

For all you making the trip to Albany this season, you are going to get a special treat thanks to the Sectional qualifiers as the best of the best will truly go at it for the first time in recent history barring a few unfortunate athletes/relay teams who were Dq'd of dnf. The distance races reek of more of a college style race in the 800 and 1600 meter races and could it be that no one gets lapped in the 3200? I'm sure many of the races including qualifying heats will come down to thousandths of seconds separating sprinters with all that 'new fangled Timing equipment' lol, (stealing a quote off the Discussion board) And lest we forget the atmosphere that the Girls State meet brings reminding us all we are definitely in the heart of South Georgia including hot crinkle fries fresh out of the vats....

Girls AAAAA

Team favorites are MLK & Peachtree Ridge. Walton & Grayson also bring strong contingents to Albany. The team race will be an interesting match up between balanced teams (Peachtree Ridge & Walton) versus teams who are very strong in a few events (MLK - sprints & relays). MLK & Peachtree Ridge are the favorites. I think 50-55 points will win the team title. It will likely take 40 points, or so, to finish in the top 4.

MLK are the defending champs and have some serious firepower with a few of their studs to put up big numbers on Saturday and are hoping to bring back another State Championship title to MLK high school in Lithonia, Georgia. MLK girls 4x100 (Felicia Brown, Tiffany Camper, Alexis Smith, Jada Martin) is currently ranked #1 in the nation with a time of 45.42. The 4x400 team (Felicia Brown, Chelsea Caldwell, Tiffany Camper, and Jada Martin) currently have the 7th fastest time in the nation in the relay with a time of 3:45.9 currently ranked #1 in Georgia. Senior Felicia Brown who is ranked #1 in the nation in the 400m has signed and committed to University of Tennessee.

Alpharetta looked very strong in the virtual meet MileSplit ran last night and are led by Keturah "Turbo" Williams who is a 3-time region champion in the 100m and 200m races. She has season records of 11.52 and 11.78 in the 100m. Keturah has an unbelievable level of focus and is a tireless worker determined to leave her mark on the program for years to come. Keturah will attend East Tennessee State University in the fall on a full scholarship. Rachel Thorne is a versatile distance runner with the ability to run any race from the 400-3200 meters. She is a very unselfish teammate, and she will do anything to help her team. Rachel is highly sought after by colleges from all over the country. She is actively involved in various community service events. Kinnari Badger is the team's most versatile runner. She helps us on the track and in the field. Kinnari moved from Illinois this summer and has been a welcomed addition to our team. She excels in the sprints as well as the horizontal jumps. Kinnari had a great season and looks forward to her finishing off the season on a high note.

The Walton girls will bring a very experienced sprint group to the state championships anchored by Tayla Carter (100m and 200m) and Sydney Griffin (100 hurdles and 300 hurdles). The 4x100m relay team was on the podium last year and hopes to finish near the top this weekend. Lia Sewell returns in the 800m run and Alexa Womack should score some good points in the 1600m and 3200m. Katie Frey could give the Lady Raiders some much needed field event points.

Grayson is loaded in the Sprints led by freshman Aliyah Abrams who turned in a sizzling 54.43 at Sectionals along with Jacqueline Obi in 56.93. Jasmine Abrams is capable of doubling in the 100/200 meters and Aliyah placed 2nd at Sectionals....and their 4 x 400 team turned in an impressive 3:48 at Sectionals after a disappointing dnf in the 4x100.

Peachtree Ridge's girls are going to make an effort to make the podium this year. With fairly good balance in the field, the distance and the sprints the girls have advanced 17 slots to the state meet. Five in the field, four in the sprints, six in the distance events, and both relays. The team is lead by three seniors, Autumn Burnett in both hurdle events and both relays, Shonikqua Walters in the 400, the 800 and both relays, and Lauren Kelly in the 1600 and 3200.

Brookwood's girls qualifiers, Caroline Kissel, QuanDra Shanks, Claire Dunlap, & Ashley Buda all have legitimate shots at high finishes in their events (800, 1600, 3200) and have a chance to pick up a few points in the 100 & 4x1. The Lady Broncos team hopes will depend almost solely on the distance events. With good finishes there, we have a chance at another top-4 team finish.

