

A Conversation With Track Coach Nate Shelton – May 23, 2023

Our season technically has not ended yet. However some highlights from this year include 2 records being broken, one by Kyrrahlynn Dowell and one by Ciella Seals. Kyrrah broke the 300m LH record with a 45.58 at the TCAL championship meet. This record was previously set by Melissa Sherwood in 1995. Ciella Seals broke the 100m dash record... (again) this time in a big way. During the Div. 1 Section meet Ciella ran an 11.87. That was good enough to be the Div. 1 Champion and punch her ticket to the masters meet.

Upon the completion of the regular season, we sent quite a few athletes to Sections, as shown in the roster on the website.

Of those athletes, both of our 400m relays (girls: Izabella Gutierrez, Ciella Seals, Addison Perry, and Kyrrahlynn Dowell, and Boys: JJ Haynes, Rocco Mendicino, Nate Costa, and Leo Cambridge) made it to masters as well as Abigail Riley for both hurdle events (100m and 300m) Aidan Monarrez for shotput and Thomas Metge for pole vault. Kyrrahlynn Dowell also made it in the 300m hurdles, and Ciella Seals made it in the open 100m.

Finally, of those athletes, one remains that is Ciella Seals who will be running the 100m dash at Clovis-West high school this weekend at the State meet. She currently sits at 17th in the state of California. But worth noting is that the 10th spot to the 22nd spot are all separated by less than a tenth of a second. To my knowledge this is our first state athlete in quite some time. If my research is correct, we have not had an athlete compete in state since 2015.

Overall, we had a great season, I am looking forward to the quality young talent that we have on this team. And my sights are set on a league title next year!