

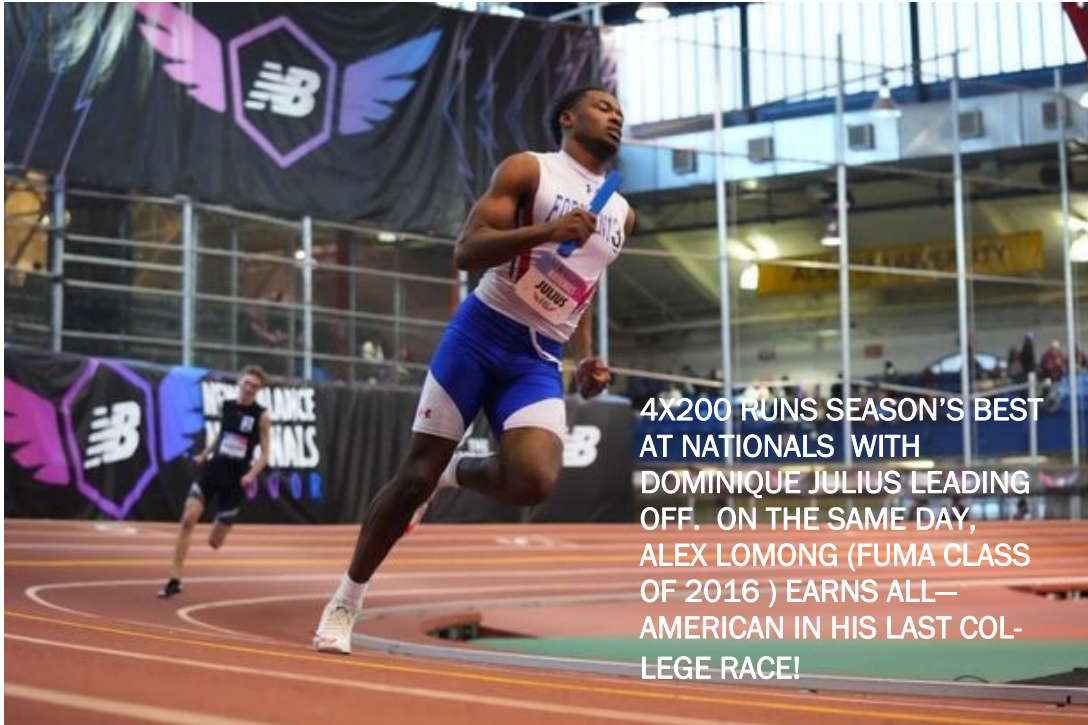


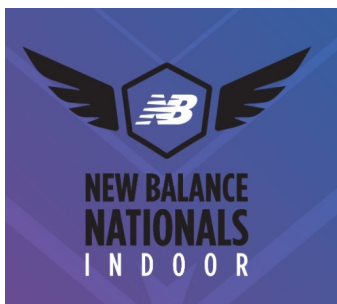
FORK UNION TRACK AND FIELD NEWSLETTER

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MARCH 2022 EDITION

MARCH TO EXCELLENCE





NEW YORK, NEW YORK FIVE FUMA ATHLETES QUALIFY FIRST TIME BACK SINCE 2019

The Blue Devils made it back to the Big Apple for the first time since 2019. FUMA had three entries in the meet. The State Champion 4x200 team of Dominique Julius, Isaiah Burel, Christopher Mulder and Dominic Julius produced a season's best and grabbed 17th place with a 1:31.10. FUMA's other two entries were Dominic Julius in the Championship 200 and Jaden Carter in the Championship High Jump. Dominic Julius finished 36th in the highly competitive field and gained valuable experience for the upcoming spring season. Carter put up a good fight despite numerous pesky injuries.

The New Balance Nationals proved to be the heavy hitter in the ever expanding National Championship shoe war. Held at the prestigious Armory on Fort Washington Ave, the New Balance meet produced far more world class efforts than the Adidas and Nike meets. The New York trip typically falls on a Spring Break weekend but all involved will tell you the experience is unbeatable. A great example of FUMA's commitment to the pursuit of excellence.



TOP MARKS IN MARCH

LONG JUMP	DOMINIQUE JULIUS	21'1.5	3/16/22
SHOT PUT	ASAMADU ADDO	42'7.5	3/16/22
TRIPLE JUMP	CALEB DAVIS	36'8	3/16/22
HIGH JUMP	MASON BLIGEN	5'6	3/16/22
POLE VAULT	GAVIN DEMORRO	12'0	3/26/22
DISCUS	ELIJAH MUNOZ	123'9	3/19/22
4X800	BLACK, TEKLU, DASHER, EDWARDS	10:13.93	3/19/22
110 HIGH HURDLES	JADEN CARTER	18.79	3/19/22
100	DOMINIQUE JULIUS	11.23	3/26/22
1600	ROBEL LULSEGED	4:54.99	3/19/22
4X100	DAVIS, BLAND, ATKINS, POMPEY	47.19	3/19/22
400	DOMINIC JULIUS	49.18	3/19/22
300 HURDLES	AYDEN BLAND	53.74	3/16/22
800	ROBEL LULSEGED	2:10.94	3/26/
200	DOMINIC JULIUS	22.09	3/26/22
3200	JACKSON PRETUS	11:11.04	3/19/22
4X400	DASHER, LULSEGED, EDWARDS, DAVIS	3:56.94	3/26/22



2022 FORK UNION MILITARY ACADEMY TRACK & FIELD

SCHEDULE

MARCH 16	LOUISA SCRIMMAGE	LOUISA H.S.	MINERAL, VA.
MARCH 19	SHOOT THE GUN AND RUN	NEW KENT H.S.	NEW KENT, VA.
MARCH 26	FLUVANNA INVITATIONAL	FLUVANNA H.S.	PALMYRA, VA.
APRIL 1.	AT WOODBERRY FOREST SCHOOL		WOODBERRY FOREST, VA.
APRIL 9	WILDCAT INVITATIONAL	MOUNTAIN VIEW H.S.	STAFFORD, VA.
APRIL 14	FUMA SPRING MINI INVITE	GUS LACY TRACK	FORK UNION, VA.
APRIL 23	GUS LACY TRACK CLASSIC	GUS LACY TRACK	FORK UNION, VA.
APRIL 29	FALCON CLASSIC	FAUQUIER H.S	WARRENTON, VA.
MAY 6	DOGWOOD TRACK CLASSIC	U.V.A. LANNIGAN FIELD	CHARLOTTESVILLE, VA
MAY 7	DOGWOOD TRACK CLASSIC	U.V.A. LANNIGAN FIELD	CHARLOTTESVILLE, VA.
MAY 14	VIRGINIA PREP LEAGUE	COLLEGIATE SCHOOL	RICHMOND, VA
MAY 21	VISAA STATE CHAMPIONSHIPS	SPORTS BACKERS	RICHMOND, VA.



CELEBRATING 2012

THE LAST JUGGERNAUT

STATE CHAMPIONS INDOOR & OUTDOOR

11 STATE CHAMPS IN OUTDOOR

1 ALL- AMERICAN JORDAN ROACH—DISCUS

PREP LEAGUE CHAMPIONS INDOOR & OUTDOOR

6 INVITATIONAL WINS

Ten years ago the FUMA track team was looking to get back some of the mojo from a frustrating 2011. They succeeded. In 2011 the Blue Devils just missed claiming a second title in a row, it was a tough loss by a tough group of athletes.

2012 had promise but few could have seen what was to come. The Blue Devils narrowly won the Indoor state meet and figured to get serious opposition from Saint Chris and Woodberry Forest. The team picked up early season wins at Charles City and Woodberry Forest The Gus Lacy Track classic was a slaughter with FUMA racking up 157 points.

The team next made its way to the Volunteer Track Classic at the University of Tennessee. The Blue Devils have enjoyed success over the years at the prestigious meet. 2012 would prove no different. The team competition turned into a dual meet between the Blue Devils (enrollment 400) and Hoover High School from Alabama (enrollment 3000). In the final event with the score Hoover 88 and FUMA 86, the Blue Devils fought hard but were out of gas. Hoover won the event at 3:21 and FUMA finished 5th at 3:26. A great effort that came so close.

FUMA returned a week later to a familiar stomping ground, Lannigan Field and the Dogwood Track Classic. FUMA had a fantastic day and claimed its 5th of 6 Dogwood titles.

By the last two weeks of the season there was no doubt as to who would win the championship meets, the question was by how much. FUMA over the course a year had developed not just one good athlete in every event but two and three in every event. In the last meet, the team claimed 11 event champions and finished second in two others to claim an 86 point win. 2012, one for the books!



2007

HAS IT REALLY BEEN 15 YEARS?

A National Champion, numerous All Americans, a triple crown of state championships and a win at the Volunteer and Dogwood Track Classics! There wasn't much left that the 2007 Fork Union Track team could have done. While 1989 and 1991 were certainly fantastic years for the track team, it could be said that 2007 was as good as either of those two.

It started early in Cross Country season with a win in the Ragged Mountain Cup and a National ranking in late September for cross country. From indoor to outdoor track, the Blue Devils lost one meet, an invitational that scored boys and girls combined! In the final month of the season, the track team won the Volunteer Track Classic, Dogwood Track Classic and with the "B" team won the Fluvanna Invitational. At the state meet, the team claimed all three relays and took 9 event championships on their way to the 20th straight championship for Fork Union. Despite the obvious pressure of winning number 20, the 2007 team brought a joy and passion to every aspect of the season. To help celebrate the 15th anniversary of that team, the 2022 Gus Lacy banner honoree will be Jamie Reichlen.



2022 BANNER HONOREE

JAMIE REICHLEN

ULTIMATE TEAMMATE

Fork Union Track and Field is proud to announce Jamie Reichlen as the 2022 banner honoree. Reichlen came to FUMA in the fall of 2005 and quickly established himself as an elite athlete. A two time All-American for FUMA, Reichlen was the ultimate teammate. In 2006 and 2007, Reichlen took on anchoring the sprint medley just moments after earning All-American honors so more FUMA athletes could participate in the Nationals. His signature moment came in 2007 at the State Indoor meet where in the span of 25 minutes he won the 500 and the 1000 meter runs. He came back later in the meet to help the 4x400 win the State title. Reichlen was also a 3 time Prep League Champion in the 400, 800 and 1000. Jamie went on to compete for the University of North Carolina.



2022 OUTDOOR SEASON BEGINS

JULIUS BOTHERS RUN 49'S FOR 400

A quick week after running in the National Championship, Dominic and Dominique Julius delivered a thunderbolt on the Spring season with sub 50 performances at the Shoot the Gun and Run Invite at New Kent High School. Mild temperatures and a little luck with the wind made for an ideal start as the brothers went 1-2 with Nic running 49.18 and Q finishing at 49.98 in the 400 meter dash. Senior Sa'eed Dasher got in on the fun with a personal best 54.83 and also scored at 4th place.

FUMA was tremendous in the throws with Elijah Munoz taking second in the discus and Asamadu Addo finishing third in the shot. In the distances, Robel Lulseged was second in the 1600 and Jackson Pretus had perhaps his best track meet ever with two personal bests and two medal finishes in the 1600 and 3200.

Jaden Carter debuted in the hurdles in an attempt to strengthen himself for the high jump. He may be headed for an expanded career as he placed second in the high hurdles. Jumpers Caleb Davis and Ayden Bland scored in the triple jump and Jackson Edwards was a scorer in the 800.

Despite mixing up the line-up and having a few out, the Blue Devils came away with a runner-up finish. Long way to go!

FLUVANNA INVITATIONAL

5 EVENT WINS FOR FUMA

DEMORRO OVER 12 FEET IN VAULT

FUMA Track ventured all the way to Fluvanna County High School for the annual Fluvanna Invitational. It was Fork Union's first visit in a few years and the Blue Devils made their presence known. While the weather was less than ideal, five Blue Devils found the win column and propelled the team to a near win runner-up finish. Louisa County High School managed to squeak by on the last event the 4x400.

Dominique Julius battled a stiff head win and won the 100 meter dash at 11.23 while brother Nic stomped the field in the 200 at 22.09. Meanwhile at the pole vault, Fluvanna resident Gavin DeMorro set a personal best at 12 feet and won the event for his first invitational win. Not to be outdone, Mason Bligen won the high jump in his first invitational ever. FUMA also got in the win column in the throws as Asamadu Addo won the shot put with a throw of 42 feet.

FUMA had some other noteworthy performances across the board but were also hit with some bad luck. FUMA appeared to have earned a comfortable win in the 4x100 but were flagged for a lane violation. The beauty of Track and Field—every little thing counts!





GUS LACY TRACK CLASSIC EVENT HONOREES FOR 2022



TIM STEWART – BOYS 4X800

DEREK ROEMER– GIRLS 4X800

HARRISON DUNCAN– GIRLS 100MH

MIKE QUICK- BOYS 110MH

WILL BANKS - GIRLS 100

SONNY RANDLE – BOYS 100

JULIAN YESCAS – GIRLS 1600

JEREMY HANEY – BOYS 1600

CLYDE GROSS – GIRLS 4X100

BILLY DUKE – BOYS 4X100

CALEB HANEY - GIRLS 400

PETER LOMONG – BOYS 400

LEVORD BURNS – GIRLS 300LH

EDDIE GEORGE – BOYS 300IH

AXEL MOSTRAG– GIRLS 800

ALEX LOMONG – BOYS 800

LOGAN JUSTICE– GIRLS 200

EBRUBA ETTA– BOYS 200

JONATHAN BUCKLAND – GIRLS 3200

KIPPY KEINO– BOYS 3200

STEPHEN LABOHNE – GIRLS 4X400

MIKE REDDEN – BOYS 4X400

RUSSELL BODINE– BOYS SHOT PUT

ROMAN OBEN - GIRLS SHOT PUT

LOWELL VAUGHT – GIRLS DISCUS

JORDAN ROACH – BOYS DISCUS

BRAXTON DAVENPORT – BOYS POLE VAULT

ANDREW KESSLER – GIRLS POLE VAULT

BRIAN ZITTERKOPF – BOYS HIGH JUMP

DON MAJKOWSKI– GIRLS HIGH JUMP

BRANDON CALEB – BOYS TRIPLE JUMP

DOMINICK GREGORY– GIRLS TRIPLE JUMP

DONDRE WRIGHT - BOYS LONG JUMP

EDDIE JONES – GIRLS LONG JUMP



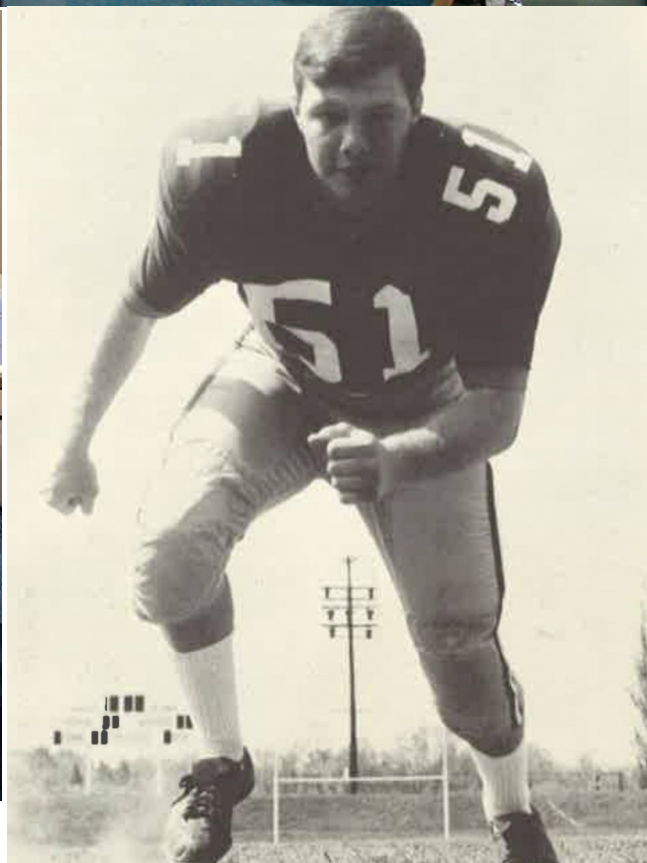
FUMA TRACK AND FIELD NEWSLETTER



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R.I.P. FUMA LEGEND **BILL MILLER**, GREAT TEACHER, GREAT COACH, GREAT ATHLETE AND AWESOME CLERK AT THE OLD FUMA INVITATIONAL.

TIM BEASLEY AND **MURRAY PADGETT** WITH HIS BETTER HALF..

GUESS THE TEDDY BEAR OF A COACH BACK IN THE DAY.

JULIAN YESCAS GRADUATES IN MAY AND WILL ALSO SERVE AS THE COVER MAN FOR THE INVITATIONAL AT FORK UNION.

