



## Top Flight Triple Jump Clinic

June 19, 2023

*West Allis Hale High School*

11601 W Lincoln Ave, West Allis, WI 53227

**5:30 PM - 7:30 PM**

**Cost: \$50**

Develop and improve performance in all four triple jump phases:  
the approach, hop, step, and jump.

This clinic is for current high school athletes or incoming freshmen. **Preregistration is due by Tuesday, June 12th.** Contact Coach Mu at [aolaniyan@topflightone.com](mailto:aolaniyan@topflightone.com) to register.

| Top Flight Triple Jump Top Performers  |   |
|--|---|
| <b>Julie Hebert</b> 39' 4"<br><b>Rachel Biblo</b> 37' 10"<br><b>Molly Kahl</b> 36' 10.5"<br>(3rd place finish at State [2021])<br><b>Maureen Podkomorowski</b> 36' 3"<br><b>Kara Krugel</b> 35' 10.75"<br><b>Kristen Carlson</b> 35' 9"<br><b>Emma Ciriacks</b> 35' 1"<br><b>Brenna Tomczak</b> 35' 0.25"<br><b>Sarah Reuter</b> 34' 10.5" | <b>Andrew Cartier</b> 46' 9"<br><b>Martin Shaw</b> 45' 9.5"<br><b>Aiden Cartier</b> 45' 3.5"<br><b>Gabriel Olsen</b> 45' 2.5"<br><b>Jacob Kaus</b> 44' 3.5"<br>(USATF All-American)<br><b>Teagan Herschleb</b> 43' 8.5"<br><b>Mike Tsioutsopoulos</b> 43' 4"<br><b>Cory Pallen</b> 42' 11.25" |

Win the day - Go **FLIGHT!**



**WHERE  
CHAMPIONS  
ARE MADE**

[topflightone.com](http://topflightone.com)