

KEEP IT 4 by 100

students run the 4x100 relay

The moment is silent and suddenly there's a bang and lanes of runners take off.

The 4x100 relay is an event where four students each run 100 meters.

The eighth grade girl's team has consistently gotten fast times in meets.

To successfully run the 4x100, these students have to fill their roles in the race.

Lilly Yeager is the starter of the 4x100. The first runner usually is the second fastest and gives the team a good start.

"When I first start, I'm kind of nervous, but I get more confident along the way," Yeager

said.

Yeager hands the baton to eighth grader Riley Hughes, and then Hughes takes off.

"When I run and hear everyone cheering, it motivates me," Hughes said.

The relay is nearly done at this point of the race and only two more people will run.

Hughes hands the baton to the third runner eighth grader Lisa Wilkerson.

"My position is challenging because there are curves and you need a lot of speed," Wilkerson said. "The handoff is hardest though."

When Wilkerson reaches eighth

grader Samantha Porter, Porter will finish for the Lady Tigers.

The fourth competitor in the 4x100 relay is the anchor, and has the fastest time.

"I feel pretty good being in the last position because you do not have to do two hand offs and you have less responsibility," Porter said.

To run a successful relay, teammates have to work together and build on each other's strengths and weaknesses.

"We are all friends and we all get along, we work hard and get better," Porter said.



Handing off the baton to eighth grader Riley Hughes, eighth grader Lillian Yeager runs the 4x100 relay. When the two runners exchange the baton, it's called the handoff. "The more we practice, the closer we get. The team is like a family," Yeager said. Photo by Lila Vale



Playing doubles in a match, seventh grader Natalie Roche and eighth grader Peyton Ivey prepare to receive the ball. Students at Gorzycki can participate in singles and doubles matches. "I like how tennis can be an individual and team sport," Ivey said. Photo by Carlos Canepa



1. Leaping into the sand pit, eighth grader Aidan Parente participates in long jump. Photo by L. Shirack



2. Serving the ball, eighth grader Shawn Ichikawa practices his serve. Photo by L. Shirack