



1973 ANNIVERSARY 2023

# GIBSON McCOOK RELAYS



World Class Athletics

4x800m M (Class 1)

FEBRUARY 25, 2023 | THE NATIONAL STADIUM

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# GIBSON McCOOK RELAYS 2023

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## CHAMAN'S CORNER



Rainford Wilks  
Chairman  
Gibson McCook Relays 2023  
Organizing Committee

Fifty years in the life of any individual or organization represents an achievement in and of itself. For that organization to grow, adjust and remain a relevant contributor to development is further reason to celebrate. Relay running is inherently exciting with spills, thrills and uncertainty, and so McCook and his band of track and field diehards picked a winner. Organizing and executing a relay carnival with multiple participants requires more than dreaming and finally, to consistently execute the event on schedule is no mean achievement. These are some of the characteristics of the Gibson McCook Relays (GMR) that has made it famous and a staple in the Jamaican track and field diet.

McCook and team were serious fans of sport. McCook was a season ticket holder at Arsenal in the English Premier League (EPL) and its predecessor, as well as at the Miami Dolphins in the United States National Football League (NFL). It can be argued that track and field was his favourite sport as it is the one that he rose to the highest levels of sports administration.

It was a serious band of sports enthusiasts who set their minds on replicating the famous Penn Relays, which is preparing to host its 127th renewal, in Jamaica. No doubt this group was familiar with the Penn Relays even before Jamaica's participation but the immediate success achieved by the first Kingston College team to the Penn Relays in 1964, must have whetted their appetites even more. Nine years after KC's success at Penn Relays, the Gibson Relays was on show in Jamaica on February 24, 1973.

Jamaica's reputation for talent and success in track and field athletics was well established by Wint and McKenley et al but for the island create a successful industry to develop athletes consistently required more. This was an essential part of McCook's vision and the Gibson Relays was one pillar in the structure that he envisaged. McCook revered Bishop Gibson, a visionary leader and builder of schools beginning with Kingston College. That McCook and his team named these relays after Gibson, the first native Bishop of Jamaica, came as no surprise to those who knew him.

For forty years, McCook used his skills at marketing, networking and organizing to secure support for this event which provided another major showcase for Jamaican and other athletes, to add to the Boys and Girls Championships for high schools and the emerging events for the other age groups from primary to clubs and institutions. At the Gibson Relays primary school children would share stage with Olympians which must provide immeasurable inspiration. Today almost every national representative in track and field athletics is a graduate of the GMR. A proud achievement indeed.

The sustainability of this event was guaranteed by McCook diligence in identifying individuals who would be groomed to carry on the task. The technical aspects of running a meet: funding, security, health and safety, technical officials, hospitality, hydration, timely execution, audience engagement and other aspects were planned in fine detail.

On the passing of McCook in 2013, the committee agonized over adding his name to the title of the event. This had nothing to do with his deserving that honour. On that we were all agreed. But we also knew that McCook would never have agreed because that was never his ambition

and more importantly, he would never presume to have his name equated to that of Bishop Gibson. We agreed because he was deserving, it was the right thing to do and most importantly, he was not here and could do nothing about it.

It has been a privilege and honour to carry on the legacy of McCook et al, but it has not been easy. Many things have changed, the details of which need not be catalogued here, but their impact have been unquestionable. The protracted economic difficulties have savaged sponsorship as well as attendance at the meet. Gate receipts over the years have been the largest contribution to the budget and live audience attendance has dwindled as it has for all sporting events as disposable income has become more scarce every day. The technological developments which allow remote access alongside an ageing and unwelcoming venue have discouraged visits to the National Stadium. The demand for more excitement at meets has also been a new desire by live audiences worldwide. This has led to conflicts between the purists who see these additions as distraction and the generation which finds it difficult to sit and reflect on a performance in between events while discussing past performances and predicting the future of the talent on show. The phenomenon has been inadequately studied, if at all and deciding on how to retain audience attention remains guess work. The leaders in track and field should commission the research to provide the answers to how we retain audience interest and monetize the content that is brilliant athletic performance in order to fund the sustained development of an industry which is now a legitimate career alongside the traditional professions.

Amidst the uncertainty outlined above the GMR has survived through a combination of factors including its genuine entertainment value, the international success of our native athletes fueling national pride, loyal sponsors, dedicated technical officials and volunteers, loyal fans and a dedicated organizing committee. The organizing committee pays tribute to these loyalists as well the enabling government posture toward sports despite challenging financial circumstances. The unstinting and reliable support of PUMA athletic gear manufacturer has provided the stability when uncertainty prevails. Our local sponsors have been faithful beyond what could be predicted by the financial circumstances. Our gratitude to these stakeholders knows no bound. The faithful band of officials and other volunteers are to be commended on developing and maintaining their skills and making them available to the meet organizers.

The next fifty years require bold game-changing investments of which I will suggest two: the development of a modern state of the art venue alongside modern satellite venues strategically located around the island; and secondly the monetization of remote access to the content produced by our athletes and meet organizers in order to secure the just return on investment by athletes and their support teams as well as by organizers.

The GMR looks forward to the support of a grateful and loyal Jamaica, from fans to sponsors and everyone in between as well as visionary leadership by the local federation and the schools and finally the provision of an enabling environment to be facilitated by government.

Here's to the next 50 years!

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# GIBSON McCOOK RELAYS 2023

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## ORDER OF EVENTS



### Event

No.	Time	PRELIMINARIES
43	9:00 a.m.	4 x 400m High School Boys Open
41	9:35 a.m.	4 x 400m Institution Men
42	9:56 a.m.	4 x 400m High School Girls Open
1	10:14 a.m.	Pole Vault Men - <b>Final</b>
17	10:15 a.m.	4 x 100m High School Boys Class IV
16	10:35 a.m.	4 x 100m High School Boys Class III
2	10:35 a.m.	High Jump Women - <b>Final</b>
3	10:35 a.m.	Long Jump Men - <b>Final</b>
15	10:40 a.m.	4 x 100m High School Boys Class II
14	10:56 a.m.	4 x 100m High School Boys Class I
18	11:10 a.m.	4 x 100m Institution Men
19	11:30 a.m.	4 x 100m Institution Women
20	11:50 a.m.	4 x 100m High School Girls U19
21	12:05 p.m.	4 x 100m High School Girls U17
22	12:10 p.m.	4 x 100m High School Girls U15
23	12:20 p.m.	4 x 100m High School Girls U13
33	12:40 p.m.	Sprint Medley High School Boys Open
34	12:55 p.m.	Sprint Medley High School Girls Open
39	1:10 p.m.	4 x 200m High School Boys Class IV
38	1:25 p.m.	4 x 200m High School Boys Class III
37	1:40 p.m.	4 x 200m High School Boys Class II
36	1:55 p.m.	4 x 200m High School Boys Class I
4	2:10 p.m.	Long Jump Women - <b>Final</b>
5	2:20 p.m.	High Jump Men - <b>Final</b>
35	2:30 p.m.	4 x 200m High School Girls Open

3:30 p.m. **NATIONAL ANTHEM  
ENTERTAINMENT  
INVOCATION  
PRESENTATIONS**



### Event

No.	Time	FINALS
6	4:00 p.m.	One Mile Open Men
7	4:10 p.m.	One Mile Open Women
26	4:20 p.m.	Heats - 60m Women Open
27	4:30 p.m.	Heats - 60m Men Open
8	4:40 p.m.	4 x 100m Prep School Boys Under 10
9	4:45 p.m.	4 x 100m Primary School Boys Under 10
10	4:50 p.m.	4 x 100m Primary School Boys Under 12
11	4:55 p.m.	4 x 100m Prep School Boys Under 12
12	5:00 p.m.	4 x 100m Prep School Girls Under 12
13	5:05 p.m.	4 x 100m Primary School Girls Under 12
14	5:10 p.m.	4 x 100m High School Boys Class I - <i>Champ</i>
15	5:17 p.m.	4 x 100m High School Boys Class II - <i>Champ</i>
16	5:24 p.m.	4 x 100m High School Boys Class III
17	5:31 p.m.	4 x 100m High School Boys Class IV
18	5:38 p.m.	4 x 100m Institution Men - <i>Championship</i>
19	5:45 p.m.	4 x 100m Institution Women
20	5:52 p.m.	4 x 100m High School Girls U19 - <i>Champ</i>
21	5:59 p.m.	4 x 100m High School Girls U17 - <i>Champ</i>
22	6:06 p.m.	4 x 100m High School Girls U15
23	6:13 p.m.	4 x 100m High School Girls U13
24	6:20 p.m.	4 x 100m Masters Men
25	6:27 p.m.	4 x 100m Special Olympics Men
26	6:37 p.m.	<b>60m Women Open - 50th Championship</b>
27	6:47 p.m.	<b>60m Men Open - 50th Championship</b>
28	6:57 p.m.	4 x 800m High School Boys Open - <i>Champ</i>
29	7:07 p.m.	4 x 800m High School Girls Open - <i>Champ</i>
30	7:17 p.m.	400m Women Open
31	7:21 p.m.	400m Men Open
32	7:25 p.m.	Sprint Medley Clubs & Institutions Men
33	7:34 p.m.	Sprint Medley High Sch. Boys Open - <i>Champ</i>
34	7:43 p.m.	Sprint Medley High Sch. Girls Open - <i>Champ</i>
35	7:52 p.m.	4 x 200m High School Girls Open - <i>Champ</i>
36	8:00 p.m.	4 x 200m High School Boys Class I - <i>Champ</i>
37	8:08 p.m.	4 x 200 High School Boys Class II - <i>Champ</i>
38	8:16 p.m.	4 x 200m High School Boys Class III
39	8:24 p.m.	4 x 200m High School Boys Class IV
40	8:32 p.m.	4 x 400m Institution Women
41	8:41 p.m.	4 x 400m Institution Men - <i>Championship</i>
42	8:50 p.m.	4 x 400m High School Girls Open - <i>Champ</i>
43	9:00 p.m.	4 x 400m High School Boys Open - <i>Champ</i>

### PRESENTATIONS

- **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 - \$75,000**

# LIST OF PARTICIPANTS

## CLUBS & INSTITUTIONS MEN

Elite Performance TC  
 ES Montgeron  
 Falcons TC  
 GC Foster College  
 GC Foster College B  
 GC Foster St. Vincent  
 Impressive Track Club  
 Legacy Athletics  
 Legacy Athletics 2  
 Mico University College  
 MVP  
 Portmore Community College  
 Racers TC  
 Speed Unit  
 SprintTec TC  
 Strides Sports Academy  
 Swept TC  
 Titans Track Club  
 UWI Mona

## CLUBS & INSTITUTIONS

### WOMEN

Elite Performance TC  
 GC Foster College  
 Impressive Track Club  
 Legacy Athletics  
 MVP  
 Nike  
 Racers TC  
 Ricketts Performance Center  
 Speed Unit  
 SprinTec TC

Striders Sports Academy

Swept TC

Titans Track Club

## PRIMARY SCHOOL – BOYS &

### GIRLS

Brampton Primary  
 Greater Portmore Primary  
 Harbour View Primary  
 Jerico Primary  
 Kensington Primay  
 Lyssons Primary  
 Naggo Head Primary  
 Rock Hall Primary  
 Rosseau Primary  
 Spanish Town Primary  
 St. Judes Primary  
 St. Richards Primary  
 Windward Road Primary

## PREP SCHOOL – BOYS &

### GIRLS

Emmanuel Prep  
 Hydel Prep  
 Lannaman's Prep  
 Morris Knibb Prep  
 Our Lady of The Angels Prep  
 St. Andrew Prep  
 Sts. Peter and Paul Prep  
 St. Theresa Prep  
 Vaz Prep  
 Wolmer's Prep

## SPECIAL OLYMPICS

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

## MASTERS INVITATIONAL

Big Brother Masters  
 Canadian Speed Masters  
 Elite Masters  
 Explosive Masters  
 Express Masters  
 Jamaica Elite Masters  
 Jamaica Masters  
 Mona Masters

## HIGH SCHOOLS BOYS

Jamaica College  
 Jonathan Grant High  
 Kingston College  
 Kingston High  
 Maggoty High  
 Manchester High  
 Mavis Bank  
 McGrath High  
 Mona High  
 Munro College  
 Muschett High  
 Papine High



# LIST OF PARTICIPANTS

## HIGH SCHOOLS BOYS (CONT'D)

Petersfield High  
Port Antonio High  
Rhodes Hall High  
Seaforth High  
St. Andrew Technical High  
St. Catherine High  
St. Elizabeth Technical High  
St. George's College  
St. Jago High  
St. James High  
St. Mary's College  
Steer Town Academy  
Sydney Pagon Agricultural  
Tacius Golding High  
Titchfield High  
Vere Technical  
William Knibb Memorial High  
Wolmer's High School for Boys  
York Castle

## HIGH SCHOOLS GIRLS

Alpha Academy  
Alphansus Davis High  
Ardenne High  
Athethico Union  
Bellefield High  
Bustamante High  
Camperdown High  
Campion College  
Charlemont High  
Clarendon College

Claude McKay High  
Denbigh High  
Dinthill Technical  
Edwin Allen High  
Excelsior High  
Ferncourt High  
Gaynstead High  
Glengroffe High  
Glenmuir High  
Green Island High  
Herbert Morrison Technical  
Holmwood Technical High  
Holy Childhood High  
Hydel High  
Immaculate Conception High  
Jonathan Grant High  
Maggoty High  
Manchester High  
McGrath High  
Merl Grove High  
Mona High  
Mount Alvernia High  
Muschett High  
Papine High  
Petersfield High  
Port Antonio High  
Rhodes Hall High  
Seaforth High  
St. Andrew Technical High  
St. Catherine High  
St. Elizabeth Technical High  
St. Jago High  
St. Mary High

St. Mary's College  
Tacius Golding High  
The Queen's School  
Titchfield High  
Vere Technical High  
Westwood High  
William Knibb Memorial High  
Wolmer's High School for Girls  
York Castle High





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## MESSAGE FROM THE MINISTER OF CULTURE, GENDER, ENTERTAINMENT AND SPORT



### Honourable Olivia Grange, OJ, CD, MP

The Gibson McCook Relays is undoubtedly one of the most important events for our track and field athletes here in Jamaica. Inspired by the Penn Relays, the one-day relay festival is unique in that it features top athletes from preparatory, primary, high schools, and colleges as well as clubs and institutions including our elite international athletes and boasts on average over 2,500 athlete participants.

This year, the Relays have taken on even greater significance since the 50th anniversary is being commemorated with a series of celebratory activities during the celebration of Jamaica's 60th anniversary of independence. The golden anniversary of the Relays is a major milestone mined in fifty years of fantastic competition and development of local talent. I want to pay homage to Bishop Percival Gibson and Honourable Neville "Teddy" McCook, the visionaries in whose honour the Relays are named. The Relays have become a national staple, a celebration of the hard work, dedication and talent of young, upcoming and elite Jamaican athletes, and continues to inspire the hope of future generations of athletes.

As the Minister of Sport, I want to congratulate the Gibson McCook Relays Organizing Committee for staging this event and for continuing the great legacy that has been established since 1973. I especially want to applaud you for being able to consistently produce a high quality product. Your commitment to the promotion, development and exposure of athletics in Jamaica is commendable. Each generation writes its own history and I want to encourage you that as you create your own history that you consider how your contributions can help to transform the sport landscape in Jamaica. All Jamaica anticipates a good show as our athletes across the age

divide compete for the opportunity to test their mettle while it is still early in the track and field season. I wish for you a successful event and a happy 50th anniversary.







Legendary Alumnus of the Gibson McCook Relays, and patron of the 50<sup>th</sup> anniversary of these relays,

**DR. THE HONOURABLE USAIN BOLT,** is presented

with his copy of the History of the Gibson Relays by Marion Bullock DuCasse, Vice Chairman of the Gibson McCook Relays.



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**website: <https://mjdpharmaceutical.com>**

# RULES OF GIBSON 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 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 the vest.
10. Each member of a competing team will be similarly attired in the colours of the 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 the finals.
14. Competitors will warm up outside the stadium and will be brought into the stadium 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 one representative available for medal presentations immediately after completion of the event.
20. Failure to comply with any of the rules of this meet will result in disqualification.



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# GIBSON MCCOOK - A CORNERSTONE OF JAMAICA'S BATON CULTURE



Article By:

Hubert Lawrence

It's funny how history works. One isolated act can create ripples of cause and effect. Viewed from this perspective, the Gibson-McCook Relays is a cornerstone of Jamaica's success in the 4x100 and the 4x400 metres.

The Relays were first staged in 1973 as a sporting tribute to legendary educator Bishop Percival Gibson, the founding headmaster of Kingston College. At that time, Jamaica was already known for its prowess in sprinting but had but one Olympic relay medal - a glorious 4x400 gold from the 1952 Games when Arthur Wint, Les Laing, Herb McKenley and George Rhoden defeated the USA in world record time.

The picture changed at the end of the first decade of the Gibson Relays. Leleith Hodges, Jackie Pusey, Juliet Cuthbert and Merlene Ottey sped to Jamaica's first major medal in 1983 at the inaugural World Championships. One year later, at the 1984 Olympics, Albert Lawrence, Greg Meghoo, 1976 200 metre winner Donald Quarrie and Raymond Stewart zoomed to the silver medals in the men's 4x100.

Jamaica has won 17 Olympic relay medals, with a near equal split between the 4x100 and the 4x400, 8 to 9. However, even though the 4x400 got a head start in 1952, our relay gold medal count is 4 in the sprint relay with that same 1952 gold signifying our only Olympic win in the longer event.

In addition, the relays account for 19.5% of the national's Olympic medals.

The numbers look similar when it comes to the World Championships, with the relays contributing almost a third of Jamaica's all-time 137 medal haul. The same 4x100/4x400 imbalance is evident here too, with 11 of the 12 relay gold medals coming in the shorter event.

Relays rely on the quality of the sprinters selected. We have seen what happens when the likes of Usain Bolt, Shelly-Ann Fraser Pryce, Yohan Blake, Elaine Thompson-Herah, Asafa Powell, Shericka Jackson, Michael Frater, Kerron Stewart, Nesta Carter and Sherone Simpson are on duty. There is another factor, however. That is the quality of the baton passing. Practice, coaching and relay competition at meets like the Gibson McCook Relays have honed this skill of passing the baton at high speed.

It is my observation that the Gibson-McCook Relays is at the centre of a sprint relay culture. Similar meets were developed in the East with the Morant Bay Relays, in the West with the Western Relays. In addition, the National Stadium hosted events like the First Life Relays and the JN Intercollegiate Relays. More recently, the Central Hurdles and Relays has become a fixture on the track and field calendar.

The outcome is that every coach, every team and sprinters from every age group had ample opportunity to practice the requisite relay skills and to run the races that either built confidence or sent all concerned to the drawing board. Significantly, the 1983 4x100 bronze medal by Ottey and company and the 1984 silver with Stewart on anchor occurred 10 years into the life of the Gibson Relays, by which time the new relay culture had become ingrained.

Today, the event is being staged for the 46th time, 50 years after its first staging and often, when the finals begin at 4pm, the National Stadium is a tinderbox. Anxious to see what might happen at Boys and Girls Championships, fans raise their voices to a crescendo for each big race. It is in these charged conditions that young sprinters attempt to pass the baton in such a way that it keeps flowing around the track at high speed.

## Mistakes mean disaster.

Those who pass this test of skill and character carry the lessons learned at Gibson-McCook into the international arena. From this perspective, it is no surprise that Jamaica owns the world records for the men's 4x100 and 4x200 and the under 20 girls 4x100. Moreover, the women's 4x100 has become a more consistent Olympic and World Championship medal winner for Jamaica than the 4x400 metres, with the score being 19 medals to 11.

This last milestone is even more remarkable since each country is allowed to have just one team in each relay. By comparison, the allotment for individual events is typically three athletes per country.

Therefore, it is fair to conclude that this sporting tribute to Bishop Gibson has served two purposes. Firstly, as intended, it has kept his illustrious name alive. At the same time, the Gibson-McCook Relays helped to launch Jamaican success in the sprint relays.



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# Oral-B



# GIBSON McCOOK RELAYS 2023 - LIST OF MEET OFFICIALS

## **Competition Director**

Rev. Ryan Peralto

## **Meeting Manager**

Ray Harvey

## **Asst. Meeting Manager**

Ian Forbes  
Trevor Campbell  
Langley Robinson

## **Meet Inspector**

Winston Keyes  
Nackeisha Edwards

## **Organizing Committee**

Prof. Rainford Wilks (Chair)  
Dr. Marion Bullock  
DuCasse (Vice Chairman)  
Ed Barnes  
Lincoln Eatmon  
Jennifer Ferguson  
Errol Greene  
Audley Hewett  
Capt. Maurice Lawrence  
Maj. Merrick Lloyd  
Juliette Parkes Livermore  
Ryan Peralto Jnr  
Karyn Quallo  
Genevieve Reid  
Winston Ulett  
Denzil Wilks  
Andrea Brown-Dennis (Recording Secretary)

## **Secretariat**

Jenilee Sydial-Henry  
Andrea Brown-Dennis

## **Event Presentation Manager**

J. Parkes-Livermore

## **Event Presentation**

J. Parkes-Livermore (Chief)  
Genevieve Reid  
Audrey Thompson  
Tiffany Wong  
Paula Miller Foster  
Orville Thompson  
Audley Sanson

## **Medals Bearers**

Amoya Brown  
Mickila Morrison  
Latafia Williams  
Kiara Goffe

## **Security Sub-Committee**

Maj. Merrick Lloyd (Chief)  
Capt. Maurice Lawrence  
Errol Greene  
Maj. O. Bogle  
Capt. A. Senior  
Lt. J. Hudson

Lt. C. Harrison  
F. Staple  
M. Goulborne

## **Time Keepers**

Henry Williams  
Colin Blair  
Gregory Shaw  
Christopher Wiles

## **Announcers**

Ricardo Chambers  
Donald Smith  
Dean Smith  
Celia Ffrench  
Teddy Pryce  
Earl Spencer

## **Jury of Appeal**

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

## **Data Management**

Wayne Long (Chief)  
Carl Long  
Sodia Peters  
Topaze McLaren  
David Levy

## **Technical Information Center**

Dotlyn Daley (Chief)  
Georgia Francis  
Rohan Oliver

## **Wind Gauge Operators**

Evangeline Martin (Chief)  
Cordella O'Gilvie

## **Start Co-Ordinator**

Denise Graham Gayle

## **Asst. Start Co-ordinators**

Rosalie Walker  
Robert McGowan  
Harriot Houslin  
Courtney Brooks  
Michelle White

## **Start Referee**

Gregory Hamilton  
Ludlow Watts

## **Starters and Recalls**

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Gregory Hamilton  
Lenford Myers  
Troy Barnes  
Courtney Lewis  
Kevin Gordon

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Robert McGowan  
Harriot Houslin  
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M. Kellerman  
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Karyn Quallo

## **Asst. Chief Call Room Judges**

Carl Quallo  
Simon Thompson  
Hughton Thompson

## **Call Room Judges**

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Adrian Jeffrey  
Lorenzo Lynch  
Navole McLaren  
Glenroy Murray  
Ricardo Ricketts  
Marseille Skyers  
Leroy Smith  
Akeem Stanley  
Demoye Whitely  
70 Stewards from KC & St. Hugh's High School

## **Field Referees**

Carol Cuffley  
Olive McNaughton

## **Video Referee**

## **Track Referees**

Howard McCatty  
Dennis May  
Claude Doyley  
Alan Beckford

## **Track Judges**

Rowena Graham  
Lloyd Harrisling  
Ainsley Walker  
Alexander Antoine

## **Field Judges**

Chris Richardson  
Shane Harrison  
Charlton Nicholson  
Eric Morrison  
Kenisha Stewart  
Jevon Williams  
Marsha Sanderson

## **Vertical Jumps**

Sonia Rose (Chief)  
Shadene Griffiths

# GIBSON McCOOK RELAYS 2023 - LIST OF MEET OFFICIALS

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Conroy Merchant  
Gary Hogg  
Romario Morgan

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Chelsea Harley  
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Everald Sooman  
Ira Hemmings  
Nicardo Hinds  
Kimberly Curtis  
Romaine Campbell  
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Alexander Hamilton  
Dennis Samuels  
Lorna Clarke  
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Marcel Scott  
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Dr. David Hanson  
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Dr. Jhagroo

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Ms. Trudi-Ann Smellie  
Ms. Karen Henry  
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Neckishea Parchment  
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Kemeshia Stephenson  
Justin Boble  
Anthony Valentine  
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Tajay Champer  
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Grayson Hutchinson

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Godfrey Wallace  
Shaquera Adams  
D'Andra Brown  
Dandre Cunningham  
Yanique Wiles

Tianna Grant

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Opal Graham  
Dexann Dennis-Pusey  
Aundeuz Pusey  
Shirley Jump  
Taj-Oneil Clarke

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L. Hewett  
J. Ferguson  
N. Wallace  
J. Pinnock  
G. Reid  
T. Miller

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Montague

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George Stone

## **Photo Finish Judges**

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Sodia Peters  
Kelis Mowatt  
Nickayla Curwin  
Collin Walford  
Shaia Lobbon  
Loreno Hall  
Ricky McIntosh  
Chris Gibson  
Daniel Ulett  
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Shanna Kay Henry  
Danielle Cunningham

## **Technical Manager**

McCauley McIntosh

## **Technical Team**

Francis Reg Reece  
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Nigel McClymont

## **Technical Information System**

Dotlyn Daley  
Georgia Francis  
Rohan Oliver

# REMEMBERING THE TOKYO 1964 OLYMPICS

(Interesting & Little-known Facts)

Article By:

Dr. Patrick Robinson



The Games of the XV111 Olympiad also known as The Tokyo Olympics 1964 were the first Olympics held in Asia.

The hosting of a world event so soon after the devastation wrought by World War 11 and the brilliant execution of the Games itself, were accomplishments that brought great pride and joy to the Japanese nation. The 1964 Games occupy a proud moment in the modern history of Japan.

The Tokyo Olympics also marked the first time that South Africa was excluded due to the use of its Apartheid system in sports.

The 1964 Games were the first to be telecast internationally, thanks to the very first communication satellite launched by the USA a few months earlier. The young amongst us might be fooled into believing that there was worldwide viewing of the events. Nothing of the kind - only some sites in the USA and Europe with special equipment to receive the satellite signals, enjoyed live telecast, something the whole world today takes for granted.

The 1964 Olympics were the last to use the cinder running track. Since Mexico 1968, a superior, synthetic, all weather, smooth surface has been used.

In 1964, strict amateurism was the order of the day. If it was known that an athlete earned \$1 dollar from sports, even in a non-Olympic sport, he/she would be deemed a professional and be ruled ineligible to compete in the Olympics. Today, athletes earning millions of dollars from sport can compete.

Tokyo 1964 marked Jamaica's 5th appearance at the Olympics, but its 1st as an independent nation. It was then that the new Jamaican flag and colours (black, green and gold) first graced the global stage and in the ensuing years, have been displayed so many times that it brings to mind Bob Marley's lyrics, " you a-go tired fi see me face, can't get me out a the race".

On September 15, 1964, the main party of Jamaica's delegation of 21 athletes and team officials (compare 51 Tokyo 2020 ) boarded a propeller plane and departed for Miami, en route to Vancouver for a pre-Olympic warm up meet.

At the time of the team's departure, the expenses of the trip were not fully paid, even with the Government's last minute grant of £ 425 ( see accompanying Gleaner clipping )

The great Herb McKenley was the coach. The team had no doctor or physiotherapist due to lack of funds. Jamaica was for the first time, sending sprint relay teams to the Olympics, but could not afford to send even one reserve sprinter for either the men's or women's team. If a member of either quartet got hurt, that's it

-- game over. In 1964, the sprint relay had three rounds (heats, semis, and finals) all within 24 hours, unlike today's "luxury" of two rounds and the option of making up to two substitutions in the finals. The sprint relay, notoriously fraught with mishaps, with each team member burdened with the fortunes of the other three teammates, is arguably the most stressful track event. Three rounds in 24 hours at the Olympic level is cruel, and that's telling it from the "horse's mouth".

The team arrived in Tokyo and was greeted the first night with a strong, frightening earthquake. Army barracks (wooden buildings) were used to house the athletes. The accommodation was comfortable but would not compare with today's more luxurious Olympic facilities.

The composition of Jamaica's team of athletes was notable for a number of reasons. The team included for the first time at an Olympics, a non-track and field athlete in the person of Ronald Holmes, a boxer, in the light heavyweight division.

In previous Olympics, Jamaican athletes were coached by foreigners in the countries where they were based. The first time "home grown" athletes gained selection to represent Jamaica in an Olympics was in 1964, and they did so despite the budgetary constraints. Among the "home grown" were three teenage children in High School, namely, Rupert Hoilette, Una Morris and Neville Myton. Three-time Olympian Vilma Charlton had just left High School. Jamaican High School children competing in the Olympics was the realization of a vision the legendary Sydney "Foggy" Burrowes voiced a few years earlier.

Regrettably, there were no medals won by Jamaica in 1964. However, Jamaica placed 4th in four events:

- (1) men's 800 metres (George Kerr who won the bronze medal in Rome 1960)
- (2) men's 4x400 metres relay (George Kerr, Mel & Mal Spence, Laurie Khan )
- (3) women's 200 metres (Una Morris, age 16yrs)
- (4) men's 4x100 metres relay ( Pablo McNeil, Patrick Robinson, Lyndie Headley, Dennis Johnson)

Jamaica's time of 39.4 secs in the sprint relay bettered the existing Olympic and British Commonwealth records.

The sprint relay baton exchange technique used universally today, was developed by the great American coach Leroy Walker in 1964, before the start of the Olympics. Through the instrumentality of

## REMEMBERING THE TOKYO 1964 OLYMPICS - CONTINUED

(Interesting & Little-known Facts)

Herb McKenley, Mr. Walker came to Jamaica and coached the Jamaican teams in the new technique. Only Jamaica and a few other nations used the new technique in the Olympics, its global spread was yet to be. It has been almost 60 years since the switch from the old to the new technique, a move spearheaded by Jamaica, a move which has stood the test of time.

It is difficult for persons in today's Jamaica, (having been spoilt by the achievement of Usain Bolt & company) to believe that back in 1964, track and field analysts and the public at large, thought that Jamaica had performed well. Such an assessment was perhaps influenced by "Foggy" Burrowes' conviction that "Jamaica should regard any Olympic finalist as a hero."

It is worthy of note, that in the case of the men's sprint relay, it took 44 years (2 generations) after Jamaica's first entry in 1964, to win the gold medal in Beijing 2008, with Bolt, Asafa Powell & company. In the case of the women's sprint relay, it took 40 years with Veronica Campbell, Aleen Bailey & company in the Athens 2004 Olympics.

Nearly 60 years on, there remain some indelible memories around the 1964 Games and mention will be made of a few.

The temperature at the time of the sprint relay finals was a very cold (for Jamaicans) 55 degrees Fahrenheit, not allowing you to break a sweat while warming up in a sweatsuit. Stripped down to just a vest and shorts at the start of the race, you questioned -- is this really the "Summer" Olympics?

The Americans had a masseur and his equipment, stationed in the training area. As long as he wasn't busy attending to an American athlete, he would accommodate athletes from any country, a welcomed gesture for countries like Jamaica that could not afford their own masseur /physiotherapist. Such kindness exemplified true sportsmanship and friendly rivalry, ideals of the Olympic movement.

When the American Bob Hayes crossed the finish line in 1st place in the men's sprint relay, he immediately tossed the baton high into the air. It was reported in a newspaper that the "Negro" tossed the baton into the air. In those days, the use of "Negro" was acceptable.

"African American" was not yet in vogue. Even Martin Luther King in some of his speeches referred to the "Negro".

An English language newspaper in Tokyo, on its front page, carried a message from the head of a gangster organisation, instructing its members not to operate in the Tokyo area for the duration of the Olympics, but instead to conduct their activities in provincial towns (outside of Tokyo). Incredible, that such a notice could be published! How remarkable it is that the criminal mind contemplated not damaging the standing of the Japanese Nation in the eyes of the world, by placing national interest above self-interest.

On the humorous side, it seemed clear that the female Japanese volunteer workers were coached to ward off any perceived attempt by a male to befriend them. A simple compliment, would every time elicit the standard response, "Velly solly, velly solly, can't explain" followed by a quick departure.

You could not help being struck by the railway transportation system, with trains operating at three levels -- underground, ground level and on elevated platforms, in order to cope with a densely populated, large city. In the Tokyo underground, a train arrived every 45 - 60 seconds. The Bullet Express, the fastest train in the world at the time (200 km / hour) was new in 1964 and some of the Jamaicans got an opportunity to ride on it.

There are three athletes in the track and field squad whose names have not been mentioned above. They are Adlin Mair, Wesley Clayton, and Carmen Smith.

Today, almost 60 years later, nine team members are still alive, led by Ronald Holmes, 88 years old. Seven have died. May their souls rest in peace.

Dr. Patrick Robinson, OLY

Jamaican Team Member

Tokyo 1964 Olympics



## CAN EDWIN ALLEN CONTINUE DOMINANCE AT GIBSON MCCOOK RELAYS?



Article By:

Raymond "KC" Graham

THIS YEAR'S staging of the Gibson McCook Relays will be a very special one as it will be the 50th anniversary of the most popular local relay meets and there will be no better time for high school teams to make their presence felt, as winners will definitely score psychological advantage going into what is expected to be a very competitive ISSA Boy's and Girl's Championships.

Undoubtedly, Edwin Allen High Girl's from Frankfield, Clarendon has been the most dominant female team at these Relays over the past seven staging ,and once again all eyes will be on the Michael Dyke coached team as they seek to continue that trend, where over that period they have been unbeaten in the 4x800M, while a year ago their Class 1 4x100 metre team clocked an amazing 43.37 seconds to win the event in a meet record and became the first High school female quartet to go sub 44 seconds at the Meet.

Since 2016, Edwin Allen has only lost once in the 4x100 metres, in 2019 when St. Jago High won. The Edwin Allen team last year was a special one, which included the Clayton twins, Tia and Tina, the World 100 metres Under 20 champion, along with Brandy Hall and Serena Cole the World Under 20 100 metres silver medalist , and the only survivor of that team back at Edwin Allen. The new looked Edwin Allen team will be under severe pressure to retain their title here as, Hydel after their second place finish last year with 44.40 seconds also inside the old record of 44.48 seconds, will start big favourites to capture their first title in this event .At the Camperdown Classics, the quartet of Alana Reid ,Oneika, McAnnuf, Shania Myers and Aaliah Baker made it known that they will be the team to beat after an easy 44.59 seconds clocking for a meet record and definitely it will be hard to go against them here.

Both 4x400 and 4x800 metre relays will be worth miles going to see as Edwin Allen, Hydel and Holmwood in the former and Edwin Allen and Holmwood in the later will be in mega clashes. After a record breaking performance of 3 minutes 33.76 seconds last year , Hydel will be seeking their fourth title here but will have to deal with season leader, Edwin Allen who won at the Milo Western Relays in 3 minutes 37.52 seconds to turn back Holmwood 3:38.10 seconds and in the process turn the tables on Holmwood who had earlier defeated them at the Central Hurdles and

Relays meet, where they won in 3 minutes 38.12 seconds.

The defending champions will have their hands full here as McAnnuff will need more help, while Edwin Allen which has not have much success in this event will be very hungry here for a win. At Milo Western Relays, on the final leg Holmwood Technical got the baton some eight metres behind Edwin Allen but an unbelievable anchor leg from the in-form ,Rickiann Russell nearly brought them home. Holmwood will definitely be coming to avenge that defeat, while Hydel will be hoping for their fourth win in the event ,and despite not contesting the event so far this season they will be hoping to go all the way , as the stage is set for a keen and exciting contest here.

Edwin Allen are Queens of the 4x800 metres relay and after success in 2016 they will be hoping to make it seven wins in a row .However, after their last success in 2015, Holmwood Technical will be hungry to get back on top. The team from Christiana started the season on a bang after a record breaking performance of 8 minutes 52.99 seconds to win at the Central Hurdles Relay meet to turn back Edwin Allen.

After a feisty 9:01.65 seconds clocking on grass at the STETHS Invitational meet Edwin Allen proved that their win was no fluke as at the Milo Western Relays they blew away Holmwood, winning in 8 minutes 51.61 seconds , to put a dent on a very confident Holmwood team after a second place finish in 9 minutes 05.54 seconds. Holmwood has a quality squad and will want to show that below average performance was an off day for them. They will be rejuvenated for their Gibson McCook Relays as they seek to take back an event that they ruled supreme in the 1990s.



# GIBSON-MCCOOK PREVIEW: BIG DAY FOR SPEED



Article By:

Hubert Lawrence

Only the bravest souls do predictions for relays, but with this being the 50th anniversary of the first Gibson-McCook Relays, here goes.

## BOYS CLASS 1 4X100

Be in your seat at 5.10pm if you're hungry for records. KC have a fine team with World Under 20 100 metre runner-up Bouwahjgie Nkrumie at the helm but Jamaica College is stacked. 3 members of JC's 2022 Boys Championships winning 39.43 team is back.

Caymanian Jaden Reid, Christopher Scott, and Hector Benjamin are all in great form and Calabar's 2015 record - 39.32 seconds - is in danger.

## BOYS CLASS 2 4X100

Calabar dazzled everyone at the Camperdown Classic with the two fastest times of the season at 42.88 and then 41.66 with Nickoy Bramwell, last year's class 3 200 winner, and powerful hurdler/sprinter Shaqaune Gordon on second and anchor. The boys in green-and-black are ahead of everyone else.

If Calabar slip up, look out for STETHS, who ruled class 3 in 2021, with Tremaine Todd and 2022 Carifta Games under 17 winner Ricoy Hunter. They'll be highly motivated to win this one for Eldemire Smith, the STETHS coaching icon, who died last week.

## BOYS CLASS 3 4X100

Calabar outran JC 44.47 to 44.65 at the Camperdown Classic. At Gibson-McCook, they will both be hard pressed to resist St Jago, whose second leg runner Ray-J Reece is the fastest boy in class 3.

It's no cake walk for St Jago, who dropped the baton on the last exchange while challenging Calabar and JC at the Classic.

## BOYS CLASS 4 4X100

KC won in 48.18 seconds at the Western Relays and that might be vulnerable.

## GIRLS CLASS 1 4X100

Alana Reid, the 2022 World Under 20 200 bronze medalist,

captain Oneika McAnnuff, Shania Myers and Aliyah Baker scooted 44.59 seconds for Hydell High School at the Classic. By comparison, Holmwood managed only 45.86 at the Western Relays.

## GIRLS CLASS 2 4X100

This one is close. Hydell and Holmwood have clocked 46.61 and 46.62 respectively. If there is an interloper, St Jago has a squad that has been winning since class 4 at both Gibson-McCook and Boys and Girls Championships.

## GIRLS CLASS 3 4x100

Now that last's year top class 4 sprinter Natrese East has joined forces with 2021 class 4 hurdles winner Tianna Marshall, Wolmers' has the fastest class 3 4x100 team in the nation at 46.95 seconds. That time was enough to beat Hydell, 47.15 at the Classic.

## GIRLS CLASS 4 4x100

Andrew Henry's Mount Alvernia quartet - Masha-Lee Farquharson, Giana Murray, Chanel Clarke and Mickhaela Phang - upset Holmwood 49.11 and Edwin Allen 49.33 at the Western Relays in 49.03 seconds while Hydell took the Classic in 49.18. However, Hydell won by 1.27 seconds and weren't pushed.

## BOYS CLASS 1 4x200

JC won last year in 1 minute 25.73 seconds and Harrison's A squad could the record - 1.24.67 - by the legendary 1992 JC quartet.

Once again, Kingston College could challenge with Nkrumie and Adrian Kerr.

## BOYS CLASS 2 4x200

It's hard to overlook Calabar here as Bramwell and Gordon look strong and fast. At the Classic, Calabar had 5 of the fastest 7 boys in the class 2 100, with Gordon on top at 11.00 seconds.

## BOYS CLASS 3 4X200

With 4x400 duty not on the agenda for class 3 boys, this event often follows the form of the 4x100. So, expect Calabar,



## GIBSON-MCCOOK PREVIEW: BIG DAY FOR SPEED - CONTINUED

St Jago and KC to do battle for top spot.

### BOYS CLASS 4 4x200

Not contested in 2022, this event favours Kingston College, the fastest team of the year in the 4x100.

### GIRLS 4x200 OPEN

Serena Cole rescued Edwin Allen at Western Relays with an urgent anchor leg and may have to do so again after Mount Alvernia's sprint display at Western Champs. The ladies from Montego Bay will rely on Western Championship class 1 winners Carletta Bernard, first at 200 and long jump ace Aaliyah Foster, who took the 400.

### BOYS 4x800

JC's super team took almost three seconds off the record and left it at 7 minutes 24.30 seconds. Times will be more modest this year but expect a battle between JC, whose top man Kemario Bygrave smashed his personal best down to 1.50.90 last Saturday and Western Relays winner, Kingston College. Bygrave, Tyrone Lawson and Khandale Frue might just bring it home for JC.

### GIRLS 4x800

The score is 1-1 between Holmwood and Edwin Allen in this event this season. Holmwood struck first at the Central Hurdles and Relays at 8.52.99 and Edwin Allen struck back at the Western Relays at 8.51.61 with neither race being close. Depth will be the decider, and, on paper, it points the verdict to Edwin Allen.

### SPRINT MEDLEY GIRLS

Alphansus Davis High School may bid for victory here. Outgoing senior Kishay Rowe has improved her 800 metre best to 2 minutes 09.23 seconds. That will surely be too much for everyone else.

### SPRINT MEDLEY BOYS

In Bygrave's fast race at JC, Guyana's Seon Booker set a new lifetime best of 1 minute 51.67 seconds. If his teammates can keep him close, Dinthill will have its first Gibson-McCook win in years.

### GIRLS 4x400

Hydel has speed to burn. At the STETHS Invitational, Hydel went 1-2 in all the flat 400 metre events and had the 400

metre hurdles champion as well and, with Onieka McAnuff and reliable Alliah Baker on duty, Hydel should win.

Edwin Allen beat Holmwood, 3.37.52 to 3.38.10 in the season's fastest race, the Western Relays, with Rickiann Russell rushing through a 51.2 anchor in vain.

### BOYS 4x400

JC ran 3.13.08 solo at the Camperdown Classic. KC cruised an easy 3.14.36 in Trinidad and Tobago. STETHS did 3.17.65 on grass last month. When you add Carifta champions Bryan Levell and Delano Kennedy to the mix for Edwin Allen, you have a fine race to end the 50th anniversary of the first Gibson McCook Relays.

Who will win? Normal grass to synthetic conversion transmutes that STETHS run to sub-3.12. If Shamer Blake, Jasuana Dennis and company are still emotionally charged from Smith's untimely passing, a win would give STETHS something to smile about.





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# GIBSON McCOOK RELAYS 2023 - EVENT INFORMATION

## Event 1 Men Pole Vault OPEN

Saturday 2/25/2023 - 10:14 AM

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

Pos	Name	Age	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	Savery, Dondre		St. Jago	NH
2	Barrett, Ajonie		St. Jago	NH
3	Barrett, Trey		St. Jago	NH
4	Clue, Tyrese		Excelsior	NH
5	Campbell, Ryheem		Excelsior	NH
6	Hamm, Joel		JC	NH
7	Grant, Joseph		JC	NH
8	Facey, Daniel		JC	NH
9	Lawrence, Romario		KC	NH
10	Hanchard, Courtney		KC	NH
11	Scott, Theodore		JC	NH
12	Patrick, Isaiah		KC	NH
13	James, Lebron		JC	NH
14	Chung, Lenworth		Calabar High	NH
15	Kessna, Kamal		Calabar High	NH
16	Johnson, Leighton		Calabar High	NH
17	Phillips, Mark		Wolmer's Boys	NH
18	Campbell, Daniel		Wolmer's Boys	NH
19	Lozer, Kaheem		Wolmer's Boys	NH

## Event 2 Women High Jump OPEN

Saturday 2/25/2023 - 10:35 AM

Meet Record: 1.89m 2000 Karen Beutle

Pos	Name	Age	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	Marsh, Serena		Edwin Allen	NH
2	Longmore, Mikayla		Holmwood	NH
3	Grant, Brishawn		Holmwood	NH
4	McKay, Asia		Edwin Allen	NH
5	Bruce, Dejjanae		Edwin Allen	NH
6	Standley, Richelle		Steths	NH
7	Caven, Torian		Vere	NH
8	Cunningham, Malaika		Ricketts	NH
9	Williams, Shanniqua		Ricketts	NH

## Event 3 Men Long Jump OPEN

Saturday 2/25/2023 - 10:35 AM

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

Pos	Name	Age	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	Angus, Aldane		Calabar High	ND
2	Wright, Quacey		Striders	ND
3	Samuels, Jevaughn		St. Jago	ND
4	Moore, Jafar		MVP	ND
5	Blossom, Nicholai		MVP	ND
6	Medwinter, Renaldino		Excelsior	ND
7	Hamer, Trevon		JC	ND
8	Blackwood, Oshane		Steths	ND
9	Pinto, Allem		Steths	ND
10	Fenelon, Wikenson		Unattached	ND
11	Page, Leroy		Unattached	ND
12	Meggs, Nando		Wolmer's Boys	ND
13	Coke, Shamar		Excelsior	ND
14	Tomlinson, David		GC Foster	ND
15	Israel, Balvin		St. Jago	ND
16	Ramie, Joseph		Swept	ND
17	Ryan, Uroy		JC	ND
18	Allen, Aubrey		Legacy	ND
19	Archibald, Emanuel		Swept	ND
20	Thompson, Shawn-D		SprinTec	ND

## Event 4 Women Long Jump OPEN

Saturday 2/25/2023 - 2:10 PM

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

Pos	Name	Age	Team	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	Scarlett, Natalia		Striders	ND
2	Matthews, Trishauna		MVP	ND
3	Daley, Breanna		Bustamante High	ND
4	Kamtha, Jada		Ricketts	ND
5	Powell, Canniga		Holmwood	ND
6	Campbell, Rojrika		Steths	ND
7	Nemhard, Dejjanae		Holmwood	ND
8	Chambers, Rihanna		St. Catherine	ND
9	Palmer, Chloe		Unattached	ND
10	Lowe, Onanda		Immaculate	ND
11	Riddle, Celine		Holmwood	ND
12	Walker, Melissa		MVP	ND
13	Sudlow, Rohanna		St. Catherine	ND
14	Stewart, Jodian		MVP	ND



# GIBSON McCOOK RELAYS 2023 - EVENT INFORMATION

## Event 5 Men High Jump OPEN

Saturday 2/25/2023 - 2:20 PM

Meet Record: 2.24m 2004 Germaine Mason

Pos	Name	Age	Team	Seed	Mark
<b>Flight 1 of 1 Finals</b>					
1	Douglas, David		Wolmer's Boys	NH	
2	Johnson, Maurace		St. Jago	NH	
3	Neil, Michael		Jonathan Grant	NH	
4	Brown, Demario		St. Jago	NH	
5	Thomas, Aaron		KC	NH	
6	James, Jaidi		JC	NH	
7	Prince, Demario		St. Jago	NH	
8	Rumble, Adrian		JC	NH	
9	Page, Leroy		Unattached	NH	
10	McKenzie, Aaron		KC	NH	
11	Humphrey, Horatio		MVP	NH	
12	Richards, Raymond		MVP	NH	
13	Penn, Chavez		JC	NH	
14	Bryan, Christoff		MVP	NH	
15	Wilson, Lushane		GC Foster	NH	

## Event 6 Men 1 Mile Run OPEN

Saturday 2/25/2023 - 4:00 PM

Meet Record: 4:09.00 2/25/2012 Rayon Lawrence

Lane	Name	Age	Team	Seed	Time
<b>Section 1 of 1 Finals</b>					
1	Allen, Israel		JC	NT	
2	Walcott, Omari		JC	NT	
3	Russle, Carlisle		Unattached	NT	
4	Fender, Jermaine		JC	NT	
5	Lawson, Tyrone		JC	NT	
6	Graham, Dwayne		MVP	NT	
7	Wallace, Nathaniel		William Knibb	NT	

## Event 8 Boys Under 10 4x100 Meter Relay PREP SCHOOL

Saturday 2/25/2023 - 4:40 PM

Meet Record: 54.29 2013 Vaz Prep

Lane	Team	Relay	Seed	Time
<b>Section 1 of 1 Finals</b>				
2	OLA		NT	
3	ST Theresa		NT	
4	Emmanuel		NT	
5	Lannamans		NT	
6	Peter & Paul		NT	
7	VAZ		NT	

## Event 9 Boys Under 10 4x100 Meter Relay PRIMARY SCHO

Saturday 2/25/2023 - 4:45 PM

Meet Record: 53.48 2019 Lawrence Tavern

Lane	Team	Relay	Seed	Time
<b>Section 1 of 1 Finals</b>				
1	Greater Portmore		NT	
2	Spanish Town		NT	
3	ST Judes		NT	
4	Rousseau		NT	
5	Jerico		NT	
6	ST Richards		NT	
7	Naggo Hear		NT	
8	Kensington		NT	

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

Saturday 2/25/2023 - 4:50 PM

Meet Record: 51.96 2019 Naggo Head Primary

Lane	Team	Relay	Seed	Time
<b>Section 1 of 1 Finals</b>				
1	Greater Portmore		NT	
2	Naggo Hear		NT	
3	Windward Road		NT	
4	ST Richards		NT	
5	Harbour View		NT	
6	Spanish Town		NT	
7	Lyssons		NT	
8	Rousseau		NT	

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

Saturday 2/25/2023 - 4:55 PM

Meet Record: 52.71 2019 Emmanuel Prep

Lane	Team	Relay	Seed	Time
<b>Section 1 of 1 Finals</b>				
2	Peter & Paul		NT	
3	ST Andrew		NT	
4	Emmanuel		NT	
5	Hydel		NT	
6	VAZ		NT	
7	Lannamans		NT	
8	OLA		NT	

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

Saturday 2/25/2023 - 5:00 PM

Meet Record: 52.41 2019 Hydel Prep

Lane	Team	Relay	Seed	Time
<b>Section 1 of 1 Finals</b>				
2	Lannamans		NT	
3	VAZ		NT	
4	Emmanuel		NT	
5	ST Andrew		NT	
6	Hydel		NT	
7	Peter & Paul		NT	
8	OLA		NT	



# GIBSON McCOOK RELAYS 2023 - EVENT INFORMATION

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

Saturday 2/25/2023 - 5:05 PM

Meet Record: 51.58 2019 Naggo Head Primary

Lane	Team	Relay	Seed Time
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### Section 1 of 1 Finals

1	Windward Road		NT
2	Spanish Town		NT
3	Rock Hall		NT
4	Bramton		NT
5	Lyssons		NT
6	Greater Portmore		NT
7	Naggo Hear		NT
8	Harbour View		NT

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

Top 8 Advance by Time

Saturday 2/25/2023 - 10:56 AM

Meet Record: 39.32 2015 Calabar High

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

### Heat 1 of 4 Prelims

1	Bustamante High		NT
2	Clarendon Coll		NT
3	Tacius Golding		NT
4	Seaforth		NT
5	Edwin Allen		NT
6	Green Island		NT
7	Steths		NT
8	Muschett		NT

### Heat 2 of 4 Prelims

1	Glenmuir		NT
2	Cornwall		NT
3	KC		NT
4	Manchester		NT
5	York Castle		NT
6	Camperdown		NT
7	Wolmer's Boys		NT
8	Greater Portmore		NT

### Heat 3 of 4 Prelims

1	Central		NT
2	St. Catherine		NT
3	Kingston High		NT
4	Petersfield		NT
5	JC		NT
6	Herbert Morrison		NT
7	Ardenne		NT
8	Excelsior		NT

## Heat 4 of 4 Prelims

1	Munro		NT
2	Calabar High		NT
3	Stath		NT
4	McGrath		NT
5	St. Jago		NT
6	Steer Town		NT
7	St. Mary's Coll		NT
8	St. George's		NT

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

Top 8 Advance by Time

Saturday 2/25/2023 - 10:40 AM

Meet Record: 40.65 2014 Kingston College

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

### Heat 1 of 5 Prelims

1	Clarendon Coll		NT
2	St. James		NT
3	Mona		NT
4	Vere		NT
5	Foga Road		NT
6	St. George's		NT
7	Steths		NT
8	Glenmuir		NT

### Heat 2 of 5 Prelims

1	Munro		NT
2	Bustamante High		NT
3	Bridgeport		NT
4	Petersfield		NT
5	Excelsior		NT
6	McGrath		NT
7	Manchester		NT
8	Central		NT

### Heat 3 of 5 Prelims

1	Muschett		NT
2	Green Island		NT
3	William Knibb		NT
4	Papine		NT
5	St. Mary's Coll		NT
6	St. Jago		NT
7	Wolmer's Boys		NT
8	Cornwall		NT

### Heat 4 of 5 Prelims

2	Charlemont		NT
3	Denbigh		NT
4	JC		NT
5	Camperdown		NT
6	Edwin Allen		NT
7	Calabar High		NT
8	Greater Portmore		NT





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50<sup>TH</sup> ANNIVERSARY 2023  
**McCook**  
COLLEGE  
50<sup>TH</sup> ANNIVERSARY  
RELAY MEET  
SON RELAYS 2022



# GIBSON McCOOK RELAYS 2023 - EVENT INFORMATION

## Heat 5 of 5 Prelims...(Event 15 Boys 14-15 4x100 Meter Relay CLASS 3)

2	Tacius Golding	NT
3	St. Catherine	NT
4	Herbert Morrison	NT
5	Claude McKay	NT
6	KC	NT
7	Staths	NT
8	Seaforth	NT

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

### Top 8 Advance by Time

Saturday 2/25/2023 - 10:35 AM

Meet Record: 41.83 2014 Calabar High

Lane	Team	Relay	Seed Time
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### Heat 1 of 5 Prelims

1	Bustamante High	NT
2	Ardenne	NT
3	Tacius Golding	NT
4	Edwin Allen	NT
5	Denbigh	NT
6	Munro	NT
7	JC	NT
8	Seaforth	NT

### Heat 2 of 5 Prelims

2	Bridgeport	NT
3	Green Island	NT
4	Calabar High	NT
5	Cornwall	NT
6	Mona	NT
7	St. George's	NT
8	Petersfield	NT

### Heat 3 of 5 Prelims

2	Wolmer's Boys	NT
3	York Castle	NT
4	Greater Portmore	NT
5	Manchester	NT
6	Holmwood	NT
7	Steths	NT
8	St. Catherine	NT

### Heat 4 of 5 Prelims

2	Camperdown	NT
3	Excelsior	NT
4	Claude McKay	NT
5	Mavis Bank	NT
6	Herbert Morrison	NT
7	St. Mary's Coll	NT
8	Staths	NT

## Heat 5 of 5 Prelims

2	William Knibb	NT
3	Ferncourt	NT
4	Charlemont	NT
5	KC	NT
6	Jonathan Grant	NT
7	St. Jago	NT
8	Campion	NT

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

### Top 8 Advance by Time

Saturday 2/25/2023 - 10:15 AM

Meet Record: 44.38 2014 Calabar High

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

### Heat 1 of 3 Prelims

1	William Knibb	NT
2	JC	NT
3	Wolmer's Boys	NT
4	Seaforth	NT
5	Camperdown	NT
6	St. Mary's Coll	NT
7	Herbert Morrison	NT
8	Edwin Allen	NT

### Heat 2 of 3 Prelims

1	KC	NT
2	St. Jago	NT
3	St. George's	NT
4	Cornwall	NT
5	Munro	NT
6	Campion	NT
7	Bridgeport	NT
8	Greater Portmore	NT

### Heat 3 of 3 Prelims

1	Manchester	NT
2	Jonathan Grant	NT
3	Excelsior	NT
4	Steths	NT
5	Claude McKay	NT
6	Denbigh	NT
7	Holy Trinity	NT
8	Calabar High	NT





# GIBSON McCOOK RELAYS 2023 - EVENT INFORMATION

## Event 18 Men 4x100 Meter Relay CLUBS

### Top 8 Advance by Time

Saturday 2/25/2023 - 11:10 AM

Meet Record: 38.08 2010 RACERS LION

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Prelims</b>			
2	Impressive		NT
3	Racers		NT
4	Legacy 2		NT
5	Swept		NT
6	G C Foster B		NT
7	SprinTec		NT
<b>Heat 2 of 2 Prelims</b>			
2	Legacy		NT
3	Speed Unit		NT
4	MICO		NT
5	Gef ST Vincent		NT
6	Titans Track Clu		NT
7	GC Foster		NT
8	Portmore Com Col		NT

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

### Top 8 Advance by Time

Saturday 2/25/2023 - 11:50 AM

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

C SERENA, C TINA, B Hall, C TIA

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Prelims</b>			
1	Petersfield		NT
2	Immaculate		NT
3	Green Island		NT
4	Excelsior		NT
5	Manchester		NT
6	Mt Alvernia		NT
7	Hydel		NT
8	Holmwood		NT
<b>Heat 2 of 2 Prelims</b>			
1	Camperdown		NT
2	St. Catherine		NT
3	Vere		NT
4	William Knibb		NT
5	Edwin Allen		NT
6	St. Jago		NT
7	Wolmer's Girls		NT
8	Muschett		NT

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

### Top 8 Advance by Time

Saturday 2/25/2023 - 12:05 PM

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

Lane	Team	Relay	Seed Time
<b>Heat 1 of 4 Prelims</b>			
2	Gaynstead		NT
3	Green Island		NT
4	Petersfield		NT
5	William Knibb		NT
6	Holmwood		NT
7	Wolmer's Girls		NT
8	Camperdown		NT
<b>Heat 2 of 4 Prelims</b>			
2	Hydel		NT
3	Holy Childhood		NT
4	Campion		NT
5	Excelsior		NT
6	Herbert Morrison		NT
7	Tacius Golding		NT
8	Maggotty		NT
<b>Heat 3 of 4 Prelims</b>			
2	McGrath		NT
3	Muschett		NT
4	Alpha Academy		NT
5	Vere		NT
6	Merl Grove		NT
7	St. Catherine		NT
8	Manchester		NT
<b>Heat 4 of 4 Prelims</b>			
3	St. Jago		NT
4	The Queen's		NT
5	Papine		NT
6	Edwin Allen		NT
7	Mt Alvernia		NT
8	St. Mary		NT

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

### Top 8 Advance by Time

Saturday 2/25/2023 - 12:10 PM

Meet Record: 44.59 2019 Edwin Allen High

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

Lane	Team	Relay	Seed Time
<b>Heat 1 of 5 Prelims</b>			
1	Ardenne		NT
2	Merl Grove		NT
3	Charlemont		NT
4	Muschett		NT
5	York Castle		NT
6	Hydel		NT
7	Gaynstead		NT
8	Mt Alvernia		NT



# GIBSON McCOOK RELAYS 2023 - EVENT INFORMATION

## Heat 2 of 5 Prelims...(Event 22 Girls 13-14 4x100 Meter Relay CLAS

1	Glenmuir	NT
2	Tacius Golding	NT
3	St. Jago	NT
4	Petersfield	NT
5	Seaforth	NT
6	Manchester	NT
7	Westwood	NT
8	Holy Childhood	NT

## Heat 3 of 5 Prelims

2	Alpha Academy	NT
3	McGrath	NT
4	Maggotty	NT
5	Edwin Allen	NT
6	Wolmer's Girls	NT
7	Clarendon Coll	NT
8	St. Catherine	NT

## Heat 4 of 5 Prelims

2	Mona	NT
3	Bellefield	NT
4	Immaculate	NT
5	Camperdown	NT
6	Bustamante High	NT
7	St. Mary	NT
8	Holmwood	NT

## Heat 5 of 5 Prelims

2	The Queen's	NT
3	Dinthill	NT
4	Herbert Morrison	NT
5	Ferncourt	NT
6	Vere	NT
7	Excelsior	NT
8	Campion	NT

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

### Top 8 Advance by Time

Saturday 2/25/2023 - 12:20 PM

Meet Record: 47.23 2017      Hydrel High

Lane	Team	Relay	Seed Time
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### Heat 1 of 4 Prelims

1	St. Mary	NT
2	Petersfield	NT
3	Alpha Academy	NT
4	Staths	NT
5	Vere	NT
6	Seaforth	NT
7	St. Jago	NT
8	Claude McKay	NT

## Heat 2 of 4 Prelims

1	York Castle	NT
2	Holmwood	NT
3	Manchester	NT
4	Camperdown	NT
5	Edwin Allen	NT
6	McGrath	NT
7	Mt Alvernia	NT
8	Merl Grove	NT

## Heat 3 of 4 Prelims

1	Campion	NT
2	Alphansus Davis	NT
3	Charlemont	NT
4	St. Catherine	NT
5	Muschett	NT
6	Immaculate	NT
7	Clarendon Coll	NT
8	Herbert Morrison	NT

## Heat 4 of 4 Prelims

1	Westwood	NT
2	Gaynstead	NT
3	Wolmer's Girls	NT
4	Maggotty	NT
5	William Knibb	NT
6	Excelsior	NT
7	Hydel	NT
8	Tacius Golding	NT

## Event 24 Men 4x100 Meter Relay MASTERS

Saturday 2/25/2023 - 6:20 PM

Meet Record: 43.50 2016      CAN/JAM MASTERS

D RYAN, R REID, L McEWAN, E KEENE

Lane	Team	Relay	Seed Time
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### Section 1 of 1 Finals

1	Mona Masters	NT
2	Jamaica Elite	NT
3	Canadian Speed	NT
4	Express Masters	NT
5	Jam Masters	NT
6	Elite Masters	NT
7	Big Brother	NT
8	Explosive	NT



Forever Athletics

# GIBSON McCOOK RELAYS 2023 - EVENT INFORMATION

## Event 25 Mixed 4x100 Meter Relay SPECIAL

Saturday 2/25/2023 - 6:27 PM

Meet Record: 46.06 2005 SOJ St. Ann

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Clarendon		NT
2	ST Andrew B		NT
3	Kingston A		NT
4	Soj National Tea		NT
5	Clarendon A		NT
6	ST Catherine		NT
7	ST Andrew		NT
8	Soj Kingston B		NT

## Event 26 Women 60 Meter Dash OPEN

Top 8 Advance by Time

Saturday 2/25/2023 - 4:20 PM

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Prelims</b>				
1	Malcolm, Shenike		MVP	NT
2	Clayton, Tia		MVP	NT
3	Williams, Jodean		Racers	NT
4	Smith, Jonielle		MVP	NT
5	Nelson, Kemba		Elite Perform	NT
6	Burchell, Remona		SprinTec	NT
7	Cameron, Kasheika		MVP	NT
8	Chambers, Crystal		Athlethico	NT
<b>Heat 2 of 3 Prelims</b>				
2	Scarlett, Grizell		MVP	NT
3	Morrison, Crystal		Racers	NT
4	Clayton, Tina		MVP	NT
5	Williams, Brianna		Titans Track Clu	NT
6	Wallace, Shockoria		MVP	NT
7	Williams, Stacey-Ann		Elite Perform	NT
8	Brown, Amoi		MVP	NT
<b>Heat 3 of 3 Prelims</b>				
2	Wright, Rohanna		Camperdown	NT
3	Sloley, Krystal		MVP	NT
4	Levy, Jura		Legacy	NT
5	Forbes, Sashalee		SprinTec	NT
6	Hill, Kerrica		Elite Perform	NT
7	Nanda, Srabani		MVP	NT
8	Walker, Melaine		Unattached	NT

## Event 27 Men 60 Meter Dash OPEN

Top 8 Advance by Time

Saturday 2/25/2023 - 4:30 PM

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 3 Prelims</b>				
1	Wright, Jayval		Swept	NT
2	Ellis, Nigel		Elite Perform	NT
3	Bailey, Oshane		SprinTec	NT
4	Barnswell, Ramone		MVP	NT
5	Blake, Aceem		Titans Track Clu	NT
6	Goldson, Kadrian		GC Foster	NT
7	Stephens, Michael		Racers	NT
8	Tucker, Javoy		MVP	NT
<b>Heat 2 of 3 Prelims</b>				
1	Bennett, Orlando		Racers	NT
2	Archibald, Emanuel		Swept	NT
3	Broadbell, Rasheed		Elite Perform	NT
4	Newby, Jevaan		Unattached	NT
5	Seville, Oblique		Racers	NT
6	Campbell, Micheal		MVP	NT
7	Foster, Rasheed		MICO	NT
8	Whyte, Jevaghn		GC Foster	NT
<b>Heat 3 of 3 Prelims</b>				
1	Wilson, Tyreke		Elite Perform	NT
2	Taftian, Hassan		Montgeron	NT
3	McPherson, Odaine		GC Foster	NT
4	Hughes, Zharnel		Racers	NT
5	Rodney, Brendon		SprinTec	NT
6	Blake, Yohann		Titans Track Clu	NT
7	Watson, Rohan		MVP	NT
8	Williams, Waseem		Elite Perform	NT

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

Saturday 2/25/2023 - 6:57 PM

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

O Davis, H Roban, K Bygrave, J Blake

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Clarendon Coll		NT
2	Alphansus Davis		NT
3	Maggotty		NT
4	Calabar High		NT
5	Steths		NT
6	Vere		NT
7	KC		NT
8	Bellefield		NT
9	Edwin Allen		NT
10	St. Jago		NT
11	Bustamante High		NT
12	JC		NT
13	Bridgeport		NT
14	Wolmer's Boys		NT
15	Campion		NT



# GIBSON McCOOK RELAYS 2023 - EVENT INFORMATION

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

Saturday 2/25/2023 - 7:07 PM

Meet Record: 8:46.40 2018 Edwin Allen High

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

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
2	Alphansus Davis		NT
3	Holmwood		NT
4	St. Jago		NT
5	Edwin Allen		NT
6	Vere		NT
7	Maggotty		NT

## Event 30 Women 400 Meter Dash OPEN

Saturday 2/25/2023 - 7:17 PM

Meet Record: 51.23 2/22/2014 Stephenie McPherson

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Cheka, Christine		Holmwood	NT
2	Carter, Kaliese		MVP	NT
3	Clayton, Rushell		Elite Perform	NT
4	Whyte, Ronda		Swept	NT
5	Liburd, Kaelyaah		Unattached	NT
6	Eristee, Akrisa		MVP	NT
7	Anderson, Shana Kaye		MVP	NT
8	Nation, Odeshia		GC Foster	NT

## Event 31 Men 400 Meter Dash OPEN

Saturday 2/25/2023 - 7:21 PM

Meet Record: 45.50 1984 Bertland Cameron

Lane	Name	Age	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
1	Ferguson, Jamaly		Striders	NT
2	Gordon, Emil		MVP	NT
3	McDonald, Rusheen		MVP	NT
4	Watkin, Deandre		Elite Perform	NT
5	Miller, Wendel		MVP	NT
6	Clarke, Roshawn		Swept	NT
7	Buckle, Blaine		Uwi Mona	NT
8	Mickiel, Najay		MVP	NT

## Event 33 Boys 10-18 1600 Sprint Medley HS OPEN

Top 8 Advance by Time

Saturday 2/25/2023 - 12:40 PM

Meet Record: 3:25.99 2019 Enid Bennett High

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

Lane	Team	Relay	Seed Time
<b>Heat 1 of 4 Prelims</b>			
1	Charlemont		NT
2	Muschett		NT
3	Calabar High		NT
4	Cornwall		NT
5	Bustamante High		NT
6	Excelsior		NT
7	Vere		NT
8	Denbigh		NT
<b>Heat 2 of 4 Prelims</b>			
2	Petersfield		NT
3	William Knibb		NT
4	Rhodes Hall		NT
5	McGrath		NT
6	JC		NT
7	Clarendon Coll		NT
8	Sydney Pagon		NT
<b>Heat 3 of 4 Prelims</b>			
2	Maggotty		NT
3	Papine		NT
4	Greater Portmore		NT
5	Camperdown		NT
6	Port Antonio		NT
7	St. Jago		NT
8	Herbert Morrison		NT
<b>Heat 4 of 4 Prelims</b>			
1	Mavis Bank		NT
2	KC		NT
3	Foga Road		NT
4	Dinthill		NT
5	Manchester		NT
6	Campion		NT
7	Steths		NT
8	Titchfield		NT



# GIBSON McCOOK RELAYS 2023 - EVENT INFORMATION

## Event 34 Girls 10-18 1600 Sprint Medley HS OPEN

### Top 8 Advance by Time

Saturday 2/25/2023 - 12:55 PM

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

A Palmer, A Brady, R Russell, S Pryce

Lane	Team	Relay	Seed Time
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### Heat 1 of 4 Prelims

3	The Queen's		NT
4	Alphansus Davis		NT
5	Manchester		NT
6	St. Catherine		NT
7	Edwin Allen		NT
8	St. Jago		NT

### Heat 2 of 4 Prelims

2	Holmwood		NT
3	Excelsior		NT
4	Vere		NT
5	St. Mary's Coll		NT
6	Immaculate		NT
7	Denbigh		NT
8	Steths		NT

### Heat 3 of 4 Prelims

3	Muschett		NT
4	Campion		NT
5	Petersfield		NT
6	Holy Childhood		NT
7	Maggotty		NT
8	Camperdown		NT

### Heat 4 of 4 Prelims

3	Hydel		NT
4	St. Mary		NT
5	William Knibb		NT
6	Port Antonio		NT
7	Titchfield		NT
8	Glengoffe		NT

## Event 35 Girls 10-18 4x200 Meter Relay HS OPEN

### Top 8 Advance by Time

Saturday 2/25/2023 - 2:30 PM

Meet Record: 1:33.82 2017 Hydel High

R. McGregor, I. Belnavis, T. Hemmings, G. Clayton

Lane	Team	Relay	Seed Time
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### Heat 1 of 4 Prelims

1	Holmwood		NT
2	Muschett		NT
3	Holy Childhood		NT
4	Wolmer's Girls		NT
5	Papine		NT
6	Manchester		NT
7	Camperdown		NT
8	St. Catherine		NT

### Heat 2 of 4 Prelims

2	Jonathan Grant		NT
3	Seaforth		NT
4	Campion		NT
5	Mt Alvernia		NT
6	Petersfield		NT
7	Hydel		NT
8	Westwood		NT

### Heat 3 of 4 Prelims

1	Edwin Allen		NT
2	Ferncourt		NT
3	Immaculate		NT
4	Herbert Morrison		NT
5	Merl Grove		NT
6	Excelsior		NT
7	Vere		NT
8	Gaynstead		NT

### Heat 4 of 4 Prelims

1	Rhodes Hall		NT
2	St. Jago		NT
3	McGrath		NT
4	Bellefield		NT
5	Bustamante High		NT
6	Tacius Golding		NT
7	Maggotty		NT
8	William Knibb		NT

## Event 36 Boys 16-18 4x200 Meter Relay CLASS 1

### Top 8 Advance by Time

Saturday 2/25/2023 - 1:55 PM

Meet Record: 1:24.67 1992 Jamaica College

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

### Heat 1 of 3 Prelims

2	Greater Portmore		NT
3	Herbert Morrison		NT
4	Holy Trinity		NT
5	St. Mary's Coll		NT
6	JC		NT
7	Excelsior		NT
8	Ardenne		NT

### Heat 2 of 3 Prelims

2	Green Island		NT
3	St. Jago		NT
4	Wolmer's Boys		NT
5	Bustamante High		NT
6	Charlemont		NT
7	Seaforth		NT
8	Central		NT



Forever Athletics

# GIBSON McCOOK RELAYS 2023 - EVENT INFORMATION

## Heat 3 of 3 Prelims...(Event 36 Boys 16-18 4x200 Meter Relay CLASS 3)

2	Manchester	NT
3	Camperdown	NT
4	Calabar High	NT
5	Munro	NT
6	St. Catherine	NT
7	Cornwall	NT
8	Tacius Golding	NT

## Event 37 Boys 14-15 4x200 Meter Relay CLASS 2

### Top 8 Advance by Time

Saturday 2/25/2023 - 1:40 PM

Meet Record: 1:25.30 2014 Kingston College

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

### Heat 1 of 4 Prelims

2	Manchester	NT
3	Excelsior	NT
4	Steths	NT
5	Tacius Golding	NT
6	KC	NT
7	Greater Portmore	NT
8	Cornwall	NT

### Heat 2 of 4 Prelims

2	Charlemont	NT
3	Wolmer's Boys	NT
4	Jonathan Grant	NT
5	Papine	NT
6	Green Island	NT
7	Muschett	NT
8	William Knibb	NT

### Heat 3 of 4 Prelims

2	Claude McKay	NT
3	Munro	NT
4	Herbert Morrison	NT
5	St. Jago	NT
6	Holy Trinity	NT
7	Bustamante High	NT
8	St. George's	NT

### Heat 4 of 4 Prelims

2	Calabar High	NT
3	JC	NT
4	Central	NT
5	St. Catherine	NT
6	Seaforth	NT
7	Bridgeport	NT
8	St. James	NT

## Event 38 Boys 13 Year Olds 4x200 Meter Relay CLASS 3

### Top 8 Advance by Time

Saturday 2/25/2023 - 1:25 PM

Meet Record: 1:31.39 2018 Kingston College

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

### Heat 1 of 3 Prelims

1	Herbert Morrison	NT
2	Wolmer's Boys	NT
3	Seaforth	NT
4	St. Mary's Coll	NT
5	Calabar High	NT
6	Tacius Golding	NT
7	Green Island	NT
8	Holmwood	NT

### Heat 2 of 3 Prelims

2	St. Jago	NT
3	Maggotty	NT
4	Munro	NT
5	Ardenne	NT
6	KC	NT
7	Excelsior	NT
8	Ferncourt	NT

### Heat 3 of 3 Prelims

2	JC	NT
3	Claude McKay	NT
4	Campion	NT
5	William Knibb	NT
6	Jonathan Grant	NT
7	Greater Portmore	NT
8	Camperdown	NT

## Event 39 Boys 10-12 4x200 Meter Relay CLASS 4

### Top 8 Advance by Time

Saturday 2/25/2023 - 1:10 PM

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

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

### Heat 1 of 2 Prelims

1	Cornwall	NT
2	St. George's	NT
3	Jonathan Grant	NT
4	Bridgeport	NT
5	Calabar High	NT
6	KC	NT
7	Camperdown	NT
8	Manchester	NT



# GIBSON McCOOK RELAYS 2023 - EVENT INFORMATION

## Heat 2 of 2 Prelims...(Event 39 Boys 10-12 4x200 Meter Relay CLASS

1	Herbert Morrison	NT
2	Claude McKay	NT
3	Greater Portmore	NT
4	Holy Trinity	NT
5	Excelsior	NT
6	JC	NT
7	Wolmer's Boys	NT
8	Seaforth	NT

## Event 41 Men 4x400 Meter Relay CLUBS

Saturday 2/25/2023 - 8:41 PM

Meet Record: 3:03.18 2015 RACERS

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

### Section 1 of 1 Finals

2	Titans Track Clu	NT
3	SprinTec	NT
4	Speed Unit	NT
5	GC Foster	NT
6	Swept	NT
7	G C Foster B	NT
8	MICO	NT

## Event 42 Girls 10-18 4x400 Meter Relay HS OPEN

Top 8 Advance by Time

Saturday 2/25/2023 - 9:56 AM

Meet Record: 3:33.34 2013 Vere Technical

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

### Heat 1 of 3 Prelims

2	Merl Grove	NT
3	Tacius Golding	NT
4	Alphansus Davis	NT
5	St. Catherine	NT
6	Gaynstead	NT
7	Camperdown	NT
8	Hydel	NT

### Heat 2 of 3 Prelims

2	Manchester	NT
3	Alpha Academy	NT
4	St. Jago	NT
5	Excelsior	NT
6	Edwin Allen	NT
7	Bustamante High	NT
8	Mt Alvernia	NT

### Heat 3 of 3 Prelims

3	Holmwood	NT
4	Petersfield	NT
5	Vere	NT
6	Seaforth	NT
7	Bellefield	NT
8	Port Antonio	NT

## Event 43 Boys 10-18 4x400 Meter Relay HS OPEN

Top 8 Advance by Time

Saturday 2/25/2023 - 9:00 AM

Meet Record: 3:07.00 2014 Calabar High

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

### Heat 1 of 4 Prelims

1	Muschett	NT
2	Calabar High	NT
3	Vere	NT
4	Staths	NT
5	Central	NT
6	Bridgeport	NT
7	Glenmuir	NT
8	Cornwall	NT

### Heat 2 of 4 Prelims

1	Munro	NT
2	St. Jago	NT
3	Tacius Golding	NT
4	Seaforth	NT
5	Camperdown	NT
6	Port Antonio	NT
7	JC	NT
8	Ferncourt	NT

### Heat 3 of 4 Prelims

2	Petersfield	NT
3	Manchester	NT
4	Excelsior	NT
5	Clarendon Coll	NT
6	Kingston High	NT
7	Wolmer's Boys	NT
8	Holmwood	NT

### Heat 4 of 4 Prelims

2	KC	NT
3	St. Mary's Coll	NT
4	Papine	NT
5	Edwin Allen	NT
6	Steths	NT
7	Charlemont	NT
8	Bustamante High	NT





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14. St. George's College



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Long Jump Women	Sherwin Williams
High Jump Men	Reggae Jammin - Jamaica Broilers
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One Mile Women Open	
4 x 100m Prep School Boys Under 10	Dairy Industries Ltd
4 x 100m Primary School Boys Under 10	COK Sodality
4 x 100m Primary School Boys Under 12	Grace Foods
4 x 100m Prep School Boys Under 12	Rainbow Awnings
4 x 100m Prep School Girls Under 12	PUMA
4 x 100m Primary School Girls Under 12	CIBC First Caribbean
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 Cooperative Credit Union
4 x 100m High School Boys Class III (Under 14)	Jamaica Biscuit Company
4 x 100m High School Boys Class IV (Under 13)	Cheerios - Nestle
4 x 100m Institution Men - Championship	P.A. Benjamin
4 x 100m Institution Women	
4 x 100m High School Girls (Under 19) – Champ.	TVJ
4 x 100m High School Girls (Under 17) – Champ.	Caribbean Dreams
4 x 100m High School Girls (Under 15)	Covenant Insurance
4 x 100 High School Girls (Under 13)	Western Union
4 x 100m Masters Men	The Art Printery
4 x 100m Special Olympics Men	Eastwood
60m Women Open	PUMA, Restaurants of Jamaica, Maggie (Nestle)
60m Men Open	PUMA, Joan Duncan Foundation (JMMB)



# GIBSON McCOOK RELAYS 2023

Presented By PUMA

## Events and Sponsors



Event	Sponsor
4 x 800m High School Boys Open-Champ.	PUMA
4 x 800m High School Girls Open-Champ.	Singer Jamaica
400m Women Open	TVJ
400m Men Open	NuPak
Sprint Medley Clubs & Institution Men	
Sprint Medley High School Boys Open -Champ.	Wisynco (WATA)
Sprint Medley High School Girls Open –Champ.	Digicel
4 x 200m High School Girls Open- Champ.	NACAC
4 x 200m High School Boys Class I (Under 19) -Champ.	TVJ
4 x 200m High School Boys Class II (Under 16) -Champ.	Childs Play
4 x 200m High School Boys Class III (Under 14)	Digicel
4 x 200m High School Boys Class IV (Under 13)	Cals Manufacturing
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4 x 400m Institution Men- Championship	Advanced Scales and Equipment Ltd.
4 x 400m High School Girls Open – Champ.	PUMA
4 x 400m High School Boys Open – Champ.	PUMA



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## KC V JC IN BIG 4X100M AND 4X800M CLASHES AT GIBSON MCCOOK RELAYS



Article By:

Raymond "KC" Graham

AFTER A truncated Gibson McCook Relays last year, due to the COVID-19 pandemic it will be a welcome return for the crowd at the 50th anniversary of the first staging of the Relays where Kingston College and Jamaica College look set to ignite an expected big crowd in the Championships Class 1 4x100 and 4x800 metres relay.

A year ago, the most outstanding performance of the meet amongst the males came in the High School Boy's Open 4x800 metres where Jamaica College, led by an outstanding anchor leg from team captain, J Vougan Blake took the team to victory in a new record of 7 minutes 29.04 seconds to smash Calabar 2019 mark of 7 minutes 31.71 seconds .

After losing to Jamaica College, Kingston College with their second place finish of 7 minutes 36.21 seconds will be bent on avenging that defeat and with a strong squad this year, led by Schevorn Wardlowe, Ainsworth Campbell ,Jacquan Coke and Ricquekme Hunter they will be hungry for success. They showed at the Milo Western Relays that they are ready to roll after cantering to a win in 7 minutes 49.92 seconds where their only challenge was the clock .

Despite losing their talisman, Blake and Handel Roban from last year's majestic team, Jamaica College still has Kemmario Bygrove and Tyrone Lawson back on the team and with the likes of St Lucian, Jaheim Ferdinand and Guyanese , Omari Walcot to call on they do have enough ammunition to draw from . Although last year record is looking safe here, both teams are expected to have an epic duel from start to finish.

Both Kingston College and Jamaica College are blessed with top sprinters in Class 1 and there should be lots of fireworks in the 4x100 metres relays as with the quality of athletes in both squad a low 39 seconds clocking is on the cards here

Led by World Under 20 silver medalist and National Junior record holder in the 100 metres following his 10.02 seconds clocking in Cali , Colombia last summer ,Bouwahgjie Nkrumie will lead a stellar Kingston College line up here. Also on the team will be , Adrian Kerr who like Nkrumie was on Jamaica's silver medal winning 4x100 metre relay team in Cali . Quarter miler, now turn 100 metres sprinter, Emmanuel Rwotmiya and Nicholas Francis who all did well at the Youngster Goldsmith Classics will make this one of Kingston College most outstanding foursome in several years and they could produce something special.

Jamaica College, like their North Street rivals are also loaded in the sprints as Hector Benjamin and Jaiden Reid who were in impressive form at the Camperdown Classics will join up with Christopher Scott and Dwight Downer, who have both been impressive this season at Development meets.

Anticipation is for something special here, where any number can play and with both teams blessed with so much speed and seems to be on par, the winner could be decided on which team has the best baton exchanges. This as contest should definitely have the expected large crowd in a frenzy.





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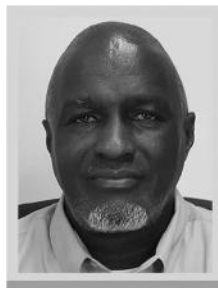
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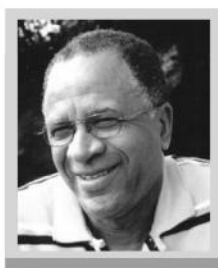
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# THE PURPLE DIARY 2023

DATE	EVENT	VENUE
<b>FEBRUARY</b>		
4	JAAA/PUMA/JAMALCO 2023 Development Meet	Jamalco Sports Club, Clarendon
4	Eastern Invitational Track and Field Meet (Cancelled)	Lyssons, St. Thomas
4	Youngster Goldsmith Classics	National Stadium, St. Andrew
4	New Balance Indoor Grand Prix	Boston, MA (USA)
8	ORLEN Copernicus Cup (Indoor)	Arena, Toruń (POL)
11	Millrose Games (Indoor)	New York, USA
11	Camperdown Classic	National Stadium, St. Andrew
11	King of the Ring	Excelsior High School , St. Andrew
11	Western Milo Relays	G.C. Foster College, St. Catherine
14	Western Championships – Boys Qualifier	Cornwall College, St. James
15	Meeting Hauts-de-France Pas-de-Calais (Indoor)	Arena Stade Couvert, Liévin (FRA)
16	Western Championships – Girls Qualifier	Santa Cruz, St. Elizabeth
18	Western Championships - Finals	Santa Cruz, St. Elizabeth
18	S.W. Isaac - Henry Track & Field Invitational	National Stadium, St. Andrew
18	Fervet Distance Carnival	Jamaica College, St. Andrew
20 – 21	Eastern Championships	National Stadium, St. Andrew
22	World Indoor Tour Madrid 2023	Gallur, Madrid (ESP)
<b>25</b>	<b>Gibson McCook Relays</b>	<b>National Stadium, St. Andrew</b>
25	Birmingham World Indoor Tour Final 2023	Utilita Arena Birmingham, Birmingham (GBR)
<b>MARCH</b>		
1 – 2	Central Athletics Championships	GC Foster College, St. Catherine
3 – 4	Corporate Area Development	Jamaica College, St. Andrew
10 – 12	Carifta Trails	National Stadium, St. Andrew
11	GC Foster Classics	GC Foster College, St. Catherine
18	John Wolmer Speed Fest	National Stadium, St. Andrew
24	Inter-Collegiate Championships	GC Foster College, St. Catherine
25	Velocity Fest # 12	National Stadium, St. Andrew
28 – Apr 1	ISSA/Grace Kennedy Boys and Girls Championships	National Stadium, St. Andrew
<b>APRIL</b>		
TBD	Jamaica Civil Service Association 5K	Montego Bay
8 – 10	Carifta Games	Nassau, Bahamas
15	Ricky Martin Invitational	Calabar High School, St. Andrew
22	Excelsior Primary Development Meet	Excelsior High School, St. Andrew
22	Naggo Head Classics	Calabar High School, St. Andrew
22	Velocity Fest #13	National Stadium, St. Andrew
23	JTA Vilma Lawes 5K	TBD
27 – 29	PENN Relays	Philadelphia, Pennsylvania, USA
28 – 29	DRAKE Relays	Des Moines, Iowa, USA



## THE PURPLE DIARY 2023 - CONTINUED

DATE	EVENT	VENUE
<b>MAY</b>		
4 – 6	Insports Eastern Primary School Championships	National Stadium, St. Andrew
5	Diamond League	Khalifa International Stadium, Doha (QAT)
6	NACAC New Life Invitational	TBD
7	World Athletic Day	Jamalco Sports Club, Clarendon
8 – 10	Insports Central Primary School Championships	GC Foster College, St. Catherine
11 – 13	Insports Western Primary School Championships	Santa Cruz, St. Elizabeth
13	Anthrick Athletics Final	Jamaica College, St. Andrew
13	JAAA All Comers Meet # 1	National Stadium, St. Andrew
13 – 14	World Athletics Relays	Guangzhou, China
13 – 14	PanAm Combined Events Championships	Ottawa, Canada
20	JAAA All Comers Meet # 2	National Stadium, St. Andrew
25 - 27	Insports Primary School Championships FINALS	National Stadium, St. Andrew
TBD	Annual Police Championships	Elletson Road Police Station, Kingston
27	JAAA All Comers Meet # 3	National Stadium, St. Andrew
28	Meeting International Mohammed VI d’Athletisme de Rabat (Diamond League)	Complexe Sportif Prince Moulay Abdellah, Rabat (MAR)
<b>JUNE</b>		
2	Golden Gala (Diamond League)	Stadio Luigi Ridolfi, Firenze (ITA)
3	Racers Grand Prix	Kingston, Jamaica
9	Meeting de Paris (Diamond League)	Stade de France, Paris Saint-Denis (FRA)
9 – 10	JTA/Sagikor Primary Championships	National Stadium, St. Andrew
15	Bislett Games (Diamond League)	Bislett Stadion, Oslo (NOR)
15 - 17	JISA/ Tastee Prep School Championships	National Stadium, St. Andrew
17	JAAA All Comers Meet # 5	National Stadium, St. Andrew
TBD	Basic School Championships	National Stadium, St. Andrew
30	Athletissima (Diamond League)	Stade Olympique de la Pontaise, Lausanne (SUI)
<b>JULY</b>		
2	BAUHAUS –Galan (Diamond League)	Olympiastadion, Stockholm (SWE)
3 – 8	Central American & Caribbean Games	San Salvador, El Salvador
6 – 9	JAAA National Senior U18 & U20 Championships	National Stadium
15 - 16	NACAC Age Group Championships (U 13 & U15)	TBD
16	Kamila Skolimowska Memorial (Diamond League)	Stadion Śląski, Chorzów (POL)
21	Herculis (Diamond League)	Stade Louis II, Monaco (MON)
21 – 23	NACAC (U 18 - U23) Championships	TBD (Regional)
21	London Diamond League	Olympic Stadium, London (GBR)
28 – 8 Aug	FISU World University Games	Chengdu (CHN)
29	Shanghai Diamond League Meeting	Shanghai Stadium, Shanghai (CHN)



## THE PURPLE DIARY 2023 - CONTINUED

DATE	EVENT	VENUE
<b>AUGUST</b>		
3	Shenzhen Diamond League	Bao'an Stadium, Shenzhen (CHN)
4 – 6	Pan American U20 Athletics Championships	Estadio Jose A. Figueroa Freyre, Mayagüez (PUR)
8 – 11	Commonwealth Youth Games	Port of Spain, TTO
19 – 27	World Athletics Championships	Budapest, Hungary
31	Weltklasse (Diamond League)	Letzigrund, Zürich (SUI)
<b>SEPTEMBER</b>		
8	Memorial van Damme (Diamond League)	Boudewijnstadion, Bruxelles (BEL)
16 - 17	Prefontaine Classic (Diamond League)	Hayward Field, Eugene, OR (USA)
<b>OCTOBER</b>		
20 – 5 Nov	Pan American Games	Santiago de Chile (CHI)

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# GIBSON McCOOK RELAYS MEET RESULTS

Event No.	Events			HEIGHT Distance Time	Year
		Institution	Athlete(s)		
1	Men Pole Vault OPEN				2022
2	Women High Jump OPEN	St Jago High	Annish Mc Donald	1.75m	2022
3	Men Long Jump OPEN	Ricketts Performance	Adrian Riley	7.87m (Wind 1.7)	2022
4	Women Long Jump OPEN	Ricketts Performance	Tissann Hickling	6.70m (Wind 3.2)	2022
5	Men High Jump OPEN	G C Foster	Lushane Wilson	2.21m	2022
6	Men 1600 Meter Run OPEN				2022
7	Women 1600 Meter Run OPEN				2022
8	Boys U10 4 x 100 Meter Relay PREP				2022
9	Boys U10 4 x 100 Meter Relay PRIMARY				2022
10	Boys U13 4 x 100 Meter Relay PRIMARY				2022
11	Boys U13 4 x 100 Meter Relay PREP				2022
12	Girls U13 4 x 100 Meter Relay PREP				2022
13	Girls U13 4 x 100 Meter Relay PRIMARY				2022
14	Boys 4 x 100 Meter Relay CLASS 1	St Jago High		40.26	2022
15	Boys 4 x 100 Meter Relay CLASS 2	Calabar High		42.19	2022
16	Boys 4 x 100 Meter Relay CLASS 3	Kingston College		44.36	2022
17	Boys 4 x 100 Meter Relay CLASS 4	Kingston College		45.99	2022
18	Men 4 x 100 Meter Relay CLUBS	Racers Track Club		38.89	2022
19	Women 4 x 100 Meter Relay CLUBS	SPRINTEC		44.99	2022
20	Girls 4 x 100 Meter Relay Class 1	Edwin Allen		43.37	2022
21	Girls 4 x 100 Meter Relay Class 2	Hydel High School		44.62	2022
22	Girls 4 x 100 Meter Relay Class 3	St Jago High		45.71	2022
23	Girls 4 x 100 Meter Relay Class 4	Edwin Allen High		48.39	2022
24	Men 4 x 100 Meter Relay MASTERS	Big Brother Masters		45.82	2022
25	Men 4 x 100 Meter Relay SPECIAL	National Team			2022
26	Boys 4 x 800 Meter Relays High School OPEN	Jamaica College		7.24.30	2022
27	Girls 4 x 800 Meter Relays High School OPEN	Edwin Allen High		8.49.41	2022
28	Women 100 Meter Dash OPEN	Ricketts Performance	Tissann Hickling	11.85	2022
29	Men 100 Meter Dash OPEN	Sprintec	Oshane Bailey	10.48	2022
30	Women 400 Meter Dash OPEN	MVP	Christine Day	54.04	2022
31	Men 400 Meter Dash OPEN	Legacy Track Club	Malik James-King	46.93	2022
32	Men 1600 Sprint Medley CLUBS				2022
33	Boys 1600 Sprint Medley High School OPEN	Jamaica College		3.30.83	2022
34	Girls 1600 Sprint Medley High School OPEN	Holmwood Technical High		3.55.77	2022
35	Girls 4 x 200 Meter High School OPEN	Edwin Allen High		1.35.91	2022
36	Boys 4 x 200 Meter High School CLASS 1	Jamaica College		1.25.73	2022
37	Boys 4 x 200 Meter High School CLASS 2	Kingston College		1.28.53	2022
38	Boys 4 x 200 Meter High School CLASS 3	St Jago High		1.36.11	2022
39	Boys 4 x 200 Meter High School CLASS 4				2022
40	Women 4 x 400 Meter Relay CLUBS	Sprintec		3.36.83	2022
41	Men 4 x 400 Meter Relay CLUBS	Sprintec		3.05.16	2022
42	Girls 4 x 400 Meter High School OPEN	Hydel High School		3.33.76	2022
43	Boys 4 x 400 Meter High School OPEN	St Jago High		3.10.48	2022





**MORE SPORTS, MORE OFTEN!**



# GIBSON McCOOK RELAYS RECORD HOLDERS

Event No.	Events	Record Holders		HEIGHT	Year
		Institution	Athlete(s)	Distance Time	
1	Men Pole Vault OPEN	G.C. Foster	Xavier Boland	4.42m	2014
2	Women High Jump OPEN		Karen Beautle	1.89m	2000
3	Men Long Jump OPEN	UNATTACHED	Nicholas Gordon	7.95m	2015
4	Women Long Jump OPEN	UWI Mona	Shanieka Thomas	6.63m	2015
5	Men High Jump OPEN		Germaine Mason	2.24m	2004
6	Men 1600 Meter Run OPEN	M.V.P Track Club	Rayon Lawrence	4.09.00	2012
7	Women 1600 Meter Run OPEN	M.V.P Track Club	Tanice Barnett	4.57.21	2011
8	Boys U10 4 x 100 Meter Relay PREP	Vaz Prep		54.29	2013
9	Boys U10 4 x 100 Meter Relay PRIMARY	Lawrence Tavern Primary		53.48	2019
10	Boys U13 4 x 100 Meter Relay PRIMARY	Naggo Head Primary	M. Lawrence, D. Jackson, R. Edwards, T. Lawrence	51.96	2019
11	Boys U13 4 x 100 Meter Relay PREP	Emmanuel Christian Academy	J. Dunbar, M. Edwards, A. Lee, J. Royal	52.71	2019
12	Girls U13 4 x 100 Meter Relay PREP	Hydel Prep	M. Brown, J. Daley, R. Facey, A. Grant	52.41	2019
13	Girls U13 4 x 100 Meter Relay PRIMARY	Naggo Head Primary	B. Dalley, B. Ellis, D.Hinds, O. St. John	51.58	2019
14	Boys 4 x 100 Meter Relay CLASS 1	Calabar High		39.32	2015
15	Boys 4 x 100 Meter Relay CLASS 2	Kingston College		40.65	2014
16	Boys 4 x 100 Meter Relay CLASS 3	Calabar High		41.83	2014
17	Boys 4 x 100 Meter Relay CLASS 4	Calabar High		44.38	2014
18	Men 4 x 100 Meter Relay CLUBS	Racers Lions TC		38.08	2010
19	Women 4 x 100 Meter Relay CLUBS	UTECH		43.13	2015
20	Girls 4 x 100 Meter Relay Class 1	Edwin Allen High	S Cole, T Clayton, B Hall, T Clayton	43.37	2022
21	Girls 4 x 100 Meter Relay Class 2	Edwin Allen High		43.73	2020
22	Girls 4 x 100 Meter Relay Class 3	Edwin Allen High	T. Clayton, T. Clayton, S. Cole, B. Johnson	44.59	2019
23	Girls 4 x 100 Meter Relay Class 4	Hydel High	O. Mcannuff, N. Brown, S. Hinds, D. Simpson	47.23	2017
24	Men 4 x 100 Meter Relay MASTERS	Can/Jam Masters	D. Ryan, R. Reid, L. McEwan, E. Kenne	43.50	2016
25	Men 4 x 100 Meter Relay SPECIAL	St Ann		46.06	2005
26	Boys 4 x 800 Meter Relays High School OPEN	Jamaica College	O. Davis, H. Roban, K. Bygrave, J. Blake	7.24.30	2022
27	Girls 4 x 800 Meter Relays High School OPEN	Edwin Allen High	K. Grant, S. Ingram, C. Donald, J. McLean	8.46.40	2018
28	Women 100 Meter Dash OPEN		Sherone Simpson	11.11	2004
29	Men 100 Meter Dash OPEN	Racers	Zharnel Hughes	10.01	2018
30	Women 400 Meter Dash OPEN	M.V.P Track Club	Stephenie McPherson	51.23	2014
31	Men 400 Meter Dash OPEN		Bert Cameron	45.50	1984
32	Men 1600 Sprint Medley CLUBS	U.W.I. Mona		3.18.99	2012
33	Boys 1600 Sprint Medley High School OPEN	Enid Bennett High	C. Gordon, A. Green, K. Perry, L. Murphy	3.25.99	2019
34	Girls 1600 Sprint Medley High School OPEN	Holmwood Technical	A. Palmer, A. Brady, R. Russell, S. Pryce	4.55.77	2022
35	Girls 4 x 200 Meter High School OPEN	Hydel High	R. McGregor, I. Belnavis, T. Hemmings, G. Clayton	1.33.82	2017
36	Boys 4 x 200 Meter High School CLASS 1	Jamaica College		1.24.67	1992
37	Boys 4 x 200 Meter High School CLASS 2	Kingston College		1.25.30	2014
38	Boys 4 x 200 Meter High School CLASS 3	Kingston College		1.31.39	2018
39	Boys 4 x 200 Meter High School CLASS 4	Wolmers		1.34.71	2010
40	Women 4 x 400 Meter Relay CLUBS	UTECH		3.29.87	2015
41	Men 4 x 400 Meter Relay CLUBS	UTECH		3.03.18	2015
42	Girls 4 x 400 Meter High School OPEN	Vere Technical		3.33.34	2013
43	Boys 4 x 400 Meter High School OPEN	Calabar High		3.07.00	2014

# GIBSON McCOOK RELAYS 2023

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

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

ATHLETE  
 BATON  
 CELEBRATION  
 CHAMPION  
 CLASS  
 COMPETITION  
 EVENT  
 FIELD  
 FIFTY  
 GOLD  
 HEAT  
 JUMP  
 MEDAL  
 QUALIFIERS  
 RECORD  
 RELAYS  
 TEAM  
 TRACK  
 SPRINT  
 STADIUM









Ministry of  
Culture, Gender,  
Entertainment  
and Sport



**SPORTS  
DEVELOPMENT  
FOUNDATION**

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1973 - 2023

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**Teamwork is Everything**



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