

Helton earns All-State status in two events

■ Breaks school record in Shot Put

Senior track star Justin Helton earned two medals at the Class 1A-2A State Track Meet held this past weekend at Dwight T. Reed Stadium on the campus of Lincoln University in Jefferson City.

Helton won 2nd place in the Shot Put with a heave of 46' 11-1/2". That distance was Helton's best throw of his career, breaking the school record set nearly 20 years ago by Paul Light.

Helton also tied for 7th place in the High Jump, which earned him a second medal and All-State status.

The top eight finishers at State earn All-State status and receive medals.

"I am extremely proud of Justin," said Head Coach Chuck Woody. "He has accomplished a lot this year and we are really going to miss him. I love that kid to death."

Other athletes competing for the Eagles are as follows:

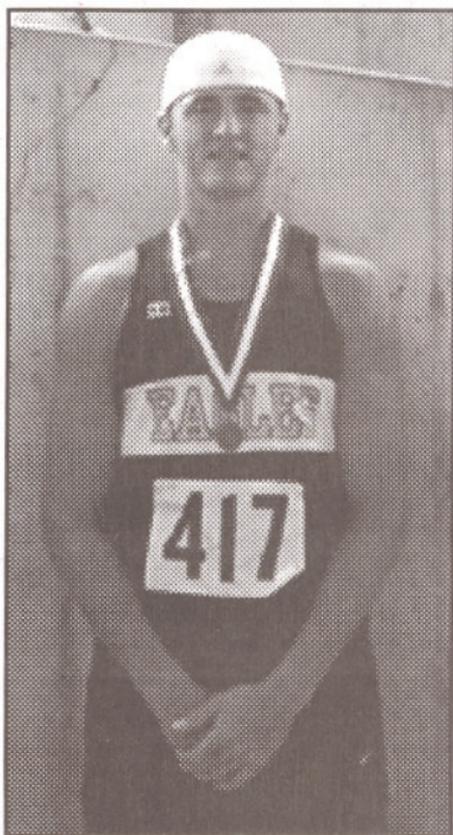
--B.J. Asberry placed 13th in the Triple Jump.

--The 4x200M Relay Team of Michael Hutchison, Justin Helton, Rocky Clark and Tim Weakly placed 12th.

--Freshman Tim Weakly placed 9th in the 100M Dash, 11th in the 200M Dash and 11th in the 400M Dash.

--The 4x100M Relay Team of Michael Hutchison, John Campbell, Justin Helton and Rocky Clark placed 15th.

"I am very proud of all the boys who made it to the State



JUSTIN HELTON
ALL-STATE SHOT PUT
2ND PLACE - 46' 11-1/2
(NEW SCHOOL RECORD)

ALL-STATE HIGH JUMP
7TH PLACE

Meet," said Woody. "It takes tremendous athletes to make it to state and they did an outstanding job."

Wilson repeats as Track All-State

■ Finishes 5th in 3200M Run

Junior distance ace Crystal Wilson earned a fifth place medal in the 3200M Run at the Class 1A-2A State Track Meet held this past weekend at Dwight T. Reed Stadium on the campus of Lincoln University in Jefferson City.

Wilson finished with an outstanding time of 12:31. Last year, in the same race, Wilson finished 6th with a time of 12:32.56.

The top eight finishers at State earn All-State status and receive a medal.

"To earn a medal obviously

puts a lot of icing on our cake," said Coach Mick Byrd. "Crystal has put in a lot of miles to achieve the level of accomplishment she's reached. To be your best at the most important times is the true test of a blue chip athlete. Well, she did it again. She's tough!"

Several other athletes also competed for the Lady Eagles over the weekend.

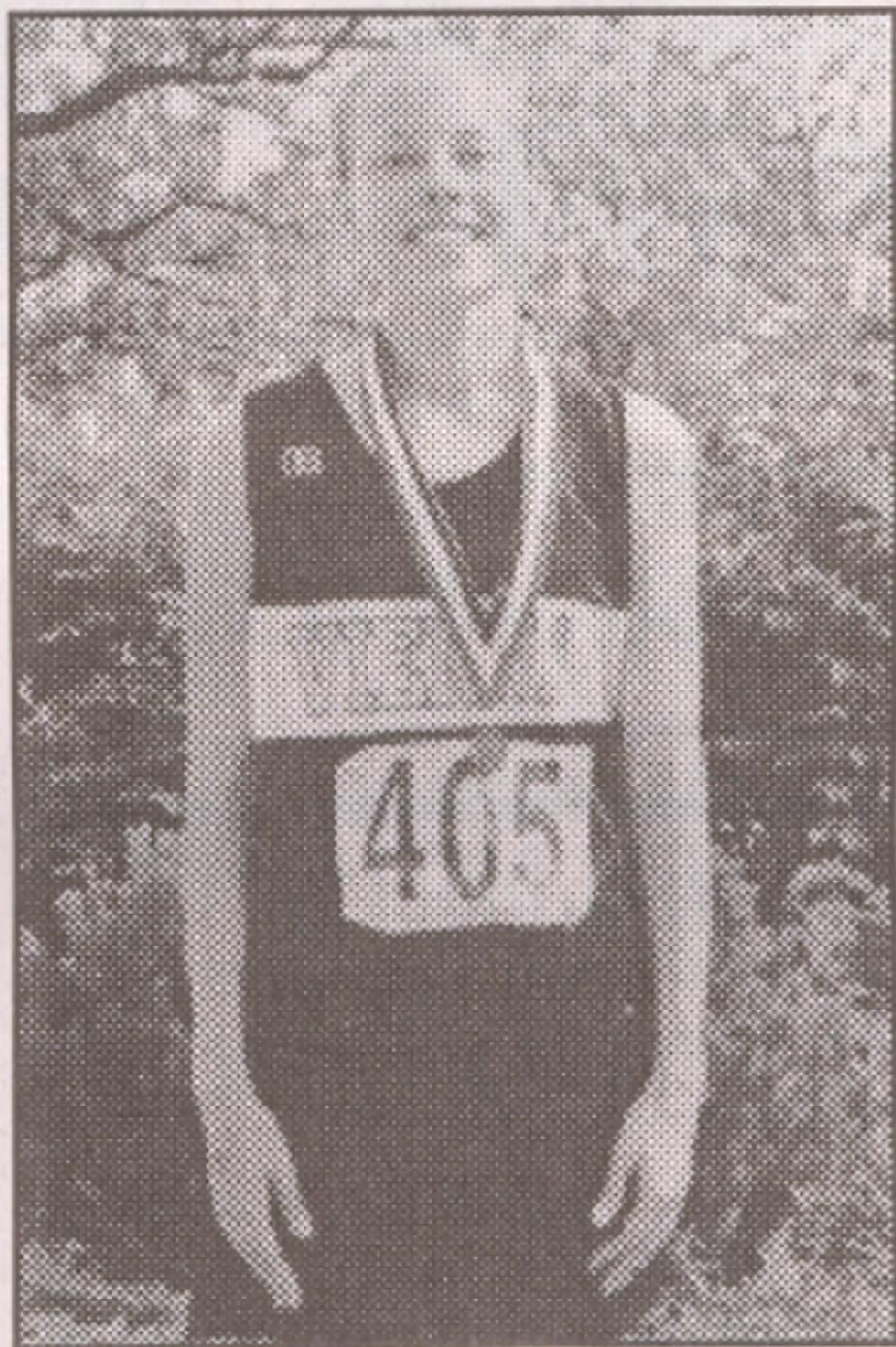
--Wilson finished 11th place in the 1600M Run with a time of 5:53.

--Freshman high jumper Kelley Wieberg took part in her

event and finished tied for 10th.

--The 4x800M Relay Team of Lindsay Helton, Crystal Wilson, Ellie Byrd and Whitney Wieberg also finished 10th with a time of 10:58.

"It is a tremendous accomplishment to qualify for the State Track Meet," said Byrd. "Only the best of the best ever get to compete there. Our athletes represented our school and community very well. We are all very proud of them."



CRYSTAL WILSON

ALL-STATE 3200M RUN

12:31 - 5TH PLACE

(SEASON BEST TIME)