



ISSUE
2024

8

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GRIFFIN SPORTS DIGEST

Volume 8 news

BASKETBALL

TRACK

SWIMMING

LACROSSE

VOLLEYBALL

CRICKET

FIELD HOCKEY

Creator: Coach Duane Johnson

Editor: Dawn MacGregor-Bromfield

Information: Provided by teams

Shots of
the
Week



Athlete of the Week: Renson Sayers JR



BASKETBALL ROUNDUP

Having dispatching St. Catherine High 55-36 in the second game of their semi-final matchup and clinching the series 2-0 to make it to the Urban area U19 finals against Wolmers the boys were faced with a must win against Wolmers Tuesday afternoon at home having dropped the first game of the 3-game series 56-44. The boys found themselves down early to Wolmers at one point had the home fans nervous digging themselves a 20-point deficit. But they rallied in the 2nd half and made a huge push to come back into the game. As the home fans rallied behind the Griffins, they started to play superb defense and started making timely shots behind a 22 point , 7 rebound and 4 assist effort by Dakari Nicholson, Dimitri Richards chipped in with 12 points and 4 rebounds while Xavier Keyes recorded a double-double 10 points and 11 rebounds. With 1 minute and 43 seconds to go the boys were down by a point and needed a basket to go in front and Dakari Nicholson through an isolation play broke down the Wolmers defense and scored a lay up to put the Griffins up by 2 with less than a minute to go. The boys defended stoutly and sent the jubilant fans home happy as they level the series 1-1, they will now face Wolmers in the deciding game 3 at the Mico University on Friday at 4pm. Come out and support the boys! For images and videos of the game please follow fervet basketball on Instagram.

BASKETBALL

A promotional poster for a basketball tournament. The top half features two large, high-contrast portraits of young men. The left portrait is a black and white image of a player with a large afro and a Nike headband, smiling. The right portrait is a color image of a player with a serious expression. Below these portraits, the text "UNDER 19" is written in a bold, white, sans-serif font. Below that, the word "FINALS" is written in a large, bold, black, distressed font. Underneath "FINALS", the text "GAME 3", "FRIDAY JAN 26TH", "MICO UNIVERSITY", and "4PM" is displayed in a white, sans-serif font. The bottom of the poster is divided into two sections. On the left, two players in blue jerseys with white stars are shown in profile, one holding a basketball. On the right, two players in red jerseys with yellow accents are shown, one holding a basketball. The background of the entire poster is a collage of various patterns, including a chain-link fence and abstract geometric shapes. There are also two circular logos: one on the left with a cross and the text "UNIVERSITY OF THE SOUTH PACIFIC" and one on the right with a sun and the text "MICO UNIVERSITY".

UNDER 19

FINALS

GAME 3
FRIDAY JAN 26TH
MICO UNIVERSITY
4PM

TRACK & FIELD

As excitement starts to build around the 2024 track and field season, the Griffins continue to impress as they participated at 3 different track meets since the start of the new year. The first track meet was the Purewater/R Danny Williams/JC Meet January 6th 2024, where Griffins recorded 14 wins on the day. Dorian Charles and Sean Gardener kicked off the day with 1 of 7 quinellas on the day for the Griffins in the class 1 400m hurdles. Dorian won the event in an impressive time of 53.27 while Sean Gardener finishing 2nd in a new Personal Best time of 53.64. The other quinellas came from the class one half mile duo of Kemarrio Bygrave and Team Captain Nellie Ambrinton in the class 1 800m. Bygrave was the overall event winner, in a time of 1:55.43 while Nellie was second overall in a time of 1:58.80, in the 80m hurdles for class 4 boys, two of our young griffins were nothing short of spectacular. Kenroy Hall won the event in a time of 12.12 seconds followed by his teammate Gianni Perry 12.20. The field event athletes were not to be out done as the Class 2 High Jumpers J'Avair Cato 1.85m and Domanic Clarke 1.78m were 1st and 2nd overall respectively. Dynamic throws duo of Shaiquinn Dunn 18.49m and Jaylan Calder 17.01m were 1st and 2nd in both Shot Put while Delangelo Jackson 52.65m completed the quinella behind teammate Dunn 58.28m in the Boys U20 discus. The Javelin boys for the second time in a row finished 1-2-3-4 to sweep the boys open Javelin with LeBron James leading the way with a 62.01m throw, teammate Dorian Charles 59.62m was second. Other winners on the day were Evans Tetteh 16:45.70 boys U20 5000m, Cavel Nooks 2:06.34 boys class 3 800m, Michael Edwards 6.93m Boys class 2 Long Jump, Zamari Foster boys class 3 Long Jump 6.02m, Jaidi James 7.05m boys class 1 Long jump.

TRACK & FIELD

Darnell Douglas 11.55 ran away with the class 4 100m, Chavez Penn 15.27m won the class 1 triple jump, while quarter miler Roshane Symister 48.82 a new personal best and the overall winner in the boys U20 400m, On January 20th the track team attended two meets Mckenley/Wint Classics and Central Hurdles & Relays. At the Central Hurdles & Relays meet on the track the Middle Distance squad put on a show kicking things off with a 1-2 finish in the Boys Open 4x800m relays. JC B Team stunned JC A team the B team of Jermaine Fender, Tyrone Lawson, Shemar Green and Rasheed Pryce who had a wonderful performance on the anchor leg led his team to victory in a time of 7:57.75 ahead of Team JC A who had Sean Gardener, Nellie Ambriton, Keithan Monero and Kemarrio Bygrave 7:59.70 another JC team was also featured in the race a class 2 team comprise of Evans Tetteh, Dominic Ampsonah, Yohance Carty and Samuel Creary 8:11.43 could only manage 5th place finish. Later on in the afternoon the MD boys continued their fine performances on the track where they contested the 400m, leading the way in class one finishing 1st overall in a new Personal best time of 47.54 was Kemarrio Bygrave, Bygrave who was pushed to the line by a St.Jago athlete sped to a #1 time in the country and #4 in the world as a Junior was impressive in his first 400m for the season. In the class 2 category Samuel Creary also recorded a new Personal best of 49.84 to become the events overall winner. In the class 3 category Cavel Nooks was also impressive running a personal best time of 51.72 the second fastest times so far this season to finish second overall in that event. The team captain Nellie Ambriton who lined up in the Boys open 2000m steeplechase was in a no nonsense mood as he also ran to a personal best time of 6:06.79 to set a New National Record for St. Vincent & The Grenadines erasing his very own record set last season.

TRACK & FIELD

He however could only settle for 2nd place overall as he was nipped on the line by a KC athlete. In that same event Evans Tetteh finished 3rd also with a new Personal Best time of 6:20.00 while Tyrone Lawson 4th in a time of 6:21.42. In the field JC was also dominant in the jumps section. It was a 1-2 finish for JC in the Boys Class 2 Long Jump with Michael Edwards leading the way with 6.85m followed by his teammate J'Aivar Cato 6.60m. Zamari Foster won the class 3 equivalent in 5.81m, while in the Men's open Triple Jump final Jumps Captain Chavez Penn won that event with a leap of 15.12. In the Boys Javelin Open it was another 1-2 Finish for JC with Jayvoni Neckles leading the way with a throw of 53.60m followed by Jemar Ferguson 52.24m. On that same day at the Mckenley/Wint Classics the sprinters, hurdlers and throwers were in action, and they certainly did set the place a fire with some outstanding performances. In form Sprinter Hector Benjamin led the way with a World U20 lead performance of 10.34 seconds to capture the class 1 boys 100m finals finishing second behind him was his teammate Dontae Watson who sped to a new PB of 10.61 seconds. In the class 3 category Darnell Douglas a class 4 athlete ran to an impressive PB of 11.33 seconds to win his heat and finish second overall. Darnell who is just a 1st former is currently ranked number 2 in the country. Meanwhile the quarter milers also had some impressive showing in the class 1 section Roshane Symister led the way with a new PB time of 48.17 seconds to finish 3rd overall while teammate Omary Robinson was 4th overall in a time of 48.23 seconds. In the class Omari 3 category Oneil Lawrence 53.19 and Kyle Thompson 53.30 was 3rd and 4th overall respectively. In the field things were pretty steamy as Shaiquinn Dunn threw 59.82 a new PB and World U20 lead in the Boys U20 Discus Throw to win that event. In the Boys U20 shot Put it was a 1-2 finish again for JC as Shaiquinn Dunn again leading the way with a throw of 18.60m ahead of teammate Jaylon Calder 17.96m. The team will now participate this Saturday at the Queen's Grace Jackson Meet inside the National Stadium. Come out in your Blue and support the boys.

TRACK & FIELD

WORLD U20 LEAD

 jcpressclub

Herb McKenley Classic 2024

100m
10.34s



Hector Benjamin

Team
JC

★★
SEASON OPENER



47.54s

400m



TRACK & FIELD

JC ATHLETES ON THE WORLD RANKING LIST

NAMES	EVENT	MARK	CURRENT WORLD RANKING
HECTOR BENJAMIN	100M	10.34	#1 U20
SHAIQUNN DUNN	DISCUS	59.82	#1 U20
DONTAE WATSON	100M	10.61	#2 U18 & #5 u20
KEMARRIO BYGRAVE	400M	47.54	#4 U20
PRINCEWELL MARTIN	400M H	52.88	#6 U20
DORIAN CHARLES	400MH	53.27	#7U20
CHAVEZ PENN	TRIPLE JUMP	15.27M	#3 U20
SHAIQUNN DUNN	SHOT PUT	18.60M	#4 U20
JAYLON CALDER	SHOT PUT	17.96M	#6 U20
JAYLON CALDER	DISCUS	52.73M	#8 U20
LEBRON JAMES	JAVELIN	62.01M	#4 U20
NATHANIEL MARTIN	100M	10.71	#8 U18
DEANDRE GAYLE	400M H	55.04M	#2 U18
EVANS TETTEH	2000M STEEPLECHASE	6:20.00	#2 U18
TYRONE LAWSON	2000M STEEPLECHASE	6:21.42	#3 U18
MICHAEL EDWARDS	TRIPLE JUMP	14.55	#6 U18

Important Meet Dates for the 2024 Season

*See upcoming events for the track team.
Important Dates to save.*

Fervet Distance Classics

February 3rd 2024 (Ashenheim Stadium)

Corporate Area Championships

February 16-17th 2024 National Stadium

Gibson/McCook Relays

February 24th 2024 National Stadium

ISSA Boys & Girls Championships

March 19th-23rd National Stadium

Penn Relays

April 25th-27th Philadelphia Pennsylvania

Get ready to start a blue wave in the upcoming track season.







JAAA Calendar 2023-2024 Season


DECEMBER

3	Reggae Marathon, Half Marathon & 10K	Negril
9	Tyser Mills Development Meet	GC Foster College
9	Wesley Powell Track and Field Meet	Excelsior High School, Kgn
16	Fervet Distance Carnival	Jamaica College
31	Old Harbour Bay/ Neville Myton 5K	Old Harbour Bay, St. Catherine

JAAA OFFICE WILL BE CLOSED Dec. 15 - Jan. 3, 2024

JANUARY

5	OnDiRun/ JC Sprint Fest 200	 Jamaica College
6	Purewater/ R Danny Williams JC Meet	 Jamaica College
6	First Chance Meet	Montego Bay, St. James
6	Ted Dwyer Classics & Pentathlon Challenge	EXED Community College
13	Douglas Forrest Invitational	GC Foster College
13	JAAA/PUMA Fuller Anderson Meet	Windalco-Kirkvine, Manchester
13	Manchester High School/Charlie Fuller Field Events Meet	Manchester High School
19	OnDiRun/ GC Foster Sprint Fest 100	 GC Foster College
20	Central Hurdles Relays & Field Events	 GC Foster College
20	McKenley/ Wint Invitational Meet	 Calabar High School
20	Montego Bay Comets Development Meet	Montego Bay, St James
26	Hurdles Fest	TBD
27	STETHS Invitational Meet	Santa Cruz, St. Elizabeth
27	Queen's/Grace Jackson Track Meet	 National Stadium

 Events To Be Listed in the WA Global Calendar for Ranking Points (Pending Approvals)



JAAA CALENDAR OF EVENTS 2023 - 2024










INTERNATIONAL EVENTS







DATE EVENT VENUE

2024

FEBRUARY

3	JAAA/PUMA Development Meet	Jamalco Sports Club, Clarendon
3	Eastern Invitational Track and Field Meet	Lyssons, St Thomas
3	Fervet Distance Carnival	 Jamaica College
3	Youngster Goldsmith	 National Stadium, St. Andrew
3	New Balance Indoor Grand Prix	Boston, USA
10	Camperdown Classic	 National Stadium, St. Andrew
10	King of the Ring	 Excelsior High School
10	Western Milo Relays	 GC Foster College
11	Millrose Games	New York, USA
12-13	Eastern Championships (REGIONAL MEET)	 National Stadium, St. Andrew
16-17	Corporate Area Development Meet (REGIONAL MEET)	 TBD

JAAA Calendar 2023-2024 Season

24	Gibson McCook Relays		National Stadium, St. Andrew
24	Muller Indoor Grandprix		Glasgow, England
MARCH			
1-3	World Athletics Indoor Championships		Glasgow, Scotland
1-3	JAAA Carifta Trials		National Stadium, St. Andrew
9	GC Foster Classic		GC Foster College
9	John Wolmer Track Meet		National Stadium, St. Andrew
9	Melbourne 5K		Kingston
14-15	Inter-Collegiate Championships		GC Foster College
16	Velocity Fest #14		National Stadium, St. Andrew
19-23	ISSA/Grace Kennedy Boys and Girls Championships		National Stadium, St. Andrew
APRIL			
Mar 30 - Apr 1	Carifta Games		St Georges, Grenada
13	Keyes / On the Run Over-Distance Meet		Jamaica College
13	Ricky Martin Invitational Primary School Meet		Stadium East, St Andrew
20	Excelsior Primary Development Meet		Excelsior High School
20	Velocity Fest #15		National Stadium, St. Andrew
20	KC / Prep Primary Development Meet		Kingston College
20	Xiamen Diamond League		Xiamen, PR of China
25-27	PENN RELAYS		Philadelphia, Pennsylvania, USA



JAAA CALENDAR OF EVENTS 2023- 2024



INTERNATIONAL EVENTS

DATE	EVENT	VENUE
2024		
MAY		
1-3	Insports Eastern Primary School Championships	Stadium East, St Andrew
4	JAAA All Comers Meet #1	 National Stadium, St. Andrew
4-5	World Athletics Relays	Nassau, Bahamas
7	World Kids in Athletics Day	Jamalco Sports Club, Halse Hall
10	Doha Diamond League	Doha, QATAR
6-8	Insports Central Primary School Championships	GC Foster College
9-11	Insports Western Primary School Championships	STETHS
11	Anthrick Sports Management Prep School Meet	Stadium East, St Andrew
11	Jamaica International Invitational	 National Stadium, St. Andrew
15	World In Athletics Day	Jamalco Sports Club, Halse Hall
18	JAAA Olympic French Foray #1	 National Stadium, St. Andrew
18	OnDiRun/JC Jnr. Sprint Fest (Prep Edition)	Jamaica College
19	Rabat Diamond League	Rabat, Morocco

PLEASE SUPPORT OUR TRACK
FUNDRAISER

JC Track Team Mgmt
March 17, 2024 8 pm

Patrick Brown's
**PIGVIEW
HEIGHTS**

Directed and designed by Patrick Brown



STARRING

- **Glen "Titus" Campbell**
- **Courtney Wilson**
- **David Crossgill / Desmond Dennis**
- **Sharee Elise**
- **Quera South**

**COURTLEIGH
AUDITORIUM**

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JEMAR SAY THANK YOU!!!

Many thanks to those who came out and supported the JC JAV-Fest Golf tournament. The day exceeded projections for Jemar and he's grateful. The winner of the tournament was former JC golf captain 2018-2019. All proceeds went to purchasing new Javelin equipment for the track team.



Swim News

IMPRESSIVE PERFORMANCES BY THE SWIMMERS IN THE FIRST SWIM MEET OF THE YEAR!

Dubbed the best dressed team at the 2024 ISSA High Schools Championships, the team was intent on showing that they weren't just there for the dressing but wanted to ensure they ended the day as one of the best teams in the pool as well and that they did. Led by some historic and inspiring performances by Zack Andre Johnson who broke a 2 decade long drought for the college in winning the 15-16 50m backstroke in 28.84 which was new personal best. Zack continued his inspiring performances on the day with a sensational swim in the boys 200m IM swimming to a new PB of 2:20.15 just outside the meeting record. New Griffin Rhys Hunter a first former also took home gold for JC in the 12 and under 50m backstroke in a time of 32.96 and came back to deliver another gold in the 50m free style in a time of 27.49 seconds , as if that wasn't enough for Hunter he continued domination by later winning gold in the boys 12 and under 100m freestyle competition. Kristoff Chambers also added gold for JC in the boys 12 and under 50m breaststroke competition. Captain Israel Allen also wanted to add the gold medal tally winning the 17 and over 50-meter fly in a time of 29 seconds. Marly Hessing also strikes gold in the 13-14 age group category of the 50m back stroke event winning in a time of 31.76 seconds. The boys U12 & under 200m free relay team also delivered gold in a time of 2:03.86 while the 15-16 and 17 over teams copped silver in the same event. The boys finished 3rd in the competition scoring an impressive 268.50 points the most points they have scored in decades. Well done to the boys, Coaches and the management team of Parents who spearheaded the reorganization of our swim programme. Well Done!!!!

JC SWIM TEAM



JC SWIM TEAM



Final Points Standings

Boys - Team Scores

Place	Team	Points
1	Campion College	369
2	Wolmers' Boys School	308.50
3	Jamaica College	268.50
4	Kingston College	142
5	St Georges College	66
6	Cornwall College Crocodilez	56.50
7	Ardenne High School	39
8	Kingston Online Learning	36
9	John Gray Swim Club	27
10	Herbert Morrison Technical Hi	25
11	Hillel Academy High School	24.50
12	American International School	21
13	University of Technology	14
14	Heinz Simonitch	8
15	Fairfield Intl Academy	2

Total 1,407.00



LACROSSE



A Perfect Start for the 2024 Lacrosse team

It was a perfect start for the Griffins in helmets as they defeated Calabar High 6-1 in their first match of the season on January 13th 2024. Nathaniel Brown was sensational with the stick as he netted 4 goals for the Griffins while Dominic Ricketts and Jemar James both scoring 1 a piece. In the second encounter against St. Catherine High last Saturday, the boys came out swinging defeated them 8-0 to start this years Lacrosse season undefeated. It was Nathaniel Brown again who netted 3 goals to lead the way why twin brothers Dominic and Damon Ricketts netted 2 goals a piece, Theodore Dorma also scored a goal. The boys will now play Thompson Town this Saturday in their next encounter.



Lacrosse Team



VOLLEYBALL



Volleyball off to a Perfect Start

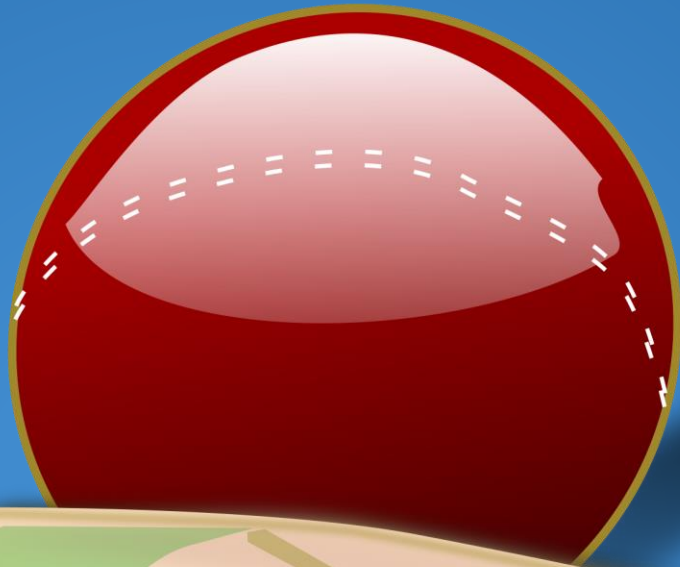
Having making the finals for the first-time last season the boys opened their 2024 campaign on the right footing, winning their first two games. The boys kicked off their campaign on Monday inside the Karl Hendrickson Auditorium and sent St. George's packing with a 3 -0 set victory in their season opener. In their second match for the season the boys went on the road to Vaxhaul and was again victorious having won game 3-1. They will now face Camperdown tomorrow evening at 3:00pm come out and support the boys as they look to get back to the Finals.



Volleyball Fixtures

ISSA NATIONAL U19 VOLLEYBALL CHAMPIONSHIP 2024

Home Teams are Named First		CODES for Scoresheet	
<u>KSA Boys Group D</u>			
<i>CAMPERDOWN HIGH</i>	CDN		
<i>JAMAICA COLLEGE</i>	JC		
<i>VAUXHALL HIGH</i>	VXH		
<i>ST. GEORGE'S COLLEGE</i>	STG		
<i>HILLEL ACADEMY</i>	HIL		<u>TIME</u>
<i>CALABAR HIGH</i>	CBR	<u>Thursday February 22, 2024</u>	
		Vauxhall High vs St. Georges College	3:00pm
<u>Monday January 22, 2024</u>	<u>TIME</u>	Camperdown High vs Jamaica College	3:00pm
Hillel Academy vs Camperdown High	3:00pm	Hillel Academy vs Calabar High	3:00pm
Jamaica College vs St. Georges College	3:00pm		
Vauxhall High vs Calabar High	3:00pm	<u>Monday February 26, 2024</u>	
		Vauxhall High vs campercown high	3:00pm
<u>Wednesday January 24, 2024</u>		Calabar High vs St. Georges College	3:00pm
Hillel Academy vs St. Georges College	3:00pm	Hillel Academy vs St. Jamaica College	3:00pm
Vauxhall vs Jamaica College	3:00pm		
		<u>Wednesday February 28, 2024</u>	
<u>Friday January 26, 2024</u>		St. George's College vs Hillel Academy	3:00pm
St. Georges College vs Vauxhall High	3:00pm	Calabar High vs Vauxhall High	3:00pm
Jamaica College vs Camperdown High	3:00pm		
Calabar High vs Hillel Academy	3:00pm	<u>Friday March 1, 2024</u>	
		Jamaica College vs Vauxhall High	3:00pm
<u>Tuesday Januaru 30, 2024</u>		Calabar High vs Camperdown High	3:00pm
Hillel Academy vs Vauxhall High	3:00pm		
Camperdown High vs St. Georges College	3:00pm	<u>Tuesday March 5, 2024</u>	
Calabar High vs Jamaica College	3:00pm	St. Georges College vs Camperdown	3:00pm
		Jamaica College vs Hillel Academy	3:00pm
<u>Monday February 5, 2024</u>			
Camperdown High vs Vauxhall High	3:00pm	<u>ROUND TWO: KNOCK - OUT</u>	
St. Georges College vs Calabar High	3:00pm	Group winner has home court advantage	3:00pm
<u>Wednesday February 7, 2024</u>		<u>Friday March 8, 2024</u>	
Camperdown High vs Hillel Academy	3:00pm	SF 1: 1st Gr C vs 2nd Gr D	
St. Georges College vs Jamaica College	3:00pm	SF 2: 1st Gr D vs 2nd Gr C	
<u>Friday February 9, 2024</u>		<u>Thursday March 14, 2024</u>	
Camperdown High vs Calabar High	3:00pm	Winner SF 1 vs Winner SF 2	
		** Winner advances to National Championships	
<u>Tuesday February 20, 2024</u>			
Vauxhall High vs Hillel Academy	3:00pm	<u>Wednesday March 27, 2024</u>	
Jamaica College vs Calabar High	3:00pm	FINAL 4 - National Championships	



Cricket

Congratulations Collegeman Lloyd

We commend your consistent high standard.
Keep working hard at your game.



Andrew Lloyd (form 3H) on being called to the National U-15 Cricket Trials in progress. This is the third consecutive year that Jamaica College has had players called to the U-15 trials and we hope the third consecutive with selection as well.

Andrew has been representing the school in cricket in all three ISSA competitions (U-19, U-16, U-14) since 1st form.

Cricket



FIELD HOCKEY

Your defending U19 field hockey champions needs you. We have a title to defend but we need players! Most of our team from last year is no longer with us and we are rebuilding a team to defend our title. **Do you have football skills?** Come out to our team meeting this Friday at 2:45pm in front the auditorium! For more information please **contact Coach Ferguson 876-579-4790.**

ATHLETE OF THE WEEK FEATURE

The writers of the Griffin Digest apologizes for the absence of the Weekly Athlete feature in this edition. We will restart the feature in our next edition. For this school term we will feature two athletes weekly. Thank you for your understanding. **#1College**

If you have missed the previous Sports Digests, you can catch up by visiting jamaicacollege.org and view them at the bottom of the SPORTS HIGHLIGHTS page. Enjoy and share.
#1College