

Coach McDowell proudly announces that the Rangers are going to Regionals! Athletes qualifying for regional competition include Emily Ottele (1600m), Makerra Doucette, Alaina Laday, Nevaeh Fontenot, Sonnie and Sydney Owens (4x200 Relay), Gavin Cortez, (800m), Irad Mixon (400m) and the boy's 4x400 Relay of Brennan Allen, Gavin Cortez, John Smith, Irad Mixon and Jerimiah Reed. This makes the 10<sup>th</sup> consecutive year that the Sterling Track Team has reached regional competition.

**Way to go track athletes and Coach McDowell!**



**Gavin Cortez, 800m**



**Irada Mixon, 400m**



**Brennan Allen, Gavin  
Cortez, John Smith, Irad  
Mixon, Jerimirah Reed,  
4 x 400 relay**