

"Raiders Track & Field 2005"

Boys' Team Places 8th at State Track & Field Championships -

Walton Medalists are Sam Bryfczynski (2nd in 1600m, 3rd in 3200m), Jay Heller (4th in 1600m, 5th in 3200m), Corey Hunter (7th in 800m) - Congratulations Guys!

Important Information on Heart Screening & Athletic Physicals for the 2005-2006 athletic season - (Saturday May 14) @ Walton High School. This includes rising Freshman. Click [here](#) for more information

Three More Medals at State for Leila, Caroline and Vicki Macht! Leila Norman takes 2nd place in the 3200m in an amazing 11:55.3. Caroline adds an 8th place finish in the 3200m, while Vicki Macht takes 6th in the 800m run. With just these three ladies competing, Walton finishes 14th as a team out of 47 teams represented.

Congratulations to Caroline Miller & Leila Norman! - Medal Winners in the 1600m Run at the Girl's State Track & Field Championships in Albany, GA. Click [here](#) for the MDJ article.

There is a Walton High School Cross Country

Team meeting for rising 9th graders at the high school on Wednesday 5/4/05 at 7:00 p.m. in room D-139. The season starts 7/25/05 with conditioning practice from 6:30 to 7:45 p.m.

Important Information on Heart Screening & Athletic Physicals for the 2005-2006 athletic season - (Saturday May 14) @ Walton High School. This includes rising Freshman. Click [here](#) for more information

Boys Team takes 3rd Place at Region Meet - State Qualifiers are Justin Forte (100m, 200m), Sam Bryfczynski (1600m, 3200m), Jay Heller (1600m, 3200m), Corey Hunter (800m) - Congrats Guys! Click [here](#) for Marietta Daily Journal article.

Boys Region Meet (Saturday, April 30) has been Postponed. The meet is tentatively scheduled to resume at Woodstock on Monday, with field events starting at 5:00 and running events at 6:30.

Ladies Take 4th at Region 6-AAAA Meet. Congratualtions to Caroline Miller (1600, 3200), Vicki Macht (800m) and Leila Norman (1600, 3200) for qualifying for the State finals in Albany next week! Complete meet results are listed on Gatfxc.com.

Track & Field Athletes Recognized at Walton Honors Night.

A handful of our team members were given special awards at the 2005 Walton Honors Night in recognition of high academic achievement as well as excellence in other out-of-the-classroom pursuits. Award recipients include David Hung, Hadley Burroughs and Malcolm Freburg. Sam Bryfczynski was named Walton's top male scholar/athlete, while Katy Myatt was given the Coca-Cola (scholar/athlete) Award.

McEachern Invitational Results - click [here](#) to view. Outstanding performances include Malcolm Freburg's first place discus throw of 150-02 (#3 Walton All-time) and Leila Norman's second place 3200m run of 11:00.53 (#2 Walton-All-time & nearly top ten GA all-time!).

Marietta Daily Journal recognizes rivalry between distance runners Ben Hubers of McEachern and Sam Bryfczynski. Click [here](#) to view.

Congratulations to Leila Norman - MDJ Athlete of the Week! Click [here](#) to see article.

Strong showing by distance athletes at Mobile Challenge of Champions. Highlights included:

Sam Bryfczynski (2 mile run, 9:20.23) - #1 GA 2005, Lowers his school record.
Boys 4 x 800m Relay (Heller, Kerzie, Hunter, Bryfczynski, 8:02.64) - #2 GA 2005, #2 Walton All-time.
Leila Norman (1 mile run, 5:11.92) - #3 GA 2005, #5 Walton All-time.
Caroline Miller (2 mile run, 11:26.04) - #9 GA 2005
Girls 4 x 800m Relay (Miller, Day, Norman, Upchurch, 9:54.29) #3 GA 2005

Congratulations to all of the Walton Track and Field Athletes who competed at the Cobb County Championships this week! Many outstanding performances were given against the talented 15 team field. The Boys team finished 3rd, while the Girls took 4th - very impressive. Leila Norman is Walton's lone County Champion for 2005, winning the 3200m run. Point scorers include:

Malcolm Freburg (2nd, Discus Throw) 138-07
Boys 4 x 800 m Relay team (3rd) 8:35.86
Leila Norman (3rd, 1600m) 5:15.14 (#9 Walton All-time)
Caroline Miller (4th, 1600m) 5:17.97
Sarah Upchurch (8th, 1600m) 5:24.90
Sam Bryfczynski (2nd, 1600m) 4:19.91 (#7 Walton All-time)
Jay Heller (3rd, 1600m) 4:21.87
Corey Hunter (5th, 1600m) 4:28.65
Lauren Morris (3rd, Pole Vault) 8-06.00 (Improves own School Record)
Boys 4 x 100m Relay Team (6th) 44.43
James Walker (7th, 400m) 51.54
Carri Smith (6th, 100m Hurdles) 17.20
Chris Van Zelfden (8th, 110m Hurdles) 16.15

Vicki Macht (2nd, 800m) 2:19.60 (#7 Walton All-time)
Sarah Upchurch (5th, 800m) 2:25.92 4
Anna Day (6th, 800m) 2:27.29
Sam Bryfczynski (2nd, 800m) 1:57.60 (#6 Walton All-time)
Corey Hunter (5th, 800m) 2:00.83 4
David Hung (5th, 300m Hurdles) 42.07
Leila Norman (1st, 3200m) 11:17.26 (#4 Walton All-time)
Caroline Miller (4th, 3200m) 11:45.75
Ellen Black (7th, 3200m) 12:21.75
Jay Heller (2nd, 3200m) 9:35.39 (#9 Walton All-time)
Jason Perkowski (4th, 3200m) 10:02.38
Adam Bradley (6th, 3200m) 10:12.24
Girls 4 x 400m Relay Team (8th) 4:13.61
Boys 4 x 400m Relay Team (8th) 3:30.24

Here's a [link](#) to the **complete meet results** on Gatfxc.com.

Note to all regarding Walton JV Relay results: Results will be posted if and when they are submitted to the webmaster. Please do not email or phone the webmaster regarding this matter, rather contact your coach.

Walton 4 x 1600 relay teams impressive at Coaches Invite. The girls team (Miller, Black, Norman, Upchurch) upsets state powerhouse Collins Hill for the win with a time of 21:38.62 - #8 All-time Georgia - #2 All-time Walton. The boys team (Heller, Bradley, Hunter, Bryfczynski) takes 4th place in 17:57.09 - #6 All-time Georgia.

Click [here](#) for Coaches' Invite results.

Strong Showing by Girls/Boys at Disney Relays. Girls team places 3rd out of 11 teams - Boys take 3rd out of 14. Race winners included:

3200 m Individual - Leila Norman
Girls 4x800m Relay
Girls 4x1600m Relay
Girls Distance Medley Relay
Boys 4x100m (Weight) Relay
Boys 4x110m Hurdle Shuttle
Mixed 4x400m Relay

Walton All-Time Top Ten Marks were set by Leila Norman in the 3200m run (11:23.70) and Malcolm Freburg in the Discus Throw (142'-03.00").

Complete results can be found at www.steepletiming.com.

A good start for the ladies at Wheeler Relays - Walton finishes 12th in the field of 30 teams. **Coaches notes:** We were very pleased. A lot of good young sprinters and a strong performance from our distance group. Our 4x 1600m relay placed 1st, 4x 800m relay placed 4th, and DMR placed 4th. A good start.

Team pictures will be taken 3/2 at the track with a rain date of 3/9. Coaches will hand out forms on Monday 2/28. Schedule will be

2:45 senior pictures

3:00 Individual pictures

3:30 Team pictures

All athletes are to be in uniform - don't forget! There is a meet that evening at 4:30.

The Cinder Club has just received an additional item for auction.

A 7 day stay at a quaint French chalet in le Gue'deLongroi, France (just 45 min. outside Paris) or at an exclusive private condo overlooking the Gulf or Mexico in Sea Grove Beach, Florida (between Panama City and Destin). Click [here](#) for more information.

Alumni News: Former Walton star, Kristen Heffelfinger, participated in the women's 5K championship race at the New Balance Collegiate Invitational at the Armory in New York this past weekend. She ran a blazing time of 17:12 - wow!

Another Successful Raider Chase... The

Walton Cinder Club would like to express its appreciation to all of our race sponsors, volunteer helpers, and of course the runners who participated.

Proceeds will help make the Case McKee Timing System Possible - Click [here](#) for the MDJ article.

Raider Chase Results are here:

[Fun Run Results](#)

[Men's Results](#)

[Women's Results](#)

Congratulations to the track & field student/athletes listed below.

They were nominated by Walton staff members for Raider Pride Awards. This award is for students who consistently exhibit good character, integrity, and kindness. They are being honored for having a great attitude, being kind to fellow students, respecting their teachers, and taking pride in Walton.

Leila Norman, Michael Dean, Matt Towle, Lauren Morris, Sam Bryfczynski, Matt Gross, Jamie Hallen, Vicki Macht & Kate Myatt

The season is fast approaching. Here's a few key dates to mark down on your calendars:

Thursday, January 6 - **Mandatory Parents Meeting** (6:30 in Walton Commons)

Tuesday, January 18 - **First Girls Practice** (3:45-5:45)

Monday, January 24 - **First Boys Practice** (3:45-5:45)