## **Field**

## BE SO GOOD THEY CAN'T IGNORE YOU



## PLANTING OUR FEET

Junior Mason Cole sprints down the pole vault runway, creating the perfect angle of attack to plant the pole in the box. Cole went on to clear ten feet six inches at the first track meet of the season. This set up both a new personal record for him, and showed the coaches just how well he could do. For a first year pole vaulter, this is a feat that not many achieve. Field is an expansion of track. Like track, these atheletes need strong determination and dedication to win their events. The field event include long jump, triple jump, high jump shotput, discus, and pole vault. Each event needs a different set of skills, but they a require hard work and training. Man athletes have set new PRs (personal records including Tiffany North for shotput and discus, Shaniya Fields-Manigo for triple and long jump, Jeremiah Daniels (12) for him jump, and Olivia Stephens (11) for pole vault Success for field athletes starts with the competition within themselves to a higher and farther. Success culminates in medals and "W's" against opponents.



L: Junior Leiara Rivera exerts all of her force in shotput, launching the

ball 22 feet and four inches. Rivera truly enjoys competition! R: Senior Justice Dupont puts all of her energy into the girls long jump, placing ninth with 15 feet at the Adidas LowCountry

HARD WORK MAKES WINNERS

Invitational.

herself 15'3.5" in the air before sticking a landing in the long jump sand pit at the Adidas Lowcountry Invitational.

Senior Shaniya Fields-Manigo launches

## CALCULATIONS COUNT eid evaluates the pole

Junior Ashley Reid evaluates the pole vault pit. She then goes on to clear seven feet even.

UMPING? OR FLYING





Balanna Vaanadoe (12) · Tiefann Noath (11) · Shanna Fields Manko (12) · Akhlun Ballew (11) · Ian Shaah (10) and Malkolm Gaeene (11)

