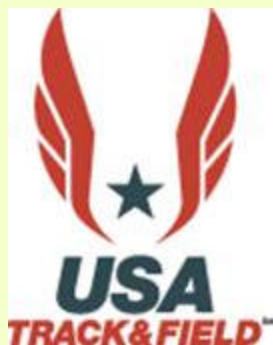


# FAST TRACK OF ILLINOIS NEWSLETTER

October, 2009

Volume 2

- Semi-annual Association meeting—October 25, 2009 at Proviso East High School. Check [www.usatfillinois.org](http://www.usatfillinois.org) for full details. All youth coaches are required to attend.



USATF ILLINOIS



ALL AMERICANS

## ILLINOIS ATHLETES AT 2009 IAAF WORLD YOUTH CHAMPIONSHIPS

*Congratulations to the following Illinois athletes who competed in the 2009 IAAF World Youth Championships in Bressanone, Italy. The athletes and their results are as follows:*

*Colin Heburn-(North Shore Breeze) - 1st Place-Medley Relay*

*Alexander Thompson (Unattached) - 4th Place—Discus Throw*

*McKinzie Schultz-Pictured (Aurora Flyers) - 12th Place—Steeplechase.*



## USATF ILLINOIS ALL AMERICANS

*Congratulations to the following athletes who competed in the 2009 Junior Olympics in Greensboro, North Carolina, and attained "All-American" status.*

### Bantam Girls

*Alexandria McCoy-Golden Eagles—Shot Put—4th*

### Midget Girls

*Brittney Ellis-Unattached—100m/200m-3rd; 400m-2nd*

### Youth Girls

*Aaliyah Brown-IL Elite—100m/200m-2nd*

*Aleix Hyshaw-IL Elite—100m-5th*

*Nicole Choquette-Illini Heat-800m-7th*

## USATF ILLINOIS ALL AMERICANS (cont.)

### YOUTH GIRLS(cont.)

Lilia Edwards-Illini Heat-  
Pentathlon-7th

Logan Tilmon-Golden Eagles-  
200H-4th

A.Brown, A.Hyshaw,  
Haynes, Childress-Illinois Elite  
-4x100-3rd

Haley Becker-Wildcat TC-  
High Jump-4th

Annie Stacey-Unattached-  
Pole Vault-7th

Stephanie Milroy-Huskie TC-  
JV-8th

Jocelyn Salinas-Elgin Sharks  
-3000m RW-7th  
INTERMEDIATE GIRLS

Brittaney Letts-Illinois Elite  
-800m-5th

Alexandria Harden-  
Springfield Striders-Long  
Jump-6th

Olivia Herzog-Illini Heat-  
Shot Put-2nd

### YOUNG WOMEN

Jeronda Womack-Flight TC-  
100m-6th

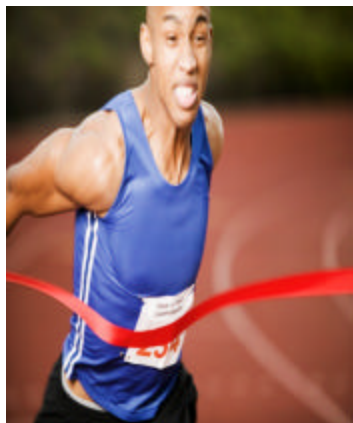
Anne Eichenberger-Aurora  
Flyers-800m-8th; 2000m SC-  
7th

Nyala Eddings-Firestarters-  
1500m-8th

Margo Richardson-Southern  
Illinois Speed-3000m-2nd

Kawanna Brooks-Chicago  
Striders-Long Jump-5th;  
Heptathlon-2nd

Mercedes Mancha-Elgin  
Sharks-3000m RW-3rd



*It's not about size  
or speed. It's  
about Heart and  
winning with  
integrity and  
character."*

## USATF ILLINOIS ALL AMERICANS (cont.)

### BANTAM BOYS

Branden Ellis-Unattached-High  
Jump-4th

### MIDGET BOYS

James Daniels-Huskie TC-  
Discus-6th

### YOUTH BOYS

Matthew Harris-Zephyrs-100H  
-6th; Long Jump-3rd; Pent-2nd

LeShun Daniels-Huskie TC  
-Triple Jump-5th

Emilio Mancha-Elgin  
Sharks-3000 RW-4th

### INTERMEDIATE BOYS

David Hayes-Flight TC-  
100m-4th

Jeremy Birck-North Shore  
Breeze-High Jump-7th

Kevin Spejcher-DuPage TC  
-High Jump-8th

Gregory Block-DuPage TC  
-Shot Put-4th

Barry Kimbrough-North  
Shore Breeze-Shot Put-  
8th

Zach Ziemek-DuPage TC-  
Decathlon-4th

## USATF ILLINOIS ALL AMERICANS (cont.)

### INTERMEDIATE BOYS(cont.)

Leonardo Salinas-Elgin Sharks  
-3000 RW-5th

### YOUNG MEN

William Lindsey-Chicago Striders-  
110H-5th, 400H-8th

Erick Gavin-LV's Cheetahs-110H-  
7th

Zach Riley-Marion Swamp-High  
Jump-3rd

Thomas Stacey-Unattached-  
Pole Vault-3rd

Joshua Moore-Illinois Stealth  
Bombers-Long Jump-8th

Dan Block-Unattached-Shot  
Put-2nd; Discus-1st

Jermaine Kline-DuPage TC-  
Shot Put-3rd; Discus-6th

## CLUB NEWS—CHICAGOLAND ZEPHYRS

*The following athletes will be featured in presentations given by the Chicago 2016 Committee when they travel to Copenhagen to make their final presentation to host the 2016 games in Chicago.*

*Rasheeka Norwood, IG, will be featured in the filmed documentary.*

*Jordan Jones, MB, will be featured in a commercial doing the long jump.*

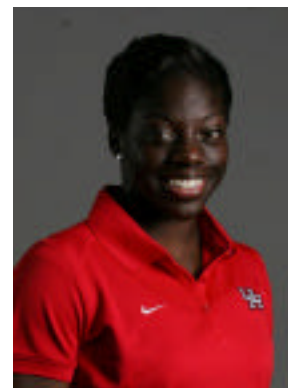


## ALUMNI NEWS—ANGELIC FLYERS-SEUN ADIGUN

*Seun, a 2005 graduate of Homewood Flossmoor High School, A 2009 graduate of the University of Houston (with honors), and a former member of the Angelic Flyers Track Club, recently competed in the 2009 IAAF World Games in Berlin in the 100H. Against all odds,*

*Seun has exceeded the expectations of her coaches and doctors. After undergoing an operation last year, she has finally been able to settle into a consistent training routine for the first time, and the results have revealed just how good she can be. Her coach at the*

*University of Houston, Leroy Burrell believes that Seun is made for the top in her event. Seun entered the 2009 NCAA Midwest Regionals ranked third in the NCAA with a time of 12.98 in the 100H. She also recorded that personal-best and winning performance at the Penn*



## ALUMNI NEWS-ANGELIC FLYERS (cont.)

*marked the second-fastest time in school history. Seun was named the 2009 Conference USA Female Track Athlete of the Year. She's the third female at the University of Houston to take home this award, joining Jenny Adams (1997) and Ebonie Floyd (2006, 2007). She emerged as one of the nation's elite hurdlers this past season. She also set regional marks in the 100m and 200m*

*and as a member of the conference-leading 4x100 meter relay team (44.30) which ranks eighth in the nation. Seun was the 2008 C-USA Indoor Champion-60 Meter Hurdles; 2007/2008 C-USA Commissioner's Honor Roll; 2008 NCAA Qualifier-100 Meter Hurdles, 4x100, 2008 NCAA Regional Qualifier-100 Meter Hurdles, 4x100, 2007 C-USA Indoor Champion—60 Meter Hurdles;*

*2007 C-USA Outdoor Champion-100 Meter Hurdles, 4x100; 2007 NCAA Regional Qualifier-100 Meter Hurdles, 4x100; 2007 NCAA Qualifier-4x100; 2006 Junior All-American. Seun graduated from the University of Houston with honors, and a degree in Kinesiology.*

## USATF Illinois

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Welcome to the Illinois Association of USA Track & Field. USA Track & Field (USATF) is the National Governing Body for track and field, long-distance running and race walking in the United States. USATF encompasses the world's oldest organized sports, the most-watched events of Olympic broadcasts, the #1 high school and junior high school participatory sport and more than 30 million adult runners in the United States.

USATF is a volunteer-driven, not-for-profit organization with a staff of professional program administrators at the National Office in Indianapolis. The mission of USATF is to lead the sport of Athletics in the United States and maintain the primacy of USA Track & Field in global athletics.



## FAST TRACK OF ILLINOIS NEWSLETTER

*Fast Track of Illinois is a quarterly newsletter published by USATF Illinois. This newsletter will be posted on our website at [www.usatfillinois.org](http://www.usatfillinois.org) every quarter beginning July 1, 2008. Please feel free to send in any information you would like to share with us, and we will include it in the newsletter. Please send your information to [darlenesimmons54@sbcglobal.net](mailto:darlenesimmons54@sbcglobal.net). In order to ensure your info is posted, please send all materials two weeks before the end of each quarter. If you have any questions or concerns, please feel free to contact us at the number above.*