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Rutherford County Track Club (“RCTC”) closed out another fantastic 2019 outdoor season by attending the AAU Junior Olympics in Greensboro, North Carolina July 29th – August 3rd. This outdoor season team consisted of 80 athletes and had we had 43 athletes that qualified for the AAU Junior Olympic Games. Of the 43 athletes, 25 athletes competed

Here is a recap of the week in Greensboro

*Day 1 Recap Monday July 29th*   
We started of the morning with the 3000m with Hunter Broughton 11:28.14 31st then went onto the hurdle races; Mario Paul 54.72 14th and Mikah Charley 1:07.85 39th. In the 800 Kyle Witherspoon ran 2:12.36 28th PR and finished up the running events with the 200m Kiersten Flowers 31.05 65th, Malachi Gordon 28.17 81st, and Mason Bryant 27.68 34th. In the field events we had Aaron Green 19-3.75 17th and Mikah Charley 17-2.75 30th in the long jump and Jasmyn Bernard 41-1 37th in the discus. Congratulations to all

*Day 2 recap Tuesday July 30th*   
We started the morning off in the field events with the turbo javelin; Cason Agnew 61-8.5 61st and later the discus Sania McGhee 74-5.5 10th and the long jump Bella Thompson 13-1 67th PR. The running events we had Brook Reives 1500m 5:10.47 18th PR, then went onto the sprints beginning with the 100m Malachi Gordon 13.93 82nd, Mason Byrant 13.67 75th and Aaron Green 12.32 69th and we finished with Mason Bryant 400m 1:00.44 40th PR. Again, congratulations to all

*Day 3 Recap Wednesday July 31st*   
We started off in the field events with the shot put: Amaya Barnes 25-05.25 67th PR, Sania McGhee 28-5 25th, Kyleigh Turks 22-7 65th, and Cason Agnew 24-3.75 60th then we moved onto the triple jump Mikah Charley 37-025 19th PR. In the running events we had Aaron Green in the 100M Hurdles 15.43 34th PR and Briana Apenteng 2:52.88 74th in the 800m. Congratulation again to all our athletes.

*Day 4 Recap Thursday Aug 1st*We started the morning of with the 1500m with Brian Apenteng 5:46.55 47th , then we moved on to the turbo javelin with Robert Franklin III 62-07 25th PR, long jump Roland McGhee Jr 21-2.75 15th and the discus with Cason Agnew 61-04 41th , we finished of the day with the 4x400 relay Justin Jefcoat, Aaron Green, Kaden Prachack, and Kyle Witherspoon 3:54.36 27th PR. Congratulations again to all our athletes

*Day 5 Recap Friday Aug 2nd*   
We started off with a bang, Steven Sherman 2019 AAU ALL-AMERICAN long jump 15-8.75 6th then we move to the discus Zoe Patton 81-02 62nd , Amira Maynard long jump 12-03 33rd  PR, Amaya Barnes discus 55-01 55th , and Sophia Patton javelin 73-03 41st PR In the running events we had Kyle Witherspoon 400m 55.13 46th and Justin Jefcoat 57.10 71st PR. We have one more day left of competition. Congratulation again to all

*Day 6 Recap Saturday Aug 3rd*   
Last day of competition. We had one competitor today and he made the most of it. Elijah Reams 1st time at Junior Olympic games and he’s ALL-AMERICAN in the discus with a throw of 81-08 6th PR, it’s over 20 feet more than his previous best. Again, congratulations to all.

What an amazing week of competition and family atmosphere we had. 25 athletes, 38 individual events, 1 relay and 2 ALL-AMERICAN. A great way to end the season. Parents, thank you again for trusting and believing in us.

Rutherford County Track Club is a local, 501 (C) 3, track and field club that has been in existence since 2006. We train youths from ages of 7 to 18. The club currently practices at Smyrna High School for its indoor and outdoor seasons. For further information about the track club including contact information please visit our website [www.rctrackclub.org](http://www.rctrackclub.org) . Also like us on Facebook Rutherford County Track Club.