



History of Accomplishments

2020, our athletes started the year with a one or best showing with a very productive indoor season. Combined indoor meets, we had (3) gold medalists, (4) silver medalists, (8) bronze medalists, (2) 4th places, (3) 5th places, (5) 6th places, (2) 7th place and (1) 8th place finishers. Two **New Balance Nationals Indoor qualifiers** (cancelled due to COVID-19).

Due to COVID-19 our outdoor season 2020 was cancelled.

2019, our athletes started the year with a strong showing with a productive indoor season. **Combined indoor meets**, we had (2) gold medalists, (2) silver medalists, (5) bronze medalists, (4) 4th places, (4) 5th places, (1) 6th place, (3) 7th place and (1) 8th place finishers. At the **New Balance Nationals Indoor** we had great overall meet (1) 7th place, and (1) 37th place finisher. **USA Track & Field Youth Outdoor National Championships** we a great overall meet (3) National Champions, (1) silver medalists, (2) bronze medalists, (3) 4th places, (2) 6th places, (2) 7th places, and (1) 8th place finisher. The **USATF Region 4 Championships** produced (1) gold medalists, (1) silver medalists, (3) bronze medalists, (2) 4th places, (2) 5th places, (1) 6th place, (1) 7th place finisher. We also produced (6) national qualifiers for the **USA Track & Field National Junior Olympic Championships**, where we produced (1) gold medalists. The **USATF State Championships** produced (1) gold medalists, (3) silver medalists, (1) bronze medalists, (2) 4th places, (1) 5th place, (1) 6th place, and (2) 8th place finishers. **USATF Area B Championships** (2) gold medalists, (5) silver medalists, (1) bronze medalists, (1) 4th place, (1) 5th place, (3) 6th places, (2) 7th places, and (2) 8th place finishers.

2018, our athletes started the year with a strong showing with a productive indoor season. Combined indoor meets, we had (4) gold medalists, (1) silver medalists, (1) bronze medalists, (4) 4th places, (2) 6th places, (2) 7th place and (1) 8th place finishers. At the **New Balance Nationals Outdoor** we had great overall meet (1) 6th place, and (1) 15th place relay team finisher. The **USATF Region 4 Championships** produced (2) 4th places, (1) 5th place, and (1) 7th place finisher. We also produced (6) national qualifiers for the **USA Track & Field Junior Olympic National Championships**. The **USATF State Championships** produced (1) gold medalists, (1) bronze medalists, (2) 5th places, (2) 7th places, and (1) 8th place finisher. **USATF Area C Championships** (4) silver medalists, (1) bronze medalists, (2) 4th places, (1) 5th place, (1) 6th place, (2) 7th places, and (1) 8th place finisher. **Georgia State Games Championships** we had (1) gold medalists, (1) silver medalists, (2) bronze medalists, (2) 5th places, and (1) 7th place finisher. Georgia HS Meet of Champions we had (1) bronze medalists. **Atlanta Georgia Relays International Meet** we had (1) gold medalists, (3) silver medalists, (3) bronze medalists, (2) 4th places, (2) 6th places, and (1) 8th place finisher. **Coach Williams was named Event Manager - USA National Team Staff for the IAAF World Indoor Championships in Birmingham, England.**

2017, D.C. Express continued where we left off in 2016, we started the year with our best indoor season. **Combined indoor meets**, we had (4) gold medalists, (2) silver medalists, (1) bronze medalists, (2) 4th places,

(2) 5th places, (4) 6th places, (2) 7th places and (2) 8th place finishers. At the **USA Track & Field Youth Outdoor National Championships** we a great overall meet (1) **Individual National Champion**, (2) bronze medalists, (3) 5th places, (1) 6th place, and (1) 8th place finisher. The **USATF Region 4 Championships** produced (1) gold medalists, (1) 4th place, (1) 5th place, (2) 7th places, and (1) 8th place finisher. We also produced (6) national qualifiers for the **USA Track & Field Junior Olympic National Championships**, where we produced a (1) **silver medalists**. The **USATF State Championships** produced (1) bronze medalists, (1) 4th place, (3) 6th places, and (1) 7th place finisher. **USATF Area C Championships** (1) gold medalists, (3) silver medalists, (3) bronze medalists, (1) 4th place, (1) 5th place, (1) 6th place, and (1) 8th place finisher. **Georgia State Games Championships** we had (1) bronze medalists, (1) 5th place, and (1) 6th place finisher. **Georgia HS Meet of Champions** we had (1) bronze medalists. **Atlanta Georgia Relays International Meet** we had (1) gold medalists, (1) silver medalists, and (1) 8th place finisher.

2016, D.C. Express continued to show improvement by our athletes, started the year with our indoor season. **Combined indoor meets**, we had (1) silver medalists, (2) 5th places, and (1) 8th place finisher. At the **USA Track & Field Youth Outdoor National Championships** we had fantastic meet (2) **Individual National Champions**, (1) **Relay Team National Championship**, (1) silver medalists, (1) 4th place, (1) 5th place, (1) 6th place, and (2) 7th place finishers. The **USATF Region 4 Championships** produced (1) gold medalists. We also produced (5) national qualifiers for the **USA Track & Field Junior Olympic National Championships** and we produced a **National Champion**. The **USATF State Championships** produced (2) silver medalists, (3) 4th places, (2) 6th places, and (1) 7th place finisher. **USATF Area C Championships** (3) gold medalists, (2) silver medalists, (1) bronze medalists, (3) 5th places, (1) 6th place, and (1) 7th place finisher. **Georgia State Games Championships** we had (1) bronze medalists, (1) 5th place, and (1) 6th place finisher. **Georgia HS Meet of Champions** we had (1) bronze medalists, and (1) 5th place finisher. **Atlanta Georgia Relays International Meet** we had (1) bronze medalists, (1) 4th place, (1) 6th place, (4) 7th places and (1) 8th place finisher.

Coach Williams was named Head Men's Manager - USA National Team Staff for the North American, Central American, & Caribbean (NACAC) Championships in San Salvador, El Salvador.

2015, our athletes started the year with a strong showing indoor season. **Combined indoor meets**, we had (4) gold medalists, (3) silver medalists, (2) bronze medalists, (2) 4th places, (2) 5th places, (2) 6th places finishers, (1) 7th place, (1) 8th place finisher and (1) meet record. At the **USA Track & Field Youth Outdoor National Championships** we had (1) silver medalists, (1) 4th place, (2) 6th places, and (1) 7th place finisher. The **USATF Region 4 Championships** produced (1) gold medalists. We also produced (1) national qualifier for the **USA Track & Field Junior Olympic National Championships**. The **USATF State Championships** produced (1) gold medalists, and (1) 6th place finisher. **USATF Area Championships** (1) gold medalists, (1) bronze medalists (1) 4th place, (1) 7th place, and (1) 8th place finisher. **Georgia State Games Championships** we had (1) gold medalists, (1) bronze medalists, (1) 4th place, and (1) 5th place finisher.

2014, our athletes started the year with a strong showing with a very productive indoor season. At the **USA Track & Field Youth Indoor National Championships** we had (1) silver medalists (1) 5th place finisher. Other combined indoor meets, we had (5) gold medalists, (4) silver medalists, (1) 4th place, (4) 5th places, (1) 6th place finishers and (1) meet record. At the **USA Track & Field Youth Outdoor National Championships** we had (1) silver medalists (1) 5th place, and (1) 7th place finisher. The **USATF Region 4 Championships** produced (1) gold medalists, (2) silver medalists, (3) bronze medalists, (1) 4th place, (1) 6th place and (1) 8th place finisher. We also produced (5) national qualifiers for the **USA Track & Field Junior Olympic National Championships**, finishing with (1) 8th place. The **USATF State Championships** produced (1) silver medalists, (2) bronze medalists, (1) 4th place, (1) 5th place, (2) 6th places, (1) 7th place and (1) 8th place finisher. **USATF Area Championships** (1) gold medalists, (1) silver medalists, (4) bronze medalists and (1) 6th place finisher. Other combined outdoor meets, we had (3) gold medalists, (2) silver medalists, (1) bronze medalists, (2) 4th places, (1) 5th place, (1) 6th place, and (1) 7th place finisher. **Ron Williams** was selected as **Head Coach of Team USA** that traveled to *Nanjing, China for the 2nd Summer Youth Olympic Games*. **On September 27th, D. C. Express hosted its 30th Annual Awards Banquet with a special tribute to current members, alumni, and three inductees at its 6th Annual Hall of Fame Induction Ceremony.** **D.C. Express Track Club celebrated 30 Years of serving the community and "Youth Development".**

2013, our athletes started the year with a strong showing with a very successful indoor season. At the **USA Track & Field Youth Indoor National Championships** we had (2) Gold medalists (1) National Indoor Record, (2) Silver medalists (1) 5th place, (1) 7th place and (1) 8th place finishers. Other combined indoor meets, we had (5) Silver medalists, (4) Bronze medalists, (5) 4th places, (5) 5th places, (1) 6th place (2) 7th places and (2) 8th place finishers. At the **USA Track & Field Youth Outdoor National Championships** we had (2) Silver medalists (1) Bronze medalists, (1) 4th place, and (1) 7th place finishers. The USATF Region 4 Championships produced (1) Silver medalists. We also produced (4) national qualifiers for the **USA Track & Field Junior Olympic National Championships**, finishing with (1) 4th place. The USATF State meet produced (3) Gold medalists, (2) Bronze medalists, (1) 4th place, (1) 7th place and (1) 8th place finishers. **On August 17th, D. C. Express hosted its 29th Annual Awards Banquet with a special tribute to current members, alumni, and four inductees at its 5th Annual Hall of Fame Induction Ceremony.**

2012, our athletes continued to have a very successful season at every level. At the **USA Track & Field Youth Outdoor National Championships** we had (1) Silver medalists (1) Bronze medalists, (3) 6th places, (2) 7th places and (1) 8th place finishers. The **USATF Region III Championships** produced (2) Gold medalists, (2) 5th places and (1) 7th place finishers and three (3) national qualifiers for the **USA Track & Field Junior Olympic National Championships**. The **USATF State Championships** meet produced (3) Gold medalists, (1) Silver medalists, (2) 4th places, (4) 5th places, (2) 6th places, (3) 7th places and (1) 8th place finishers. At the **Georgia Games Championships**, we had (1) Gold medalists, (5) Silver medalists, (1) Bronze medalists, (3) 5th places, (1) 6th place and (3) 8th place finishers. **On August 11th, D. C. Express hosted its 28th Annual Awards Banquet with a special tribute to current members, alumni, and two inductees at its 4th Annual Hall of Fame Induction Ceremony.**

2011, our athletes continued to have success at every level. At the **USA Track & Field Youth Outdoor National Championships** we had (1) silver medalists and (1) 7th place finish. The **USATF Region III Championships** produced a Silver medalist, 4th place finisher and two national qualifiers for the **USA Track & Field Junior Olympic National Championships** with 10th place finishers. The **USATF State Championships** meet produced (1) Silver medalists, (3) Bronze medalists, (3) 4th, (2) 5th, and (1) 8th place finishes. **On August 20th, D. C. Express hosted its 27th Annual Awards Banquet with a special tribute to current members, alumni, and three inductees at its 3rd Annual Hall of Fame Induction Ceremony.**

2010, our athletes made strong statements again on every level. At the **USA Track & Field Youth Outdoor National Championships** we had (1) 5th and (3) 7th place finishes. The **USATF Region III Championships** produced a Bronze medalists, (2) 5th, (2) 7th, and 8th place finishes and two national qualifiers for the **USA Track & Field Junior Olympic National Championships**. The **USATF State Championships** meet produced (1) Silver medalists, (3) Bronze medalists, (1) 4th, (3) 5th, (1) 7th and (1) 8th place finishes. The **East Coast Invitational**, (1) bronze, (2) 4th and (1) 5th place finishes. **On August 21st, D. C. Express hosted its 26th Annual Awards Banquet with a special tribute to current members, alumni, and four inductees at its 2nd Annual Hall of Fame Induction Ceremony.**

2009, this was an historic year for D.C. Express Track Club, as we celebrated our 25th anniversary. **On September 6, D. C. Express hosted its Annual Awards Banquet with a special tribute to its current members, alumni, 25 year existence, and Inaugural Hall of Fame Induction Ceremony. Six athletes and one coach were inducted into the hall of fame. Thirty alumni returned to celebrate this auspicious occasion. This special celebration paid tribute to the extraordinary contributions so many have made to the long-term success of D. C. Express.** Our athletes made strong statements on every level. At the **USA Track & Field Youth Outdoor National Championships** we had (2) 4th, 5th and 7th place finishes. The **USATF Region 3 Championships** produced a Silver medalist, (2) 4th, (2) 5th, 6th and 8th place finishes and one national qualifier for the **USA Track & Field Junior Olympic National Championships**. The **USATF State Championships** meet produced (1) Gold, (1) Silver, (1) Bronze medalists, (5) 4th, and (6) 6th place finishes. **Head Coach, Ron Williams** was selected as **Assistant Manager/Coach** of fifty-five of America's brightest

youth stars that traveled to **Bressanone, Italy, for the Six IAAF World Youth Athletics Track and Field Championships**. Team USA won its fifth World Championship by capturing six gold, six silver and five bronze medals. There were a total of 180 countries competing.

2008, we are **definitely headed in the right direction!** Our athletes made strong statements on every level, while finishing with two All Americans at the **Nike Outdoor Nationals**, at the **USA Track & Field Youth Outdoor National Championships** we captured (2) Silver medalists, (1) Bronze medalists, 4th, and 7th place finishes. **Golden South Classic** (3) Silver medalists, (1) Bronze medalists, (4) 4th, and (3) 5th place finishes at the. The **USATF Region 3 Championships** produced a Silver medalists, Bronze medalists, (3) 4th, 5th, 6th place finishes and two national qualifiers for the **USA Track & Field Junior Olympic National Championships**.

2007, D.C. Express continued to improve by our athletes placing 2nd, (3) 4th, 7th and (2) 8th place finishes, at the **Youth Outdoor National Championships** in individual competition. Two state champions, one region champion and a 2nd place finish at the **Junior Olympic National Championships**. **We look forward to 2008, because we are headed in the right direction!!**

2006, our statement was “Reviving the Legacy” continuing to rebuild our program back to the level that we established in years past. Contributing to reviving the legacy was our best finish at the **Youth National Championships** in nine years, placing 3rd, 5th, 5th and 7th in individual competition. Seventeen athletes qualified for regional competition and six of those athletes moved on to **Junior Olympic National** competition. We are headed in the right direction.

2005, D.C. Express started “The Next Generation”. A commitment was established with the young athletes of the future and rebuilding D.C. Express with our #1 goal to provide the best possible opportunity for individual progressive development to all participants.

2002, D.C. Express continued its tradition of winning and having success on the Regional level by having two Region Champions and two athletes competing in finals. Two athletes qualified for Nationals with one athlete finishing in the top six in the nation.

2001, D.C. Express **Head Coach, Ron Williams** was selected as Head Coach of fifty of America's brightest young stars that traveled to **Debrecen, Hungary, for the Second IAAF World Youth Athletics Track and Field Championships**. **Team USA won its first World Championship** by capturing seven gold, five silver and three bronze medals. There were a total of 166 countries competing.

2000, D.C. Express started a new beginning with "Express 2000". A new commitment was established with the young athletes of the future and rebuilding D.C. Express back to the level it's so accustomed too.

1999, D.C. Express continued its tradition of winning a **National Championship** and having success on the Regional level by also having a Region Champion. "Pride and Tradition" ended our 15th season making way for a new beginning. "Express 2000"

1998, D.C. Express renewed its commitment to “Pride & Tradition” setting the stage for the upcoming 1999 season and our 15th Anniversary; the excitement begins.

1997, D.C. Express became one of the elite few, and the only youth track program in the southeast to become officially sponsored by **Reebok Team Sports**. Team member's garnered two **National Championships** and a third place Club Championship (intermediate girls division) at the **USATF Youth National Championships**. One of our members had the honor of receiving the **Outstanding Athlete Award from one of the most competitive meets in the country, East Coast Invitational**.

1996, the year of the Olympics, D.C. Express continued its long line of **National Championships** by securing four individual and one relay **Championship**, and one of the **Inaugural Club National**

Championships (young women division) and third place, Club Championships (intermediate girls division) awarded at the USATF Youth National Championships.

1995 was an example of "PrimeTime" success for D.C. Express with the numerous outstanding performances of its exemplary athletes. **The team captured eleven National Championships.**

1994, D.C. Express celebrated its tenth year of existence. It was an excellent year with D.C. Express bringing home eight National Championships. "Dangerous" and "Champions Start Here" exemplified the attitudes of the athletes.

1993, it was "Strictly Business II", and that is what the athletes of D.C. Express meant when they stepped on the track. During that season, team members won five National Championships.

1992, D.C. Express selected the motto "Be Optimistic". During that year over thirty athletes qualified for Nationals, and the Club won a National Championship at both the TAC Youth Athletics Nationals and the TAC Junior Olympics Nationals. In addition, team members won silver and bronze medals at National competitions.

1991, "Strictly Business" describes the performance of the team that year. **D.C. Express won seven National Championships.**

1990, "Express Yourself" was the team's motto and the team went about the business of expressing itself on the track by **winning five National Championships.**

1989, the Club's motto was "Building on Quality" and the Club had over fifty athletes to qualify for the TAC National Jr. Olympics. **D.C. Express produced five National champions; D.C. Express athletes tied or set meet records three of the five meets the athletes participated in.**

1988, the Club's motto was "Striving to improve, Striving to win". The motto came true with the Club producing, in one year, five National champions, one National record; this was more than any other Club in the state of Georgia. Thirty athletes qualified for Nationals.

1987, we found that you do not have to be exceptional to be successful - you just need commitment to your dream. D.C. Express produce one of the strongest 10 and under 4x100 relay teams in the nation, winning TAC state, setting regional records and finishing second in the National at the TAC Youth Athletic Nationals and third in the TAC Junior Olympic Nationals. Twenty-two athletes qualified for TAC Jr. Olympic Nationals with eleven finishing in the top six in the nation. Two athletes competed for the USA Jr. National team, which competed in Cuba, Canada and Pullman, Washington. One of the two athletes finished first in all three meets, earning Championship honors for the United States.

1986, character in youth is developed and the ability to achieve specific goals is learned. Again, the Club produced a National champion in the TAC Junior Olympic Nationals.

1985, the first year of competition, **D.C. Express produced two National champions and one silver medalist in the AAU Jr. Olympics and International Meet of Champions.**

Note: The Athletics Congress/USA (TAC/USA) became fully operational in late 1979, In 1992, the name was changed to USA Track & Field (USATF) to increase recognition for the organization and the sport in the United States.