



The 11th annual
fellowship of sportsmanship



April 8-9, 2022 •
Anchorage, Alaska • The Dome



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Big C Relays Schedule of Events

FRIDAY APRIL 8, 2022	SATURDAY, APRIL 9, 2022
<i>9 a.m. coaches meeting; 9:45 opening ceremony</i>	
10:00 Russ Edwards Memorial "Jump for Joy"	
Girls Long Jump	7:45 Girls Pole Vault
Boys Long Jump	Boys Pole Vault
11:00 Girls Discus	9:00 "Lord of the Rings" Girls Shot Put
Boys Shot Put	"Lord of the Rings" Boys Discus
Alaska Airlines Pentathlon Girls High Jump	
Alaska Airlines Pentathlon Boys High Jump	9:00 Alaska Airlines Pentathlon Girls 300mH
Girls High Jump	9:10 Alaska Airlines Pentathlon Boys 300mH
Boys High Jump	9:20 Girls 300mH Invite
Alaska Airlines Pentathlon Girls Shot Put	9:35 Boys 300mH Invite
Alaska Airlines Pentathlon Boys Shot Put	9:50 Girls Sprint Medley Relay (1/1/2/4)
	10:30 Boys Sprint Medley Relay (1/1/2/4)
11:00 Todd Jackson State Farm Girls 3200m Invite	11:10 Girls 800m Invite
11:20 Todd Jackson State Farm Boys 3200m Invite	11:20 Boys 800m Invite
11:40 Girls Distance Medley Relay (12/4/8/16)	11:30 Soloy Const. 4xAlaskan Mile Co-Ed Relay
12:40 Boys Distance Medley Relay (12/4/8/16)	12:40 Skinny Raven Laird Prosser Memorial Mile
1:40 Fastest Alaskan 100m Prelims Girls	12:50 Girls Sprint Medley (2/2/4/8)
2:40 Fastest Alaskan 100m Prelims Boys	1:40 Boys Sprint Medley (2/2/4/8)
3:40 Girls High Step Hustler 100mH Prelims	Program break
4:15 Boys High Step Hustler 110mH Prelims	3:00 Girls High Step Hustler 100mH Finals
4:50 Girls 400m Invite	
5:05 Boys 400m Invite	3:10 Boys High Step Hustler 100mH Finals
5:20 Co-Ed Swedish Medley (1/2/3/4)	3:20 Fastest Alaskan 100m Finals Girls
6:30 Girls High Step Hustler 100mH Semis	3:30 Fastest Alaskan 100m Finals Boys
6:40 Boys High Step Hustler 110mH Semis	3:40 Alaska Airlines Pentathlon Girls 800m
6:50 Alaska Airlines Pentathlon Girls 100m	3:55 Alaska Airlines Pentathlon Boys 800m
6:55 Alaska Airlines Pentathlon Boys 100m	4:10 Girls 4x400
7:00 Fastest Alaskan 100m Semis Girls	4:55 Boys 4x400
7:10 Fastest Alaskan 100m Semis Boys	5:30 End
7:20 Circle Plumbing Girls 4x100m Relay	
7:55 Circle Plumbing Boys 4x100m Relay	
8:30 End	

Big C Relays returns after pandemic disruption

Welcome back to the 11th running of the Big C Relays! After canceling the last two years due to the pandemic, we are excited to bring back 28 teams and nearly 800 athletes from across Alaska for an action-packed weekend of track and field.

In 2008, and having no track of their own, the coaches from Grace and Anchorage Christian schools had a vision of putting on a track meet to give back to the community that so often hosted them. With the newly opened facility at the Dome, the two schools could finally realize this vision, and what they created was an event beloved by all those involved. This year, as in years past, USATF Alaska is taking the lead role in hosting the event, but we still heavily rely on the help and support of the two schools to make it happen.

Our desire is simple: to always offer excellent events characterized by outstanding competition, organization, and sportsmanship. During the Big C Relays, we provide as many opportunities for athletes to compete and for coaches to evaluate and encourage in a fun, fast way. By doing so, we are able to showcase some of our stellar athletes who have worked diligently to impact their school, sport, and community.

Once again you will experience unique events such as the Alaska Airlines Pentathlon, where coaches nominate athletes based off of athletic and academic achievement as well as community service. Who is the fleetest of feet? We'll find out with the "Fastest Alaskan." Who can throw the farthest? The "Lord of the Rings" will tell us. The medley relays, the "King/Queen of the Hill," along with more traditional track and field events make for an exciting meet for athletes, coaches and spectators.

Along with the many committed volunteers, this year's event

wouldn't be possible without the staff and sponsors. We thank you! There are many people who give countless hours to make the Big C Relays as special as it is. We truly have become a family and enjoy working alongside each other to bring this to you.

As I step into the role of meet director, I would like to give a final thanks to the four men who began this event and who turned it into something memorable for me and countless others. First, to my father and prior Grace head coach Shane Metcalf, who served as Meet Director for the last ten years. Second, to prior ACS head coach Jason Hofacker, who served as Head Official. Third, to USATF member Ben Larson who served as Head Timer. And finally, to Russ Edwards, who served as the Head Scheduler and who we recently lost to a two-year battle with cancer.

Russ was not only a coach at Grace and a prior serviceman, but also a beloved and respected friend and mentor. He was the man behind the scenes who crafted the precise schedule that came to be associated with the name "Big C." He toed the starting line for his last race in life with unparalleled joy, and he crossed the finish line into the arms of his Savior on March 30th. It is in honor of him that we are renaming the long jump to the Russ Edwards Memorial "Jump for Joy."

Thank you for joining us, and we hope you thoroughly enjoy this weekend of Alaskan Track and Field.

— Quinton Metcalf, 2022 Big C Relays Meet Director



Quinton Metcalf,
Big C Relays
Meet Director

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Alaska Airlines Pentathlon



A MOST ANTICIPATED EVENT OF EVERY BIG C RELAYS IS THE ALASKA AIRLINES PENTATHLON. WATCH as six young men and women vie for the title by competing in the high jump, shot put, 100m, 300m hurdles and 800m.

During the last Alaska Airlines pentathlon, held in April 2019, Chugiak High's Brooklynn Gould captured the victory, excelling at both the 300mH and 800m to grab the title. She currently is a multis track & field athlete at University of North Dakota.

Kodiak's Micah Bartel made a come-from-behind win, with strong performances in the 100m and 300m hurdles. It wasn't until the last event, though, the 800m, that he stole the competition. His 1:57.26 time eclipsed the second-place runner by more than 17 seconds, earning him valuable points that pushed him into the winning title. Bartel competed on scholarship at Concordia University and was recently accepted into the International Brotherhood of Electrical Workers as an Electrical Journeyman apprentice. Read more about this year's lineup at right, and see the schedule below:

Friday, April 8:

11 a.m.
High Jump (boys and girls)
Shot put (boys and girls)
6:50 p.m.
100m girls
6:55 p.m.
100m boys

Saturday, April 9:

9 a.m.
300m hurdles girls
9:10 a.m.
300m hurdles boys
3:40 p.m.
800m girls
3:55 p.m.



Brooklynn Gould, Chugiak High



Micah Bartel, Kodiak High

BECOME A
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Meet the 2022 Big C Relays pentathletes



Jisselle Blanco

Kodiak High School
GPA: 3.91
2021 region qualifier 100mH, 300mH.
Sophomore class president, section leader in orchestra, and volunteers.



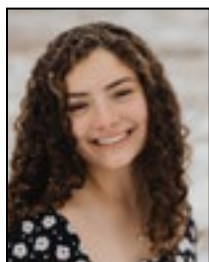
Jazzy Trotter

Eagle River High School
GPA: 4.27
2021 region qualifier in 100 and HJ.
Member of student government and National Honor Society.



Kaytlin McAnelly

Soldotna High School
GPA: 4.021
2021 state finalist in 300mH, and ran state-placing 4x100 and 4x200 relays.
Student council and NHS member.



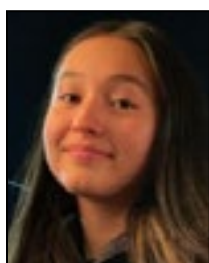
Paige Nelson

Chugiak High School
GPA: 4.14
2021 RIV champion, TJ; 2021 State, third place, TJ; 2021 RIV, fourth place, LJ, key sprint-relay member



Anna Abalos

Wasilla High School
GPA: 3.959
Top-3 female in all of her 2021 RIII events. Recipient of Track Star award for worth ethic and dedication.



Shannon Smith

Bartlett High School
GPA: 3.33
On 2021 state 4x200 team; also versatile in shot, discus, LJ and 300mH.



Ryan Shelden

Colony High School
GPA: 3.902
Varsity 110mH, 100m 200m, and sprint relays; 2021 Knight Award for exemplary leadership with team.



Ryan Owens

Palmer High School
GPA: 4.38
Vice president of NHS, three-event region qualifier, 400, 800, and triple jump



Dylan Jeffus

Wasilla High School
GPA: 2.9
Placed at 2021 state meet in HJ, LJ and TJ, and qualified for state in 4x100.



Micah Fields

Kodiak High School
GPA: 4.23
2021 RIII MVP, captain of T&F and XC teams. State: second-place, 3200; and 4x800 state champions.



Dylan Dahlgren

Soldotna High School
GPA: 3.8
Third in shot, fifth in discus at 2021 state meet; 4x100 sprint team member. Attending Dickinson State University as a T&F athlete.



Clayton Jackson

Grace Christian School
GPA: 3.94
2021 RIII 110mH champion, fourth in 300mH. Also competes in high jump.

Thanks, Alaska Airlines, for supporting Big C Relays!

Pentathlon records

GIRLS PENTATHLON WINNERS

Year	Name	School	Result
2009	Hannah Johnson	Grace	21
2010	Morgan Kueter	Bartlett	39
2011	Jessica Todd Dimond		30
2012	Alisha Allen Lahrop		36
2013	Scout Warners	Eagle River	35
2014	Naomi Welling	Thunder Mountain	32
2015	Naomi Welling	Thunder Mountain	27

Pentathlon scoring was automated in 2015. The 800m was calculated differently affecting the overall score. Naomi's results without that difference is 3952

2016	Naomi Welling	Thunder Mountain	3821
2019	Brooklynn Gould	Chugiak	3696

BOYS PENTATHLON WINNERS

Year	Name	School	Result
2009	Karsten Schick	Kodiak	3322
2010	Karsten Schick	Kodiak	3480
2011	Colton Schneider	Soldotna	3153
2012	Duncan Keith	Chugiak	3232
2013	Tyler Rohde	Chugiak	3683
2014	Leroy Elliott	West	3503
2015	Tim Duke	Soldotna	3764

Pentathlon scoring was automated in 2015. The 800m was calculated differently affecting the overall score. Tim's results without that difference is 3879

2016	Ty Jordan	Chugiak	3135
2019	Micah Bartel	Kodiak	3552



Big C 2019 Alaska Airlines Pentathlon participants. Micah Bartel of Kodiak and Brooklynn Gould of Chugiak took home the trophies. Courtesy Brian Kruchoski

The Todd Jackson State Farm 3200m Invite

3200 Invite

Friday, April 8
11 a.m.
Girls Race
11:20 a.m.
Boys Race

The longest individual race of the Big C Relays gets underway on Friday, April 8, kicking off a weekend of great racing. Levi Thomet of Kodiak and Allie Ostrander of Kenai Central are the record-holders for the event, both times set during the 2015 meet. The 3200m race is a mental game, where athletes are challenged to hold paces that maximize their absolute physical limits, while still retaining enough energy to have a wicked finishing kick. Many a 3200 race has been won in the last 100 meters, so be prepared for some exciting last seconds. The following top 16 athletes qualified for the 2022 State Farm 3200 Invite:

3200 Invite Records

GIRLS:
Allie Ostrander 9:59.3
Kenai, 2015
BOYS: Levi Thomet,
8:54.2 Kodiak, 2015

Girls 3200 Meter Run Varsity

Lane	Name	School	Seed Time
1	Smith, Payton	West Anchorage	11:24.19
2	Peterson, Campbell	Chugiak	11:54.08
3	Trembath, Ava	Eagle River	12:01.00
4	Moore, Emily	Chugiak	12:01.85
5	Brower, Debbie	ACS	12:08.60
6	Rufner, Jordan	Soldotna	12:31.24
7	Badajos, Elena	Homer	12:43.82
8	Baker, Ayla	Kodiak	12:45.00
9	Wuerth, Adria	Service	12:50.70
10	Harver, Abigail	Kodiak	13:00.00
11	Page, Elizabeth	South Anchorage	13:14.67
12	Rose, Stella	Colony	13:20.27
13	Richardson, Ruthie	Service	13:27.70
14	Bader, Sadie	East Anchorage	13:52.93
15	Wright, Amanda	East Anchorage	13:54.95
16	Swain, Monroe	Palmer	13:58.20

Boys 3200 Meter Run Varsity

Lane	Name	School	Seed Time
1	Gardiner, Jared	Dimond	9:29.80
2	Sliwinski, David	Grace Christian	9:48.13
3	Rongitsch, Matthew	Colony	9:49.71
4	McDonough, Seamus	Homer	9:57.00
5	Buchanan, Tobias	Colony	9:57.85
6	Zingone, Aiden	Grace Christian	10:07.09
7	Merchant, Preston	ACS	10:09.15
8	Lackey, Brennan	Wasilla	10:25.00
9	Soule, Elias	Service	10:32.00
10	Hanley, Blake	West Anchorage	10:37.47
11	Soberay, Dylan	West Anchorage	10:38.99
12	Boyer, Blaise	South	10:47.16
13	Anderson, Bengt	Kodiak	10:48.00
14	Miller, Tobin	Palmer	10:48.60
15	Brukardt, Blake	Chugiak	10:54.10
16	Hecht, Nicholas	Kodiak	11:00.00



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The Fastest Alaskan

Big Cs 2019 saw two 100m records broken



Hailey Williams of Delta Junction High School, third from left, now runs track at Duke University. She holds the Fastest Alaskan 100-meter sprint record at 12.17, set in 2019, her junior year of high school.

DELTA JUNCTION'S HAILEY WILLIAMS ONLY GOT TO compete in one Big C Relays during her four years of high school. She was a freshman when the Dome collapsed in January 2017, precipitating the cancellation of Big C Relays 2017 and 2018 while the Dome was being repaired. In 2020, the arrival of a worldwide pandemic cancelled her senior year — and yet another Big C Relays. But in 2019, she was able to squeak in a performance that stands in the record books. Now a sophomore at Duke University, Williams shattered the existing 12.41 record set by ACS's Tanner Ealum in 2015, recording a 12.17 at the 2019 Big Cs.

And she wasn't alone. East High boys sprinter Colton Herman broke the existing 11.05 set by Brett Morman of South High in 2015,

after he ran an 11.00 flat.

Herman went on to win the 2019 Division 1 State title in the 100 meters, setting a new state record of 10.86, and recorded a personal best of 10.76 a week later at the 2018 Brian Young Invitational in Kodiak.

Williams, likewise, won state in 2019, clocking a 12.36 in prelims, and ran a 12.20 at Brian Young. Her high school 100m PR is 11.95, set in 2017 at New Balance Nationals Outdoors in Greensboro, N.C.

The Fastest Alaskan race consists of preliminaries, in which the fastest 12 times will move on to semifinals. From there, the field is winnowed to six. Both races take place Friday, April 8. The next afternoon, stay tuned for the championship races.

The Fastest Alaskan schedule of races

Preliminaries

Friday, April 5
1:40 p.m.
Girls
2:40 p.m.
Boys

Semifinals

Friday, April 5
7 p.m.
Girls
7:10 p.m.
Boys

Finals

Saturday, April 6
3:20 p.m.
Girls
3:30 p.m.
Boys

Fastest Alaskan records

GIRLS: Hailey Williams, 12.17
Delta Junction, 2019

BOYS: Colton Herman, 11.00
East Anchorage, 2019

Laird Prosser *memorial mile*

sponsored by Skinny Raven Sports

ONE OF THE BEST THINGS ABOUT TRACK & FIELD IS THAT IT CAN be a lifelong passion. Long after our team sports days are behind us, adults can still lace up some running shoes and go for a run. That's what the Laird Prosser Memorial Mile is all about. Skinny Raven is the generous sponsor of this event, named in the honor of one of Alaska's best distance runners.

Here's what Skinny Raven's John Clark had to say about Prosser in 2019, and it stands today:

"Laird Prosser was one of the best of the many great runners I have been privileged to coach. But our relationship went far beyond just helping him run faster than anyone ever had at Dimond High, where I coached for 20 years. It was the way he did it, the way he conducted himself and the way we supported each other even after his running career was over. Laird epitomized all the things I wish I could have been when I was a young athlete."

This year, registration is open, and free, to all adult runners who want to enter. The top male and female winners will receive a USATF Alaska T-shirt!



2019 Laird Prosser Memorial Mile racers.

Laird Prosser Memorial Mile

12:40 p.m. , Saturday April 9

Memorial Mile Records

Trevor Dunbar, Kodiak 4:02.88, 2011

Allie Ostrander, Kenai, 4:41.03, 2019

CONGRATULATIONS ATHLETES



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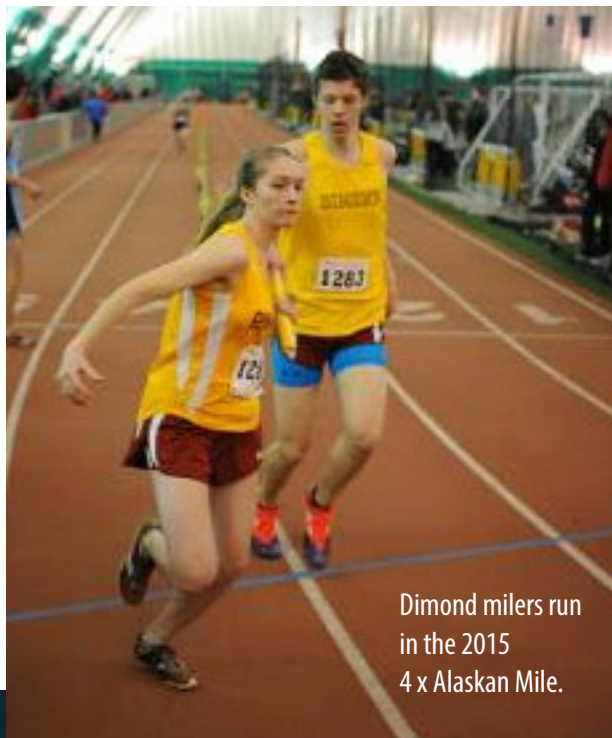
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4 x Alaskan Mile

THE BIG C RELAYS FEATURES TWO OPPORTUNITIES FOR CO-ED TEAMS to compete together: the Swedish Relays, which consists of 100-200-300 and 400m legs, and the uniquely “Alaskan” Dome 4 x Mile relay. The “Soloy Construction 4 x Alaskan Mile” features four-person teams who run four complete laps at the Dome, which because of its oversized loop equals 1,652 meters instead of the traditional 1,600 meters found on outdoor tracks. Be sure to stick around Saturday to watch as two boys and two girls join forces to run the fastest combined four miles-plus. Some teams will even join forces with other teams to form their own mixed teams so everyone gets a chance to compete.

The Swedish Medley features girls on legs 1 and 3, and the boys running legs 2 and 4. That race is set for 5:20 p.m., Friday, April 8.



Dimond milers run in the 2015 4 x Alaskan Mile.

The 4 x Alaskan Mile

Saturday, April 9
11:30 a.m.

Meet Record

Kenai High: 20:16.9, Allie Ostrander, Riana Boonstra, Jordan Theisen, Jonah Theisen, 2015



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Who will be crowned?

Lord of the (throwing) Rings

Be sure to stop by the far end of the Dome, where there will be lots of power happening during this year's Big C Relays. Some of the state's strongest high school athletes will be vying for Lord of the Rings bragging rights. Scores are combined between the two events to determine the overall strong man and woman of the weekend.



Schedule

Friday, April 8

11 a.m.

Girls discus
Boys shot

Saturday, April 9

9 a.m.

Boys discus
Girls shot



Amir Williams of Anchorage Christian School captured the 2016 Lord of the Rings girls title when Olympic Gold Medalist shot-putter Michelle Carter attended Big C Relays as a guest athlete.



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The Record Book: Big

ALL-TIME BOYS RECORDS				
Discus	170'10"	Jordan Clarke	Bartlett	2008
Shot Put	65' 6.50"	Jordan Clarke	Bartlett	2008
High Jump	6' 8"	Bryce Hellman	Bartlett	2016
Long Jump	21' 2"	Ben Jackson	Service	2008
100 Hurdles	14.75	Tyler Rohde	Chugiak	2012
300 Hurdles	40.09	Tyler Rohde	Chugiak	2012
100 meters	11.00	Colton Herman	East	2019
400 meters	49.34	Daquan Brunson	Bartlett	2012
800 meters	1:55.5	Levi Thomet	Kodiak	2015
1600 meters	4:17.9	Trevor Dunbar	Kodiak	2008
3200 meters	8:54.2	Levi Thomet	Kodiak	2015
4x100 relay	44.20	W. Rohde, A. Harr, J. Mathes, E. Erickson	Chugiak	2019
4x400 relay	3:27.14	B. Durr, B. Panoam, D. Reid, J. Obrigewitch	Bartlett	2016
4x800 relay	7:58.1	C. Mamikunian, S. Talbot, R. Walgren, J. Lane	Service	2010
4x1652 relay	20:16.9	J. Theisen, J. Theisen	Kenai	2015
800 SMR relay	1:36.1	D. Watson, A Tufega, D. Gray, J.J. Jack-Nixon	Dimond	2011
1600 SMR relay	3:35.8	T. Randall, I. Ashley, J. Jackman, J. Theisen	Kenai	2015
Pentathlon	3764	Tim Duke	Soldotna	2015

Big C Relays Staff

Meet Director: Quinton Metcalf
Head Official: Shane Metcalf
Head Timing Official: Jacob Kirk
Assistant Timing Official: Marcus Dunbar
Meet Announcer: David Registe
Clerk of the Course: Tom Pargeter
Hospitality Coordinator: Michelle Metcalf
Meet Program: Melissa Hall
Starters: Ric Wilson, Barry Koch, Robert Tedrick



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C Relays all-time bests

ALL-TIME GIRLS RECORDS				
Discus	129'-10"	Alissa Pili	Dimond	2019
Shot Put	41'-9.25"	Alissa Pili	Dimond	2019
High Jump	5' 2"	Thit Bak Ann Gebauer	Skyview Service	2011 2015
Long Jump	17'-5.75"	Jocelyn Chanonto	Service	2019
100 Hurdles	15.04	Rosie Smith	Bartlett	2012
300 Hurdles	44.99	Jordyn Bruce	Eagle River	2016
100 meters	12.17	Hailey Williams	Delta Junction	2019
400 meters	55.87	Tanner Ealum	ACS	2015
800 meters	2:16.29	Tanner Ealum	ACS	2016
1600 meters	5:29.4	Shoshana Keegan	West Anc.	2018
3200 meters	9:59.3	Allie Ostrander	Kenai	2015
4x100 relay	50.91	J. Tillmon, K. Young, B. Walker, D. Little	Bartlett	2010
4x400 relay	4:05.9	L. Sandahl, S. DeVito, B. Beeson, L. Flanagan	Kenai	2010
4x800 relay	9:31.0	M. Burroughs, P. Mathis, J. Pahkala, M. Dampier	Wasilla	2012
4x1652 relay	20:16.9	A. Ostrander, R. Boonstra	Kenai	2015
800 SMR relay	1:53.7	S. Hull, S. DeVito, B. Beeson, L. Flanagan	Kenai	2010
1600 SMR relay	4:15.7	K. Whannell, K. Harding, A. Gibson, A. Ostrander	Kenai	2015
Pentathlon	3947	Naomi Welling	Thunder Mtn.	2015

Participating teams 2022 Big C Relays

- Anchorage Christian
- Bartlett High School
- Ben Eielson High School
- Birchwood Christian
- Chugiak High School
- Colony High School
- Cook Inlet Academy
- Dimond High School
- Eagle River High School
- East High School
- Grace Christian School
- Grandview, High School, Colo.
- Holy Rosary Academy
- Homer High School
- Houston High School
- Hutchison High School
- Kodiak High School
- Lumen Christi School
- Nikiski High School
- Palmer High School
- Redington High School
- Service High School
- Soldotna High School
- South Anchorage High School
- SuValley School
- Tri-Valley School
- Valdez High School
- Wasilla High School
- West Anchorage High School



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belong.

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Big C Relays to the track.

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