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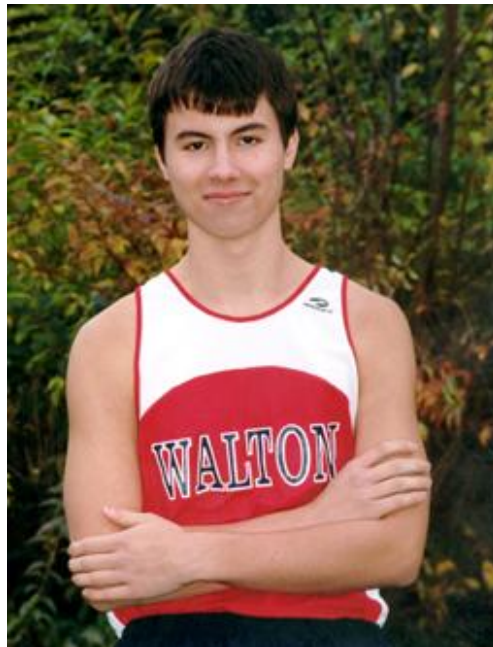
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In Memory of Case McKee

Raiders Track & Field 2004

It is with deep sadness that we inform that we have lost one of our team members, Case McKee. Case passed away after being involved in a tragic accident the evening of February 9, 2004. Case was a freshman this year, began running during the Cross Country season, and was looking forward to a successful Track season. His love for the team and the friendships he developed were a source of true joy in his life, and his parents are forever grateful to all on the team. For those of you who knew Case, he had a life of his own and will be truly missed.

Final 2004 T&F season stats are posted!

Congratulations to Vicki Macht and Sam Bryfczynski, Walton's student athletes of the Month for the final Cobb County Track and Field Coaches Association banquet. At the awards dinner, Cobb's top athletes for the entire season were also named - State Champion high jumper, Chris Hanna of Wheeler, and middle distance star, Jessica Smith of Harrison.

Season concludes with Boys team finishing in a tie for 7th place at the State Championship. Distance standouts Sam Bryfczynski (3rd place, 1600m & 3rd place, 3200m) and Charlie Dickhaus (4th place, 1600m & 4th place, 3200m) combined for 20 points, while Hamilton Holliday chipped in 2 more with his 5th place finish in the shot put. On the ladies side, Caroline Miller narrowly missed All-State honors, winning the 7th place medal in the 3200m run.

Congratulations to Caroline Miller and Hamilton Holliday, Walton's student athletes of the Month for the May 2004 Cobb County Track and Field Coaches Association banquet.

Walton Boys team takes second at Region meet! Four athletes to participate at State meet. Congratulations to Malcolm Freburg (Discus), Hamilton Holiday (Shot Put), Charlie Dickhaus (1600 & 3200) and Sam Bryfczynski (1600 & 3200) for qualifying for the State Championships.

Miller & Morris are going to State!

Caroline Miller (3200m) and Lauren Morris (pole vault) each placed 2nd at the Girl's Region 5-A AAAA Meet to qualify for the State Championships.

Girls Region Track and Field Championships

McEachern High School, April 26th and 27th

Participating athletes will be excused from class after third period on Monday. All athletes must ride the bus, which leaves at 11:30am. Field events start at 1:30 pm.

Athletes will leave by bus for the meet on Tuesday at 3:30pm. Field events start at 5:00pm.

The parent's meeting for incoming 9th graders interested in joining the Cross Country team will be held on Wednesday, May 5th at 7 p.m. in the media center. This is a chance for incoming parents to hear from Coach Williams about the expectations and opportunities for the fall season. If you know of someone who may want to

join the team, please pass this information on to them.

There will be a meeting for returning Cross Country runners with Coach on Wednesday, May 12th at 12:40 p.m. in his classroom. This is the time to get the information on the upcoming season. Coach would like all to attend so he can get a good idea of the season ahead. Please have your athlete plan to attend!

Congratulations to Sarah Upchurch and Charlie Dickhaus, Walton's student athletes of the Month for the April 2004 Cobb County Track and Field Coaches Association banquet.

Bryfczynski, Dickhaus compete at Mobile Challenge of Champions.

Excerpt from the AJC-Cobb Edition

Walton (Junior) Sam Bryfczynski finished second Saturday in the two-mile run at the Mobile Meet of Champions with a time of 9:20.63. That converts to a 9:17.12 in the 3,200 meters, easily the best time in that event for a Georgia boy this year. The previous best was a 9:31.91 South Gwinnett's Ryley Miller, the cross country state champion in Class AAAAA.

Sam's converted time of 9:17.12 surpasses "unofficially" the long standing Walton School record. Both Sam and Charlie, who placed 8th in the tough 1 mile event, ran unattached.

Final Standings. Boys hang on for 4th, Girls slip to 8th at Cobb County Championships. Congratulations to our point scorers on Day 3:

Smith, Cari (8th, 300m Hurdles)
Nester, Josh (6th, 400m)
Voorhies, Amy (8th, 100m)
Gittleman, Erin (4th, 800m)
Upchurch, Sarah (5th, 3200m) (11:40.97 is #7 All-time Walton)
Bryfczynski, Sam (1st, 3200m) (9:25.07 is #4 All-time Walton)
Dickhaus, Charlie (3rd, 3200m)
Girls 4x400m Relay Team - 7th
Boys 4x400m Relay Team - 5th

Raiders heat up on Day 2. Boys move from 9th to 3rd, Girls move from 10th to 4th. More point scoring performances from day 2 at the County meet:

Holliday, Hamilton (2nd, Shot Put)
Kay, Patrick (5th, Shot Put)
Henke, Stephenie (6th, Discus)
Wenzell, Phillip (5th, Pole Vault)
Smith, Cari (8th, Tiple Jump)
Stuckey, Jenna (5th, High Jump)
Upchurch, Sarah (3rd, 1600m) (5:14.50 is #7 All-time Walton)
Miller, Caroline (5th, 1600m)
Dickhaus, Charlie (1st, 1600m) (The defending champ repeats)
Bryfczynski, Sam (2nd, 1600m)
Nester, Josh (400m finals qualifier)
Gittleman, Erin (800m finals qualifier)

Congratulations to our point scorers at the Cobb County Invitational (Day 1):

Carey Atcheson (3rd place) Discus Throw
Stephanie Henke (6th place) Shot Put
Girls 4 x 800 Relay Team (6th place)
Cari Smith (qualified for the 300m hurdles finals)

Thanks to all who helped make the Walton JV Relays another success! Great performances were plentiful from the field of 22 JV teams at our home track on Saturday.

Raider Boys 4 x1600 relay team sets school record at Coaches Invite! The 1983 Walton 4 x 1600 mark of 17:54 stood as not only our school record, but the Georgia State record for 21 years, but on this night it was bettered twice. In a race to the wire, Brookwood narrowly edged Walton establishing a new State record of 17:51. The Walton team of Sam Bryfczynski, Jason Perkowski, Jay Heller and Charlie Dickhaus clocked at 17:52 and become the new school record holders.

For complete results posted on Gatfxc.com click [here](#).

Lassiter/Walton Dual leads to many impressive performances. Walton took on neighborhood rival last night, March 17. Aided by great weather and tough competition, a number of personal best times/distances were recorded. The most notable race was the Boy's 800m run, where all 13 runners in a single heat ran sub-2:07. Jay Heller shatters freshman record by nearly 4 seconds with 2:01.27. Race results are [here](#).

Varsity Girls squad wins Disney Relays! Boys take third place. Congratulations to Sarah Upchurch and Caroline Miller for going 1-2 in the 3200m. Sam Bryfczynski also wins 3200m boys race. Click [here](#) for complete meet results.

Dickhaus earns "High School All-American" honors with 5th place finish at National Scholastic Indoor Championships! Charlie ran a 9:26 in the 2 mile race, held in New York on March 14, 2004. The top six athletes in each event attain the All-American status.

Several Walton performances qualify for initial GATFXC.com coaches' honor roll. The ongoing list is maintained throughout the season, and generally tracks the top ten times/distances of all Georgia high school athletes. The highest ranking Walton performances include the Boys' 4 x 1600m relay team (Ranked #1) and the Girl's Distance Medley team (Ranked #2).
For complete GATFXC.com honor roll listing click [here](#).

Track and Field pictures are scheduled for Wednesday, March 17, before the Lassiter track meet. Senior pictures 2:15, individual pictures 2:30, team pictures 3:30. All athletes should be at the track 15 minutes before their scheduled time, dressed in their uniforms. Look for order packets to be handed out at the Monday March 15th practice.

Year to date individual stats are now posted! Select Track & Field Stats from the menu on the left.

In a crowded field of 35 girls' teams, Raider girls captured fifth place overall Saturday at the Eagle Icebreaker Invitational meet at Collins Hills High School.

Top performances for the day included a first-place finish in the 1600 meter run by Sara Upchurch, second-place finish in the DMR by Upchurch, Vicki Macht, Erin Gittleman, and Caroline Miller, and a third-place finish in the 3200 meter run by Miller. Miller recorded a PR of 12:15 blasting 25 seconds off her old record.

Others turning in scoring performances were:

4 x 800 relay team (Theiler, Day, Gerlaugh, Hoyt), 5th overall
3200 meter run: Hoyt, 5th overall
800 meter run: Gittleman, 5th overall
Also setting a PR was Carri Smith in the 100-meter high hurdles in 18:28.

Complete results are [here](#).

Raider Boys Team Second in Strong Field at Wheeler Relays! The ninth annual Wheeler Relays was held Saturday March 6, featuring a field of 22 teams from across the State. As quoted from the Marietta Daily Journal - Wheeler's coach Chad Walker assembled a "veritable murderer's row of Georgia track elite" for the event, which included 9 of the top 11 state finishers from 2003.

Our Walton boys won 4 events, and scored 52 overall points to take second place behind Marietta's 86 points. Top performances included:

Shot Put (1st place) - Hamilton Holiday
Discus Throw (1st place) - Carey Atecheson
4 x 1600m (1st place) - Heller, Perkowski, Bryfczynski, Dickhaus
Distance Medley (1st place) - Dickhaus, Walker, Heller, Bryfczynski

Complete meet results are [here](#).

The track coaches of Cobb County have united together and formed the CTFCA (Cobb County Track and Field Coaches Association). On Monday night, March 1st, they held the first ever awards presentation to honor some of the track athletes who are working both on the track and in the classroom.

Walton's Erik Popkowski and Stephanie Henke were invited to the presentation, and received a free meal from Ryan's, a plaque, and a t-shirt.

The coaches association also chose Erik Popkowski from Walton and Monica Mitchell from Sprayberry as it's County Athletes of the month.

Boys open with strong showing at Shiloh Showdown. While the gold medals eluded us all day, we took home a number of silvers. Overall, the boys team showed a well-rounded performance to take 2nd in the team standings behind Brookwood. Fourteen teams participated in the 19 event relay meet at Shiloh High School. Some of the top relay team finishes:

4 x 800m (2nd)
4x 1600m (2nd)
4 x 3200m (2nd)
Sprint Medley (4th)

Distance Medley (2nd)
4 x 100m Hurdle (4th)
4 x 100m Dash/Hurdle (4th)
Pole Vault (2nd)
Shot Put (2nd) (Hamilton Holliday's 47' 05" - #10 All-Time Walton)

Complete Meet results are [here](#).

Girls open season at Wheeler Relays with 13th place finish out of field of 20 teams. The 4x1600m team and Distance Medley team placed 2nd, 3rd respectively. Complete meet results are [here](#).

From the Atlanta Journal-Cobb Edition (2-26-04):

Cobb County Boys Track and Field Outlook

Wheeler is the defending boys champion in Class AAAAA but lost the state athlete of the year in 400-meter specialist Reggie Witherspoon. Lassiter and Walton finished 3-4 in the state meet last year. Marietta brings back sprinters Jason Venson and Craig Irby, plus triple jumper Greg Jackson. Walton distance runners Charlie Dickhaus and Sam Bryfczynski are two of the best in Georgia. Cobb state champions: three (most recently Wheeler, 2003).

The 25th Annual Raider Chase was held Saturday, February 21, 2004. The three hundred runners who turned out to support the Walton Track & Field and Cross Country programs enjoyed beautiful weather - to go along with the ever challenging Raider Chase course. Thanks to all who turned out to participate!

George Ondimu, of Marietta, and Caroline Miller, WHS cross country and track team member, were the overall male and female winners, respectfully, in the 25th annual Walton Raider Chase 5K on Saturday. Ondimu, 26, captured the men's title in 16:19 and Miller, 17, won the women's title in 21:16.

Master's winners were Johnny Garner, 40, Oakwood, GA, 18:41 (7th place men's overall) and Sheila McIntosh, 44, Atlanta, GA, 22:45 (6th place women's overall).

Marietta residents Phillip Laskey, 12, and Hanna Martin, 10, were the overall one-mile fun-run winners in 6:11 and 7:21, respectively.

For a brief race summary - click [here](#).

For race award winners - click [here](#).

For complete results - click [here](#).

Athletes & Parents: If you are not a current subscriber to this website, please become one by selecting "subscribe" from the menu on the left - It's free. This will enable you to receive important email notifications from the coaching staff and cinder club.

Advanced registration for the Walton Youth Track Club season is already underway! Visit Waltonyouthtrackclub.com for registration form and other information.

Alumni Update: Stephen White, Class of 2003, is off to a fabulous start in High Jump competition at the Naval Academy, clearing the bar at 6'11" in an early season meet. Read about it [here](#).

Summer Running Camp 2004 - information is now posted. Applications/Deposits are due Feb. 20, 2004. Click [here](#) for more information.

Important dates to remember:

February 18 - Fleet Feet Uniform Night

February 20 - [Summer Running Camp](#) Deposit Due



Our New 4 x 1600m School Record Holders

Website design by [SportSites Inc.](#) Please visit our webpage for more information.

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