Updates to East Coast HS Championships &

Outdoor Club Champs

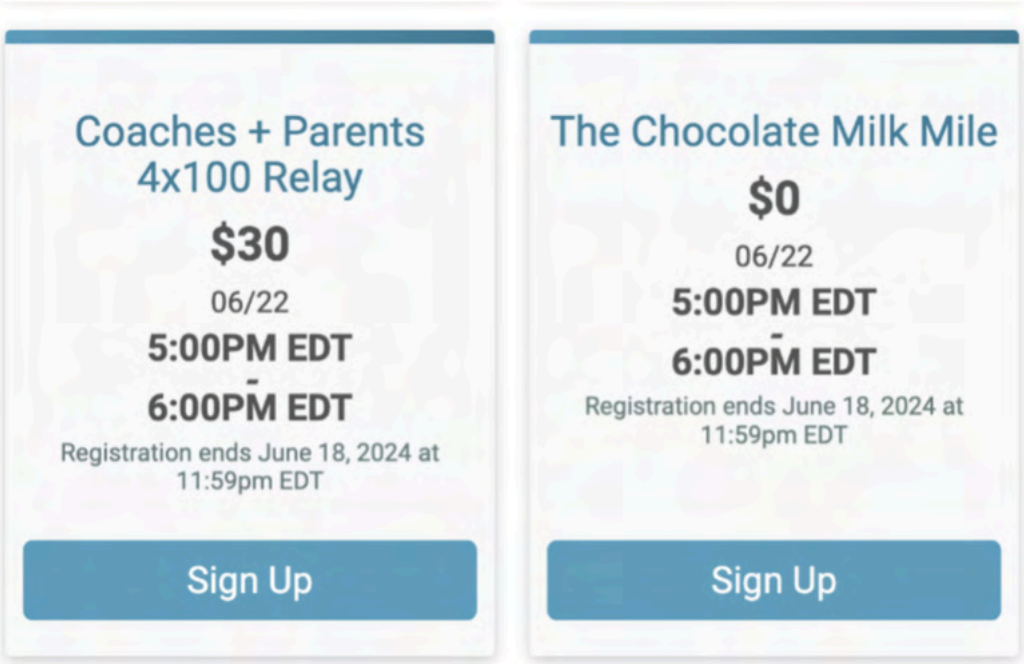
June 21-22, 2024

Ridge Stadium, Basking Ridge NJ

New Events: East Coast HS Champs

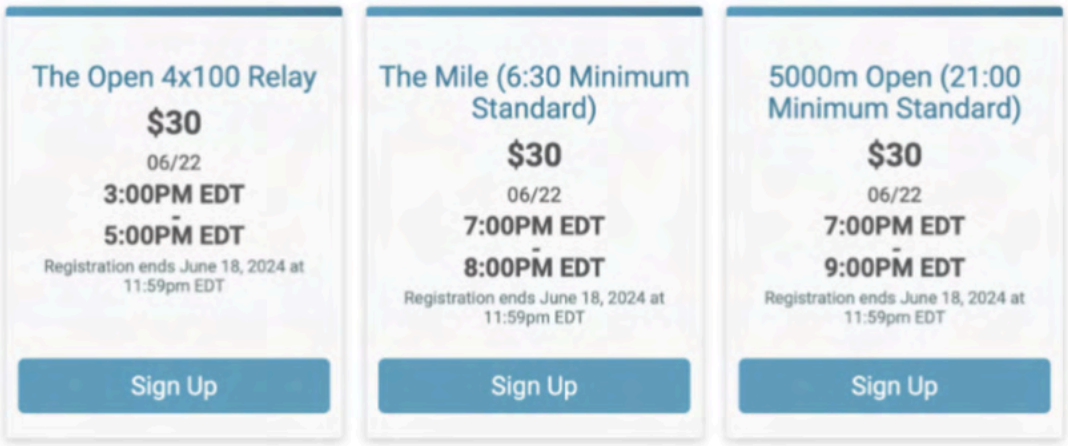
Who says we can't PR and have fun in the same meet?

Thanks to athlete input, there are now two new HS events. And yes, the Chocolate Milk Mile is free to anyone who competes in an earlier event.



New Events: Outdoor Club Champs

Saturday night just got a little more fun in the adult meet, but there will be a registration cap of in the Open 5k and Open Mile. So if you want to set a PR under the Ridge Stadium lights, register sooner than later.



Sean Dolan, above, winning the 2023 Outdoor Club Champs title in 1:47.84, just shy of the 2022 meet record (1:47.63) set by Miami's Ayman Zahafi.

Outdoor Club Champs is a last chance for adults to chase a PR before the sweltering summer months arrive.

There are three categories:

Elite

Open

Masters

Events:

100m, 200m, 400m, 800m, 1500m, Mile, 5000m, 110HH, 400IH, shot, discus, javelin, PV, TJ, HJ, LJ

Events are open to club, masters, and unattached athletes.

Heats of the 5k and Mile will be held under the lights on Saturday night.

HS Stars Confirmed for the

2024 East Coast Champs

The East Coast HS Champs has long been a final chance to nail that final PR before summer break, and once again, some of the biggest names in the sport have already confirmed their attendance to do just that.

Keep an eye out on our IG (@gardenstatetrackclub) for more confirmed superstars over the next month.

Luke Schlagin (Morris Knolls, NJ)

NJ's Meet of Champions 800m Champ is currently NJ#1 (1:51.93), but he also has an amazing range (49.63, 4:13.92, 9:42.57). Look for him to make a run at one of the East Coast Champs meet records come late June. If he chooses to do the 800m, the time to beat is 1:51.07 set by Union Catholic's Myles Plummer in 2022.

Ashley Noel (Monclair, NJ)

Ashley won the long jump in the 2024 Indoor NJ Meet of Champions with a clutch 18-8 leap. While ranked NJ#3 (TJ) and NJ#6 (LJ) now, watch for some even bigger jumps from Ashley in June at Ridge Stadium.

Tonovila Hicks (Philadelphia, PA)

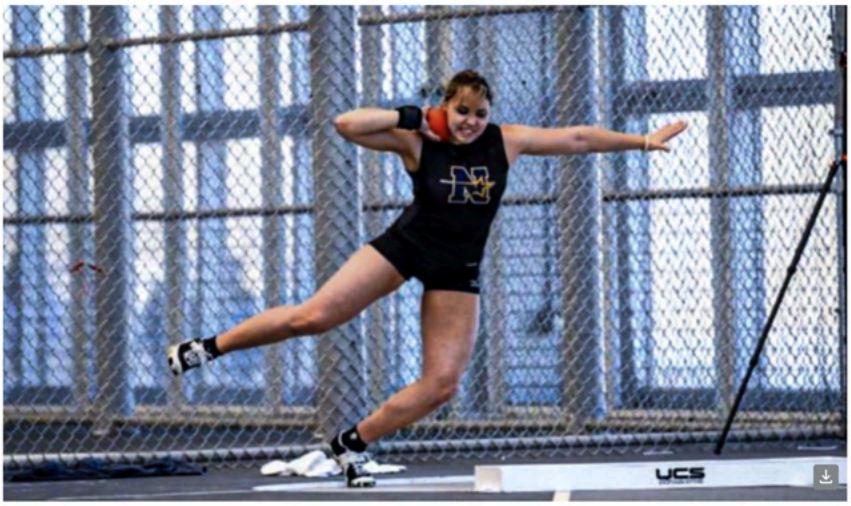
Tony is an All-American hurdler who has sizzling PRs of 14.19 (PA#6) and 53.70 (PA#1). The MR of 54.62 set by Scotch Plain's Nick Gavin may go down by over a second next month.

Sofia Swindell (Lawrenceville, NJ)

In her first meet of the spring, Sofia ran 23.85 for 200m. Not only is this the NJ#1, but it's the 10th fastest in NJ history, and the second fastest time for a NJ junior behind, you guessed it, Sydney McLaughlin (23.53). Look for Sofia to make a run at Sydney's NJ record, and the Alanna Smith's MR (24.27), next month at East Coast.

Jesse Myers (State College, PA)

Jesse just won the PIAA District 6 AAA titles in the 100m (10.56, PA#2) and 200m (20.91, PA#3) in two massive PRs last week. After the PA State Championships and Nationals, he'll surely be running even faster at the East Coast HS Champs.



Catalina Holliday (Hamilton, NJ)

One of NJ's best shot putters, she's coming off a huge indoor season that peaked with a silver medal at the NJ Meet of Champions at Ocean Breeze. In addition, she was the indoor NJ Group 2 Champ, Sectional Champ, Mercer County Champ, CVC Relays Champ, and Bill Bruno Classic Champ. Let's see if she can add East Coast HS Champ to her resume on June 22.

Joshua Huisman (Belmar, NJ)

Joshua is an absolute throwing legend in NJ, and his spring shot put PR (66-9.25) is NJ#1 and US#8. Once late June rolls around, the Michigan-bound senior may throw his first 70 footer at East Coast. Indoors, he won the MOC and finished second at both Nike Nationals and New Balance Nationals on back to back days.

Jordaine Johnson (East Orange, NJ)

One of NJ's best and most versatile sprinters, he continues the long tradition of excellence under Coach Lance Wigfall at the East Orange Campus HS. His 21.04 last week at the Super Essex Conference Championships is NJ#1 while his 400m (47.91) and 100m (10.53) rank NJ#3 and NJ#5, respectively. Look for Jordaine to be on the East Coast podium for any of those three events come late June.

The East Coast HS Championships has five categories: Championship, Emerging Elite, Open, Sophomore, and Freshman. It's designed to be a last chance for all track and field athletes on the East Coast to chase their dreams one final time. And with loud music, oversized medals, free event pictures, announcing, and personalized bibs, it'll be more than just a PR - it's a fun way to end the spring season.

Garden State Track Club