

2020

Trinidad & Tobago Secondary Schools'

TRACK & FIELD CHAMPIONSHIPS

Fire on the Tracks

March 11th & 12th
Dwight Yorke Stadium, Tobago



mobile



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Dwight Yorke Stadium, venue for 2020 Championships

Hello Track Fans

Welcome to our Secondary Schools' Track & Field Championships 2020 Magazine. Thanks to you, our loyal supporters over the years, who will be with us on this new journey and welcome to all new viewers. Stay with us as we take you to higher heights.

"Fire on the Tracks"

Whether they compete for victory or just to showcase their best performance, our athletes blaze a trail of accomplishment that invigorates and encourages all to persevere.

Enjoy!!

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A TTSSTFA production
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Feature School - Toco Secondary Perennial Champions

Toco Secondary School has won and successfully defended the title Champion School in most if not all of the events held by the Trinidad & Tobago Secondary Schools' Track & Field Association (National Championships, Relay Festival, 5k Road Classic and Cross Country).

There is no other school that can boast of such an achievement. Toco Secondary has been able to achieve this amidst many challenges which include financial constraints, lack of proper training facilities and resources, coupled with infrastructural issues existing at the school which has seen the school closed for short periods over the last two years.

Toco Secondary's dominance and success can be accredited to the vision and passion of their past and present administration and coaches, along with a committed support staff. Over the years, this united team has ensured that despite Toco Secondary's geographical location, its students are not disadvantaged, and they use their talents as stepping stones to achieve their athletic goals.

The great Muhammed Ali once said that champions are not made in the gym but from something deep inside them, a dream, a desire and a will. Champions must have the skill and the will, but the will must be greater than the skill. Toco Secondary's staff believes that this is what makes the student-athletes of their school true champions; their will to make their dreams a reality, their will to succeed no matter how rough or tough the road gets, and their ability to believe in themselves even when no one else does.





Our Vision

To be the leading Schools' National Sporting Organisation in
Trinidad and Tobago.

Our Mission

The Trinidad and Tobago Secondary Schools' Track and
Field Association provides opportunities for track and field
development of secondary schools students with the aim of
unleashing their full potential through:

- Effective organisation of track and field events
- The development of officiating and coaching capacity
- Developing meaningful relationships with stakeholders

The background of the page features a faint, light blue globe in the upper left quadrant. In the lower left, there are dark blue silhouettes of three people standing side-by-side, facing right. The overall color scheme is light blue and white.

The Athletes' Oath

We declare that we will take part in the National Secondary Schools' Track and Field Championship In the spirit of true sportsmanship, recognizing the rules which govern it, for the honour of our schools, our Districts, and the glory of sport

The Officials' Oath

We declare that we will take part in the National Secondary Schools' Track and Field Championship In the spirit of true sportsmanship, recognizing the rules which govern it, for the honour of our schools, our Districts, and the glory of sport

Message from Mr Joseph Brewster, President of TTSSFTA



“Drag your bow Mr. Fiddler”.

The Trinidad and Tobago Secondary Schools Track and Field Association is extremely happy to welcome you to the 2020 edition of the National Secondary Schools Track and Field Championships. 2020 did not only usher in a new decade, but a new venue for our premier Secondary Schools' event. This year and for the first time since its inception, the Championships has not only left the Hasely Crawford Stadium Port of Spain, but for the first time is being held in the picturesque Dwight Yorke Stadium in the beautiful island of Tobago.

This year's event promises to provide stiff but fair competition, with seven hundred students from over eighty five secondary schools in Trinidad joining just about two hundred students from eight secondary schools from Tobago. The tables are now turned; will this change of venue bring about a changing of the guards? Will Toco Secondary School finally be dethroned? Will one of the schools that finally got to stay at home in Tobago, take top spot? Or will some other school spring a surprise? All these questions plus more will be answered at the end of these two days of grueling competition.

The Trinidad and Tobago Secondary Schools Track and Field Association continues to reach for new heights and explore new horizons, but we cannot do it alone. This year's staging of the Championships in Tobago would not be possible without the involvement, assistance and guidance of the following partners: The Ministry of Education, The Ministry of Sport, The Tobago House of Assembly, The Prime Minister's Sport and Culture Fund, The Port Authority of Trinidad and Tobago, Management of the Dwight Yorke Stadium, The NAAA, The National Gas Company, Blue Waters, S.M. Jaleel and Bmobile. We also thank the Officials Association of Trinidad and Tobago, the Tobago Athletic Committee and the Tobago Secondary Schools' Zone. Special thanks is also extended to the many individuals, principals, administrators (inside and outside education), teachers, parents and students.

This Championships has provided and continues to provide the perfect platform from which our student-athletes can propel themselves into the future. A future that is bright and ripe, where sport and education work together to provide meaningful job opportunities for our students, both locally and abroad. To assist us in showcasing our talent to the world; Trinidad and Tobago Television has agreed to partner with us. We thank them and all other media houses that are here.

A very special thanks is reserved to the members of the Trinidad and Tobago Secondary Schools' Track and Field Association, for their hard work and commitment in making this event a reality and a success. Ms Indra Ramsingh-Geoffroy and Mrs Sherry Nyack-Allard, must be specially named for their continued tireless contribution to our association, thank you a million times over ladies.

Over the next two days there will be fire on the blue tracks of this stadium, projectiles in the air and disturbances in the pits as students run, jump and throw themselves into the history books.

Let's celebrate!

T.T.S.T.F.A. Executive Committee

President	- Joseph Brewster
1st Vice President	- Dale Peter
2nd Vice President	- Janelle Edwards
Secretary	- Jerron Smith
Assistant Secretary	- Andy Joseph
Treasurer	- Philip Allard
P.R.O.	- Arnold Rampersad
Trustees	- Robert Warner
	- Zico Kennedy
	- Candy Hinds
Secretariat	- Indra Ramsingh-Geoffroy

District Coordinators

Port of Spain & Environs	- Hayes Jones
St. George East	- Michelle Stoute
North East	- Shazad Mohammed
Tobago	- Cindy Ramnarine
Caroni	- George Dottin
Victoria	- Aravind Ramgoolam
St. Patrick	- Dexter Saklal
South East	- Andy Joseph

Trophies at Stake

1. Champion School Overall
2. Champion School Girls
3. Champion School Boys
4. Victor and Victrix Ludorum
5. Champion athlete male U13, U15, U17, 17+
6. Champion athlete female U13, U15, U17, 17+

Rules of the Championships

1. The Secondary Schools National Track and Field Championships will be open to ALL FULL TIME students of Secondary Schools in Trinidad and Tobago who fulfill the age requirements in Regulation 2 below.
2. There will be events in FOUR (4) age groups, Under 13, Under 15, Under 17 and 17+. Ages shall be calculated as at December 31st of the year of competition except the 17+ age group where the age of twenty-one (21) years should not have been attained by July 3rd.
3. Athletes must compete only in the age group to which they belong, except in events which are not catered for in their age group.
4. Substitution can only be made by District Coordinators or named designate and shall be made at the Technical Meeting prior to the Championships. If an athlete is injured during the course of the Championships, consideration for substitution will be made after medical consultation at least one hour before the start of the event.
5. Confirmation of registration will take place **ONE (1) hour** before the scheduled start of the event.
6. All athletes must report not less than **FIFTEEN (15) minutes** before the scheduled start of event.
7. Athletes shall, at all times be identified by their school numbers and school colours; and be suitably attired. Failure to comply will result in disqualification from the event.
8. An athlete shall compete in no more than THREE (3) individual events.
9. There will be semi-finals and finals on both days of the championships.
10. Two (2) athletes will represent each zone in each event except in the 100m, 200m, 400m, long jump and javelin, where three (3) athletes can represent.
11. In the relays, one school team per district can participate.
12. Points shall be awarded as follows:

First: 10	Second: 8	Third: 6	Fourth: 5
Fifth: 4	Sixth: 3	Seventh: 2	Eighth: 1

For the relays these points will be doubled.
13. Team officials are strictly forbidden from entering the track or onto the inner field except with the permission of a referee.
14. If an athlete in a field event is unavoidably late, he/she may be allowed only the remaining trials at the time of arrival with the permission of the Field Referee.
15. An athlete who defaults an event must get the approval of the referee, before being allowed to participate in any other event in the Championships.
16. Any athlete (or school official) may make a verbal protest to the Referee pending the official protest, which must be made in writing on the prescribed form within THIRTY (30) minutes of the announcement of the results. A fee of one hundred dollars (\$100) will be charged for each protest.
17. In all cases of dispute, the final decision rests with the Jury of Appeal.
18. In the event of a tie for the Championships, the award shall be given to the school gaining the greater number of first places, and if a tie still exists, the points shall be awarded to the one with the greater number of second places and so on.
19. Except where provided by these Regulations, the Rules of the International Affiliates of Athletic Federations shall apply.
20. Athletes shall not be allowed to compete in school uniform, national athletic uniform or club uniforms.
21. For the walk pass, each participating school must provide one student bearing the flag on a flag pole and adorned in full school uniform.

Technical Data

BOYS				
	U13	U15	U17	17+
Hurdle Height		76cm	91cm	99cm
- 80m				
- 100m				
- 110m				
- 300m			84cm	91cm
- 400m				
Discus		1.00kg	1.50kg	1.75kg
Javelin		600g	700g	800g
Shot	3.00kg	4.00kg	5.00kg	6.00kg

GIRLS				
	U13	U15	U17	17+
Hurdle Height		76cm	76cm	84cm
- 80m				
- 100m				
- 110m				
- 300m			76cm	
- 400m				76cm
Discus		1.00kg	1.00kg	1.00kg
Javelin		500g	500g	600g
Shot	3.00kg	3.00kg	3.00kg	4.00kg

Starting Heights for High Jump		
	Boys	Girls
U13	1.20m up 5cm to 1.60m up 3cm	1:10m up 5cm to 1.50m up 3cm
U15	1.25m up 5cm to 1.70m up 3cm	1.15m up 5cm to 1.50m up 3cm
U17	1.40m up 5cm to 1.80m up 3cm	1.30m up 5cm to 1.70m up 3cm
17+	1.50m up 5cm to 1.90m up 3cm	1.40m up 5cm to 1.70m up 3cm

Highlights from 2019-2020

Athletics' Festival

The overall winners for all the events are listed below:

Cross Country Run & Health Fair 2019

TTSSTFA's 2019-2020 Athletics' Festival started on Sunday 20th October 2019 at The Queen's Park Savannah, Port of Spain with our annual Cross Country Run & Health Fair.

Event	Name	School	Time
6K	Boys 1st Joel Lalloo 2nd Chad Hosein 3rd Jamal Goitia	Toco Secondary Presentation Chag. Toco Secondary	21:40 22:20 23:41
	Girls 1st Janeil Bailey 2nd Kelly-Ann Phillip 3rd Jean-Marie Farinha	East Mucurapo Toco Secondary Bishop Anstey East	30:14 31:14 31:23
4K	Boys 1st Joshua Gonzales 2nd Jarrell Blaise 3rd Ryan Joseph	Sangre Grande Secondary Toco Secondary St. James Secondary	15:39 16:06 16:40
	Girls 1st Sophie Potter 2nd Ashley Douglas 3rd Jernice Hunte	International School of POS Toco Secondary St. Joseph's Convent, SJ	17:58 21:23 23:43



Joel Lalloo
Boys' 6K winner,
Photo courtesy Raymond Chin Asang



Joshua Gonzales
Boys' 4K winner,
Photo courtesy Raymond Chin Asang

5K Classic Road Race 2019

The Annual 5K Classic Road Race was held on December 1st 2019 at
Couva East Secondary

Event		Name	School	Time
U13	Boys	1st Shane Bissoon	Presentation College, San F'do	29:20
		2nd Chadlee Bhagwandeem	Presentation College, San F'do	40:33
U15	Boys	1st Jaydan Ramkissoon	Presentation College, San F'do	22:04
		2nd Orlando Ramkissoon	Presentation College, San F'do	24:40
		3rd Israel McCarter	St. Joseph Secondary	25:55
	Girls	1st Jizzel Matas	Point Fortin East Secondary	21:21
		2nd Breanna Williams	Sangre Grande Secondary	39:57
		3rd Sahara Jeffrey	St. Joseph Secondary	44:41
U17	Boys	1st Terence Ragbir	Open Bible High School	18:42
		2nd Asiel Gozales	Sangre Grande Secondary	19:51
		3rd Lemuel Roach	QRC	20:36
	Girls	1st Afiyah Sookoo	Sangre Grande Secondary	41:37
		2nd Marissa Rampersad	Sangre Grande Secondary	45:30
		3rd Nikita Dookran	Sangre Grande Secondary	48:12
17+	Boys	1st Genesis Joseph	St. Francis Boys College	16:30
		2nd Xavion York	Shiva Boys Hindu School	17:54
		3rd Aleem Barclay	Presentation College, San F'do	19:31






Genesis Joseph
17+ Boys' winner,
Photo courtesy Raymond Chin Asang







Jizzel Matas,
U15 Girls winner,
Photo courtesy Raymond Chin Asang

2019 Championships Individual Age Group Winners

The photos below are our 2019 Individual Age Group winners, as they accept their trophies from Dale Peters, 1st Vice President, TTSSTFA

<p>U13 Female</p>	<p>Jenece Hunte St. Joseph's Convent, POS</p> <p><i>2nd GU13 100m, 1st GU13 200m, 1st GU13 400m, 3rd GU13 Long Jump</i></p>	
<p>U13 Male</p>	<p>Dontae Stewart Toco Secondary</p> <p><i>1st BU13 Long Jump, 1st BU13 200m, 1st BU13 High Jump</i></p>	
<p>U15 Female</p>	<p>Janae De Gannes Holy Name Convent, POS</p> <p><i>1st GU15 100m, 1st GU15 200m, 1st GU15 Long Jump</i></p>	
<p>U15 Male</p>	<p>Keone John St. Anthony's College</p> <p><i>1st BU15 80m Hurdles, 1st BU15 400m, 1st BU15 200m</i></p>	

<p>U17 Female</p>	<p>Natasha Fox Point Fortin West Secondary</p> <p><i>1st GU17 400m, 2nd GU17 200m, 1st GU17 High Jump</i></p>	
<p>U17 Male</p>	<p>Rinaldo Moore St. Anthony's College</p> <p><i>1st BU17 110m hurdles, 1st BU17 400m hurdles 4th BU17 400m</i></p>	 <p>Photo from: https://www.tnaaa.org/media/2019/cariffa/index2.html</p>
<p>17+ Female</p>	<p>Camille Lewis Sangre Grande Secondary</p> <p><i>2nd G17+ 800m, 1st G17+ 1500m, 1st G17+ High Jump</i></p>	
<p>17+ Male</p>	<p>Genesis Joseph St. Francis Boys' College</p> <p><i>1st B17+ 800m, 1st B-Open 5000m, 1st B17+ 1500m</i></p>	

TTSSTFA Championships Previous Winners

Year	Champion School	Champion School (Male)	Champion School (Female)	Victor	Victrix
2019	Toco Secondary	Bishops' High School, Tobago	Toco Secondary	<p>Genesis Joseph St. Francis Boys' (1st B17+ 800m, 1st B-Open 5000m, 1st B17+ 1500m)</p> <p>Dontae Stewart Toco Secondary (1st BU13 Long Jump, 1st BU13 200m, 1st BU13 - High Jump)</p> <p>Keone John St. Anthony's (1st BU15 80m Hurdles, 1st BU15 400m, 1st BU15 200m)</p>	<p>Jernece Hunte St. Joseph's Convent, POS (2nd GU13 100m, 1st GU13 200m, 1st GU13 400m, 3rd GU13 Long Jump)</p> <p>Janae De Gannes Holy Name, POS (1st GU15 100m, 1st GU15 200m, 1st GU15 Long Jump)</p>
2018	Toco Secondary	Toco Secondary	Toco Secondary	Jaden Kirton Toco Secondary	<p>Natasha Fox Point Fortin West Secondary</p> <p>Shaniqua Bascombe St. James Secondary</p> <p>Malika Coutain Vessigny Secondary</p>
2017	Toco Secondary	Bishops' High School, Tobago	Toco Secondary	Troy Richards Toco Secondary	<p>Patrice Richards Holy Faith Convent Couva</p> <p>Xea Bruce Toco Secondary</p> <p>Camille Lewis Sangre Grande Secondary</p>
2016	Toco Secondary	Bishops' High School, Tobago	Toco Secondary	Shakeem Mc Kay Queen's Royal College	Anya Akili Bishops' High School, Tobago

Year	Champion School	Champion School (Male)	Champion School (Female)	Victor	Victrix
2015	Toco Secondary	Toco Secondary	Toco Secondary	Avindale Smith Arima Central Secondary	Ayana Glasgow Toco Secondary



Toco Secondary, Champion School 2019:
 Ms Davis Modeste, Principal of Toco Secondary, collects the winning trophy from Shelly Slater, Curriculum Officer PE and Rick Roopan, representative of the Guardian Group



2019 Victors:
 Victors - Genesis Joseph, St Francis Boys' (left) and Keone John, St Anthony's (right) jointly accept the victor trophy from Dale Peters, 1st VP TTSSTFA



2019 Victrix:
 Victrix - Jernece Hunte, St. Joseph's Convent, POS accepts the victrix trophy from Dale Peters, 1st VP TTSSTFA





Photo Highlights from 2019 Championships



Featured Athletes

Devin Augustine Vessigny Secondary

Devin is the Carifta 2019 under 17 100m champion and a NACAC 2019 participant in both the 100m and 200m. At last year's Secondary Schools' Track and Field Championships, he captured gold in the U17 100m. Devin was named the youth athlete of the year at the NAAA awards 2019. He is a member of the Point Fortin New Jets.



Jordan Cooper Webb Moruga Secondary

Jordan will participate in the 17 and over category in the 400m and 800m events and believes that he can create an upset in the 400m having a personal best of 51.00 seconds. Jordai is a member of the Simplex Athletic Club, Gasparillo.



Malika Coutain Vessigny Secondary

Malika is a past victrix ludorum (2018) of the Secondary Schools' Track & Field Championships. She will compete in the 17 and over category high jump, 200m and 400m. She was a member of the 2018 and 2019 under 17 Carifta 4x400m 3rd place relay team. At the annual Abilene Wildcats Track Classic, she placed 2nd in the 200m and 3rd in the 400m. Malika is a member of the Point Fortin New Jets.



Janae De Gannes
Holy Name Convent POS

Janae is a joint victrix ludorum of the Secondary Schools' Track and Field Championships 2019; winning gold in the girls' under 15 category 100m, 200m and the long jump. At the NGC/NAAA National Junior Track and Field Championship in July 2019, Janae won gold in the 200 metres final at the Hasely Crawford Stadium, Port of Spain. Janae also represented T&T at the NACAC U13 & U15 Championships in El Salvador in July 2019 and was named the most outstanding U15 field athlete at the NAAA awards 2019. Janae is a member of Zenith Athletic Club, Tobago.



Malachi Heywood
Vessigny Secondary

Malachi was a Carifta bronze medalist in the 2018 4x400 boys' relay and placed 3rd in the 400m at last year's Secondary Schools' Track and Field Championships. At this year's championships, he will participate in the 17 and over 200m and 400m events. Malachi is a member of the Point Fortin New Jets.



Featured Athletes

Keone John

St Anthony's College

Keone is a joint victor ludorum of the Secondary Schools' Track and Field Championships 2019; winning gold in the boys' under 15 category 80m hurdles, 400m and 200m. Keone represented T&T at the NACAC U13 & U15 Championships in El Salvador in July 2019 and was also named the most outstanding U15 track athlete at the NAAA awards 2019. Keone is a member of Memphis Pioneers Athletic Club, Port of Spain.



Genesis Joseph

St Francis Boys' College

Genesis is another joint victor ludorum of the Secondary Schools' Track and Field Championships 2019; winning gold in the boys' under 17 category 800m, 1500m and 5000m open. He was a member of the 2019 Carifta team in the 1500m and 5000m events. At the NAAATT Junior Championships in July 2019, he captured gold in the boys' U20 800m and 1500m, and bronze in the 5000m. Genesis also captured 1st place in TTSSTFA's 5K Classic Road Race in 2019. He was named the most outstanding U20 track athlete at the NAAA awards 2019 and is a member of the Health Olympians Athletic Club, Sangre Grande.



Rinaldo Moore
St Anthony's College

Rinaldo was the top under 17 male athlete at the Secondary Schools' Track and Field Championships 2019, winning gold in the 110m hurdles and 400hurdles. Rinaldo was a member of the 2019 Trinidad and Tobago Carifta team. He participated in the hurdles and the 4x100m & 4x400m relay events, winning a silver medal in the 4x400m race Rinaldo trains with the Memphis Pioneers Athletic Club, Port of Spain.



Dontae Stewart
Toco Secondary

Dontae is a joint victor ludorum of the Secondary Schools' Track and Field Championships 2019; winning gold in the boys' under 13 category, long jump, 200m, and high jump. Dontae placed second in TTSSTFA's Cross Country 2019, held at the Queen's Park Savannah.



Schedule of Events
Day 1: Wednesday March 11th 2020

EVENT #	TIME	EVENT	AGE GROUP	ROUND
1	09:00am	Hammer Throw	Girls Open	Final
2	09:00am	Hammer Throw	Boys Open	Final
3	10:00am	Long Jump	Girls U17	Final
4	10:10am	Long Jump	Boys U17	Final
5	10:00am	High Jump	Girls O17	Final
6	10:00am	High Jump	Boys O17	Final
7	10:20am	Discus	Girls U17	Final
8	10:00am	60m Hurdles	Girls U15	Final
9	10:30am	Shot	Girls U13	Final
10	10:10am	80m Hurdles	Boys U15	Final
11	10:20am	100m Hurdles	Girls U17	Final
13	10:30am	100m Hurdles	Girls O17	Final
14	10:40am	110m Hurdles	Boys U17	Final
15	10:50am	110m Hurdles	Boys O17	Final
MEDAL PRESENTATION				
12	10:00am	Javelin	Girls U15	Final
16	10:55am	400m	Girls U13	Prelims
17	11:20am	Long Jump	Girls O17	Final
19	11:20am	Long Jump	Boys O17	Final
21	11:20am	High Jump	Girls U15	Final
18	11:00am	400m	Boys U13	Prelims
20	11:05am	400m	Girls U15	Prelims
22	11:10am	400m	Boys U15	Prelims
23	11:30am	Discus	Girls O17	Final
27	11:30am	Shot	Boys O17	Final
24	11:15am	400m	Girls U17	Prelims
25	11:20am	400m	Boys U17	Prelims
26	11:25pm	400m	Girls O17	Prelims
29	11:30pm	400m	Boys O17	Prelims
28	12:30pm	Javelin	Girls U17	Final
32	12:30pm	Long Jump	Girls U13	Final
34	12:30pm	Long Jump	Boys U13	Final
30	11:40pm	100m	Girls U13	Prelims
31	11:45pm	100m	Boys U13	Prelims
33	11:50pm	100m	Girls U15	Prelims
35	11:55pm	100m	Boys U15	Prelims
MEDAL PRESENTATION				
36	1:00pm	High Jump	Boys U15	Final
47	1:00pm	High Jump	Boys U17	Final
40	1:00pm	Shot	Boys U17	Final
41	1:00pm	Javelin	Boys U15	Final
38	1:00pm	Discus	Girls U15	Final

EVENT #	TIME	EVENT	AGE GROUP	ROUND
37	12:00pm	100m	Girls U17	Prelims
39	12:05pm	100m	Boys U17	Prelims
42	12:10pm	100m	Girls O17	Prelims
43	12:15pm	100m	Boys O17	Prelims
MEDAL PRESENTATION				
44	12:30pm	1500m	Girls U15	Final
45	12:40pm	1500m	Boys U15	Final
46	12:50pm	1500m	Girls U17	Final
48	2:00pm	Discus	Boys O17	Final
49	1:00pm	1500m	Boys U17	Final
50	1:10pm	1500m	Girls O17	Final
51	1:20pm	1500m	Boys O17	Final
OPENING CEREMONY				
52	2:00pm	Shot	Girls O17	Final
16a	2:00pm	100m	Girls U13	Final
18a	2:05pm	100m	Boys U13	Final
20a	2:10pm	100m	Girls U15	Final
22a	2:15pm	100m	Boys U15	Final
24a	2:20pm	100m	Girls U17	Final
25a	2:25pm	100m	Boys U17	Final
26a	2:30pm	100m	Girls O17	Final
29a	2:35pm	100m	Boys O17	Final
MEDAL PRESENTATION				
30a	2:45pm	400m	Girls U13	Final
31a	2:50pm	400m	Boys U13	Final
33a	2:55pm	400m	Girls U15	Final
35a	3:00pm	400m	Boys U15	Final
37a	3:05pm	400m	Girls U17	Final
39a	3:10pm	400m	Boys U17	Final
42a	3:15pm	400m	Girls O17	Final
43a	3:20pm	400m	Boys O17	Final
MEDAL PRESENTATION				
53	3:25pm	4 x 100m Relay	Girls U13	Final
54	3:30pm	4 x 100m Relay	Boys U13	Final
55	3:35pm	4 x 100m Relay	Girls U15	Final
56	3:40pm	4 x 100m Relay	Boys U15	Final
57	3:45pm	4 x 100m Relay	Girls U17	Final
58	3:50pm	4 x 100m Relay	Boys U17	Final
59	3:55pm	4 x 100m Relay	Girls O17	Final
60	4:00pm	4 x 100m Relay	Boys O17	Final
MEDAL PRESENTATION				

Schedule of Events
Day 1: Wednesday March 11th 2020

Schedule of Events
Day 2: Thursday March 12th 2020

EVENT #	TIME	EVENT	AGE GROUP	ROUND
61	10:00 AM	Shot	Boys U15	Finals
62	10:00 AM	400m Hurdles	Girls U17	Timed Final
63	10:05 AM	400m Hurdles	Girls O17	Timed Final
64	10:10 AM	400m Hurdles	Boys U17	Timed Final
65	10:15 AM	400m Hurdles	Boys O17	Timed Final
MEDAL PRESENTATION				
66	10:30 AM	200m	Girls U13	Prelims
67	10:35 AM	200m	Boys U13	Prelims
68	10:20 AM	Long Jump	Girls U15	Final
69	10:30 AM	Long Jump	Boys U15	Final
70	10:40 AM	200m	Girls U15	Prelims
71	10:40 AM	High Jump	Girls U13	Final
72	10:50 AM	High Jump	Boys U13	Final
73	10:45 AM	200m	Boys U15	Prelims
74	10:50 AM	200m	Girls U17	Prelims
75	11:00 AM	Discus	Boys U17	Final
76	12:03 PM	Shot	Girls U17	Final
77	12:13 PM	Javelin	Girls O17	Final
78	10:55 AM	200m	Boys U17	Prelims
79	11:00 AM	200m	Girls O17	Prelims
80	11:05 AM	200m	Boys O17	Prelims
MEDAL PRESENTATION				
81	11:15 AM	1500m Walk	Girls Open	Final
82	12:23 PM	Triple Jump	Boys U17	Final
83	12:23 PM	Triple Jump	Boys O17	Final
84	12:33 PM	High Jump	Girls U17	Final
85	11:30 AM	1500m Walk	Boys Open	Final
86	12:43 PM	Discus	Boys U15	Final
87	12:53 PM	Shot	Girls U15	Final
88	1:00 PM	Javelin	Boys O17	Final
89	11:45 AM	3000m	Girls Open	Final
MEDAL PRESENTATION				
66a	12:30 PM	200m	Girls U13	Final
90	1:20 PM	Triple Jump	Girls Open	Final
67a	12:35 PM	200m	Boys U13	Final
70a	12:40 PM	200m	Girls U15	Final
91	1:30 PM	Pole Vault	Girls Open	Final
92	1:30 PM	Pole Vault	Boys Open	Final
73a	12:45 PM	200m	Boys U15	Final
74a	12:50 PM	200m	Girls U17	Final
78a	12:55 PM	200m	Boys U17	Final
93	1:40 PM	Shot	Boys U13	Final

EVENT #	TIME	EVENT	AGE GROUP	ROUND
94	1:50 PM	Javelin	Boys U17	Final
79a	1:00 PM	200m	Girls O17	Final
80a	1:05 PM	200m	Boys O17	Final
MEDAL PRESENTATION				
95	1:40 PM	800m	Girls U15	Final
96	1:45 PM	800m	Boys U15	Final
97	1:50 PM	800m	Girls U17	Final
98	1:55 PM	800m	Boys U17	Final
99	2:00 PM	800m	Girls O17	Final
100	2:05 PM	800m	Boys O17	Final
101	2:10 PM	5000m	Boys Open	Final
MEDAL PRESENTATION				
102	2:40 PM	4 x 400m Relay	Girls U15	Final
103	2:45 PM	4 x 400m Relay	Boys U15	Final
104	2:50 PM	4 x 400m Relay	Girls U17	Final
105	2:55 PM	4 x 400m Relay	Boys U17	Final
106	3:00 PM	4 x 400m Relay	Girls O17	Final
107	3:05 PM	4 x 400m Relay	Boys O17	Final
MEDAL PRESENTATION				
AWARD CEREMONY				

Schedule of Events
Day 2: Thursday March 12th 2020

Participating Schools by Districts

<p>Caroni</p> <p>Chaguanas North Secondary 503 Chaguanas South Secondary 502 Couva East Secondary 504 Cunupia Secondary 509 Miracle Ministries Pent High 512 Presentation College Chaguanas 507 Waterloo Secondary 511 Holy Faith Convent, Couva 506</p>	<p>North East</p> <p>Arima Central 300 Arima North Secondary 301 Guaico Secondary 312 Holy Cross College 306 Malabar Secondary 316 Matelot Community College 320 North Eastern College 309 Sangre Grande Secondary 310 SWAHA Hindu College 331 Toco Secondary 317 Valencia Secondary 322</p>
<p>Port of Spain & Environs</p> <p>Belmont Secondary 119 Bishop Anstey High 101 East Mucurapo Secondary 107 Fatima College 105 Holy Name Convent 121 Providence Girl's Catholic 129 Queen's Royal College 108 Sixth Form Government 109 South East POS Secondary 131 St Anthony's College 110 St Francis Boy's College 118 St Francois Girls' College 127 St James Secondary 111 St Joseph Convent 112 Success Laventille Secondary 130 Trinity College 115 Woodbrook Secondary 116</p>	<p>South East</p> <p>Barrackpore East Secondary 802 Barrackpore West Secondary 801 Biche Secondary 818 Cowen Hamilton Secondary 803 Guayaguare Secondary 816 Mayaro Secondary 804 Moruga Secondary 809 Princes Town West secondary 806 Rio Claro East Secondary 808 Williamsville Secondary 811</p>
<p>St George East</p> <p>ASJA Girls' College 255 Barataria North Secondary 271 Barataria South Secondary 272 Bishop's Anstey High East 262 Blanchisseuse Secondary 263 Bon Air Secondary 254 El Dorado East Secondary 265 El Dorado West Secondary 266 Five Rivers Secondary 264 Hillview College 268 Mt Hope Secondary 235 San Juan North Secondary 238 San Juan South Secondary 237 St Augustine Secondary 247 St Charles High 254 St. Georges College St Joseph's College 259 St Joseph's Convent, St Joseph 251 St Joseph Secondary 232 Trinity College East 269 Tunapuna Secondary 238</p>	<p>St. Patrick</p> <p>Fyzabad Anglican Secondary 727 Fyzabad Secondary 728 Holy Name Convent, Pt Fortin 738 Iere High School 730 Penal Secondary 732 Siparia East Secondary 735 Vessigny Secondary 737</p>
<p>Tobago</p> <p>Bishop's High School 411 Goodwood Secondary 403 Signal Hill Secondary 400 Roxborough Secondary 402 Scarborough Secondary 401 Pentecostal Light and Life 412 Speyside Secondary 410 Mason Hall Secondary 409</p>	<p>Victoria</p> <p>ASJA Girls, San Fernando 602 La Romaine Secondary 624 Marabella South Secondary 605 Open Bible High 618 Pleasantville Secondary 611 Presentation College San F'do 612 San Fernando Central Secondary 614 San Fernando East Secondary 610 San Fernando West Secondary 615 St. Benedicts College 613 St. Joseph's Convent, San F'do 607 Union Claxton Bay Secondary 619</p>

Male Track Events Record Holders & 2019 Winners



Jehue Gordon,
TTSSTFA's 17+ 110m hurdle record holder

Photo from <https://alchetron.com/Jehue-Gordon>

Male Track Events Record Holders & 2019 Winners

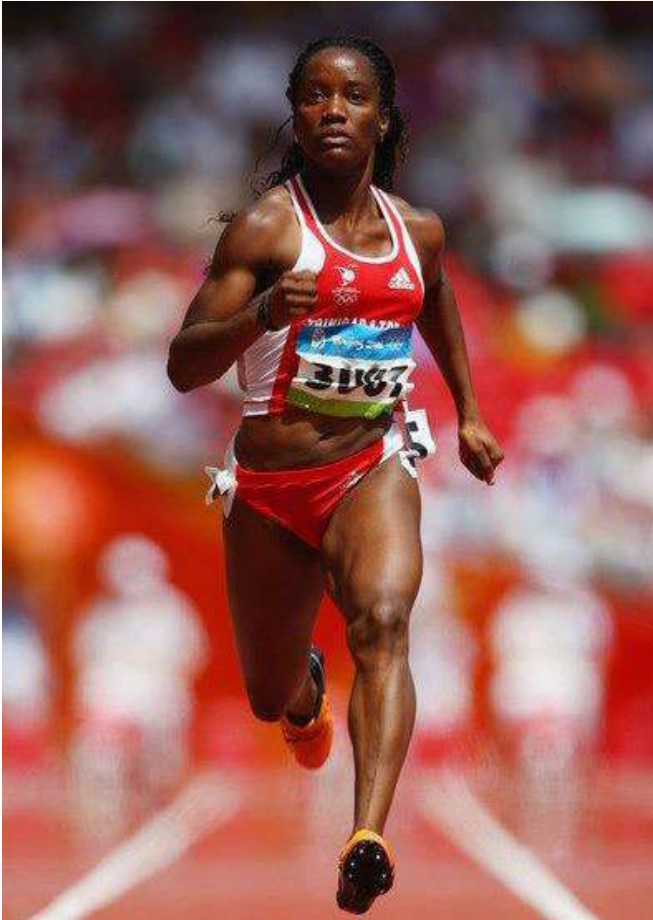
Event	Age Group	Record Holder	2019 Winner	Write in 2020 winners here
100m	U14	Johnathan Holder, QRC, 2006 11.52 s.	(U13) Keilon Jack, Bishops' High School 14.31	
	U15	Sherman Allsop, South East POS, 2005 11.05 s.	Jordan Noel, QRC, 11.70	
	U17	Mark Asson, 2010 10.24 s.	Devin Augustine, Vessigny Sec 10.85	
	17+	D. Pierre, 2005 10.26 s.	Kion Benjamin, St Anthony's College 10.53	
200m	U14	Johnathan Holder, QRC, 2006 23.86 s.	(U13) Dontae Stewart, Toco Secondary 29.24	
	U15	Nicholas Douglas, 2010 22.34 s.	Keone John, St Anthony's 22.76	
	U17	Mark Noriega, El Dorado Sec, 1989 21.25 s	Shakeem Mc Kay, QRC 22.28	
	17+	Hayden Stephens, El Dorado Sr SEc, 1989 21.13 s	Kion Benjamin, St Anthony's College 21:53	
400m	U14	M. Worrel, San Juan Gov't Sec, 2006 57.47 s.	(U13) D Andre Dillon, Bishops' High School 1:18.39	
	U15	I. Taylor, Fyzabad Sec, 2006 53.49 s.	Keone John, St Anthony's 52:29	

Event	Age Group	Record Holder	2019 Winner	Write in 2020 winners here
400m	U17	Mark Noriega, El Dorado Sr Sec, 1989 48.04 s.	Jordan Pope, QRC 50.46	
	17+	Jamil James, Pres. College, San F'do, 2003 47.21 s.	Akil Boisson, QRC 49.63	
800m	U15	Darnel Creig, Scarborough Sec., 2003 2:10.21	Tafari Waldron, South East Sec. 2:18:05	
	U17	Garvin Nero, Fatima College, 2006 1:56.88	Ryan Campbell, Pllf 2:04.28	
	17+	Simeon Bovell, P/Town Sr Sec, 2003 1:51.85	Genesis Joseph, St Francis Boys' 1:59:14	
1500m	U15	Mark London, Tobago, 2007 4:26.50	Tafari Waldron, South East Sec 4:50.79	
	U17	Quentin John, Vesigny Sec, 1988 4:08.55	Troy Llanos, Fatima College 4:28.06	
	17+	Junior Mitchell, St Andrews Coll., 1992 3.58.66	Genesis Joseph, St Francis Boys' 4:16.43	
5000m	Open	Junior Mitchell, St Andrews Coll., 1992 15:30.24	Genesis Joseph, St Francis Boys' 17:27:95	
1500m walk	Open	Kenverne Brathwaite, Scarborough Sec., 2008 7:29.65	Aaliyah Joseph, Matura Sec 10:13.49	

Male Track Events Record Holders & 2019 Winners

<i>Event</i>	<i>Age Group</i>	<i>Record Holder</i>	<i>2019 Winner</i>	<i>Write in 2020 winners here</i>
Hurdles	U15 - 80m	Nicholas Castillo, 2011 11.39 s	Keone John, St Anthony's, 12:19	
	U17 - 100m	Kevin Henry, 2011 13.09 s	(110m) Rinaldo Moore, St Anthony's 14.90	
	17+ - 110m	Jehue Gordon, 2010 13.30 s	Shaquille Benjamin, Signal Hill Sec, 16:08	
	U17 - 400m	Rinaldo Moore, St Anthony's 55:39	Rinaldo Moore, St Anthony's 55:39	
	17+ - 400m	Ansil Nicholson, El Dorado Sec., 2008 53.88 s.	Jaren Williams, Roxborough Sec 1:03.82	
4x100m Relay	U14	Tobago, 2006 49.43 s.	(U13) Toco Secondary 1:00.27	
	U15	Diego Martin Jnr Sec., 1987 46.00 s.	QRC 48.21	
	U17	St. George West, 2003 43.44 s	QRC 44:08	
	17+	El Dorado Sec., 2002 41.55 s.	P/Fortin East Sec, 43.19	
4x400m Relay	U15	Caroni, 2003 3:47.09	St Franci's Boys' 4:10.33	
	U17	St. George West, 2005 3:21.98	QRC 3:32.29	
	17+	St. George West, 2007 3:15.98	Fatima College 3:26.77	

Female Track Events Record Holders and 2019 Winners



Kelly Ann Baptiste
TTSSTFA's 200m Record holder

Photo from: <https://www.caribbeannationalweekly.com/caribbean-breaking-news-featured/kelly-ann-baptiste-runs-seasons-best-clermont/attachment/kelly-ann-baptiste-02/>

Female Track Events Record Holders & 2019 Winners

Event	Age Group	Record Holder	2019 Winner	<i>Write in 2020 winners here</i>
100m	U14	Marsha Lewis, Cunupia High, 2002 12.45 s.	(U13) Chloe James, Scarborough Sec. 13.92	
	U15	Alicia Tyson, San F'do East, 1992 11.31 s.	Janae De Gannes, Bishops P.O.S. 12.23	
	U17	Michelle Lee Ahye, Tranquility Gov't, 2008 11.48 s	Karessa Kirton, Providence 12.14	
	17+	M. Cabral, St. George East, 2005 11.45 s.	Akilah Lewis, Bishops P.O.S. 11.93	
200m	U14	Alicia Tyson, San F'do East, 1990 24.75 s.	(U13) Jernece Hunte, St. Joseph's Convent POS 29.82	
	U15	Alicia Tyson, San F'do East, 1992 23.76 s.	Janae De Gannes, Bishops P.O.S. 25.01	
	U17	J. Francis, St George West, 2005 24.22 s.	Karessa Kirton, Providence, 25.08	
	17+	Kelly Ann Batiste, Tobago, 2004 23.83 s.	Ayla Stanislaus, Roxborough Sec 24.33	
400m	U14	Brittany St. Louis, Mt Hope Jnr, 2002 1:01.67	(U13) Jernece Hunte, St. Joseph's Convent POS 1:19.66	
	U15	Natasha Fox, P/Fortin West, 2018 56.55	Janae Murray, Holy Name Convent- POS 1:01.02	

Event	Age Group	Record Holder	2019 Winner	<i>Write in 2020 winners here</i>
400m	U17	Rae-ann Serville, St Joseph Convent POS, 2018 56.07	Natasha Fox, P/ Fortin West 57.59	
	17+	Khyesha Hills, H.F.C., Pt Fortin, 2003 54.80 s.	Rae-Ann Serville, SJC, POS 55.34	
800m	U15	N. Reyes, Caroni, 2005 2:20.56	Kayleigh Forde, SJC POS 2:29.55	
	U17	Jean-Marie Farinha, Bishops East, 2018 2:09.03	Christie-Marie Ma- haraj, Bon Air Sec 2:27.58	
	17+	Denelle DeVerteuill, North Eastern Coll., 2003 2:14.37	Rae-Ann Serville, SJC, POS 2:14.99	
1500m	U15	Samantha Shukla, St Joseph Convent, 2005 5:13.28	Kayleigh Forde, SJC POS 5:18.09	
	U17	Pilar McShine, St George's College, 2003 4:48.64	Christie-Marie Maharaj, Bon Air Secondary 5:27.41	
	17+	Pilar McShine, St George's College, 2005 4:49.53	Camille Lewis, S/Grande Sec 5:28.04	
3000m	Open	Samantha Shukla, Morvant/Laventille, 2008 10:02.80	Zahra Gaskin, Bishops East 12:04.25	
1500m walk	Open	Daphne Walcott, Tobago, 2007 8:59	Aaliyah Joseph, Matura 10:13.49	

Female Track Events Record Holders & 2019 Winners

<i>Event</i>	<i>Age Group</i>	<i>Record Holder</i>	<i>2019 Winner</i>	<i>Write in 2020 Winners here</i>
3000m	Open	Samantha Shukla, Morvant/Laventille, 2008 10:02.80	Zahra Gaskin, Bishops East 12:04.25	
1500m walk	Open	Daphne Walcott, Tobago, 2007 8:59	Aaliyah Joseph, Matura 10:13.49	
Hurdles	U15 - 80m	Deandra Daniel, Williamsville Sec., 2006 12.07 s.	(60m) Gianna Paul, St. Joseph Coll 10.61	
	U17 - 100m	Jeanelle Ovid, Bishop Anstey, 2008 15.27 s.	Kayla Caesar, St Francois Boys' 15.77	
	17+ - 110m	Gabriella Cumberbatch, 2011 14.84 s.	(100m) Patrice Richards, Holy Faith 15.83	
	U17 - 300m	Sparkle MCKnight, Chag Jr. Sec., 2006 48.50 s.	(400m) Xea Bruce, Toco 1:06.59	
	17+ - 400m	Kernisha Spann, 2011 1:01.45	Jada James, Toco 1:07.57	
4x100m Relay	U14	P.O.S., 2010 51.45 s.	Scarborough Sec. 1:02.75	
	U15	St George West, 2007 49.61 s.	Bishops P.O.S. 52.62	
	U17	St. George West, 2008 48.08 s.	Providence Girls' Sec 51.32	
	17+	St. George West, 2003 46.90 s.	North Eastern College 49.69	
4x400m Relay	U15	St. George West, 2007 4:03.27	Bishops East 4:55.50	
	U17	Caroni, 2007 3:53.66	Bishops East 4:37.22	
	17+	St. George West, 2003 3:54.46	North Eastern College 4:13.84	

Field Events Record Holders and 2019 Winners



Keshon Walcott
TTSSTFA's 17+ Javelin Record holder

Photo from: <https://www.guardian.co.tt/sports/walcott-relay-men-hunt-med-als-6.2.954310.07b1a0e4d2>

Male Field Events Record Holders & 2019 Winners

Event	Age Group	Record Holder	2019 Winner	Write in 2020 Winners here
Hammer Throw	Open		Jamal Alexander, Matelot 37.22m	
Long Jump	U14	Nicholon Caesar, Scarborough Sec., 2009 5.6 m.	(U13) Dontae Stewart, Toco 4.19m -	
	U15	Nicholas Douglas, 2010 6.57 m.	Dorian Charles, P/Fortin East SE 6.00m	
	U17	Shawn Bovell, El Dorado Sec., 1992 6.94 m.	Joshua Mascall, Fyzabad Sec 6.29m	
	17+	Kyron Blaise, North Eastern, 2007 7.38 m.	Savion Joseph, Mason Hall 6.66m	
Triple Jump	U17	Shawn Bovell, El Dorado Sec., 1992 14.05 m	Tyrique Dennis, Bishop's 12.85m	
	17+	Seon Stafford, 2010 15.29 m	Lorenzo Lucus, Holycross 13.25m	
High Jump	U14	Nicholon Caesar, Scarborough Sec., 2009 1.60 m	(U13) Dontae Stewart, Toco 1.25m	
	U15	Kashef Daniel, Tobago, 2004 1.76 m.	LeBron James, Signal Hill 1.75m	
	U17	Jason Mitchell, Signal Hill, 1993 & Peter Carter, St. George West, 2004 1.90 m.	Aaron Antoime, Waterloo Sec 1.70m	
	17+	Keri Chai Hong, QRC, 1993 2.00 m.	Shaquille Benjamin, Signal Hill 1.80m	

Event	Age Group	Record Holder	2019 Winner	Write in 2020 Winners here
Javelin	U15	Jaden Kirton, Toco Sec , 2018 46.45m	Dorian Charles, P/Fortin East SE 38.24m	
	U17	Gerrin Francois, Carapichaima Jr. Sec., 2006 54.54 m.	Veayon Joseph, Plif 50.65m	
	17+	Keshorn Walcott, Toco Secondary, 2011 61.14 m.	Selvon Rochford, Five Rivers Secondary 54.18m	
Discus	U15	Kenejah Williams, 2010 47.29 m	Farrel Jerry, Scarborough Sec. 26.48m	
	U17	Anthony Alexander, QRC, 1992 46.84 m.	Jayden Scott, Scarborough Sec. 39.85m	
	17+	Quincy Wilson, Belmont Boys, 2009 56.97 m.	Christopher Crawford, Plif 48.40m	
	U14	Shervon Worrel, Bishops High School, 2008 11.85 m	(U13) Kevin Cordner, Bishop's 7.02m	
Shotput	U15	Kenejah Williams, 2010 14.21 m.	Jediah Phillips, Bishop's 11.47m	
	U17	Romeo Hezekiel, 2010 15.84 m.	Jayden Scott, Scarborough Sec. 14.73m	
	17+	Romeo Hezekiel, 2011 16.96 m.	Christopher Crawford, Plif 16.00m	
Pole Vault	Open	J. Eccles, North Eastern, 2005 3.35m.	Nathaniel Mathura, El Dorado East 2.20m	

Female Field Events Record Holders & 2019 Winners

<i>Event</i>	<i>Age Group</i>	<i>Record Holder</i>	<i>2019 Winner</i>	<i>Write in 2020 Winners here</i>
Hammer Throw	Open		Lexine Williams, Roxborough Sec 21.54m	
Long Jump	U14	Shemiah Clarke, S.A.G.S., 2009 4.64 m.	(U13) Chloe James, Scarborough Sec. 4.43m	
	U15	Janae De Gannes, Bishops P.O.S. 5.33m	Janae De Gannes, Bishops P.O.S. 5.33m	
	U17	Carisa Leacock, St. George West, 2006 5.41 m.		
	17+	R. Watkins, St. George West, 2005 6.09 m.	Caitlin Ragoonanan, N E C 5.61m	
Triple Jump	Open	Sheron Mark, Bishop Anstey, 2003 12.22 m	Trishell Mc Laren, Matelot 10.25m	
High Jump	U14	Tricia Marshall, Pt. Fortin Sec., 1989; Sherine Phillip, North East. Coll., 2006; Sherece Benskin, St George College, 2007; Ayanna Glasgow, 2010 1.45m	(U13) Makayla George, Bishop's 1.35m	
	U15	Deandra Daniel, Williamsville, 2006 1.65 m.	Gianna Paul, St. Joseph Coll 1.58m	
	U17	Jenelle Ovid, St. George West, 2007 Deandra Daniel, Marabella Senior, 2008 1.70 m.	Natasha Fox, P/Fortin West 1.50m	
	17+	R. Watkins, St. George West, 2005 1.75 m.	Camille Lewis, S/Grande 1.60m	

Event	Age Group	Record Holder	2019 Winner	Write in 2020 Winners here
Javelin	U15	Akidah Briggs, 2011 27.53 m.	Tyler Shears, Toco 21.40m	
	U17	Marsha Mark, Pt. Fortin Sec., 1990 38.06 m.	Derisha Bristol, Signal Hill 25.32m	
	17+	Vernice Frederick, North Eastern, 2007 40.60 m.	Kymoi Noray, Signal Hill 37.95m	
Discus	U15	Chelsea James, 2011 28.41 m	Adriana Quamina, N E C 24.10m	
	U17	Anastacia Daire, 2009 33.33 m	Shakera Kirk, Plif 36.84m	
	17+	Annie Alexander, San Juan Sec., 2006 43.46 m.	Elizabeth Galera, Arima North 34.17m	
	U14	R. Parris, Caroni, 2005 8.29 m	(U13) Shenequa Toby, Scarborough Sec. 6.78m	
Shotput	U15	Portious Warren, 2010 11.41m.	Nairobi Lewis, P/For- tin East SE 9.53m	
	U17	Brianna Percy, Signal Hill 12.22m	Brianna Percy, Signal Hill 12.22m	
	17+	Annie Alexander, San Juan Sec., 2006 14.31 m.	Elizabeth Galera, Arima North 10.87m	
Pole Vault	Open		Celine Isaac, Matelot 1.70m	

The Increasingly Important Role of Athletics in Schools

Benefits of Student Athletics for Schools and Children

By Derrick Meador

The value of athletics in schools is significant and cannot be overlooked. It has a profound impact on individuals, schools, and communities. Athletics is powerful because it can bridge gaps, bring people who otherwise might not interact together, and provide opportunities not available elsewhere.

Many young students dream of one day playing sports professionally and grow up regarding star athletes as their heroes. Though very few students go pro, many continue to value athletics for a lifetime. This is often because playing a sport provides opportunities that nothing else can, even opportunities outside of athletics.

For one, top tier athletes can receive scholarships to attend tertiary institutions and continue their athletic and professional careers; some students would not be able to pursue their tertiary studies otherwise.

For the majority, however, high school is the last time to play organized sports for a number of reasons. With that said, there are plenty of choices for those that stop athletics when handed a certificate but want to keep sports in their lives—coaching is just one terrific way to stay involved. Many successful coaches today were once average players with a passion for and understanding of their game to spare. Some students might also realize their strengths in sports management or sports medicine as a result of school athletics.

Athletics can also provide opportunities through relationships. Players on a team often grow close and form lasting bonds, bonds that can support students well beyond high school or university. Staying connected can also afford people job and mentorship opportunities or it could simply provide them with life-long friends.

The Power of School Pride

Every school administrator and teacher knows that school pride makes a school a more positive environment, and athletics is often a building block of promoting this pride. The comradery and togetherness created when a school is collectively proud of their athletics is nothing short of outstanding and there are many life lessons for students to learn through these behaviors.

Comradery and Togetherness

Students put their individual differences aside to yell and cheer loudly together in support of their teams, a feat that otherwise might not be possible. For the athletes, there is perhaps nothing more encouraging than seeing a sea of face-painted and chanting classmates rooting for you; for those in the student section, there is nothing more rewarding than lifting others up. School pride of course creates bonds between individuals and their school but it also creates bonds between individuals. These deep and meaningful connections are made possible by athletics and so much bigger than a school itself.

School Recognition

Schools don't often receive enough positive media attention and this can be discouraging for staff and students alike. However, athletics is an opportunity to bring attention to your school. Having a successful athlete or team will likely bring positive media coverage within and around a school's community.

Athletic notoriety is commonly celebrated and many families value strong athletics programs. Sports coverage might inspire students to join your school and they'll stay for all of the other positive features your school has to offer, such as a great academic program, devoted teachers, meaningful extracurriculars, etc. Student-athletes feel valued when they are properly appreciated for their efforts.

Student Motivation

Athletics can serve as a powerful academic motivator for all athletes, especially those not otherwise inclined to perform to the best of their ability in the classroom. There are many students who see school as secondary to athletics, but coaches and families often require minimum academic performances of students before they are permitted to play. This teaches athletes to value their classes and earn the privilege of playing sports.

Athletics serve as motivation not only to perform at a certain academic standard but also to stay out of trouble. Athletes know that if they get in trouble, there is a reasonable chance that they will be suspended for all or part of an upcoming games by their coach and school administrators. The prospect of playing sports has long been a powerful deterrent from making wrong choices for many student-athletes.

Essential Life Skills

Athletics teach students essential skills that they will use throughout their lives. The following are some of the most important.

- **Effort:** This is defined as giving it everything you have in both practice and games. Effort can overcome many obstacles on and off the field. Students learn to apply themselves to challenges and always do their best through sports.
Life lesson: Give your all no matter what and always believe in yourself.
- **Determination:** It is the preparation you put into becoming a better player before the game is played that ultimately determines how well you will play. Strength and endurance training, individual practice, film study, and mental focus are just a few of the ways student-athletes prepare to perform.
Life lesson: Preparation is key to succeeding in anything. If you work hard to prepare, you will achieve.
- **Self-discipline:** Self-discipline is the ability to maintain and carry out the role coaches have assigned you within a game plan. This includes understanding your own individual strengths and weaknesses enough to capitalize on what you do well and improve where you fall short.
Life lesson: Stay on task to get the job done.
- **Teamwork:** Teamwork involves working with others to achieve a goal. A team is only successful when each individual fulfills their role.
Life lesson: Working with others is an essential part of life and something to learn to do well. Cooperate to avoid problems and reach goals.
- **Time management:** This is the ability to fulfill all obligations to practice, homework, family, friends, extracurriculars, and more. This skill doesn't always come easily to students and might take time to cultivate.
Life lesson: You must be well-balanced and learn to juggle all aspects of your life or you will not be able to fulfill every expectation you have on yourself and placed on you by others.

Reference:

- * Meador, Derrick. "The Increasingly Important Role of Athletics in Schools." ThoughtCo, Feb. 11, 2020, [thoughtco.com/important-role-of-athletics-in-schools-3194429](https://www.thoughtco.com/important-role-of-athletics-in-schools-3194429)

List of Officials

Position	Name
Technical Delegate	John Andalcio
Competition Director	Durly Lucas
Technical Manager	Reynold Porter Lee
Meet Manager	Janelle Edwards
Announcer	Tricia Mc Cletchie
Announcer	Eloise Saunders-Hinds
Announcer Chief	Merere Gonzales
Call Room Judge	Althea Barton, Akinda Cater, D'Andre Collette, Eileen Collette, Winston Rudder, Alaina Thomas
Chief Call Room Judge	Emlyn Charles-David
Chief Judges	Michelle Alleyne-Pennie, David Jr Thomas
Chief Photo Finish Judge	Marsha Thompson-Williams
Chief Timekeeper	Abigale Grant
Chief Track Judge	Beverly Davidson-Hackett
Chief Umpire	Akisha Ashby
Competition Secretary	Michelle Stoute-Lopez
Equipment Manager	Keith Jerry
Hospitality	Khafia Baker, Candice Belfon-Bishop, Reanne Grant, Nadine Granville-Caesar, Delano Joefield, Kayliegh Lewis, Shanice Scipio, Khaliyah Stephens, Falon Yearwood
Judges	Randy Abraham, Khalifa Andrews, Althea Busby, Janae Campbell, Jerece Clarke, Shellice Cooper, Ayodele Cudjoe, Jewel Daniel, Makaili Eccles, Kevin Frederick, Abbygale Grant, Cyd Gray, Veronica Harewood, Alysha Henry, Christiana Holder, Anika Joefield, Princess Joefield, Melissa King, Bevon Lord, Chad Mathura, Nigel McKay, Tandeka Moses, Marcia Nurse, Tia Peterson, Cheryl Reyes, Antonio Roberts, Shekiel Rodney, Tresha Scott, Chalyq Trim, Dejah Vincent, Aukeyvia Walters, Garcelle Wilson, Maya Wylie

Position	Name
Jury of Appeal	Lester Osouna, Theophilus Trim
Lap Scorer	Shania Alfred
Medical	Lucie Rachael Hercules, Shaunelle Nicholas, Axelle Prescott, Roston Wood, CERT X2, EHS X2
Photo Finish Judge	Allan Baboolal, Eslon Price-Quashie
Referees	Jerry Antoine, Kadesha Charles, Elon Edwards, Verna Edwards, Wade Franklyn, Judy Harewood, Tricia John, Dave Massiah, Vanessa Ottley, Elsa Porter-Lee
Runner	Aliesha Mitchell, Allysa Ross, Elijah Williams
Start Teams	John Harper, Kalifa Hislop, Kelly Kerr, Collin Mark, Cecil Murray
Starters	Jefferson Edmund, Eustus Nancis Weeks,- Anthony Perry
Technical Crew	Anthony Archer, Ato Collette, Alfred Parris, Dexter Reid
Technical Managers	Reynold Porter-Lee, Bronson Roberts
TIC Manager	Aleah Holder
TIC Supervisor	Skyla Noray
Time Keepers	Naveia Daniel, Grace Morrison-Daniel
Umpires	Nilelah Boucher, Alva Christmas, Kinelle Duke, Anne Marie Duncan, Chelsea Francis, Afuya Zeze- George, Matthew Guelmo, Wayne Marcano, Chenille Neptune, Kimilee Orr, Shirley Osbourne, Aaliyah Phillips, Lian Smith
Video Judge	Collette Cooper
Wind Guage Operators	Jevaughn Bruce, Adds Duke, Shadae Pierre, Donesha Stewart

Students:

Speyside Secondary
Bishops High School (Tobago)
Scarborough Secondary

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- * The Tobago Athletic Committee
- * Tobago Secondary Schools' Zone
- * Trinidad & Tobago Police Service - Tobago Division
- * Trinidad & Tobago Fire Services - Tobago Division
- * Tobago Emergency Management Agency (TEMA)
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- * Bmobile
- * Blue Waters
- * SM Jaleel



Thank You!

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WELL WATER**

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95%
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Plastic

Blue Waters 100% Artesian Well Water advertisement featuring a large water bottle on the left and a 24-pack of smaller bottles on the right. The background is a blue, textured surface with water droplets. A circular badge on the right highlights 'SODIUM FREE' and '100% ARTESIAN WELL WATER'. The text 'Who say Trinis can't innovate!' and 'GOOD THINGS COME IN NEW PACKAGING' is prominently displayed.

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