

THE GIBSON M^cCOOK RELAYS ORGANISING COMMITTEE IN ASSOCIATION WITH **puma** PRESENT



GIBSON McCOOK RELAYS



**SATURDAY
FEBRUARY 22. 2025
NATIONAL STADIUM**

OFFICIAL PROGRAMME \$500



GIBSON McCOOK RELAYS 2025

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26. PUMA
27. Rainbow Awnings
28. Sherwin Williams
29. T Geddes Grant – Haliborange
30. TVJ

31. Western Union
32. Wisynco-Powerade
33. Wisynco - WATA

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CHAIRMAN'S CORNER



Dr. Marion Bullock DuCasse

Chairman, Gibson McCook Relays Organizing Committee
Medical, Health and Anti-Doping Director

Welcome!

We are proud to share with you the exhilarating and excellent performances of our athletes at this the 48th staging of the Gibson McCook Relays.

It is a pleasure to witness the teams from the Cayman Islands and those individuals from around the Caribbean who attend school and train here as they compete for the top spots in the events here today. The landscape of the Gibson McCook Relays will always include overseas team as we broaden our horizons and encourage all athletes to exchange experiences and create friendships and new networks.

This year we join the Kingston College (KC) family in their Centennial Celebrations. A true milestone of this formidable and far-reaching institution, which was founded by the Anglican Bishop Percival Gibson on 16 April 1925. Since then, students, families, communities, Jamaica and the wider world have benefitted from the prowess and high standards displayed and maintained in many fields, including academics and sports. We salute the growth of KC over the years and the legacy which is constantly buoyed by the 'Fortis' family through its unbreakable bond which each student, during their formative years and beyond!

The Gibson McCook Relays Organizing Committee is seeking your commitment in creating an environment that focuses on celebrating achievements throughout the lives of each and every Jamaican. Nation-building is a process which instills and requires a strong sense of national identity and sharing successes as life lessons, while supporting those who are working towards a common goal of excellence.

We remain committed to maintaining the high standards that are embodied in our Mission Statement which emphasizes the aim of furthering the development of track and field athletes,

coaches and administrators through the provision of world-class meets and other development programmes.

Track and field in Jamaica in the future must keep pace with the changing landscape of the sport globally and institutionalize best practices at all levels. In this regard, we know that we can depend on the Jamaica Athletics Administrative Association (JAAA) to guide meet organizers and those who partner with them to ensure that opportunities created for athletes to maximize their full potential are in keeping with all World Athletics requirements.

We are proud that the status of World Athletics Ranked Event - Tier 2 has been maintained by the Gibson McCook Relays. As stated on its website, World Athletics has created a global ranking system where athletes score points, based on a combination of result and place, depending on the level of the competition in which the result is achieved. We know that it is the wholistic development of our athletes that must be cemented in the values to be upheld by all who influence their paths. This starts with families and by extension the communities, which must assist in the transition of our athletes through the various phases of their growth and development.

I would like to encourage the spirit of volunteerism as an integral part of sport and thank our many volunteers, especially those who have been with the Gibson McCook Relays for its entire fifty-two years. We could not have done it without you!

I would like to thank our Presenting Sponsor, PUMA, major sponsors TVJ and Wisynco, race sponsors and those who have contributed to this 48th staging of the Gibson McCook Relays.

To the athletes, coaches and other support personnel, we look forward to exhilarating performances! Do your best! To the spectators in the National Stadium and those viewing elsewhere in Jamaica and overseas, "Enjoy the event and see you next year"!





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GIBSON McCOOK RELAYS 2025

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ORDER OF EVENTS



Event No.	Time	PRELIMINARIES
42	9:30 a.m.	4 x 400m High School Boys Open
41	9:55 a.m.	4 x 400m High School Girls Open
17	10:15 a.m.	4 x 100m High School Boys Class IV
2	10:27 a.m.	High Jump Women - Final
3	10:30 a.m.	Long Jump Men - Final
16	10:39 a.m.	4 x 100m High School Boys Class III
15	11:00 a.m.	4 x 100m High School Boys Class II
1	11:00 a.m.	Pole Vault Men - Final
14	11:24 a.m.	4 x 100m High School Boys Class I
23	11:44 a.m.	4 x 100m High School Girls U13
22	12:10 a.m.	4 x 100m High School Girls U15
21	12:40 p.m.	4 x 100m High School Girls U17
4	1:00 p.m.	Long Jump Women - Final
5	1:00 p.m.	High Jump Men - Final
20	12:52 p.m.	4 x 100m High School Girls U19
31	1:08 p.m.	Sprint Medley High School Girls Open
32	1:32 p.m.	Sprint Medley High School Boys Open
33	2:00 p.m.	4 x 200m High School Girls Open
37	2:25 p.m.	4 x 200m High School Boys Class IV
36	2:40 p.m.	4 x 200m High School Boys Class III
35	2:55 p.m.	4 x 200m High School Boys Class II
34	3:15 p.m.	4 x 200m High School Boys Class I

3.30 p.m. **OPENING CEREMONY**

Event No.	Time	FINALS
7	4:15 p.m.	1500m Men
38	4:25 p.m.	4 x 400m Mixed Relay - High School Open
8	4:35 p.m.	4 x 100m Prep School Boys Under 10



Event No.	Time	FINALS
9	4:40 p.m.	4 x 100m Primary School Boys Under 10
11	4:45 p.m.	4 x 100m Prep School Boys Under 12
10	4:50 p.m.	4 x 100m Primary School Boys Under 12
13	4:55 p.m.	4 x 100m Primary School Girls Under 12
12	5:00 p.m.	4 x 100m Prep School Girls Under 12
14	5:10 p.m.	4 x 100m High School Boys Class I - <i>Champ</i>
15	5:15 p.m.	4 x 100m High School Boys Class II - <i>Champ</i>
16	5:20 p.m.	4 x 100m High School Boys Class III
17	5:25 p.m.	4 x 100m High School Boys Class IV
18	5:40 p.m.	4 x 100m Institution Men - <i>Champ</i>
19	5:45 p.m.	4 x 100m Institution Women
20	5:50 p.m.	4 x 100m High School Girls U19 - <i>Champ</i>
21	5:55 p.m.	4 x 100m High School Girls U17 - <i>Champ</i>
22	6:00 p.m.	4 x 100m High School Girls U15
23	6:05 p.m.	4 x 100m High School Girls U13
24	6:10 p.m.	4 x 100m Masters Men
25	6:15 p.m.	4 x 100m Special Olympics Men
28	6:20 p.m.	4 x 800m High School Boys Open - <i>Champ</i>
29	6:30 p.m.	4 x 800m High School Girls Open - <i>Champ</i>
30	6:40 p.m.	400m Men Open
26	6:45 p.m.	60m Women Open - <i>Championship</i>
27	6:53 p.m.	60m Men Open - <i>Championship</i>
31	7:05 p.m.	Sprint Medley High Sch. Girls Open - <i>Champ</i>
32	7:16 p.m.	Sprint Medley High Sch. Boys Open - <i>Champ</i>
33	7:27 p.m.	4 x 200m High School Girls Open - <i>Champ</i>
34	7:35 p.m.	4 x 200m High School Boys Class I - <i>Champ</i>
35	7:43 p.m.	4 x 200m High School Boys Class II - <i>Champ</i>
36	7:51 p.m.	4 x 200m High School Boys Class III
37	8:00 p.m.	4 x 200m High School Boys Class IV
39	8:10 p.m.	4 x 400m Institution Men - <i>Champ</i>
41	8:24 p.m.	4 x 400m High School Girls Open - <i>Champ</i>
42	8:30 p.m.	4 x 400m High School Boys Open - <i>Champ</i>

SPECIAL AWARDS

Best Performing High School - Girls

PUMA Prize: \$100,000

Best Performing High School - Boys

PUMA Prize: \$100,000

Best Overall Performance

Neville "Teddy" McCook Trophy & PUMA Prize: \$150,000

Championship Event Record Breakers

Prize: \$75,000

LIST OF PARTICIPANTS

CLUBS & INSTITUTIONS MEN

Bethlehem Moravian College
 Dynamic Speed Track Club
 Elite Performance Track Club
 Excelsior Community College
 GC Foster College
 G C Foster Lions
 Jamaica College Teachers
 Mico University College
 Motorcade Track Club
 MT Elite
 MVP Track & Field Club
 Pelicans Track Club
 Racers Track Club
 Ricketts Performance Center
 Special Olympics
 Speed Unit
 Sprin Tec Track Club
 Swept Track Club Jamaica
 Titans International Track Club
 University of Technology
 Uptimum Performance Track Club
 UTech Track Club
 UWI Mona
 Velocity Pace Setting Track Club

CLUBS & INSTITUTIONS WOMEN

Adidas
 Bethlehem Moravian College
 Elite Performance Track Club Ja
 Excelsior Community College
 GC Foster College
 Mico University College
 MVP Track & Field Club
 Ricketts Performance Center
 Speed Unit
 Sprin Tec Track Club
 Swept Track Club Jamaica
 Titans International Track Club

University of Technology
 UTech Track Club
 UWI Mona

PRIMARY SCHOOL BOYS

Ascot Primary
 Greater Portmore Primary
 Harbour View Primary
 Lawrence Tavern Primary
 Naggo Head Primary
 Black River Primary
 Iris Gelly Primary
 Spanish Town Primary
 St. Johns Primary
 St. Richards Primary
 Half Way Tree Primary

PRIMARY SCHOOL GIRLS

Barracks Road Primary
 Greater Portmore Primary
 Harbour View Primary
 Iris Gelly Primary
 Naggo Head Primary
 Spanish Town Primary
 St. Patrick's Primary
 Windward Road Primary

PREP SCHOOL BOYS

Belair Prep
 Emmanuel Christian Academy
 Hydel Prep
 Lannaman's Prep
 Mona Prep
 Our Lady of the Angels Prep
 Mt. St. Joseph's Prep
 St. Andrew Prep
 Sts. Peter & Paul Prep
 Vaz Prep
 Williams Elite Prep
 Wolmer's Prep

PREP SCHOOL GIRLS

Emmanuel Christian Academy
 Hydel Prep
 Mona Prep
 Mt. St. Joseph's Prep
 Our Lady of The Angels Prep
 St. Andrew Prep
 Sts. Peter & Paul Prep
 Vaz Prep

MASTERS INVITATIONAL

Big Brother Masters
 Ebony Masters
 Elite Masters
 Express Masters
 Jamaica Elite Masters
 Jamaica Masters
 Police Masters
 Sun City Masters

HIGH SCHOOLS BOYS

Alphansus Davis High School
 Ardenne High School
 Ascot High School
 B.B. Coke High School
 Bellefield High School
 Calabar High School
 Camperdown High School
 Campion College
 Cayman Islands
 Charlemont High School
 Clarendon College
 Cornwall College
 Denbigh High School
 Edwin Allen High School
 Excelsior High School
 Falcons Athletics
 Foga Road High School
 Garvey Maceo High School
 Glenmuir High School

LIST OF PARTICIPANTS

HIGH SCHOOLS BOYS - CONT.

Greater Portmore High School
Green Island High School
Happy Grove High School
Herbert Morrison Technical
Holmwood Technical High
Holy Trinity High School
Innswood High School
Jamaica College
Knox College
Kingston College
Maggotty High School
Manchester High School
Mavis Bank High
McGrath High
Meadowbrook High School
Mona High School
Morant Bay High School
Mount St. Joseph
Munro College
Muschett High
Papine High School
Petersfield High School
Port Antonio High School
Rhodes Hall High School
Robert Lightbourne High School
Rusea's High School
St. Andrew Technical High School
St. Catherine High School
St. Elizabeth Technical High School
St. George's College
St. Jago High School
St. Mary High School
St. Mary Technical High School
St. Mary's College
Sydney Pagon Academy
Tacius Golding High School
Titchfield High School
Vere Technical High School
Waterford High School

William Knibb Memorial
Wolmer's Boys School
York Castle High School

HIGH SCHOOLS GIRLS

Alphansus Davis High
Ardenne High School
Ascot High School
B.B. Coke High School
Camperdown High
Campion College
Cayman Islands
Charlemont High School
Clarendon College
Convent of Mercy Academy - Alpha
Denbigh High School
Donald Quarrie High School
Edwin Allen High
Excelsior High
Ferncourt High
Foga Road High
Gaynstead High
Glenmuir High School
Greater Portmore High School
Herbert Morrison Technical
Holmwood Technical
Holy Childhood High
Hydel High
Immaculate Conception
Knox College
Maggotty High
Manchester High
Marymount High
Meadowbrook High
Merl Grove High
Mona High School
Mount Alvernia High
Muschett High
Papine High School
Petersfield High School

Port Antonio High
Robert Lightbourne High School
Rusea's High
St. Andrew High for Girls
St. Andrew Technical High
St. Catherine High School
St. Elizabeth Technical High
St. Hugh's High for Girls
St. Jago High School
St. Mary High School
Sydney Pagon Academy
Tacius Golding High
The Queen's School
Titchfield High
Vere Technical High School
William Knibb Memorial
Wolmer's Girls School
York Castle High

SPECIAL OLYMPICS TEAMS

Clarendon A
Clarendon B
Kingston A
Kingston B
St. Andrew A
St. Catherine A
St. Catherine B




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"THE UBIQUITOUS INFLUENCE" OF HUBERT LAWRENCE, REMEMBERED.



Article By:
Glenroy Morgan

Born in London, England on July 15, 1960, a youthful Hubert Lawrence moved and settled in Jamaica in the 1970s. His foray into track & field as a journalist and as a revered commentator, came after enjoying an amorous fling with table tennis. He once played in the second division category of the local business house competition at a time when tournaments were relatively aplenty. In a particular match against a wily BOJ squad, his victory set saved his team from an embarrassing five nil drubbing. He probably would have otherwise gone on to eke out a precarious career if he had continued with this sport daring to balance it with his public relation nine-to-five. Fortuitously, it turned out that he was quickly subsumed by a burgeoning passion for sports journalism instead.

Hubert began dedicating his career delivering world class track and field analysis in the early 80s as a columnist contributing to the Jamaica Record before going on to be a monumental broadcasting figure on the sporting landscape. The St Jago High alum's meteoric rise to becoming the veteran track & field analyst, was a testament of his dedicated bodies of work. He began to feature on a number of panels where he provided invaluable insights and historic facts, all coming from his vast reservoir of knowledge and self-curated sports archives.

As each of his successful works layered upon itself, Hubert's career in sports journalism took shape in no small measure, enough for him to challenge the conventional norm of being tethered to the desk. He predictably calculated and orchestrated a transition from being the congenial corporate PR guy to becoming the acclaimed broadcaster and columnist.

Hubert's Omni presence as an analyst, commentator and as a scribe brought an unparalleled combination of expertise to the athletics arena, making him a foremost authority in the region. His boundless energy doing what he loved, spanned three decades of him commanding the journalistic space where he covered an important trifecta of events, the Olympics, the World Championships and the regional CARIFTA Games.

Jamaica had undergone a sonic revolution in athletic coverage during and after the Beijing Olympics in 2008. Its growing pre-eminence in the sport of athletics, spurred TVJ to assemble an all-star cast of expert analysts. This stirred all round interests among the populace. Using these and other platforms, Hubert's bedrock function in providing riveting commentary and critical statistics, effortlessly elevated his stocks as he made himself an analyst extraordinaire. This further set him on the path to being etched indelibly among the pantheon of great Jamaican sport journalists.

With each day that clicks off, Hubert imbibed himself insatiably with more knowledge in the field of sports, benchmarking against the best in the business. The monthly "Track and Field News Magazine" long-considered the Bible of the sport, had a



ubiquitous influence on his style and delivery as a writer. Indeed, it is no secret that his stand-out ability to producing track stats and trivia's for his audience, was attributable to the copious storylines embedded in this magazine, which he voraciously consumed cover to cover, spanning umpteenth years.

It cost nothing less than everything for Hubert to dive in the inky depth chronicling Jamaica's illustrious sporting achievements throughout the decades as a scribe extraordinaire. He co-authored the history of Jamaica's track success through the publication of the "Power and Glory" Jamaica in World Athletics from WWII, "Champs 100" and "50 days of fire". These books lay bare Hubert's signature accomplishments as a next level sports historian and journalist of high repute.

Hubert's commanding voice and presence as a broadcaster belied his humility and graciousness. These were ever on display in rapports whether with his coterie of friends or with the wider sporting community. When not at the latest weekend track meets, Hubert staked out his favourite haunts at selected meeting places. There, he spoiled for hot topic discussions with fellow sport enthusiasts or he would simply exchange pleasantries with curious passers-by, who often recognized his unmistakeable face and voice.

How more deserving it would have been to listen once again to this luminary gifting us another weave of the rich tapestry of track and field through incisive coverage via television. The prolific author, considered to be a walking encyclopedia, was slated to provide coverage at the 47th staging of the prestigious Gibson McCook Relays, but sadly passed the evening before.

The sporting landscape won't be the same with his passing. We have gotten accustomed to his information-laced commentary that put context to performances and achievements of sportsmen and women regionally and across the globe. Despite his absence, his candle remains lit, glowing through his refulgent eyes watching over our beloved sports of athletics. His transition leaves a void that may not again be filled to meet the lofty expectations, but hope springs eternal. When we leaf through the pages of his enduring legacies, we will see his flames burning a new trail for others to emulate.

Walk good and rest in peace our beloved "Hubie".

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RULES OF GIBSON McCOOK RELAYS

1. The meet shall be called the GIBSON McCOOK RELAYS.
2. Control of the meet shall be vested in the GIBSON McCOOK RELAYS ORGANIZING COMMITTEE.
3. Entries are by invitation only. Each member of a competing team must be a bonafide student or member of the invited club or institution, and be registered to participate in the event.
4. In school events, the age limits and all other regulations governing competition in Jamaican High School boys, High School girls, Preparatory and Primary schools, shall be determined in a similar manner as they affect these various competitions.
5. Any violation of the above regulations will result in the withholding of an invitation to the defaulting institution from participation in this annual meet for a period of time.
6. Any action that brings the event into disrepute will result in the withdrawal of accreditation.
7. Except as provided for in these rules, the rules of the World Athletics shall apply.
8. Coaches must produce a valid photo ID to collect their team's package.
9. Athletes must have their numbers affixed to both the front and rear of their vest.
10. Each member of a competing team will be similarly attired in the colours of the school, institution or club.
11. No part of a competitor's vest properly tucked into his/her shorts must be removed during or immediately after competition. Athletes guilty of this offence will automatically have their team disqualified.
12. The names provided to the Organizing Committee are the only names allowed to compete in the particular relay event.
13. Each team scheduled for the finals must collect a relay card from the call room desk, complete same, and return the completed card to the call room desk at least one hour prior to their final.
14. Competitors will warm up at the warm-up area and will be brought into the competition area when their event is about to take place.
15. Lane placement in the finals will be decided by draw of the eligible finalist teams, made by representatives of the controllers of the meet.
16. Any individual or member of a relay team guilty of a false start will be automatically disqualified.
17. A protest or objection against the conduct or placing of a team shall be made to the Referee of the meet by the representative of the protesting team according to World Athletics rules. If the protesting team is not satisfied, the protest can then be taken to the Jury of Appeal, along with a required deposit of One Thousand Jamaican Dollars (J\$1,000). The resulting decision of the Jury of Appeal shall be final.
18. Only officials or competing athletes under the direction of call room officials are allowed on the field.
19. Teams declared as 1st, 2nd, and 3rd place must make all members available for medal presentations immediately after completion of their event.
20. Failure to comply with any of the rules of this meet will result in disqualification.

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BATON PASSING TRUMPS SPEED IN SPRINT RELAY OUTCOME



Article By:

Patrick Robinson (Dr.),
Olympian Tokyo 1964,
Munich 1972 Olympics Relay Coach.

The earliest form of relay racing originated in Ancient Greece. Relay racing has undergone significant evolution over millennia to produce the many forms we see today, with the 4 x 100 metres sprint relay and the 4 x 400 metres, the two most well-known. Both formats first entered the Olympics in the Stockholm Games in 1912.

In the past century, the sprint relay has seen refinement in baton exchange techniques, resulting in improved safety and efficiency in the transit of the baton through the exchange zones.

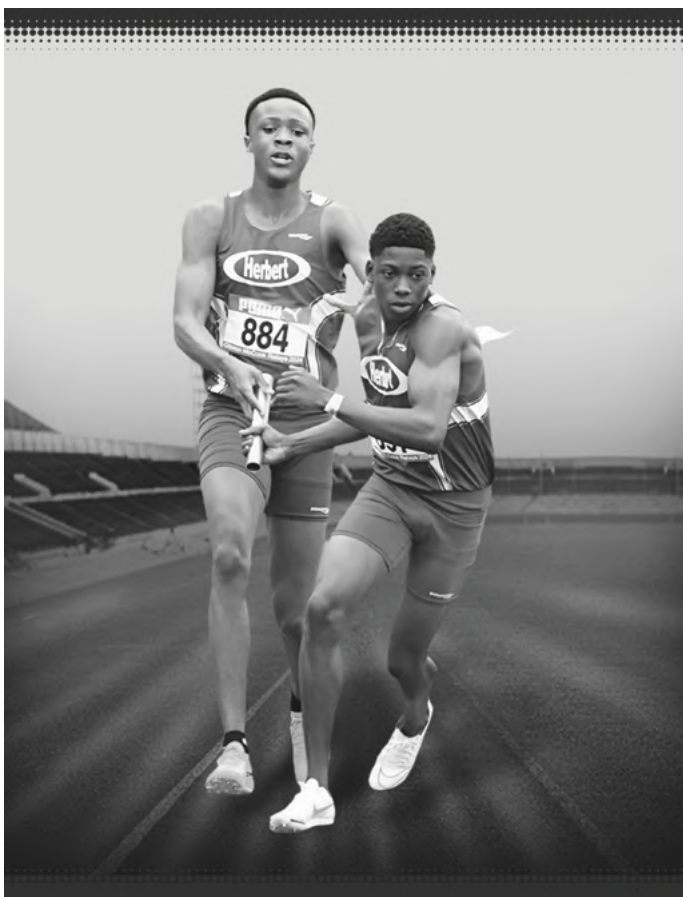
There are several factors which contribute to the outcome of the sprint relay, and by far the two most important are the sprinting prowess of the team as a whole and the quality of the three baton exchanges. I write to advance the view that baton passing decidedly trumps speed in determining sprint relay outcomes.

I write from the vantage point of someone who has been a keen, discerning observer for more than 60 years, with the added experience of both competing in and coaching sprint relays at the highest level.

The three exchange zones together, totaling 90 metres, constitute a mere 22.5% of the 400 metres race, but in general, you observe greater changes in team positions within that relatively small distance, compared to the position changes seen in the remaining 310 metres (77.5 %) which is dedicated to the sprinting aspect of the race. It is a familiar sight – that of teams exiting a 30 metre exchange zone in positions that bear no resemblance to that which obtained when they entered it.

In the sprint relay, the baton's passage through the exchange zone is typically a brief three seconds. In order to execute a safe, efficient exchange, the two athletes involved must properly perform (in that time frame) upwards of a dozen actions, while usually negotiating a curve, which comes with challenges of its own. Mastering the art of baton passing results mainly from proper coaching and plenty, plenty practice on the track. For various reasons, getting sufficient baton practice can be a real problem, especially for national teams, and we witness far too often teams with great sprinters fall prey to baton foul ups, which helps advance the view that baton passing trumps speed in determining sprint relay outcomes.

In this matter of baton passing vs speed, the Jamaica's Women's 4x 100 Metres Relay in the 2008 Beijing Olympics comes to mind. The team, to this day, remains the greatest assembly of sprinting prowess in any sprint relay team (male or female) in the history of the event. The team had the three fastest women in the world in 100 metres gold medalist Shelly – Ann Fraser and the tied for silver medal in the same race, Keron Stewart and Sherone Simpson. The fourth member, (the "slowest") happened to be Veronica Campbell – Brown, the reigning World Champion 2007 at 100 metres, who days earlier in Beijing defended her Athens Olympics 200 metres gold medal. The quartet with such overwhelming sprinting prowess, the likes of which we are unlikely to see again, seemed certain to win the gold medal. A baton mishap at the 2nd exchange zone and Jamaica was out of the race. All that speed counted for nothing.



GIBSON MCCOOK RELAYS 2025 - LIST OF MEET OFFICIALS

Technical Delegate

Garth Gayle

Competition Director

Ryan Peralto Jnr.

Meeting Manager

Ray Harvey

Asst. Meeting Mangers

Trevor Campbell
Ian Forbes
Ainsley Walker

Organizing Committee

Dr. Marion Bullock DuCasse (Chair)
Errol Greene (Vice-Chair)
Ed Barnes
Lincoln Eatmon
Jennifer Ferguson
Audley Hewett
Capt. Maurice Lawrence
Maj. Merrick Lloyd
Julette Parkes
Ryan Peralto Jnr
Karyn Quallo
Genevieve Reid
Winston Ulett
Denzil Wilks

Secretariat

Andrea Brown-Dennis
Opal Graham
Tiffany Wong

Technical Manager

McCauley McIntosh

Technical Team

Francis Reg Reece
Nigel McClymont

Event Presentation Manager

Julette Parkes

Event Presentation

Genevieve Reid
Paula Miller Foster
Tiffany Wong
Cherise Richards
Audley Sanson
Orville Thompson

Medal Bearers

Kendra McKenzie
Akelia Montague
Quacciann Stewart

Announcers

Donald Smith
Dean Smith
Earl Spencer
Teddy Price
Ricardo Chambers
Jamille Chin

JAAA Meet Assessors

Vilma Charlton

Winston Keyes

Jury of Appeal

Garth Gayle
Maurice Wilson
Cosmo Stephens
Winston Harvey
Vilma Charlton (Secretary)

Track Referees

Howard McCatty
Dennis May
Claude Doyley
Alan Beckford

Field Referees

Carol Cuffley
Olive McNaughton

Track Umpires

Steven Meikle
Everald Sooman
Ira Hemmings
Aretha Morris
Kimberly Curtis
Laurence Wood
Ann-Marie Fearon
Alexander Hamilton
Dennis Samuels
Lorna Clarke
Christopher McDonald
Marcel Scott
Karen Graham
Joy Davis
Tajah Lewis
Simone Drummond
Nyoka Miller
Denise Brown
Nockain Palmer
Linden Thompson
Jaden-Patrick Stewart
Phillip-Charles Francis

Finish Judges

Rowena Graham
Lloyd Harrisingh
Danielle Cunningham
Alexander Antoine

Timekeepers

Henry Williams Snr
Colin Blair
Michael Fuertado
Andre Williams
Gregory Shaw

High Jump

Sonia Rose
Shadene Griffiths
Pamela Cole
Brijae Amritt
Camille Dixon
Owen Henry
Huntley Johnson
Conroy Merchant
Gary Hogg

Kirkel Holder

Kerron Braham
Ricardo Henry
DeAndre Williams

Long Jump

Chris Richardson
Shane Harrison
Carlton Nicholson
Donna Brown
Eric Morrison
Jevon Williams
Marsha Sanderson

Call Room Referee

Langley Robinson

Call Room Stewards

Rasheed Josephs
Christine Elliott
Delores Murdock
Rolando Peterkin
Deborah Morrison
Clinton Clarke
Rosalie Walker
30 Stewards from Kingston College &
St Hugh's High School

Start Referee

Ludlow Watts

Starters and Recallers

Gregory Hamilton
Lenford Myers
Courtney Lewis
Kevin Gordon
Reece Francis

Start Coordinator

Denise Graham Gayle

Starters Assistants

Kadia Robinson
Robert McGowan
Harriot Houslin
Nackesia Edwards
Michelle White (Trainee)
Reneca Cummings (Trainee)
Neville Lindo

Technical Information System

Lorna Matthews
Natasha Lewis

Photo Finish Team

Bruce James
George Stone
Sodia Peters
Ricky McIntosh
Lorenzo Hall
Courtney Brooks
Kayann Vassell
Shania Thompson
Collin Walford
Shaia Lobban
Jody Ann Moodie
Milandrea Sinclair

GIBSON MCCOOK RELAYS 2025 - LIST OF MEET OFFICIALS

Richard Martin
Janina Coley
Milandria Sinclair
Tahira Palmer
Latifah Smith
Richard Martin
Ash-Nique Dowar
Kelis Mowatt
Ciara Dixon
Shawnterry Manboard
Kingsley Rose
Christopher Gibson
Daniel Ulett

Wind Gauge Operators

Evangeline Martin
Cordella O'Gilvie
Noel Johnson

On Di Run Data Management

Wayne Long
Carol Long
Topaze McLaren
David Levy
Rhianna Harris

Runners

Rolando Peterkin
Rohan Oliver
Daniel Douglas
Kayla Davidson

Hurdles Crew

Devonio James
Annalecia Small
Chelsea Harley
Chevel Brown
Cheyenne Laidlaw
Leonard Bernard
Kaylia Lawrence
Giovanni Mendez
Chevaun Broderick
Lanie Turner
Jevan Palmer
Mikhaela Irving

Medical Director

Dr. Marion Bullock DuCasse

Supervisory Doctors

Dr. Nicole Dawkins-Wright
Dr. Janice Miller
Dr. Warren Blake
Dr. Guyan Arscott
Dr. Carl Bruce

Doctors

Dr. Karim Washington
Dr. Rayon Dyer
Dr. Karrel Kerr
Dr. Shantelle Peddler-Bartley
Dr. Chinelle Mille
Dr. Ashley Moore
Dr. Shanique Hibbert
Dr. Shantelle Ross
Dr. Jheanel Benjamain
Dr. Roxanne Webber

Dr. Safiya Franklin
Dr. Shari St. John
Dr. Janique Ricketts
Dr. Sandrica Young-Pearl

Programme Sales

Kingston College Cadet Members
Jamaica Hockey Federation Representatives

Chiropractic Team

Dr. Neil Gardner
Dr. Cal Whitworth
Karen Henry
Davia Green-Pusey
Trishawna Hepburn
Tyler Davis
Hodeshia House
Carolyn Gardner

Nurses

Shirlene Marshall-Davis
Tashia Wedderburn-Harris
Faith Collins
Javon Gray
Tameka Bowyer
Mitzie Robinson
Monique Lockhart
Stacy-Ann Lyon
Zane-Marc Black-Gordon
Lamole Bingham Polson

Physical Therapists

Daina Smith
Dr. Marlene Chin
Nicole Reid
Offneil Lamont
Dialo Brown

Massage Therapists

Jerome Kirby
Shanika Morgan

Emergency Medical Technicians

Trovis Miller
Kemeisha Stephenson
Monica Harvey
Karen Samuels
Rohan Wallace
Kenroy Gordon
Anthony McIntosh
Kwano Sutherland
Khalil Barnett
Gayle Thompson

Medical Team Administrators

Angela Hutchinson Valentine
Godfrey Wallace
Diandra Smith
D'Andra Brown
Dandre Cunningham
Kimberley Campbell
Tianna Grant

Registration

Ryan Peralto Jnr.
Genevieve Reid
Jennifer Ferguson

Sonia Rose
Leslie Hewett
Pamella Cole
Winston Ulett

Security Sub-Committee

Mr. Errol Greene
Major Merrick Lloyd
Captain Maurice Lawrence
Lieutenant Colonel Michael Anglin
Kayciha Stennet
Ann-Marie Smith
Michelle Goulbourne
Major Peta-Ann Gray
Odene Baker-Madden
Joan Witter
Dilton Pike

Press Liaison and Press Office

Lloyd Beckford
Nodley Wright
Raheem Spencer
Aneke Brown
Ashley Forbes
Carole Beckford

VIP Hospitality Team

Marvalyn Campbell
Winsome Ashman
Charmaine Blake
Yvette Bachelor
Daron McDonald

Hospitality Team

Jennifer Brown
Arlene Findley
Danielle Anderson
Shauneca Hamilton
Clinton Clarke
Raniel Daley
Tajey Harris

Hydration Crew

Denzil Wilks
Najee Wilks
Kristopher Samuda
Aleisha James
Javae Gordon
Michael Carney
Alex Lewis
Trey White
Shane York
Damanic Allen
Jakeem O'Connor
Grace Sloley
Monique Thomas
Nina Grace-Sterling
Kadian Grant
Clive Mohalland

Ticket Office

Andrea Brown-Dennis
Jennifer Ferguson
Opal Graham
Dexan Dennis-Pusey
Aundrez Pusey
Taj-Oneil Clarke

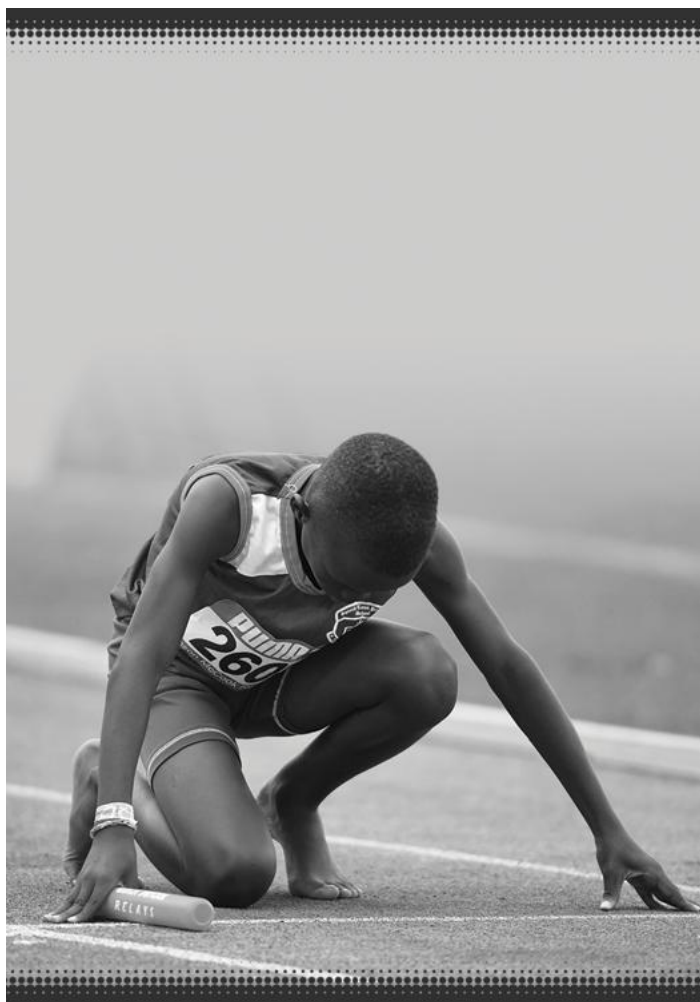
THE MAKING OF WORLD RELAY RECORDS



Article By:
Glenroy Morgan

The Gibson/McCook Relays is the crucible within which relay performances are developed and then hatched on the global scene. The meet first started in 1973 as a tribute to the legendary educator, Bishop Percival Gibson. The one-day event of global status is predominantly about relays and now boasts 40 events, over 2500 entries with 250 schools, clubs and institutions. It showcases Jamaica's promising athletes and teams locking horns on the last weekend in February.

The relay carnival is considered the bedrock of Jamaican baton handling culture that plays host to athletes effecting baton exchanges beyond the visual line of sight at full tilt. By the same token It provides invaluable non-relay competitions that aid all-round athletic development.



Jamaica had the brass neck boldness to displace the mighty USA, whose hegemony in track and field long dated back to the foggy past. In this regard, Jamaicans hold second place to none in what they do. No effort is therefore spared to buck the past trend of dominance by the Americans. Surely, it is stitched in the fabric of the athletes' DNA to flex their fast-twitched muscles. Noteworthy is the fact that this tiny nation owns four world relay records, namely, the senior men's 4x100m and 4x200m as well as the 4x100m in the U18 and U20 female categories.

There was no moment of serendipity when Jamaica predictably set the world record in the London's 2012 Olympics in 36.84s. The foursome of Nesta Carter (9.78s), Michael Frater (9.88s), Yohan Blake (9.69s) and Usain Bolt (9.58s) went into beast mode, sparing no effort to get the job done. When the dust settled, Jamaica left in its wake their arch rival, USA with a team of Trell Kimmons (9.95s), Justin Gatlin (9.74s) Tyson Gay (9.69s) and Ryan Bailey (9.88s), thereby becoming the first and only team to go sub-37:00 seconds. It was an immersive electrifying experience witnessing a small nation producing such high-water mark in sprint relays.

It's important to center ourselves on both the magnitude and context of this achievement. Based on combined personal bests, Jamaica's team, a critical mass of fire power, outmatched USA 36.84 to 37.04s. Even so, victory was virtually assured through ingrained relay instincts and on the back of disparate mix of relay competitions, not dissimilar to the prestigious Gibson McCook Relay carnivals. The picture is hardly different in the male U20 category in the 4x100m, as Jamaica's junior males only trail South Africa 38.61s to 38.51s, the USA just a slither behind with 38.62s.

Despite our historic successes that set the bar high, they have grappled with hard moments in recent years. While nations jostled for ranking positions at the perennial world relays event stapled in Bahamas, Jamaica had its worst showing at the meet's 2024 staging. Coming off the worse for wear, any denial that the country's performance is forgettable, would be worse than the sub-par performances themselves. There was hardly a time when Jamaica went off the beaten track at a relay meet, notwithstanding some experts perceiving these relays to be ill-timed. In all important respects, Jamaica's showmanship in its participation is deemed better than failing to appear. After all, success is akin to failure averted.

THE MAKING OF WORLD RELAY RECORDS - CONT'D.



The jury is out as to whether or not our seniors have lost the edge with the baton, despite the gradual rise of the slick-baton-handling juniors to the senior ranks. For the same reason, surface-level skepticisms are emerging. These, however, do not get to eclipse the undeniable successes achieved by our various relay teams at both ages and stages. Beneath the surface, it is apparent that our relay exploits have been meeting all rigorous standards through relentless in-competition practices at the various grass root levels. The black, gold and green standard bearers are known to consistently perform in the clutch, reaping the spoils on the global stage. So, despite the miserable experience both in Bahamas and the Paris 2024 Summer Olympics, much is in the offing.

Indeed, our senior relay teams have had their roots at the Gibson McCook Relays. This fittingly provides a positive downstream effect, inspiring the growth from the embryonic stages of our track and field development. The relay meet itself helps to provide a launching platform to catapult our athletes on the global stage. If history is to remain our guide, then the inspirational impact of our past greats, must be used in return to cascade and instill hope in the nation's youths.

Finally, on mature reflection, the country is known to punch above its weight in athletics, in so far as to shift the balance of power globally. The Gibson McCook Relay carnivals, no doubt, continue to be instrumental in ensuring the country's dominant presence on the global athletic scene. There is neither a shortage of sprinters nor top of the range relay competitions locally. Thankfully, on account of this, national interests remained stirred around the Gibson McCook Relays, it being the standard by which all other relay meets are judged.

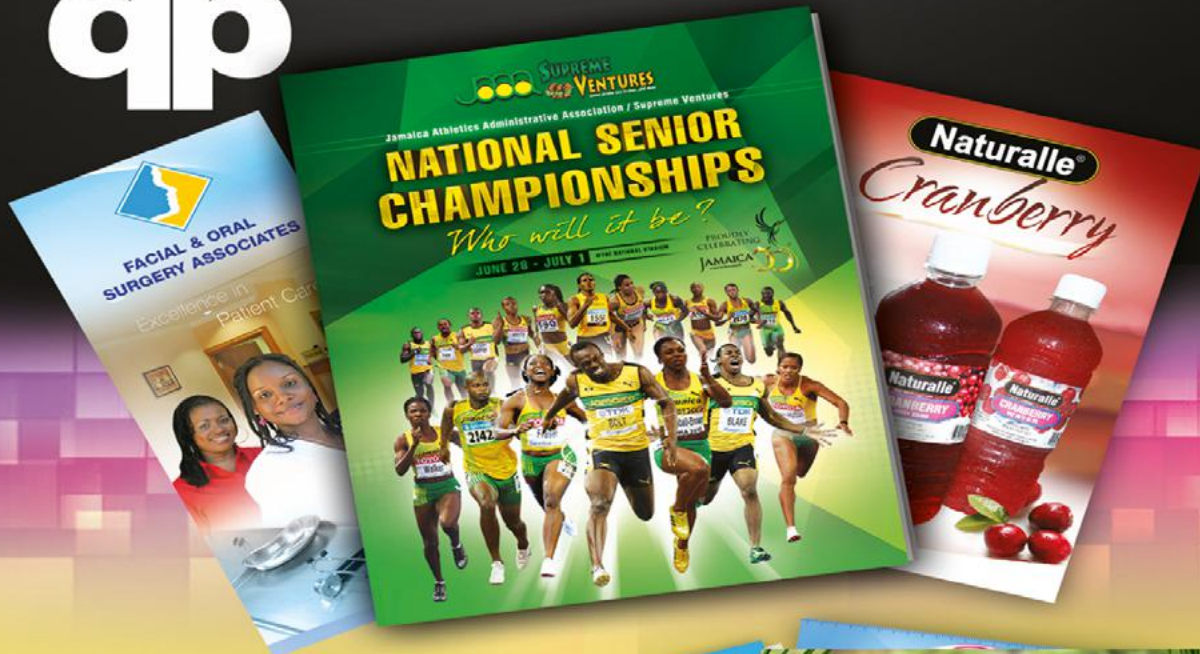
athletic scene. There is neither a shortage of sprinters nor top of the range relay competitions locally. Thankfully, on account of this, national interests remained stirred around the Gibson McCook Relays, it being the standard by which all other relay meets are judged.

Glenroy Morgan is an avid track and field fan and writer covering track and field stintingly since 1997.





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EXCITING SHOWDOWN EXPECTED AT GIBSON MCCOOK RELAYS



Article By:
Raymond Graham



Track and field fans are in for a treat at this year's Gibson McCook Relays, with high schools, clubs, and college teams set to deliver thrilling performances.

This season has been highly competitive, with no clear favorites in the Inter-Secondary Boys' and Girls' Championships coming up in March. The Gibson McCook Relays will provide key insights into which teams have the upper hand, as this is the only event where all will compete in one place before the Championships.

For the past three years, Edwin Allen and Hydel have dominated, but former powerhouses like St. Jago and Holmwood are making a strong comeback. Teams will be eager to gain a psychological edge ahead of Champs.

Girls' Relays

At the Western Relays, Edwin Allen made a statement with dominant performances and will aim for a clean sweep at Gibson McCook. Their Class I 4x100m squad clocked 44.98s at Western Relays, making them favorites. However, Hydel, despite missing key athletes, won at the Camperdown Classic in 46.09s, setting up an intense showdown.

In Class II, Edwin Allen, led by Dominica's Kerelle Etienne, posted an impressive 46.02s and will be tough to beat. However, St. Jago has a strong team and could challenge them.

For Class III, Edwin Allen recorded 46.88s at Western Relays, but they must watch out for Vere Technical, Convent of Mercy (Alpha), and St. Mary High, who dominated at Camperdown.

In Class IV, Hydel's 48.98s win at Camperdown makes them favorites, but Edwin Allen has depth and could challenge, while Alpha, with a best of 49.22s, remains a threat.

The 4x400m will be another highlight. Edwin Allen's 3:38.38 win at Western Relays makes them confident, but Hydel (3:46.38) and Holmwood, stacked with quarter-milers, could make it a close race.

In the 4x800m Open, Holmwood is the team to beat after twice defeating Edwin Allen, including a meet-record 8:49.82 at Western Relays. They are expected to go even faster.

Boys' Relays

The boys' competition at Gibson McCook will be intense, especially with defending Champs Kingston College, former winners Jamaica College, and Calabar all battling for supremacy. St. Jago and Edwin Allen will also have a say in the outcome.

Calabar, powered by the outstanding Shaquan Gordon, sent a strong message with a 40.09s win in the 4x100m at Camperdown Classic. Jamaica College, who ran 40.59s to win Western Champs, and Herbert Morrison, who clocked 40.50s, will challenge. However, Calabar looks primed to break 40 seconds.

Jamaica College also impressed in Class II, clocking 41.37s at Camperdown and could dip under 41 seconds.

In Class III, St. Jago's sprinters have been dominant and will be tough to beat.

The 4x400m and 4x800m relays promise exciting finishes. Edwin Allen shocked their rivals at Western Relays, winning in 3:12.43, just ahead of Kingston College (3:12.76) and Jamaica College (3:12.87). Calabar, fresh off a 3:13.75 win at Camperdown, will also be in contention.

The 4x800m could be a thriller. At Western Relays, Edwin Allen led for most of the race before being overtaken by Kingston College (7:48.78) and Jamaica College (7:49.71). They will seek redemption at Gibson McCook.

KINGSTON COLLEGE AT 100: A CENTURY OF EXCELLENCE AND IMPACT



Article By:
Dr Patrick S. Dallas
Secretary, Kingston College
Centenary Committee

For a century, Kingston College (KC) has stood as a beacon of excellence, resilience, and national contribution. Founded on April 16, 1925, by the visionary Anglican cleric Bishop Percival Gibson, Kingston College was established to provide opportunities for young men of talent and potential, regardless of socioeconomic background. Over the past 100 years, the school has remained true to this mission, shaping generations of outstanding scholars, athletes, and leaders who have left an indelible mark on Jamaica and the world.

A Legacy of Academic and Athletic Excellence

From its humble beginnings with 49 students, Kingston College has grown into one of Jamaica's premier institutions, boasting nearly 2,000 students across its North Street and Melbourne Park campuses. The school's motto, *Fortis Cadere Cedere Non Potest*—"The Brave May Fall But Never Yield"—embodies the spirit that drives its students and alumni to excel against all odds.

Academically, KC has cultivated some of Jamaica's finest minds, consistently ranking among the top schools in national and regional examinations. Many of its alumni have gone on to become influential figures in education, business, law, engineering, medicine, politics, and the arts.

On the track and field circuit, Kingston College has dominated the Boys' and Girls' Athletics Championships (Champs), securing a record number of titles and producing some of the greatest athletes to represent Jamaica on the global stage. The school's commitment to athletic development has been instrumental in fostering Jamaica's world-renowned sprinting culture, making it a natural partner for the Gibson McCook Relays.

Kingston College and The Gibson McCook Relays

The Gibson McCook Relays have long been a crucial part of Jamaica's athletic ecosystem, helping to refine the baton-passing skills that have made the nation a powerhouse in the sprint relays. Kingston College has been a fixture at this event since its inception, consistently fielding strong teams and contributing to the competitive and electrifying atmosphere that defines the relays.

KC's history at the Gibson McCook Relays is filled with memorable performances, thrilling victories, and the development of athletes who have gone on to achieve greatness on the international stage. As Jamaica celebrates its legacy in track and field, it is impossible to overlook the role of institutions like Kingston College in cultivating the country's relay culture.



KINGSTON COLLEGE AT 100: A CENTURY OF EXCELLENCE AND IMPACT - CONT'D.

The KC Centennial Development Programme: Building For The Future

As Kingston College enters its second century, it is committed to sustaining and expanding its legacy through **the KC Centenary Development Programme**, a visionary initiative designed to upgrade and enhance the school's infrastructure. Key projects include:

- **Finalization and Official Opening of the Douglas Forrest Building**, ensuring state-of-the-art facilities for learning and development.
- **Securing additional lands** to accommodate the growing student population and provide better facilities.
- **Construction of a multi-purpose auditorium**, a flagship project that will serve as a hub for cultural, academic, and sporting activities.
- **Renovation of St. Augustine's Chapel**, preserving the school's spiritual heritage while incorporating modern enhancements.
- **Development of a sustainable water well** at Melbourne Park to support eco-friendly irrigation.
- **Implementation of the Kingston College Solarization Project**, promoting renewable energy solutions for a greener future.
- **The Fortis Walkway Legacy Initiative**, allowing alumni and supporters to leave a lasting mark on the institution.
- **North Street Campus Frontage Improvement**, transforming the face of Kingston College into a more modern and welcoming environment.

These projects, made possible through the unwavering support of the alumni and broader KC community, reflect the school's commitment to preparing students for success in an ever-evolving world while maintaining the rich traditions that define its legacy.

A Celebration of History and Future

As Kingston College prepares to mark a monumental milestone in its storied history, anticipation is building for a year-long celebration befitting its illustrious past and promising future. The 2025 Centenary Programme of Events, meticulously crafted to honour this legacy, promises to be a true testament to Kingston College's enduring commitment

to academic excellence, community engagement, and the development of well-rounded individuals. Spanning across the months, the slate of event promises to encapsulate the spirit of Fortis, while embracing themes of heritage, innovation, and service. Throughout 2025, a series of events will commemorate this historic milestone, bringing together students, alumni, faculty, and well-wishers to celebrate a century of resilience and achievement.

In April, in highlighting Founder's Week, the centenary celebrations will unfold with a distinguished series of events, including a solemn church service, a grand Float Parade through the streets of Kingston, the unveiling of the KC Centenary commemorative postal stamp collection, and the prestigious Purple Tie & Awards Banquet. Adding to the month's vibrancy, the KC Chapel Choir High Schools Choral Festival will take centre stage, celebrating the rich musical heritage and enduring camaraderie that define the Kingston College experience. As the year unfolds, the Centenary Programme will continue to captivate, inspire, and unite the Fortis family in a shared legacy of excellence.

As we honour this journey at the 2025 Gibson McCook Relays, we recognize the invaluable role that athletics has played in KC's history and in the broader national consciousness. The partnership between the Centennial Celebrations and the Gibson McCook Relays is a fitting tribute to a shared tradition of excellence.

With our motto as our guide, Kingston College stands ready to embrace the next century with the same determination and fortitude that has defined its first 100 years. **Fortis Forever!**



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GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Managment by On DI Run MEET PROGRAMME

Event 1 Men Pole Vault OPEN

Sponsor: JAMAICA SPORTS 876

Meet Record: 4.42m 2/22/2014 Xavier Bolan

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Neil, Jantje		Wolmer's Boy	
2	Cephas, Rasheed		Excelsior	
3	Souden, Jaquan		Happy Grove	
4	Scott, Malik		KC	
5	Morris, Samario		Excelsior	
6	Clement, Jurel		KC	
7	Garibaldi, Taishaun		JC	
8	Facey, Daniel		JC	
9	Hamm, Joel		JC	
10	Johnson, Leighton		Calabar	
11	Cooke, Anthony		Wolmer's Boy	
12	Milligan, Yewan		Wolmer's Boy	
13	Reid, Isaac		KC	
14	Chung, Lenworth		Calabar	
15	Campbell, Ryheem		Excelsior	

Event 2 Women High Jump OPEN

Sponsor: GRACE FOODS

Meet Record: 1.89m 2000 Karen Beutle

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Cooper, Cheyenne		William Knibb	
2	Dawes, Kimmari		Mico University	
3	Williams, Shanniqua		St Andrew A	
4	Housen, Malia		Mt Alvern	
5	Wright, Jayla-Shae		Mt Alvern	

Event 3 Men Long Jump OPEN

Sponsor: CONSUMER BRANDS (CREST & ORAL B)

CHAMPIONSHIP

Meet Record: 7.95m 2/28/2015 Nicholas Gordon

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Young, Euan		JC	
2	Willis, Anthony		G C Foster	
3	Grey-Clarke, Nicardo		Wolmer's Boy	
4	Sterling, Edward		Wolmer's Boy	
5	Rickets, Kevon		UWI	
6	Edwards, Michael-Andre		JC	
7	McLeod, Savaughney		G C Foster	
8	Parkinson, Chevaughn		G C Foster	
9	Hanson, Shevon		Ricketts Perf	
10	Miller, Omarian		KC	
11	Tomlinson, David		G C Foster	
12	Hunter, Ricoy		Steths	
13	Ramie, Joseph		Swept	
14	Botia, Leonard		Bethlehem	
15	Allen, Aubry		Swept	
16	Archibald, Emanuel		Swept	
17	Thompson, Shawn-D		Sprint Tec Track	
18	Gayle, Tajay		Ricketts Perf	

Event 4 Women Long Jump OPEN

Sponsor: NESTLE - MILO

Meet Record: 6.63m 2/28/2015 Shanika Thomas

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Nemhard, Dejanae		Holmwood	
2	Longmore, Mikayla		Holmwood	
3	Matthews, Trishauna		Utech	
4	Walters, Sashell		G C Foster	
5	Powell, Canniga		Utech	
6	Housen, Malia		Mt Alvern	
7	Wint, Deondrea		Holmwood	
8	Chambers, Rihanna		St. Catherine	
9	Walker, Melissa		Unattached	
10	Redmond, Analisa		Bethlehem	
11	Palmer, Chloe		Steths	
12	Sudlow, Rohanna		St. Catherine	
13	Hickling, Tissanna		Ricketts Perf	

Event 5 Men High Jump OPEN

Sponsor: CONSUMER BRANDS - SECRET

Meet Record: 2.24m 2/25/2023 Lushane Wilson

Meet Record: 2.25m 2/24/2024 Raymond Richards

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	McKenzie, Aaron		KC	
2	Thomas, Aaron		KC	
3	Haynes, Tejahni		KC	
4	Neil, Michael		KC	
5	Johnson, Seletel		Munro	
6	Douglas, David		Wolmer's Boy	
7	Thomas, Kabiki		Wolmer's Boy	
8	Penn, Chavez		JC	
9	James, Jaidi		JC	
10	Richards, Raymond		Mvp	
11	Bryan, Christoff		Mvp	
12	Wilson, Lushane		G C Foster	

Event 7 Men 1500 Meter Run OPEN

Sponsor: CIBC CARIBBEAN

Meet Record: 4:04.85 2/24/2024 Ryan Achau

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Njuguna, Peter		KC	
2	Kagika, Victor		KC	
3	Muturi, Stephen		KC	
4	Wanjiku, Chris		KC	
5	Walker, Rahiem		Unattached	
6	Burke, Jadau		Bethlehem	
7	Vassell, Daniel		Bethlehem	
8	Carr, Ricardo		Excelsior	
9	Brown, Aldaine		William Knibb	
10	Murray, Anthony		William Knibb	
11	creary, Joshua		Unattached	
12	Wright, Jared		Utech	
13	Achau, Ryan		St. Jago	



POWERADE



GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Managment by On DI Run MEET PROGRAMME

Event 8 Boys Under 10 4x100 Meter Relay PREP SCHOOL

Sponsor: WESTERN UNION

Meet Record: 54.29 2013 Vaz Prep

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

- 1 Wolmers Prep
- 2 Vaz Prep
- 3 Mona Prep
- 4 OLA
- 5 Lannamans Prep
- 6 Emmanuel Prep
- 7 Sts Peter & Paul
- 8 Portmore Mission

Event 9 Boys Under 10 4x100 Meter Relay PRIMARY SCHO

Sponsor: CHILD'S PLAY

Meet Record: 53.48 2019 Lawrence Tavern

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

- 1 Lyssons Primary
- 2 Southborough
- 3 Naggo Head
- 4 Ascot Primary
- 5 Harbour View
- 6 St Johns Primary
- 7 Greater Portmore
- 8 Yallahs Primary

Event 10 Boys 10-12 4x100 Meter Relay PRIMARY SCHO

Sponsor: MUSSON - NUPAK

Meet Record: 50.97 2/25/2023 SPANISH TOWN PRIMARY

J FENTON, J FINDLEY, D FOSTER, A MINTO

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

- 1 Harbour View
- 2 Lyssons Primary
- 3 Lawrence Tavern
- 4 Rousseau
- 5 Spanish Town
- 6 Southborough
- 7 Greater Portmore
- 8 St Richards

Event 11 Boys 10-12 4x100 Meter Relay PREP SCHOOLS

Sponsor: DAIRY INDUSTRIES - GOOD 2 GROW

Meet Record: 52.19 2/24/2024 STS PETER & PAUL PREP

D JAMES, Z HUNTER, C WHITE, J FEARON

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

- 1 Williams Elite
- 2 Wolmers Prep
- 3 St Andrew Prep
- 4 Belair Prep
- 5 Lannamans Prep
- 6 Mt. St. Joseph
- 7 Hydel Prep
- 8 Vaz Prep

Event 12 Girls 10-12 4x100 Meter Relay PREP SCHOOLS

Sponsor: JAMAICA BISCUIT COMPANY - EXCELSIOR

Meet Record: 52.41 2019 Hydel Prep

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

- 1 Mt. St. Joseph
- 2 Vaz Prep
- 3 St Andrew Prep
- 4 OLA
- 5 Hydel Prep
- 6 Emmanuel Prep
- 7 Sts Peter & Paul
- 8 Mona Prep

Event 13 Girls 10-12 4x100 Meter Relay PRIMARY SCHO

Sponsor: JOAN DUNCAN FOUNDATION

Meet Record: 51.58 2019 Naggo Head Primary

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

- 1 Naggo Head
- 2 Spanish Town
- 3 Windward Road
- 4 Harbour View
- 5 Greater Portmore
- 6 St Patrick
- 7 Lyssons Primary
- 8 Barracks Road



GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Managment by On DI Run MEET PROGRAMME

Event 14 Boys 16-18 4x100 Meter Relay CLASS 1

Top 8 Advance by Time

Sponsor: WISYNCO POWERADE

CHAMPIONSHIP

Meet Record: 39.32 2015 Calabar High

Lane Team Relay Seed Time

Heat 1 of 5 Prelims

- 1 Titchfield
- 2 St. Jago
- 3 Green Island
- 4 Cornwall Col
- 5 Wolmer's Boy
- 6 Excelsior
- 7 Clarendon
- 8 Mona High

Heat 2 of 5 Prelims

- 1 Falcons Athletic
- 2 St. Mary Tec
- 3 KC
- 4 Papine
- 5 Cayman
- 6 Ascot
- 7 Holy Trinity
- 8 R. Lightbourne

Heat 3 of 5 Prelims

- 2 Muschett High
- 3 York Castle
- 4 Innswood
- 5 JC
- 6 St. Mary High
- 7 Edwin Allen
- 8 William Knibb

Heat 4 of 5 Prelims

- 1 Steths
- 2 Tacius Gold
- 3 Rusea's
- 4 Manchester
- 5 Greater Portmore
- 6 Calabar
- 7 Camperdown
- 8 Petersfield

Heat 5 of 5 Prelims

- 1 St. George's
- 2 St. Mary's Coll
- 3 Port Antonio
- 4 Garvey Maceo
- 5 Charlemont
- 6 Meadowbrook
- 7 Herbert Morrison
- 8 Staths

Event 15 Boys 14-15 4x100 Meter Relay CLASS 2

Top 8 Advance by Time

Sponsor: JTA CO-OP CREDIT UNION

CHAMPIONSHIP

Meet Record: 40.65 2/24/2024 Excelsior High

Meet Record: 40.65 2014 Kingston College

Lane Team Relay Seed Time

Heat 1 of 6 Prelims

- 2 Cayman
- 3 Staths
- 4 Maggotty
- 5 Calabar
- 6 Cornwall Col
- 7 Garvey Maceo
- 8 St. George's

Heat 2 of 6 Prelims

- 2 Waterford
- 3 Munro
- 4 Denbigh
- 5 JC
- 6 Greater Portmore
- 7 Holy Trinity
- 8 Steths

Heat 3 of 6 Prelims

- 2 William Knibb
- 3 Petersfield
- 4 Camperdown
- 5 Clarendon
- 6 KC
- 7 Green Island
- 8 Vere

Heat 4 of 6 Prelims

- 2 Wolmer's Boy
- 3 St. Catherine
- 4 Excelsior
- 5 R. Lightbourne
- 6 Mona High
- 7 Innswood
- 8 St. Jago

Heat 5 of 6 Prelims

- 2 Tacius Gold
- 3 St. Mary Tec
- 4 Rusea's
- 5 Edwin Allen
- 6 Manchester
- 7 Ascot
- 8 St. Mary's Coll

Heat 6 of 6 Prelims

- 2 Morant Bay
- 3 York Castle
- 4 Herbert Morrison
- 5 Titchfield
- 6 Ardenne
- 7 Mt. St. Joseph
- 8 Falcons Athletic



GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Managment by On DI Run MEET PROGRAMME

Event 16 Boys 13 Year Olds 4x100 Meter Relay CLASS 3

Top 8 Advance by Time

Sponsor: T CEDDES GRANT - HALIBORANGE

Meet Record: 41.83 2014 Calabar High

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 5 Prelims

- 2 St. Mary's Coll
- 3 St. George's
- 4 JC
- 5 Excelsior
- 6 Greater Portmore
- 7 Manchester
- 8 St. Catherine

Heat 2 of 5 Prelims

- 2 Falcons Athletic
- 3 St. Mary Tec
- 4 Cornwall Col
- 5 Campion
- 6 Denbigh
- 7 Garvey Maceo
- 8 William Knibb

Heat 3 of 5 Prelims

- 2 Muschett High
- 3 Rusea's
- 4 Ascot
- 5 Glenmuir
- 6 Meadowbrook
- 7 Ardenne
- 8 Staths

Heat 4 of 5 Prelims

- 1 R. Lightbourne
- 2 Wolmer's Boy
- 3 St. Jago
- 4 Petersfield
- 5 Holy Trinity
- 6 KC
- 7 Edwin Allen
- 8 Tacius Gold

Heat 5 of 5 Prelims

- 1 Titchfield
- 2 Steths
- 3 Papine
- 4 Mona High
- 5 Herbert Morrison
- 6 Calabar
- 7 Clarendon
- 8 Munro



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Event 17 Boys 10-12 4x100 Meter Relay CLASS 4

Top 8 Advance by Time

Sponsor: FIRST HERITAGE CREDIT UNION

Meet Record: 44.38 2014 Calabar High

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 5 Prelims

- 2 Wolmer's Boy
- 3 William Knibb
- 4 Holy Trinity
- 5 Greater Portmore
- 6 Staths
- 7 KC
- 8 Steths

Heat 2 of 5 Prelims

- 2 R. Lightbourne
- 3 Munro
- 4 JC
- 5 Edwin Allen
- 6 Meadowbrook
- 7 Morant Bay
- 8 Petersfield

Heat 3 of 5 Prelims

- 2 Tacius Gold
- 3 St. George's
- 4 Ascot
- 5 Cornwall Col
- 6 Campion
- 7 Clarendon
- 8 Mona High

Heat 4 of 5 Prelims

- 2 St. Mary's Coll
- 3 Manchester
- 4 Calabar
- 5 Denbigh
- 6 Herbert Morrison
- 7 Garvey Maceo
- 8 Rusea's

Heat 5 of 5 Prelims

- 2 St. Mary Tec
- 3 St. Jago
- 4 Ardenne
- 5 Papine
- 6 Glenmuir
- 7 Excelsior
- 8 St. Catherine



GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Managment by On DI Run MEET PROGRAMME

Event 18 Men 4x100 Meter Relay CLUBS

Sponsor: CHAMPIONSHIP ADVANCED SCALES & EQUIPMENT

CHAMPIONSHIP

Meet Record: 38.08 2010 RACERS LION

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 3 Finals

- 3 Mico University
- 4 Pelicans
- 5 G C Foster Lions
- 6 Exed Com Col
- 7 Velocity Pace
- 8 JC Teachers

Section 2 of 3 Finals

- 2 Exed
- 3 Speed Unit
- 4 Utech
- 5 G C Foster A
- 6 Dynamic Track
- 7 Swept Cdown
- 8 UWI

Section 3 of 3 Finals

- 1 G C Foster
- 2 Utech Track Club
- 3 Elite
- 4 Sprint Tec Track
- 5 Dynamic Speed
- 6 Racers
- 7 Swept
- 8 Bethlehem

Event 19 Women 4x100 Meter Relay CLUBS

Sponsor: GATES TRADING

Meet Record: 43.13 2015 UTECH

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 2 Finals

- 3 UWI
- 4 Speed Unit
- 5 Mico University
- 6 Swept
- 7 Utech
- 8 Sprint Tec Track

Section 2 of 2 Finals

- 3 Exed Com Col
- 4 Utech Track Club
- 5 Elite

Event 20 Girls 17-18 4x100 Meter Relay CLASS 1

Top 8 Advance by Time

Sponsor: TVJ

CHAMPIONSHIP

Meet Record: 43.37 2/26/2022 Edwin Allen High

C SERENA, C TINA, B Hall, C TIA

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 3 Prelims

- 2 Staths
- 3 St. Hugh's
- 4 Petersfield
- 5 Edwin Allen
- 6 Manchester
- 7 Camperdown
- 8 St. Jago



Heat 2 of 3 Prelims

- 2 St. Andrew High
- 3 Vere
- 4 Hydel
- 5 Holmwood
- 6 Holy Childhood
- 7 Excelsior
- 8 Immaculate

Heat 3 of 3 Prelims

- 2 St. Catherine
- 3 Wolmers Girls
- 4 Herbert Morrison
- 5 Marymount
- 6 St. Mary High
- 7 Titchfield
- 8 Cayman

Event 21 Girls 15-16 4x100 Meter Relay CLASS 2

Top 8 Advance by Time

Sponsor: FORBES FAMILY

CHAMPIONSHIP

Meet Record: 43.73 2/29/2020 Edwin Allen High

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 4 Prelims

- 2 Mt Alvern
- 3 Champion
- 4 Edwin Allen
- 5 Cayman
- 6 Holy Childhood
- 7 Herbert Morrison
- 8 St. Catherine

Heat 2 of 4 Prelims

- 2 St. Jago
- 3 Meadowbrook
- 4 Alpha
- 5 Excelsior
- 6 Gaynstead
- 7 Manchester
- 8 Merl Grove

Heat 3 of 4 Prelims

- 2 Vere
- 3 Staths
- 4 Ardenne
- 5 Immaculate
- 6 Hydel
- 7 Holmwood
- 8 Marymount

Heat 4 of 4 Prelims

- 2 Titchfield
- 3 Petersfield
- 4 Wolmers Girls
- 5 Tacius Gold



GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Managment by On DI Run MEET PROGRAMME

Event 22 Girls 13-14 4x100 Meter Relay CLASS 3

Top 8 Advance by Time

Sponsor: RAINBOW AWNINGS

Meet Record: 44.59 2019 Edwin Allen High

T. Clayton, T. Clayton, S. Cole, B. Johnson

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 6 Prelims

- 2 William Knibb
- 3 St. Catherine
- 4 Mt Alvern
- 5 Holy Childhood
- 6 Alpha
- 7 Merl Grove
- 8 St. Hugh's

Heat 2 of 6 Prelims

- 2 Muschett High
- 3 Wolmers Girls
- 4 Maggotty
- 5 Immaculate
- 6 B.B. Coke
- 7 Holmwood
- 8 York Castle

Heat 3 of 6 Prelims

- 2 Staths
- 3 Papine
- 4 Herbert Morrison
- 5 Camperdown
- 6 Glenmuir
- 7 Alphansus Davis
- 8 Meadowbrook

Heat 4 of 6 Prelims

- 2 Vere
- 3 St. Jago
- 4 Gaynstead
- 5 Manchester
- 6 Edwin Allen
- 7 Hydel
- 8 Titchfield

Heat 5 of 6 Prelims

- 2 Steths
- 3 Petersfield
- 4 Clarendon
- 5 Excelsior
- 6 Mona High
- 7 Ardenne
- 8 R. Lightbourne

Heat 6 of 6 Prelims

- 3 St. Mary High
- 4 Marymount
- 5 Campion
- 6 Ascot
- 7 Ferncourt
- 8 St. Andrew High

Event 23 Girls 10-12 4x100 Meter Relay CLASS 4

Top 8 Advance by Time

Sponsor: DIVERSE SERVICES & CONSTRUCTION LTD.

Meet Record: 47.23 2017 Hydel High

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 6 Prelims

- 2 Vere
- 3 St. Hugh's
- 4 Mona High
- 5 Hydel
- 6 Greater Portmore
- 7 Denbigh
- 8 Steths

Heat 2 of 6 Prelims

- 2 St. Jago
- 3 Merl Grove
- 5 Camperdown
- 6 Ferncourt
- 7 Edwin Allen
- 8 Meadowbrook

Heat 3 of 6 Prelims

- 2 Muschett High
- 3 Petersfield
- 4 Charlemont
- 5 Immaculate
- 6 Campion
- 7 Foga Road
- 8 Manchester

Heat 4 of 6 Prelims

- 2 The Queen's
- 3 St. Mary High
- 4 Holy Childhood
- 5 Mt Alvern
- 6 Ardenne
- 7 Herbert Morrison
- 8 Papine

Heat 5 of 6 Prelims

- 2 York Castle
- 3 St. Catherine
- 4 DQ
- 5 Staths
- 6 Alpha
- 7 St. Andrew High
- 8 Titchfield

Heat 6 of 6 Prelims

- 3 Wolmers Girls
- 4 Clarendon
- 5 Excelsior
- 6 Marymount
- 7 Gaynstead
- 8 R. Lightbourne



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GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Management by On DI Run MEET PROGRAMME

Event 24 Men 4x100 Meter Relay MASTERS

Sponsor: Gibson McCook Relays Organizing Committee

Meet Record: 43.50 2016 CAN/JAM MASTERS
D RYAN, R REID, L McEWAN, E KEENE

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

- 1 Jamaica Masters
- 2 Express Masters
- 3 Elite Masters
- 4 Sun City Masters
- 5 Jamaica Elite
- 6 Police Masters
- 7 Ebony
- 8 Big Brother

Event 25 Mixed 4x100 Meter Relay SPECIAL

Sponsor: EASTWOOD LIMITED

Meet Record: 46.06 2005 SOJ St. Ann

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

- 2 Kingston A
- 3 Kingston B
- 4 St Catherine A
- 5 St Andrew A
- 6 Clarendon B
- 7 St Catherine B
- 8 Clarendon A

Event 26 Women 60 Meter Dash OPEN

Sponsor: CAL'S MANUFACTURING

CHAMPIONSHIP

Meet Record: 7.02 2/25/2023 Tina Clayton

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Section 1 of 2 Finals

- 1 Cameron, Kasheika Elite
- 2 Wallace, Shockoria Mvp
- 3 Moodie, Mickaell G C Foster
- 4 Brown, Amoi Mvp
- 5 Clayton, Tina Mvp
- 6 Strachan, Anthonique Mvp
- 7 Niles, Kishawna Utech
- 8 Williams, Shimayra Elite

Section 2 of 2 Finals

- 1 Soley, Krystal Utech
- 2 Smith, Jonielle Mvp
- 3 Jackson, Shericka Mvp
- 4 Williams, Jodean Sprint Tec Track
- 5 Morrison, Natasha Mvp
- 6 Forbes, Shashalee Sprint Tec Track
- 7 Clayton, Tia Mvp
- 8 Cole, Serena Mvp

Event 27 Men 60 Meter Dash OPEN

Sponsor: PUMA

CHAMPIONSHIP

Meet Record: 6.42 2/25/2023 Ackeem Blake

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Section 1 of 3 Finals

- 1 Burke, Mario Mvp
- 2 Harris, Junior Swept
- 3 Compton, McKish Sprint Tec Track
- 4 Kerr, Adrian Motorcade
- 5 Barnswell, Ramone Mvp
- 6 Tracey, Tyquendo Swept
- 7 Williams, Mario Mvp
- 8 Thomas, Keishon Motorcade

Section 2 of 3 Finals

- 1 Campbell, Micheal Mvp
- 2 Foster, Rasheed Mico University
- 3 Card, Gary Wolmer's Boy
- 4 Greene, Cejhae Mvp
- 5 Williams, Shakur Titans
- 6 Lewis, Jason Swept
- 7 Ellis, Nigel Elite
- 8 Ramsey, Shamar Unattached

Section 3 of 3 Finals

- 1 Watson, Rohan Mvp
- 2 Archibald, Emanuel Swept
- 3 Ebanks, Nishion Mvp
- 4 Goldson, Kadrian Sprint Tec Track
- 5 Rodney, Brendon Sprint Tec Track
- 6 Forte, Julian Elite
- 7 Broadbell, Rasheed Mvp
- 8 McPherson, Odaine Sprint Tec Track



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GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Managment by On DI Run MEET PROGRAMME

Event 28 Boys 10-18 4x800 Meter Relay HS OPEN

Sponsor: CONSUMER BRANDS - CREST & ORAL B
CHAMPIONSHIP

Meet Record: 7:24.30 2/26/2022 Jamaica College

O Davis, H Roban, K Bygrave, J Blake

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 2 Finals

- 1 Alphansus Davis
- 2 Bellefield
- 3 Calabar
- 4 Clarendon
- 5 Edwin Allen
- 6 Holmwood
- 7 JC
- 8 KC
- 9 Morant Bay
- 10 Munro
- 11 Port Antonio
- 12 St. Jago
- 13 Steths
- 14 Tacius Gold
- 15 William Knibb

Section 2 of 2 Finals

- 5 Wolmer's Boy
- 6 Charlemont
- 7 Campion
- 8 St. Mary High

Event 29 Girls 10-18 4x800 Meter Relay HS OPEN

Sponsor: SHERWIN WILLIAMS
CHAMPIONSHIP

Meet Record: 8:46.40 2018 Edwin Allen High

K. Grant, S Ingram, C. Donald, J. McLean

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

- 1 Immaculate
- 2 Papine
- 3 Alphansus Davis
- 4 Excelsior
- 5 Edwin Allen
- 6 Alpha
- 7 Hydel
- 8 Holmwood

Event 30 Men 400 Meter Dash OPEN

Sponsor: CONSUMER BRANDS - SECRET

Meet Record: 45.50 1984 Bertland Cameron

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Section 1 of 1 Finals

- 1 Miller, Wendell Mvp
- 2 Wilson, Assinie Titans
- 3 Kennedy, Delano Uptimum
- 4 Gaye, Demish Sprint Tec Track
- 5 McDonald, Rusheen Mvp
- 6 Watkin, Deandre Elite
- 7 James-King, Malik Titans
- 8 Clarke, Roshawn Swept
- 9 Brown, Javier Swept
- 10 Dyett, Jalen Mvp
- 11 Jordan-Martinez, Michael Puerto Rico

Event 31 Girls 10-18 1600 Sprint Medley HS OPEN

Top 8 Advance by Time

Sponsor: JAAA

CHAMPIONSHIP

Meet Record: 3:55.77 2/26/2022 Holmwood Technical

A Palmer, A Brady, R Russell, S Pryce

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 3 Prelims

- 1 Petersfield
- 2 Steths
- 3 Holmwood
- 4 Knox College
- 5 Foga Road
- 6 Alpha
- 7 Papine
- 8 Maggotty

Heat 2 of 3 Prelims

- 1 St. Jago
- 2 Titchfield
- 3 Hydel
- 4 Immaculate
- 5 Port Antonio
- 6 Camperdown
- 7 St. Andrew High
- 8 R. Lightbourne

Heat 3 of 3 Prelims

- 1 The Queen's
- 2 St. Mary High
- 3 Alphansus Davis
- 4 Excelsior
- 5 B.B. Coke
- 6 Edwin Allen
- 7 Mt Alvern
- 8 St. Catherine



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GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Managment by On DI Run MEET PROGRAMME

Event 32 Boys 10-18 1600 Sprint Medley HS OPEN

Top 8 Advance by Time

Sponsor: WISYNCO (WATA)

CHAMPIONSHIP

Meet Record: 3:25.99 2019 Enid Bennett High

C. Gordon, A. Green, K. Perry, L. Murphy

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 4 Prelims

- 1 Excelsior
- 2 Clarendon
- 3 Campion
- 4 Alphansus Davis
- 5 B.B. Coke
- 6 Calabar
- 7 Charlemont

Heat 2 of 4 Prelims

- 2 Manchester
- 3 Knox College
- 4 Innswood
- 5 Foga Road
- 6 Green Island
- 7 Maggotty
- 8 KC

Heat 3 of 4 Prelims

- 1 Rhodes Hall
- 2 Port Antonio
- 3 JC
- 4 Papine
- 5 Morant Bay
- 6 Munro
- 7 Petersfield

Heat 4 of 4 Prelims

- 1 Wolmer's Boy
- 2 William Knibb
- 3 St. Mary's Coll
- 4 St. Catherine
- 5 R. Lightbourne
- 6 Sydney Pagon
- 7 Titchfield

Event 33 Girls 10-18 4x200 Meter Relay HS OPEN

Top 8 Advance by Time

Sponsor: CENITECH ENGINEERING

CHAMPIONSHIP

Meet Record: 1:33.17 2/25/2023 Hydell High

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 5 Prelims

- 1 Steths
- 2 The Queen's
- 3 Mt Alvern
- 4 Ferncourt
- 5 Maggotty
- 6 Herbert Morrison
- 7 Alpha
- 8 Mona High

Heat 2 of 5 Prelims

- 2 William Knibb
- 3 Muschett High
- 4 Staths
- 5 Papine
- 6 St. Hugh's
- 7 St. Jago
- 8 Tacius Gold

Heat 3 of 5 Prelims

- 2 Rusea's
- 3 Manchester
- 4 Edwin Allen
- 5 Holmwood
- 6 Hydell
- 7 Excelsior
- 8 Merl Grove

Heat 4 of 5 Prelims

- 2 Vere
- 3 Port Antonio
- 4 Holy Childhood
- 5 Immaculate
- 6 Gaynstead
- 7 Bellefield
- 8 Marymount

Heat 5 of 5 Prelims

- 2 R. Lightbourne
- 3 Glenmuir
- 4 Cayman
- 5 Camperdown
- 6 Petersfield
- 7 Campion
- 8 St. Mary High



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GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Managment by On DI Run MEET PROGRAMME

Event 34 Boys 16-18 4x200 Meter Relay CLASS 1

Top 8 Advance by Time

Sponsor: TVJ

CHAMPIONSHIP

Meet Record: 1:24.67 1992 Jamaica College

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 4 Prelims

- 2 Falcons Athletic
- 3 Rusea's
- 4 Ascot
- 5 R. Lightbourne
- 6 Wolmer's Boy
- 7 Green Island
- 8 Greater Portmore

Heat 2 of 4 Prelims

- 2 William Knibb
- 3 Herbert Morrison
- 4 Calabar
- 5 Petersfield
- 6 Cayman
- 7 Garvey Maceo
- 8 St. Jago

Heat 3 of 4 Prelims

- 3 Tacius Gold
- 4 JC
- 5 Foga Road
- 6 Munro
- 7 Camperdown
- 8 Staths

Heat 4 of 4 Prelims

- 3 St. Catherine
- 4 Excelsior
- 5 Cornwall Col
- 6 KC
- 7 Mona High
- 8 Steths

Event 35 Boys 14-15 4x200 Meter Relay CLASS 2

Top 8 Advance by Time

Sponsor: JAMAICA BISCUIT CO - BERMUDEZ

CHAMPIONSHIP

Meet Record: 1:25.30 2014 Kingston College

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 4 Prelims

- 1 Wolmer's Boy
- 2 Tacius Gold
- 3 Staths
- 4 Greater Portmore
- 5 Morant Bay
- 6 Excelsior
- 7 Manchester
- 8 R. Lightbourne

Heat 2 of 4 Prelims

- 2 Waterford
- 3 St. George's
- 4 Port Antonio
- 5 Innswood
- 6 JC
- 7 Petersfield
- 8 Steths

Heat 3 of 4 Prelims

- 2 Falcons Athletic
- 3 St. Jago
- 4 Clarendon
- 5 Green Island
- 6 Mona High
- 7 Calabar
- 8 Mt. St. Joseph

Heat 4 of 4 Prelims

- 2 Cayman
- 3 William Knibb
- 4 Herbert Morrison
- 5 Ardenne
- 6 Holy Trinity
- 7 Cornwall Col
- 8 KC



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GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Managment by On DI Run MEET PROGRAMME

Event 36 Boys 13 Year Olds 4x200 Meter Relay CLASS 3

Top 8 Advance by Time

Sponsor: P.A. BENJAMIN MANUFACTURING

Meet Record: 1:31.39 2018 Kingston College

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 3 Prelims

- 1 Falcons Athletic
- 2 Muschett High
- 3 St. George's
- 4 Glenmuir
- 5 St. Jago
- 6 Wolmer's Boy
- 7 Rusea's
- 8 Campion

Heat 2 of 3 Prelims

- 1 R. Lightbourne
- 2 Papine
- 3 Cornwall Col
- 4 JC
- 5 Calabar
- 6 Excelsior
- 7 William Knibb
- 8 Manchester

Heat 3 of 3 Prelims

- 1 Munro
- 2 Steths
- 3 Staths
- 4 Mona High
- 5 Herbert Morrison
- 6 Greater Portmore
- 7 KC
- 8 Petersfield

Event 37 Boys 10-12 4x200 Meter Relay CLASS 4

Top 8 Advance by Time

Sponsor: THE ART PRINTER

Meet Record: 1:34.71 2010 Wolmer's Boys School

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 3 Prelims

- 1 Steths
- 2 St. George's
- 3 Petersfield
- 4 Mona High
- 5 Herbert Morrison
- 6 Munro
- 7 Manchester
- 8 Rusea's

Heat 2 of 3 Prelims

- 1 William Knibb
- 2 Wolmer's Boy
- 3 St. Jago
- 4 Calabar
- 5 JC
- 6 Campion
- 7 Greater Portmore
- 8 Morant Bay

Heat 3 of 3 Prelims

- 2 Staths
- 3 R. Lightbourne
- 4 KC
- 5 Cornwall Col
- 6 Glenmuir
- 7 Excelsior
- 8 Papine

Event 38 Mixed 10-18 4x400 Meter Relay HS OPEN

Sponsor: MJD PHARMACEUTICALS LTD.

Meet Record: 3:32.83 2/24/2024 Alphansus Davis High

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 1 Finals

- 3 Knox College
- 4 Alphansus Davis
- 5 St. Jago
- 6 Holmwood
- 7 Manchester

Event 39 Men 4x400 Meter Relay CLUBS

Sponsor: PUMA

CHAMPIONSHIP

Meet Record: 3:03.18 2015 UTECH

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Section 1 of 2 Finals

- 5 UWI
- 6 Velocity Pace
- 7 Mico University

Section 2 of 2 Finals

- 1 Exed Com Col
- 2 Sprint Tec Track
- 3 Utech Track Club
- 4 Swept
- 5 Racers
- 6 Bethlehem
- 7 Utech
- 8 G C Foster



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GIBSON McCOOK RELAYS 2025 - EVENT INFORMATION

Data Managment by On DI Run MEET PROGRAMME

Event 41 Girls 10-18 4x400 Meter Relay HS OPEN

Top 8 Advance by Time

Sponsor: PUMA

CHAMPIONSHIP

Meet Record: 3:33.34 2013

Vere Technical

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 4 Prelims

- 1 Vere
- 2 Wolmers Girls
- 3 The Queen's
- 4 Campion
- 5 Holmwood
- 6 Immaculate
- 7 Merl Grove
- 8 R. Lightbourne

Heat 2 of 4 Prelims

- 1 St. Hugh's
- 2 Sydney Pagon
- 3 St. Catherine
- 4 Camperdown
- 5 Hydell
- 6 Alpha
- 7 Edwin Allen
- 8 Meadowbrook

Heat 3 of 4 Prelims

- 2 York Castle
- 3 Tacius Gold
- 4 Manchester
- 5 Excelsior
- 6 Papine
- 7 Port Antonio
- 8 William Knibb

Heat 4 of 4 Prelims

- 2 Titchfield
- 3 St. Jago
- 4 Marymount
- 5 Mt Alvern
- 6 Bellefield
- 7 B.B. Coke
- 8 Steths

Event 42 Boys 10-18 4x400 Meter Relay HS OPEN

Top 8 Advance by Time

Sponsor: PUMA

CHAMPIONSHIP

Meet Record: 3:07.00 2014

Calabar High

Lane	Team	Relay	Seed Time
------	------	-------	-----------

Heat 1 of 5 Prelims

- 1 Sydney Pagon
- 2 Tacius Gold
- 3 Munro
- 4 Holmwood
- 5 Ardenne
- 6 Denbigh
- 7 B.B. Coke
- 8 Mona High

Heat 2 of 5 Prelims

- 1 Titchfield
- 2 William Knibb
- 3 St. George's
- 4 Knox College
- 5 Holy Trinity
- 6 KC
- 7 Meadowbrook
- 8 R. Lightbourne

Heat 3 of 5 Prelims

- 1 Port Antonio
- 2 Vere
- 3 Manchester
- 4 Excelsior
- 5 Edwin Allen
- 6 Cornwall Col
- 7 Charlemont
- 8 Maggotty

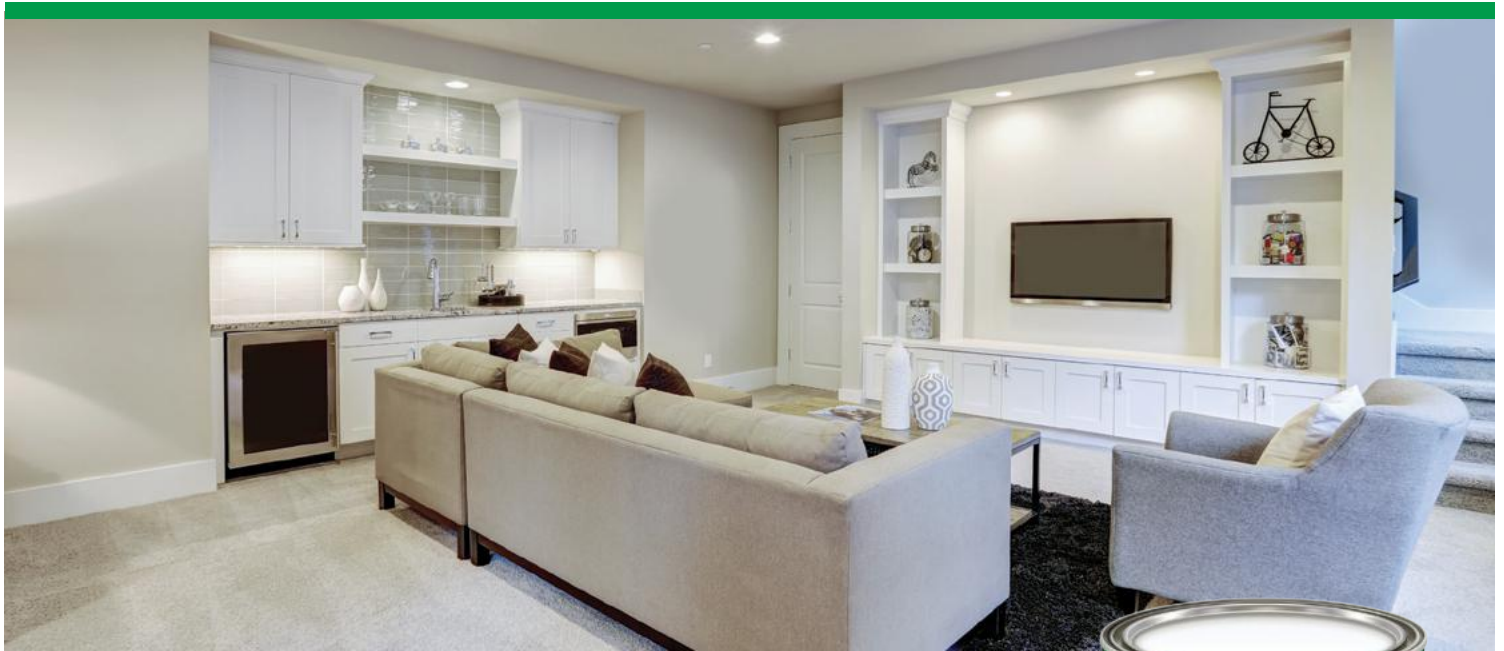
Heat 4 of 5 Prelims

- 1 St. Catherine
- 2 St. Mary's Coll
- 3 Staths
- 4 Clarendon
- 5 Herbert Morrison
- 6 Bellefield
- 7 Calabar
- 8 St. Mary Tec

Heat 5 of 5 Prelims

- 1 Steths
- 2 St. Jago
- 3 JC
- 4 Ascot
- 5 Innswood
- 6 Alphansus Davis
- 7 Garvey Maceo
- 8 Papine





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EVENTS AND SPONSORS



Event	Sponsor
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Long Jump Women	Nestle - Milo
1500m Men	CIBC Caribbean
4 x 100m Prep School Boys Under 10	Western Union
4 x 100m Primary School Boys Under 10	Child's Play
4 x 100m Primary School Boys Under 12	Musson – Nupak
4 x 100m Prep School Boys Under 12	Dairy Industries – Good 2 Grow
4 x 100m Prep School Girls Under 12	Jamaica Biscuit Company - Excelsior
4 x 100m Primary School Girls Under 12	Joan Duncan Foundation
4 x 100m High School Boys Class I (Under 19)-Champ.	Wisynco – Powerade
4 x 100m High School Boys Class II (Under 16)-Champ.	JTA Co-op Credit Union
4 x 100m High School Boys Class III (Under 14)	T Geddes Grant – Haliborange
4 x 100m High School Boys Class IV (Under 13)	First Heritage Credit Union
4 x 100m Institution Men - Championship	Advanced Scales & Equipment
4 x 100m Institution Women	Gates Trading
4 x 100m High School Girls (Under 19) – Champ.	TVJ
4 x 100m High School Girls (Under 17) – Champ.	Forbes Family
4 x 100m High School Girls (Under 15)	Rainbow Awnings
4 x 100 High School Girls (Under 13)	Diverse Services & Construction Ltd.
4 x 100m Masters Men	Gibson McCook Relays Organizing Committee
4 x 100m Special Olympics Men	Eastwood Limited



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EVENTS AND SPONSORS



Event	Sponsor
60m Women Open	Cal's Manufacturing
60m Men Open	PUMA
4 x 800m High School Boys Open-Champ.	Consumer Brands – Crest & Oral B
4 x 800m High School Girls Open-Champ.	Sherwin Williams
400m Men Open	Consumer Brands - Secret
Sprint Medley High School Boys Open -Champ.	Wisynco – WATA
Sprint Medley High School Girls Open –Champ.	JAAA
4 x 200m High School Girls Open- Champ.	Cenitech Engineering
4 x 200m High School Boys Class I (Under 19) -Champ.	TVJ
4 x 200m High School Boys Class II (Under 16) -Champ.	Jamaica Biscuit Company – Bermudez
4 x 200m High School Boys Class III (Under 14)	P.A. Benjamin Manufacturing
4 x 200m High School Boys Class IV (Under 13)	The Art Printery
4 x 400m Mixed Relay – High School Open	MJD Pharmaceuticals Ltd.
4 x 400m Institution Men- Championship	PUMA
4 x 400m High School Girls Open – Champ.	PUMA
4 x 400m High School Boys Open – Champ.	PUMA



A TRUE LEGEND



Article By:
Denzil Wilks

George Rhoden was a Jamaican Olympic sprinter who won two gold medals at the 1952 Helsinki Olympics. He was born in Kingston, Jamaica on December 13, 1926 and died on August 24, 2024 at the age of 97.

Achievements:

- Won gold in the 400m and 4x400m at the 1952 Helsinki Olympics
- Set a world record in the 400m with a time of 45.8 seconds in 1950
- Won NCAA championships in the 220-yard race in 1951 and the 440-yard race from 1950-52 while attending Morgan State University
- Earned bronze in the 400m and gold in the 4x400m at the 1946 Central American and Caribbean Games

This encapsulates the career of a Jamaican legend who helped to set the stage for Jamaica's current phenomenal status in world track and field, based on the Artificial Intelligence interpretation of the information available. But this, while being accurate, fails to contextualize the impact of this man. He was there in 1948 when Arthur Wint won from Herb McKenley. He failed to win a medal, trying out in the 100m and 400m. He shared the disappointment of injury, which prevented the 4x400m team from finishing.

George Rhoden cannot be claimed by any of our famous high schools as he never competed at the legendary "Champs". Recruited by a Morgan State University scout, who saw him perform at Sabina Park, he went on to become the only double gold medalist at the Olympics until Veronica Campbell-Brown rewrote the record books.

The summary fails to tell the fact that his victory in 1952 was done in Olympic record time. There is no telling whether words can accurately reflect his anchor leg in the famous 4x400m relay in 1952. Herb McKenley had already done the seemingly impossible by making up a monumental deficit on the third leg. But it was by no means all over, as Mal Whitfield of the USA was a seasoned competitor, having won the 800m for the second Olympics in succession. Yes, Rhoden had won the 400m but here was a man apparently stronger and packing speed to complement his other attributes. To the naked eye it

seemed that the yard/metre lead provided by McKenley remained precisely that for the entire last leg of the race.

It could have been this tenacity that took him to 97 years, being the last of the famous four from Helsinki in 1952. No wonder the local federation, the Jamaica Athletic Administrative Association (JAAA) had this to say about the man, Rhoden, on his passing.

"George Rhoden was one of the building blocks of our sport in Jamaica. He demonstrated true grit and determination in every single one of his races and was a dependable team member," said Garth Gayle, President of the JAAA. "He would grind out every event, giving everything for his team and his country. His performances in 1952 will always be remembered as they laid the groundwork for the strong track and field nation we are today."

One of his final major championship appearances came at the 1954 CAC Games, where he won four medals: silver in the 400m and 800m, plus gold in the 4x100m and 4x400m. This performance epitomized the indubitable and indomitable nature of this hero. His absolutely unyielding run in that relay leg may very well be as worthy as his victory in the 400m.





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A TRUE LEGEND - CONT'D.

In the Sunday Gleaner of June 29, 2003, Mr. Rhoden recounted aspects of his 1952 performances. I recommend this article as compulsory reading. The daring of the man is remarkable and could easily be compared to some of the actions of Muhammed Ali. The only thing is that this preceded Ali and makes Rhoden the original mind game expert.

"In all of the pre-Olympic meets I requested lane six, and it so happened that when I reached the finals in Helsinki I drew lane six. The German champion was in lane one, Melvin Whitfield in lane two, McKenley in lane four, Arthur Wint (defending champion) in lane three and I jumped up from the table and said, 'I got lane six didn't I?'"

"Right there and then I turned around and said 'Jamaica will have a new Olympic 400m champion. By saying that the late Wint and McKenley got up and went to the bathroom ... I was getting in their heads,' he said.

Some may see this as arrogance. This, however, told of the mettle of the man. Having made these assertions, the pressure was on him to come and deliver. He may have scared his opponents but he had also set himself as a target. The fact of his delivering when it counted most is indicative of a level of internal motivation and strength.

Track and field is a peculiar sport. Some say it is not a team sport. It can be suggested that it is both individualistic as well as team oriented. Be assured that it is not only when there is a relay that it becomes a team sport. When three young men from a tiny island in the Caribbean Sea, line up in an Olympic final against the might of the USA in particular, it is team against team. The outcome of the relay was a confirmation of the strength of the team. Rhoden was part of a small group of four who were foiled by injury in 1948. Regardless of the outcome of the individual race they were determined that they would make it right in 1952. McKenley was beaten twice and wanted gold at last. Laing had his only hope and Wint wanted another gold after 1948.

It may be instructive to note that in 1948 Rhoden started the relay. However, he was chosen to finish in 1952. This could be due to him winning the 400m, but it could also be due to the level of self-confidence that he exuded. The USA team was extremely strong and each leg required a particular type of strength. It is hoped that somewhere in the archives some of these searching questions were explored with Mr. Rhoden as he gave ample time to ensure the recording of this most valuable aspect of Jamaica's history.





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CLUBS/INSTITUTIONS TO SHARE SPOTLIGHT AT GIBSON MCCOOK RELAYS



Article By:
Raymond Graham



Over the years, most of the attention at the Gibson McCook Relays has been on high school teams. However, this year, clubs and institutions—especially in the male category—are expected to share the spotlight.

With the World Indoor Championships in March and the World Outdoor Championships in September, senior athletes will be eager to make an early statement, promising an exciting showdown.

At the recent Camperdown Classic and Western Relays, there was a strong turnout from institutions and clubs, with many athletes opening their season in preparation for the intense competition ahead. The action at the Gibson McCook Relays will feature the 4x100m and 4x400m relays, and fans can expect fireworks.

At the Western Relays, Swept Track Club dominated both events, defeating GC Foster College and Dynamic Speed Track Club. They clocked 39.46 seconds in the 4x100m and 3:09.45 in the 4x400m. These times, however, were slower than last year's Gibson McCook Relays, where Racers Track Club won the 4x100m in 38.88 seconds, and GC Foster College secured the 4x400m in 3:07.10.

With stars like Roshawn Clarke and Tyquendo Tracey, Swept Track Club will be aiming to maintain their form. However, Racers Track Club, led by Olympic Games

100m finalist Oblique Seville, will be determined to defend their title and claim back-to-back victories in the 4x100m.

GC Foster College, which dominated the men's 100m at the Western Relays through Jace Witter, Kimani Fletcher, and Andre Dacres, cannot be overlooked. Meanwhile, former World 100m champion Yohan Blake will be hoping his Dynamic Speed Club improves on last year's third-place finish and goes all the way.

The 4x400m is also set to be a thriller. Sprint Tec, led by Zadrion Barnes, who ran a world-leading 44.97 seconds to win the 400m at the Camperdown Classic, will spearhead his team. He'll be joined by veteran Demish Gaye.

Racers Track Club, featuring defending world champion Antonio Watson, newcomer Jevaughn Powell, and Jeremy Bembridge, has the firepower to take the title. Meanwhile, Titans Track Club, led by Malik James-King and Assinie Wilson, cannot be ruled out.

With such a stacked field, fans can expect some tantalizing moments at this year's Gibson McCook Relays.

THE PURPLE DIARY 2025



JAAA CALENDAR OF EVENTS 2024 - 2025



INTERNATIONAL EVENTS

DATE	EVENT	VENUE
2024		
OCTOBER		
6	JATAFCA National Coaches Day	
	PanAM Games	Santiago de Chile, Chile
NOVEMBER		
2	JAAA Calendar Conference	JAAA Office/online
10	Burger King Portmore 5K and 4x1500m Relays	New Kingston
17	CB Group UWI 5K	UWI Mona
21	JAAA National XC Championships	GC Foster College
23	JAAA AGM	Jamaica College
24	Veristas 5K Run/Walk	St Theresa Prep, Kingston
DECEMBER		
7	Reggae Marathon, Half Marathon & 10K	Negril
14	Tyser Mills Development Meet	GC Foster College
14	Wesley Powell Benjamins Track and Field Meet	Excelsior High School
21	Foga Road Over-Distance Meet	Foga Road High, Clarendon
29	Old Harbour Bay/ Neville Myton 5K	Old Harbour Bay, St. Catherine

JAAA OFFICE WILL BE CLOSED Dec. 20 - Jan. 6, 2025

2025		
JANUARY		
3	OnDiRun/ JC Sprint Fest 200	Jamaica College
4	Jamaica College Invitational	Jamaica College
4	First Chance Meet	Montego Bay, St. James
4	Ted Dwyer Classics & Pentathlon Challenge	EXED Community College
11	Douglas Forrest Invitational	National Stadium, St Andrew
11	JAAA/PUMA Fuller Anderson Meet	GC Foster College
11	Manchester High School/Charlie Fuller Field Events Meet	Manchester High School
17	OnDiRun/ GC Foster Sprint Fest 100	GC Foster College
17	Throws Fest Series #1 Javelin (Male & Female)	Jamaica College
18	Central Hurdles Relays & Field Events	GC Foster College
18	McKinley/ Wint Invitational Meet	Calabar High School
18	Montego Bay Comets Development Meet	Montego Bay, St James
18	Big Shot Invitational Meet	Excelsior High School
24	Throws Fest Series #2 Discus - Male & Shot Put - Female	Excelsior High School
24-25	New York International Showcase (INDOOR)	Staten Island, New York
25	STETHS Invitational Meet	Santa Cruz, St. Elizabeth
25	Queen's/Grace Jackson Track Meet	National Stadium, St Andrew
31	Throws Fest Series #3 Javelin (Male & Female)	Jamaica College

THE PURPLE DIARY 2025 - CONT'D.



JAAA CALENDAR OF EVENTS 2024 - 2025



INTERNATIONAL EVENTS

DATE	EVENT	VENUE
2025		
FEBRUARY		
1	JAAA/PUMA Development Meet	Jamalco Sports Club, Clarendon
1	Eastern Invitational Track and Field Meet	Lyssons, St Thomas
1	Throws Fest Series #4 Shot Put, Discus (Male & Female)	Excelsior High School
1	Youngster Goldsmith Classics	National Stadium, St. Andrew
2	New Balance Indoor Grand Prix	Boston, USA
8	Camperdown Classic	National Stadium, St. Andrew
8	King of the Ring	Excelsior High School
8	Western Milo Relays	GC Foster College
8	Millrose Games	New York, USA
13-15	Western Champs (REGIONAL MEET)	STETHS, St. Elizabeth
15	S.W. Isaac Henry Invitational	National Stadium, St. Andrew
15	Fervet Distance Carnival	Jamaica College
18-19	Central Championships (REGIONAL MEET)	GC Foster College
22	Gibson McCook Relays	National Stadium, St. Andrew
22	Muller Indoor Grandprix	Glasgow, England
28- Mar. 2	JAAA Carifta Trials	National Stadium, St. Andrew
MARCH		
1	WIC Q Meet	GC Foster College
3-4	Eastern Championships (REGIONAL MEET)	National Stadium, St. Andrew
7-8	Corporate Area Development Meet (REGIONAL MEET)	Jamaica College
8	GC Foster Classic	GC Foster College
9	Melbourne 5K	Kingston
13-14	Inter-Collegiate Track & Field Championships	GC Foster College
21-23	World Athletics Indoor Championships	Nanjing, China
22	Velocity Fest #16	National Stadium, St. Andrew
23-30	World Masters Indoor Championships	Florida, USA
25-29	ISSA/Grace Kennedy Boys and Girls Championships	National Stadium, St. Andrew
29	Felix Sanchez Classic	Bayaguana, DOM
APRIL		
4-6	Grand Slam Track	National Stadium, St. Andrew
5	KC / Prep Primary Development Meet	Kingston College (Melbourne)
12	NACAC New Life Invitational	Freeport, BAH
12	Keyes / OnDiRun Over-Distance Meet	Jamaica College
12	Ricky Martin Invitational Primary School Meet	Stadium East, St Andrew
12	Prep & Primary School Invitational	Cornwall College, Montego Bay
19	Excelsior Primary Development Meet	Excelsior High School



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THE PURPLE DIARY 2025 - CONT'D.



JAAA CALENDAR OF EVENTS 2024- 2025



INTERNATIONAL EVENTS

DATE	EVENT	VENUE
2025		
19	Velocity Fest #17	National Stadium, St. Andrew
19-21	Carifta Games	Port of Spain, TRI
24-26	PENN RELAYS	Philadelphia, Pennsylvania, USA
25-26	DRAKE RELAYS	Des Moines, Iowa
26	Xiamen Diamond League	Xiamen, PR of China
30-May 2	INSports Eastern Primary Schools Championships	Stadium East, St Andrew
MAY		
3	Jamaica Athletics Invitational Meet	National Stadium, St. Andrew
2-3	East Coast International Showcase	Morgan State Univ, Maryland
3	Shenzhen Diamond League	Suzhou, PR of China
5-7	INSports Central Primary Schools Championships	GC Foster College
7	World In Athletics Day	Jamalco Sports Club, Halse Hall
8-10	INSports Western Primary Schools Championships	STETHS
10	JAAA All Comers Meet #1	National Stadium, St. Andrew
10-11	World Athletics Relays	Guangzhou, PR of China
10	Ricky Martin Invitational Prep School Meet	Stadium East, St Andrew
14	World Kids in Athletics Day	Jamalco Sports Club, Halse Hall
16	Doha Diamond League	Doha, QATAR
17	Lloyd's of Montego Bay Western Prep Schools Championships	Cornwall College, Montego Bay
17	JAAA All Comers Meet #2	National Stadium, St. Andrew
17	OnDiRun/JC Jnr. Sprint Fest (Prep Edition)	Jamaica College
19	Rabat Diamond League	Rabat, Morocco
23-24	Annual Police Championships	GC Foster College
24	JAAA WA Championships Preparation #1	National Stadium, St. Andrew
29-31	INSports Primary School Championships FINALS	National Stadium, St. Andrew
30-31	Special Olympics JA National Games	TBD
31	JAAA WA Championships Preparation #2	National Stadium, St. Andrew
June		
6-7	NACAC Combined Events Championships	Texas or Mirimar - TBC
6	Rome Golden Gala - Wanda Diamond League	Rome, ITA
7	Racers Grand Prix	National Stadium, St. Andrew
7-8	JAAA National Age Group U13/U15 Championships	TBD
8	BAUHAUS-Galan - Wanda Diamond League	Stockholm, SWE
12	Bislet Games - Wanda Diamond League	Oslo, Norway





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THE PURPLE DIARY 2025 - CONT'D.



JAAA CALENDAR OF EVENTS 2024 - 2025



INTERNATIONAL EVENTS

DATE	EVENT	VENUE
2025		
12-14	JISA Prep School Championships	National Stadium, St. Andrew
14	JAAA All Comers Meet #3	National Stadium, St. Andrew
16-18	INSPTS Basic School Championships (TENTATIVE DATES)	National Stadium, St. Andrew
20-21	JTA/Sagicor Primary Championships (TENTATIVE DATES)	National Stadium, St. Andrew
20	Meeting de Paris - Wanda Diamond League	Paris Saint-Denis, France
26-29	JAAA National Junior & Senior Championships	National Stadium, St. Andrew
July		
4-6	NACAC Age Group U13/U15 Championships	TBA
5	Prefontaine Classics - Wanda Diamond League	Eugene, OR, USA
11	Monaco Herculis Grand Prix - Wanda Diamond League	Monaco, Monaco
16-27	World University Games	Rhine-Ruhr, GER
18-20	NACAC U18/U23 Championships	TBA
19	London Meeting - Wanda Diamond League	London, England
26	JAAA Pre-Departure Meet (U20 & Seniors)	Kingston, Jamaica
TBD	JAAA WA Championships Preparation #4 (TENTATIVE)	National Stadium, St. Andrew
AUGUST		
8-10	PanAm U20 Championships	TBD
9	Kamila Skolimowska Memorial - Wanda Diamond League	Chorzow, POL
9-23	Junior PanAm Games	Asuncion, PAR
15	Van Damme Memorial - Wanda Diamond League Finals	Bruxelles, BEL
21	Lausanne - Wanda Diamond League	Lausanne, SWI
27-28	Zurich Meeting - Wanda Diamond League	Zurich, SWI
TBD	JAAA WA Championships Preparation #5 (TENTATIVE)	National Stadium, St. Andrew

SEPTEMBER

13-21	World Athletics Championships	Toyko, Japan
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TBD	JAAA Calendar Conference	Kingston, Jamaica
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OCTOBER

6	JATAFCA National Coaches Day	
11	Hotel Invitational Championships	TBD

NOVEMBER

TBD	JAAA AGM	TBD
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DECEMBER



PHOTOS FROM THE
HOWARD ARIS MEMORIAL
FEBRUARY 2024



GIBSON McCOOK RELAYS - MEET RESULTS

Data Managment by On DI Run

2024 RESULTS

EVENT			Height
	INSTITUTION	ATHLETE(S)	Distance
Men Pole Vault OPEN	Excelsior High	Raheem CAMPBELL	3.38m
Women High Jump OPEN	Edwin Allen High	Rasheda SAMUELS	1.75m
Men Long Jump OPEN	Swept Track Club Jamaica	Emanuel ARCHIBALD (Guyana)	7.66m
Women Long Jump OPEN	Ricketts Performance Centre	Tissanna HICKLING	6.32m
Men High Jump OPEN	UTech	Raymond RICHARDS	2.25m
Men 1 Mile Run OPEN			
Men 1500m Run OPEN	St. Jago	Ryan Achau	4:04.85
Women 1500m Run OPEN			
Boys U10 4x100 Meter Relay PREP SCHOOL	Lannaman's Prep		57.39
Boys U10 4x100 Meter Relay PRIMARY SCHOOLS	Spanish Town Primary		55.05
Boys 10-12 4x100 Meter Relay PRIMARY SCHOOLS	Spanish Town Primary		51.72
Boys 10-12 4x100 Meter Relay PREP SCHOOLS	Sts Peter & Paul Prep		52.19
Girls 10-12 4x100 Meter Relay PREP SCHOOLS	Harbour View Primary		54.03
Girls 10-12 4x100 Meter Relay PRIMARY SCHOOLS	Mt St Joseph Prep		55.83
Boys 16-18 4x100 Meter Relay CLASS 1	St Jago High School		40.45
Boys 14-15 4x100 Meter Relay CLASS 2	Excelsior High		40.65
Boys 13 4x100 Meter Relay CLASS 3	Calabar High		43.26
Boys 10-12 4x100 Meter Relay CLASS 4	Jamaica College		45.86
Men 4x100 Meter Relay CLUBS	Racers Track Club		38.88
Women 4x100 Meter Relay CLUBS			
Girls 17-18 4x100 Meter Relay CLASS 1	Edwin Allen High		45.68
Girls 15-16 4x100 Meter Relay CLASS 2	Edwin Allen High		45.34
Girls 13-14 4x100 Meter Relay CLASS 3	St Jago High School		46.10
Girls 10-12 4x100 Meter Relay CLASS 4	Hydel High School		48.13
Men 4x100 Meter Relay MASTERS	Jamaica Elite Masters Athletic		44.92
Mixed 4x100 Meter Relay SPECIAL OLYMPICS	Special Olympics St. Catherine		48.26
Women 60 Meter Dash OPEN			
Men 60 Meter Dash OPEN			
Boys 10-18 4x800 Meter Relay HS OPEN	Jamaica College		7:45.87
Girls 10-18 4x800 Meter Relay HS OPEN	Alphansus Davis High School		9:02.83
Women 400 Meter Dash OPEN	MVP Track & Field Club	Sada WILLIAMS (Barbados)	51.93
Men 400 Meter Dash OPEN	Swept Track Club Jamaica	Roshawn CLARKE	46.05
Men 1600 Sprint Medley CLUBS			
Boys 10-18 1600 Sprint Medley HS OPEN	Jamaica College		3:30.13
Girls 10-18 1600 Sprint Medley HS OPEN	St Catherine High		3:58.92
Girls 10-18 4x200 Meter Relay HS OPEN	St Jago High School		1:35.88
Boys 16-18 4x200 Meter Relay CLASS 1	Flying Angels (Canada)		1:26.88
Boys 14-15 4x200 Meter Relay CLASS 2	Flying Angels (Canada)		1:27.72
Boys 13 4x200 Meter Relay CLASS 3	St Jago High School		1:32.15
Boys 10-12 4x200 Meter Relay CLASS 4	Kingston College		1:36.95
4x400 Meter Mixed Relay - OPEN HIGH SCHOOLS	Alphansus Davis High School		3:32.83
Women 4x400 Meter Relay CLUBS			
Men 4x400 Meter Relay CLUBS	GC Foster A		3:07.10
Girls 10-18 4x400 Meter Relay HS OPEN	Edwin Allen High		3:38.23
Boys 10-18 4x400 Meter Relay HS OPEN	Kingston College		3:09.46
Women 100 Meter Dash OPEN	Elite Performance Track Club Ja	Kasheika CAMERON	11.13
Men 100 Meter Dash OPEN	Elite Performance Track Club Ja	Nigel ELLIS	10.09



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GIBSON McCOOK RELAYS - RECORD HOLDERS

Data Managment by On DI Run

MEET RECORDS

EVENT	INSTITUTION	ATHLETE(S)	Height	Year
			Distance	
Men Pole Vault OPEN	G.C.Foster College	Xavier Bolan	4.42m	2014
Women High Jump OPEN		Karen Beautle	1.89m	2000
Men Long Jump OPEN	Unattached	Nicholas Gordon	7.95m	2015
Women Long Jump OPEN	UWI Mona	Shanieka Thomas	6.63m	2015
Men High Jump OPEN		Raymond Richards	2.25m	2024
Men 1 Mile Run OPEN	M.V.P. Track Club	Rayon Lawrence	4:09.00	2012
Men 1500m Run OPEN	St. Jago	Ryan Achau	4:04.85	2024
Women 1500m Run OPEN	M.V.P. Track Club	Taniece Barnett	4:57.21	2011
Boys U10 4x100 Meter Relay PREP SCHOOL	Vaz Prep		54.29	2013
Boys U10 4x100 Meter Relay PRIMARY SCHOOLS	Lawrence Tavern Primary		53.48	2019
Boys 10-12 4x100 Meter Relay PRIMARY SCHOOLS	Spanish Town Primary		50.97	2023
Boys 10-12 4x100 Meter Relay PREP SCHOOLS	Sts Peter and Paul Prep	D. James, Z. Hunter, C. White, J. Fearon	52.19	2024
Girls 10-12 4x100 Meter Relay PREP SCHOOLS	Hydel Prep		52.41	2019
Girls 10-12 4x100 Meter Relay PRIMARY SCHOOLS	Naggo Head Primary		51.58	2019
Boys 16-18 4x100 Meter Relay CLASS 1	Calabar High		39.32	2015
Boys 14-15 4x100 Meter Relay CLASS 2	Kingston College		40.65	2014
Boys 13 4x100 Meter Relay CLASS 3	Calabar High		41.83	2014
Boys 10-12 4x100 Meter Relay CLASS 4	Calabar High		44.38	2014
Men 4x100 Meter Relay CLUBS	RACERS LIONS		38.08	2010
Women 4x100 Meter Relay CLUBS	UTECH		43.13	2015
Girls 17-18 4x100 Meter Relay CLASS 1	Edwin Allen High	S. Cole, Tina Clayton, B. Hall, Tia Clayton	43.37	2022
Girls 15-16 4x100 Meter Relay CLASS 2	Edwin Allen High		43.73	2020
Girls 13-14 4x100 Meter Relay CLASS 3	Edwin Allen High	T. Clayton, T. Clayton, S. Cole, B. Johnson	44.59	2019
Girls 10-12 4x100 Meter Relay CLASS 4	Hydel High		47.23	2017
Men 4x100 Meter Relay MASTERS	Can Jam Masters	D. Ryan, R Reid, L McEwan, E Keene	43.50	2016
Mixed 4x100 Meter Relay SPECIAL OLYMPICS	SOJ St. Ann		46.06	2005
Women 60 Meter Dash OPEN	M.V.P. Track Club	Tina Clayton	7.02	2023
Men 60 Meter Dash OPEN	Titans Track Club	Ackeem Blake	6.42	2023
Boys 10-18 4x800 Meter Relay HS OPEN	Jamaica College	O.Davis, H. Roban, K. Bygrave, J. Blake	7:24.30	2022
Girls 10-18 4x800 Meter Relay HS OPEN	Edwin Allen High	K. Grant, S Ingram, C. Donald, J. McLean	8:46.40	2018
Women 400 Meter Dash OPEN	M.V.P. Track Club	Stephenie McPherson	51.23	2014
Men 400 Meter Dash OPEN		Bertland Cameron	45.50	1984
Men 1600 Sprint Medley CLUBS	UWI Mona		3:18.99	2012
Boys 10-18 1600 Sprint Medley HS OPEN	Enid Bennett High	C. Gordon, A. Green, K. Perry, L. Murphy	3:25.99	2019
Girls 10-18 1600 Sprint Medley HS OPEN	Holmwood Technical	A. Palmer, A. Brady, R. Russell, S. Pryce	3:55.77	2022
Girls 10-18 4x200 Meter Relay HS OPEN	Hydel High		1:33.17	2023
Boys 16-18 4x200 Meter Relay CLASS 1	Jamaica College		1:24.67	1992
Boys 14-15 4x200 Meter Relay CLASS 2	Kingston College		1:25.30	2014
Boys 13 4x200 Meter Relay CLASS 3	Kingston College		1:31.39	2018
Boys 10-12 4x200 Meter Relay CLASS 4	Wolmer's Boys School		1:34.71	2010
4x400 Meter Mixed Relay - OPEN HIGH SCHOOLS	Alphansus Davis High School		3:32.83	2024
Women 4x400 Meter Relay CLUBS	UTECH		3:29.87	2015
Men 4x400 Meter Relay CLUBS	UTECH		3:03.18	2015
Girls 10-18 4x400 Meter Relay HS OPEN	Vere Technical		3:33.34	2013
Boys 10-18 4x400 Meter Relay HS OPEN	Calabar High		3:07.00	2014
Women 100 Meter Dash OPEN		Sherone Simpson	11.11	2004
Men 100 Meter Dash OPEN	Racers Track Club	Zharnel Hughes	10.01	2018



GIBSON McCOOK

RELAYS

1. Bishop Gibson High School
2. Bishop Gibson Home for the Aged (now closed)
3. City College
4. Council of Voluntary Social Services
5. David Hunt Scholarship Fund
6. Deacons Association of the Archdiocese of Kingston
7. Elsie Bemand Home for Girls
8. Friends of Hope Institute
9. Glenmuir High School
10. Heart Foundation of Jamaica
11. Jamaica Hockey Federation
12. Kingston College
13. Lions Club of Kingston
14. St. George's College

GIBSON McCOOK RELAYS ORGANIZING COMMITTEE



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Chairman, Gibson McCook Relays Organizing Committee
Medical, Health and Anti-Doping Director



Errol Greene
Vice-Chairman, Security



Julette Parkes
Secretary and Ceremonies



Ryan Peralto
Treasurer, Entries and
Registration



Genevieve Reid
Assistant Treasurer, Entries &
Registration, Ceremonies



Winston Ulett
Entries and Registration



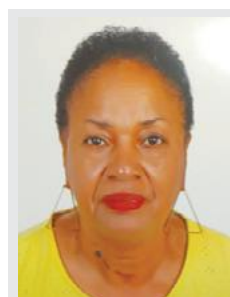
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Founding Member



Major Merrick Lloyd
Security



Capt. Maurice Lawrence
Security



Jennifer Ferguson
Hospitality, Entries and
Registration



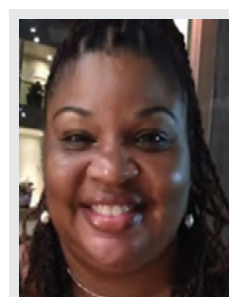
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GIBSON McCOOK RELAYS 2025

The Chairman and members of the Gibson McCook Relays Organizing Committee wish to thank all participants, sponsors, officials, volunteers and spectators who have contributed in ensuring that the Gibson Relays remains

A Great Jamaica Tradition.

NOTES

FIND - A - WORD PUZZLE

I A X D U L S H S G U J D F A R Y E U K D I S N
O Y I A V T T K D J I A T J E K P H B I E I W D
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G F D R W H S H E A T S C O M P E T I T I V E Y
J H C O N T E S T G D N B J X O L Y M P I C S F
G A M E S U A F L O N G D I S T A N C E Y K Y W
Y K Y J X S I L V E R A T H L E T I C S F B Y Z

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HALF MARATHON
LONG DISTANCE
TRIPLE JUMP
COMPETITIVE
POLE VAULT
FINALISTS
HIGH JUMP
LONG JUMP
ROAD RACE
ATHLETICS
SHOT PUT
MARATHON
TRAINING
OLYMPICS
DISCUSS
HURDLES
RUNNING
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