



1

Joe Cusack, Blue Springs Boys T&F Head Coach (2008-2022)
 State Champions - 2014, 2015, 2017
 State Runner-Up - 2012, 2013
 State 3rd Place - 2016, 2018
 District Champions - 2008, 2012, 2013, 2014, 2015, 2016, 2017, 2018
 Conference Champions - 2008, 2012, 2013, 2014, 2015, 2016, 2017, 2018

Jennifer Reeder, Blue Springs Girls T&F Head Coach (2006-Present)
 State Runner-Up - 2013, 2022, 2023
 State 3rd Place - 2007, 2015, 2021
 District Champions - 2013, 2017, 2018, 2021, 2023
 Conference Champions - 2007, 2012, 2013, 2015, 2021, 2023

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State Champions
 2014, 2015, 2017
 State Runner-Up - 2012, 2013
 State 3rd Place - 2016, 2018

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Boy's Relay Success	Girl's Relay Success
4x1 - 3 All-State Relays 3rd Place: 2021	4x1 - 12 All-State Relays Champion: 2015 Runner-Up: 2006, 21 3rd place: 2014
4x2 - 4 All-State Relays 3rd Place: 2015	4x2 - 11 All-State Relays Champion: 2007 Runner-Up: 2013, 14, 15, 21 3rd Place: 2022
4x4 - 10 All-State Relays Runner-Up: 2017, 18, 19 3rd Place: 2016, 22	4x4 - 6 All-State Relays Champion: 2021 Runner-Up: 2023
4x8 - 9 All-State Relays 3rd Place: 2013, 14, 16	4x8 - 10 All-State Relays Runner-Up: 2023 3rd place: 2018
All-Relays / All-State: 2017	All Relays / All-State: 2014, 15, 21, 23
104 RELAY MEDALS (2008-23)	196 RELAY MEDALS (2006-23)
14 Seasons (26 All-State Relays)	17 Seasons (39 All-State Relays)

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Track & Field is a TEAM SPORT

- BSHS Philosophy
- Honor to be on a Relay

4x400 M Relay Excitement

- Celebrating School Record
- Securing State Team Title

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Relays at Practice

- ✓ 3 Sprint Training Groups
- ✓ Work on Turf
- ✓ Early Season Alternative Workouts - Ramp Runs



- ✓ Training Groups
- ✓ 100 / 200
- ✓ 200 / 400
- ✓ 400 / 800
- ✓ Collaboration

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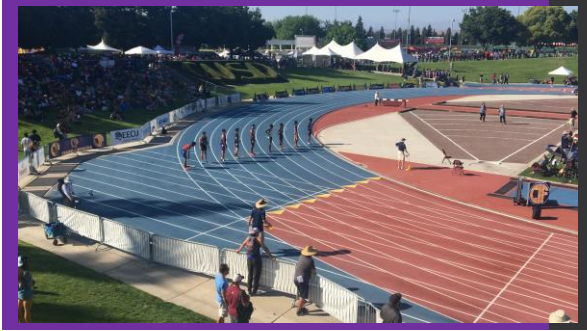
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4x100 M Relay

- ✓ Assigning Roles
- ✓ Steps (Girls: 14-16, Boys: 18-22)
- ✓ Foot Placement
- ✓ R-L-R-L
- ✓ No Talking
- ✓ Hand out to the side (Elevated)
- ✓ "V" Down Hand
- ✓ Press Baton (No Windmilling)



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4x200 M Relay

- ✓ Same set up as 4x1
- ✓ Steps (Girls: 12, Boys: 16)
- ✓ Can adjust steps to have some athletes run a little more.
- ✓ Can "peek"
- ✓ Wind conditions (Alert)



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4x400 M Relay

- ✓ How to fill the spots
 - ✓ 100/200 runners - cannot trade off speed, they must believe they can do it.
 - ✓ 800 runners - get them in 4x2's to build speed.
- ✓ Find a spot on the track to focus on and toes pointing forward.
- ✓ No shuffle, but also don't want outgoing runner to completely turn around
- ✓ "V" Up hand
- ✓ Look the stick in
- ✓ Dig and GET OUT!



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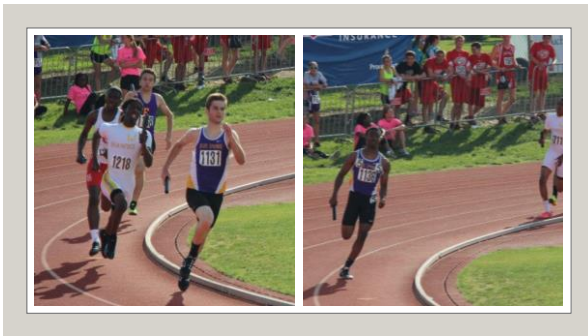
Blue Springs @ KU Relays

- 2008 Boys 4x400 M Relay Champions
- 2013 Boys Outstanding Team Award**
- 2013 Boys DMR Champions
- 2015 Boys 4x400 M Relay Runner-up
- 2016 Boys 4x800 M Relay Champions
- 2017 Boys DMR Champions
- 2018 Boys Outstanding Team Award**
- 2018 Boys DMR Runner-up
- 2019 Boys DMR Champions
- 2019 Boys 1000 M Sprint Medley Runner-up



- 2015 Girls 4x100 M Relay Runner-up
- 2015 Girls 4x200 M Relay Champions
- 2015 Girls 4x400 M Relay Champions
- 2015 Girls Outstanding Team Award
- 2023 Girls DMR Champions
- 2023 4x100 M Relay Runner-up

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Blue Springs Team Success Missouri State Championships

- ✓ Boys Team (2008-2022)
- ✓ Division - Class 4 / Class 5
 - ✓ 544 Points (Rank = 1st)
 - ✓ 191 Medals (Rank = 1st)
 - ✓ 113 All-State Finishes (Rank = 1st)
 - ✓ 2017 - 28 Medals (#1 All-Time / All-Classes)
 - ✓ All-State in All Events (Only School)
- ✓ Girls Team (2006-Present)
- ✓ Division - Class 4 / Class 5
 - ✓ 507.5 Points
 - ✓ 217 Medals (Top 5 Girls T&F)
 - ✓ 100 All-State Finishes
 - ✓ 2023 - 24 Medals



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