some awesome memories and we hope to bring more **MITF** athletes along next year!

**MITF** once again had a strong showing at one of the state's premier track and field showcases, The Gear UP 2022 Eason Invitational. Garrett Rogan started things off in the field events winning the high jump with a PR of 6'3. Rogan and fellow triple jumper Azad Khan both placed in the top 5 in the triple jump each with PR's of 41'6 (Garrett) and 41'5 (Azad). On the track Arianna Nguyen had finals appearances in both the 100m and 300m hurdles with PR's of 15.91 (100mh) and 47.69 (300mh). Mackenzie Monen improved on her previous 200m mark with a PR of 27.56 and Freshman Sophia Loop crushed her previous 800m time by almost three seconds with a PR of 2:36.79. In the relays the boys 4X100m, comprised of Quinn Shavey, Chase Shavey, Garrett Rogan and Sam Hill won their heat with a PR of 45.09. Both boys and girls 4x400m teams PRed, boys team of Sam Hill, Case Shavey, Quin Shavey and Azahd Khan with a time of 3:36.77, the women's team of Madelyn Sung, Mackenzie Monen, Sofia Loop and Asha Woerner with a PR of 4:21.28.

If you have not yet played around on [Athletic.net](https://athletic.net), take a look at where your athlete sits in the KingCo rankings. Two more regular season meets (@Hazen Thursday, @ LW the following Wednesday) and a last chance qualifier meet to go until the week of KingCo competition, May 18-20.

Go **MI!**

**Coaches Amy & Stacy**

[Click here](#) to see the order of events.

Click [here](#) to read all the Coach bios.

[Click Here](#) to check out the **Senior Night** Photos.

[T & F Field meet schedule](#) can be found here. (check back frequently as dates/locations may be added or changed). All meets begin at 4pm.

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## IMPORTANT DATES

**Pasta Feed** - April 27th @ 6pm hosted by the Woerners. 8326 84th Ave SE, park at the top by Fleury Trail and then walk down

**Pasta Feed** - May 3rd @ 6pm (**host still needed**)

**Team Banquet**-June 6th @ 6pm in the MIHS

We are still in need of a host and helpers for the Pasta Feed on **May 3rd**. Click the [SignUp Genius](#) link to sign up and volunteer for this fun evening!

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## IN THE NEWS

Hot off the press! Check out this story about senior Luke Sandmaier from the [MI Reporter](#).

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## IMS CORNER

Greetings Islanders!

Our first home meet vs. Twin Falls MS last week was a wet and rainy one. But we couldn't have done it without the help of our parent volunteers! A huge "thank you" to our timers: **Zander Doroski, Ly-Lan McCarthy, Deana Wiatr, Kelly Mann, Carrie Vandehaar, Leslie Lawrence**, high jump: **Julie Duffie, Lissa Shook, Casey Tallon**, shot put: **Tyler Bates, Lyn G, Christy Shiers**, long jump: **Liz Lee, Candy Capinpin, My-Hong Truong**, discus: **Jing Yang, Faye Borden**, and race stager: **Chantel Zettel**.

We also could not have made it through the long meet without some extra fuel. Thank you to **Dawn Dunn, Courtney Weber, Karen Zehnder-Wood, Faye Borden, Ruth Cartwright, Candy Capinpin, Hillary Ethe, Krista Way, Amanda Stoffer and Anne Gerry** for bringing the coveted snacks!

**Coach Rennie**

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## STAY IN TOUCH

Parents and athletes, please keep your BAND App active throughout the year as we will continue to communicate through it regarding preseason training and meetings.

MITF Long Distance group Band App:  
<https://band.us/n/a7a96ee9q0N8I>

T & F group Band App:  
<https://band.us/n/a5a65bp2k2YeR>

Website: [mixctf.com](https://mixctf.com)

**Email Updates:** To be added to the distribution list, send an email to [mixcinfo@gmail.com](mailto:mixcinfo@gmail.com). Generally, updates are monthly until the season begins.

**Questions for the Board:** email [Faith Sandmaier](mailto:Faith.Sandmaier)

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**Meet the MIXCTF Booster Board Members:**

Amy Posner Wolff, Co-Head Coach MI Track & Field

Stacy Edwards, Co-Head Coach MI Track & Field  
Susan Empey, Head Coach MI Cross Country  
Stephen Rennie, Head Coach IMS Cross Country  
and Track & Field  
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Niyati Krauser, Volunteer Coordinator  
Karen Weeks, Volunteer Coordinator  
Chantel Zettel, Newsletters  
Leslie Lawrence, IMS Representative

## DONATIONS

**DONATE**

Take care of your [MI Track and Field donation](#) by logging onto our website [mixctf.com](http://mixctf.com) to pay with PayPal Giving or Zelle!

Thank you to everyone who has donated to **MIXCTF!**

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### IMS:

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