With the season in its infancy there are still many questions as to who will rise to the top in 2020 however we’ll attempt to make some predictions based on 2109 and early season 2020.

The **Polevault** will not disappoint as numerous performers will showcase elite Georgia talent. The top 2 seeds are Julia Colson, of Starrs Mill, who was the 2019 State 5A runner-up and Malahne Walker of Chapel Hill, 4A sixth place finish in 2019, both boast a performance of 11’6” . Maddy Beasley of Hillgrove, 10’6” (2019 5th in 7A) and Caroline Swicegood, Chattahoochee, will also figure into the medal opportunities as they soar high at Lakewood on Friday.  
  
The girls **HJ** should be a wide open as there are numerous 5-2 jumpers who could challenge for any of the podium finisher spots. These ladies include Madi Duke of East Coweta, Meah Davis from Alexander, Chloe Brown of Harrison Angelia Allen of Druid Hills, Katelyn Lazere from East Paulding

**High jumpers** Jordan Watts and Brandon Benton (2019 3rd 6A), of Alexander’s elite field event program come is at 6-6 with Ty Lowmon, Hillgrove just behind at 6-4. Rounding out the HJ field in the following 6-2 competitors of Jay Wise and Rome and Rigon Musliu of East Coweta.

The boy’s **shot put** event is a Showcase event and will include 32 competitors. This competitive field will include elite talent. as 7 of these competitors have a PR over 47 feet. The top thrower is from Marietta, Marice Brown boasts an elite throw of 55’ 3.75 which is over 7 feet better than the next competitor. Marietta also has the second seed in Titan Bulock, who has thrown 48-6. Austin Mathis of North Cobb Christian is right behind him with a 48-4.75. Also in the hunt include Pierce Brown of Archer and Andrew Grander of Hillgrove. Our ladies will be led by Rome Foxx, Alexander 41-2, Chapel Hill’s Kassidy Fox 40-9.5 and Alexis Brewster, Marietta, 38-2.5.   
The discus is a TEAM scored event with 3 performances totaled for an overall score. All individual performance will be reported to milespilt and should include Titan Bulock, Marietta who has already thrown a 163-5 in the early 2020 season. Wallace Clinton of Lakeside 154-9 and Flournoy 149-0 of Chapel Hill will also add strength to their team score.

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| |  |  |  |  | | --- | --- | --- | --- | | Surging toward that 40’ **Triple Jump** mark could be Jah’lia Evans ( 2019 5AState Champ)of Rome as she competes this weekend. Another talented group of TJ athletes are 2 feet back from Evans but still come in with very respectable performance and will al challenge for podium positions. These ladies include Kristina Sims (37-5) of Marietta, West Forsyth’s Chloe Cobbett (37-1.5), Natalie Brown of Alexander @ 36-6 and Angelia Allen of Druid Hills (36-5) |  |  |  | | The **3200** is one of the deepest fields in the meet with 4 athletes under 9:25 and 17 under 10:00. Myles Collins(Florida commit) of Archer goes in as the favorite after some incredible early season performances most notably the 4:08 this past weekend at the Archer Invitational Those chasing Collins include Cole Heron of Pope (UGA commit) who ran well at the Clemson indoor mile and 3000 early season, Sam Rich of Lakeside Evans who just ran an impressive 4:21/9:31 double at the VA Showcase and Noah Hayes of Hillgrove, 7A Xc State Runner up who also looked strong in the indoor season with a 9:34. Others that could figure in to the mix include West Forsyth’s Cato Reece, Jack Voss of St Pius, Jack Blaha from Pace Academy and Pope’s William Brown.  WE are blessed to have 3 athletes under 11:00 minutes and 8 more under 11:59 and 17 more under 12:30. The top seed is Madelynne Cadeau,(Furman commit) of South Forsyth is coming off a 7A State Championship this fall and has looked great so far this season with a 4:59/2:20 performance last weekend at the Rowell Relays. Don’t count our the 5A State Runner up XC/2019 State 3200 champion in Mackenize Walls of Veterans (GA Tech signee) at 10:52 and Emily Little of Marist in 10:54. This may be a 3 girl race but in the chase pack is also solid with the likes of Sarah McCartney of Archer(Charleston South commit) Catherine Breault of St Pius and Faith Bobak of Lyndon Academy.  Top seeds in the 400 include Robert Jerad William of St Pius who was the 2019 State runner up in the 200 and 3rd 400 and has looked great in the 2020 indoor season with a win in the 200 at t he UK indoor meet. Other top seeds in Andrew Spearman of Archer Emory Floyd of Hillgrove Devin Barnett of Starrs Mill, De;Andre Sutton of Central Gwinnett and Pace Academy’s Catherman. The top 400 ladies include Jazzmin Taylor of Alexander who finish 5th in the2019 6A 800, Mahogany of Lovejoy, Jamie Dewalt (6th in 2A 400)of Blessed Trinity and Marietta’s Kennedy Morris who has the strength of a 2:13 800 PR. |  |  |  | | The 100 meter prelims will be the first race at Lakewood stadium on Friday afternoon with the finals being at the end of the meet and the awards ceremony being in Centennial Olympic Park on Saturday morning. McKensie Walker comes in as the top seed, She started the season with an impressive win at the Archer Invitational and is a seasoned veteran after finishing 5th in 2019 at the 7A State meet. There are other FAST entries in the likes of Jackson Ja’Taria, Rome who has a PR of 12.03, Synclair Savage of North Cobb Christian and a USC commit also comes in at 12.03. Eastern Carolina commit Joy Scott (Chapel Hill) and Mikia Hutchings (Lovejoy) will also factor into the scoring. For the boys, Demarrie Taylor of Milton boasts the top seed but Darius Green, Newton, is only .01 back and is coming off win at the “Fastest Kid on the Block speed meet.. Others that have the pure sprint ability that the 100 requires include Jaylin Johnson (Marietta…5th in 2019 7A 100) who has also shown early season success by winning the Archer Invitational 100 last weekend., Michael Hutchings (Lovejoy) and Andrew Worthy of Hillgrove both have sub 11 PR’s and should be able to make the final. |  |  |  | | We are blessed with having some quality **100/110 hurdlers** at The Atlanta Relays. On the girls side we have 5 competitors who have sub15 performances. Leading the way is Michaela Precailet (2019 State Runner up 6A) of Cambridge who comes in with a 14.44 seed time. Behind Michaela are Aneeya King (14.95) of Hillgrove, Camryn King of Archer, Sarah Goins, Starrs Mill ( 14.96)and Mallory Low (14.99) from Lovejoy. The top male hurdlers Terry Jevan (14.84) of Marietta, Quinton Reese, Blessed Trinity (14.89) and Kameron Lee of Hillgrove (15.81) Because the meet is so early in the season and many schools have not had the opportunity to compete yet and it is difficult to predict team success. The teams from last season that could show to be successful in the boys 4X100 include Chapel Hill, Hillgrove, Marietta and Archer Top performances for girls 2019 4 x4s00 include Marietta (3:49), Starrs Mill (3:51) and Alexander (3:52). |  |  |  | | Consistency is the key when dealing with the **distance relays** and many of the elite Georgia programs will be competing this weekend. In the 4X800, Pope boys (7:56) and Walton girls (9:22) are coming off a state leading performance in 2019. Knowing that teams change but the dedicated coaches do not so look for West Forsyth (2019 performance of 9:28) Marietta, Hillgrove, South Forsyth, Blessed Trinity, Marist and Marietta to all be in the fight for podium spots. On the boys side the top seed will be Alexander with a 2020 seed time of 8:07 but they will be challenged by Cambridge, Blessed Trinity, Landmark Christian, Marietta and Mill Creek.  The 4Xmile event is going to be unlike anything that has ever been done and should be an instant classic for competitors and fans as they cheer on the 29 teams in Centennial Olympic Park on Saturday morning. The Atlanta Track club will run off the event on Saturday and have gone to great lengths to make this event top tier. The teams in the competition represent numerous elite distance programs from track and XC. The majority of teams qualified for the State XC meet with numerous finishing in the top 10 and most receiving a podium trophy . Strategy will be key and the race could definitely come down a very close finish. The race on the boys side should get off to quick start with of the lead off legs having 1600 Pr’s under 4:30. Christian Gonzalez, Noah Connelly, Jaylen Mallett, Cato Reece and top lead off seed (UGA commit )KC Heron The 2nd and 3rd seeds will show the strength of the school’s distance program but will be necessary to put the anchor legs in the right position to prevail. Top anchors include: Eoin McNally, Kyle Harkabus (Liberty University commit), Sully Shelton, Sam Rich, Zack Truitt, Kamari Miller, Tristan Autry, Cole Herron (UGA commit), Jack Voss. Olvey Colton, and Connor Old. The girls race’s lead off legs very deep in competition time and include Sara Gotwalt, Kelly Ann Sutterfield, Riley Perlakowski, Sierra Wehrenberg, Betsey Gordon, Nora Solomon, Nyah Hernandez, Jordan Walter, Lorel; Golden, Morgan Vaden, Kenzie Walls, Sophie Baker, Ashley Hannigan and top lead off seed Sarah Burwell. Bringing it home for the ladies will be elite performers Hannah Miniutti, Ashley Secrest, Grace Ellsworth, Erin Fegans, June Mwaniki, top performance seed Emily Little, Isabelle, Phoebe Brodrick, Luna McCauley, Sophie Boice, Mary Brady, Hannah Walker, and sub 5:00 performer Madelynne Cadeau.  See more stats for the 4Xmile on the Excel attachment. |  |  |  | |  |  |