

ALL-DADE TRACK & FIELD

BOYS



Caden Roberts
Gulliver



Javon Miller
Northwestern



Shaddai Carter
Columbus



Remington Goins
Columbus



Jude Yeo
Ransom Everglades



William Rothmiller
Norland



Makhii Fleming
Northwestern



J'Vari Flowers
Northwestern



Tiago Socarras
Belen Jesuit



Tywan Cox
Northwestern



Isaiah Scott
Norland



Devin Jones
Northwestern



David Serra
Ransom Everglades



400 relay; **Terrance Harrell, J'Vari Flowers, Guylijah Theodule, Garry Gregg**, Northwestern



1,600 relay; **Avery McCray, Glenn Smith, Jamorian Harris, Curtis Bain**, Southridge



3,200 relay; **Charles Carreño, Joey Ruiz, Matthew Viña and Josh Ruiz**, Belen Jesuit

BOYS' FIRST TEAM

EVENT, NAME, SCHOOL, YEAR, AT STATE

High jump, Caden Roberts, Gulliver Prep, Jr., 1.82 meters
Shot put, Javon Miller, Northwestern, Sr., 15.30 meters
Long jump, Shaddai Carter, Columbus, Jr., 7.35 meters*
Javelin, Remington Goins, Columbus, Jr., 54.80 meters
Pole vault, Jude Yeo, Ransom Everglades, Sr., 4.05 meters
Discus, William Rothmiller, Norland, Sr., 47.88 meters
Triple jump, Shaddai Carter, Columbus, Jr., 13.55 meters
110 hurdles, Makhii Fleming, Northwestern, Jr. 14.43
100, J'Vari Flowers, Northwestern, So., 10.50*
1600, Tiago Socarras, Belen Jesuit, Jr., 4:04.53*
400, Tywan Cox, Northwestern, Jr., 46.43*
400 hurdles, Isaiah Scott, Norland, Sr., 54.45
800, Devin Jones, Northwestern, Sr., 1:53.87
200, J'Vari Flowers, Northwestern, So., 20.91
3200, David Serra, Ransom Everglades, Sr., 9:09.15*

FIRST TEAM RELAYS

400: Northwestern (Terrance Harrell, J'Vari Flowers, Guylijah Theodule, Garry Greggs), 40.51
1600: Southridge (Avery McCray, Glenn Smith, Jamorian Harris, Curtis Bain), 3:12.87*
3200: Belen Jesuit (Joshua Ruiz, Joseph Ruiz, Charles Carreno, Matthew Vina), 7:48.18

NOTE: *denotes state champion

OTHERS

SECOND TEAM — High Jump: Champ Smith, Gulliver Prep, state qualifier; Shot put: William Rothmiller, Norland, 15.25 meters; Long jump: Kamari Alexaner, South Dade, 6.75 meters; Javelin: Isaiah Drake, Florida Christian, 50.54 meters; Pole vault: Henry Amador, Belen Jesuit, 4.05 meters; Discus: Kingston Lewis, Carol City, 44.16 meters; Triple jump: Dominique Louis, North Miami, 13.30 meters; 110 hurdles: Barrian Authurs, Norland, 14.48; 100: Guylijah Theodule, Northwestern, 10.72; 1600: Marcelo Mantecon, Belen Jesuit, 4:10.88; 400: Adrian Cardero, Columbus, 46.73*; 400 hurdles: D'Andre Ward, Columbus, 54.82; 800: Joey Diaz-Quintero, Belen Jesuit, 1:54.98; 200: Tywan Cox, Northwestern, 21.08; 3200: Joshua Ruiz, Belen Jesuit, 9:13.85; **RELAYS** — 400: Columbus, 41.01*; 1600: Columbus, 3:13.80; 3200*: Braddock, 7:51.61*.

THIRD TEAM — Shot put: Jayden Milfort, Mourning, 14.43 meters; Long Jump: Maximus Garland, Sunset, 6.71 meters; Javelin: Isaiah Drake, Florida Christian, 44.53 meters; Pole vault: Mateo Ceballos, Riviera Prep, 3.90 meters; Discus: Gianluca Padilla, Columbus, 42.21 meters; Triple Jump: Leon Sullivan Jr., Norland, 13.22 meters; 110 hurdles: Terrence Honeywood, Norland, 14.60; 100: Durian Moss, Columbus, 10.78; 1600: David Serra, Ransom Everglades, 4:15.10*; 1600: Henry Stark, Palmer Trinity, 4:16.76*; 400: Curtis Bain, Southridge, 46.95; 400 hurdles: Makhii Fleming, Northwestern, 55.05; 800: Lucas Oliveira, Coral Reef, 1:55.26; 200: Leon Sullivan Jr., Norland, 21.56; 3200: Justin Ruiz, Belen Jesuit, 9:16.57; **RELAYS** — 400: Norland, 41.68; 1600: Northwestern, 3:14.26*; 3200: Columbus, 7:53.76.

HONORABLE MENTION — **AIE Charter:** Ricardo Pereira; **Belen Jesuit:** John Amador, Diego Magarino, Carlos Rodriguez-Novoa, Joseph Ruiz; **Booker T. Washington:** Benjamin Hanks, Noah Scheinblum; **Braddock:** Aidan Mendoza; **Carol City:** Di'khi Kee, Schuevens Liska; **Central:** Brian Davis, Nae'Shaun Montgomery; **Columbus:** Zamaron Lawson, Alexander Lopez, Anthony Perez-Padron, Alejandro Romagosa, Jancent Wallace; **Coral Reef:** Luis Marti; **Edison:** Synard Young; **Gulliver Prep:** Deandre Leonard, Tim Rutten; **Hialeah-Miami Lakes:** Fequer Louis; **Jackson:** Markell Dolce, Antanious McClendon, Jimmie Neal; **LaSalle:** Lawrence Finley; **Mater Lakes:** Marc Gonzalez; **Mourning:** Axel Fink, **Norland:** Ivory Aikens, Isaiah Rock; **North Miami:** Ethan Colas, Beethoven Phanord; **Northwestern:** Terrance Harrell; **Palmer Trinity:** Jonathan Ebanks, Gregorio Ramoa, Perry Sylvain, Gregory Tindle; **Ransom Everglades:** Eugenio Arango; **Somerset South Homestead:** Rafael Lopez; **South Dade:** Keith Edwards; **Sunset:** Gabriel Carr; **Westminster Christian:** Carlos Garcia, Dwight Whipple

GIRLS' FIRST TEAM

EVENT, NAME, SCHOOL, YEAR, AT STATE

Pole vault, Paulina Guerra, Gulliver Prep, Sr., 3.30 meters
Long jump, Amaya Pleas, Southridge, Sr., 5.48 meters
Javelin, Lydia Kentis, Goleman, Sr., 35.44 meters
Discus, Lydia Kentis, Goleman, Sr., 43.14 meters
High jump, Jolie Dormus-Bayer, Miami Beach, Sr., 1.72 meters*
Shot put, Lydia Kentis, Goleman, Sr., 11.64 meters
Triple jump, Kahalia Hoo, Northwestern, Jr., 10.97 meters
100 hurdles, Kahalia Hoo, Northwestern, Jr., 14.17
100, Tyra Cox, Northwestern, Jr., 11.72*
1600, Daniella Perez-Cartaya, Palmer Trinity, Sr., 5:10.17
400, Tyra Cox, Northwestern, Jr., 52.26*
400 hurdles, Kashia Hoo, Northwestern, Jr., 1:00.58*
800, Emma Filippi, Carrollton, Fr., 2:15.47
200, Tyra Cox, Northwestern, Jr., 23.24*
3200, Samantha Ruiz, Coral Reef, Jr., 11:39.06

FIRST TEAM RELAYS

400: Southridge (Brianna Harper, Jalisa Marshall, Tamiya Mccogle, Meara Rasul), 46.54*
1600: Northwestern (Kahalia Hoo, Kashia Hoo, Leanna Rose, Tyra Cox), 3:42.02*
3200: Southridge (Leandra Ferrell, Amaya Pleas, Nicole Dragoni, Courtney Green), 9:14.51*

OTHERS

SECOND TEAM — Pole vault: Mariana Mendoza, Palmer Trinity, 3.00 meters; Long jump: Claire Davisson, Divine Savior, 5.27 meters; Javelin: Andrea Ortiz, Ransom Everglades, 33.64 meters; Discus: Alisa Scott, Northwestern, 37.80 meters; High jump: Shanai Gamble, Southridge, 1.52 meters; Shot put: Candy Cruz, LaSalle, 10.99 meters; Triple jump: Jessie Duvernay, North Miami, 10.72 meters; 100 hurdles: Arianna Garcia, Carrollton, 14.19; 100: Antaniyah Brown, North Miami, 11.79; 1600: Grace Aldrich, Carrollton, 5:12.34; 400: Courtney Green, Southridge, 55.42; 400 hurdles: Kahlia Hoo, Northwestern, 1:00.74; 800: Leandra Ferrell, Southridge, 2:15.51; 200: Antaniyah Brown, North Miami, 24.36; 3200: Daniella Perez-Cartaya, Palmer Trinity, 11:39.16; **RELAYS** — 400: North Miami, 46.55*; 1600: Southridge, 3:47.64*; 3200: Carrollton, 9:22.37

THIRD TEAM — Pole vault: Tatiana Quintero, Palmetto, state qualifier; Long jump: Leila Finnie, Northwestern, 5.27 meters; Javelin: Julianne Gallagher, Ransom Everglades, 32.07 meters; Discus: Zion Singleton, Southridge, 36.91 meters; High jump: Maria Camposano, Palmer Trinity, 1.52 meters; High jump: Ne'Rya Vassell, Northwestern, 1.52 meters Shot put: Qamara Pinkston, Carol City, 10.85 meters; Triple jump: Talya Cochran, Norland, 10.51 meters; 100 hurdles: Takiyah Ferguson, Southridge, 14.51; 100: Meara Rasul, Southridge, 12.14; 1600: Alessia Santos, Lourdes, 5:19.49; 400: Gillian Carvalho, Ransom Everglades, 55.63; 400 hurdles: Arianna Garcia, Carrollton, 1:02.01; 800: Lorena Enamorado, Mater Academy, 2:15.79; 200: Meara Rasul, Southridge, 24.56; 3200: Nicole Dragoni, Southridge, 12:16.37; **RELAYS** — 400: Carol City, 46.93*; 1600: Ransom Everglades, 3:55.07; 3200: Northwestern, 9:31.21.

HONORABLE MENTION — **Braddock:** Kayle Feeney; **Carol City:** Ty'Yanah Adams, Damaria Bell, Jakayla Milton, Kennidra Springer; **Carrollton:** Andrea Gross, Daniela Hernandez, Gabriela Socarras; **Central:** Kavay Johnson; **Divine Savior:** Sofia Mueller, Rebecca Oyarce; **Doctor's Charter:** Azareah Shackelford; **Doral Academy:** Sophia Florik; **Goleman:** Janessa Joseph; **Gulliver Prep:** Mackenzie Cohen; **Homestead:** Jazmyn Aaron, Naelle Alexis-Pierre; **Monsignor Pace:** Zani Jean Giles; **Norland:** Janae Beresford, Kayla Williams; **North Miami:** Nathanaelle Bien-Aime, Joyce Rogers; **Northwestern:** Kimora Kinsey, Sariyah Morales, Ida Smith, **Palmer Trinity:** Noelani Sadler, Cailyn Sullivan; **Ransom Everglades:** Anna Block, Alexandra Leiser, Marella Rebessi; **Riviera Prep:** Jayde Marley; **Southridge:** Kaiyanni Lewis, Amari Williams, Erin Zephryn; **Southwest:** Izabella Lara; **St. Brendan:** Kaycie Aquilino

Credits: The All-Dade track and field team was compiled by Miami Herald Sportswriter Jordan McPherson based on state meet times, heights and distances.

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GIRLS



Paulina Guerra
Gulliver



Amaya Pleas
Southridge



Lydia Kentis
Goleman



Jolie Dormus-Bayer
Miami Beach



Kashia Hoo
Northwestern



Tyra Cox
Northwestern



Daniella Perez-Cartaya
Palmer Trinity



Emma Filippi
Carrollton



Samantha Ruiz
Coral Reef



400 relay;
Brianna Harper, Jalisa Marshall, Tamiya Mccogle, Meara Rasul
Southridge



1,600 relay; **Kahalia Hoo, Leanna Rose, Kashia Hoo, Tyra Cox**, Northwestern



3,200 relay; **Amaya Pleas, Nicole Dragoni, Courtney Green, Leandra Ferrell**, Southridge



Courtesy of Miami Northwestern

J'Vari Flowers won two individual state titles and finished runner-up in two other events to help the Northwestern boys' track and field team finish as runners-up in Class 3A.

Northwestern's J'Vari Flowers is Miami-Dade Boys' Track and Field Athlete of the Year

BY JORDAN MCPHERSON
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J'Vari Flowers, just a sophomore, proved to be a valuable contributor for the Northwestern boys' track and field team this season. The sprinter contributed to more than half of the Bulls' points as they finished as the Class 3A state runners-up — their first top-two finish since winning three consecutive team titles from 2017-2019.

As such, Flowers is the Miami Herald's Miami-Dade Boys' Track and Field Athlete of the Year. Of Northwestern's 68

points — eight shy of first-place Plantation American Heritage for the team title — Flowers was involved in 36 of them.

Flowers cruised to a win in the 100-meter dash, crossing the line in 10.50 seconds to beat a trio of American Heritage sprinters who finished second, third and fourth. He also finished second in the 200-meter dash, with his time of 20.91 falling behind only American Heritage's Zamarii Sanders.

And then in the relays, Flowers picked up another gold and silver.

He ran the anchor leg of Northwestern's state-winning 1,600-meter

relay team and was the second leg of the Bulls' 400-meter relay team that came in second.

Flowers' success on the track complements his skill on the gridiron. The sophomore is ranked as a four-star prospect according to the 247Sports Composite ranking as well as the No. 75 overall prospect in the country for the Class of 2026, No. 7 cornerback in the class and No. 9 prospect in the state of Florida regardless of position.

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Northwestern's Tyra Cox is the Miami-Dade Girls' Track and Field Athlete of the Year

BY JORDAN MCPHERSON
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There have been countless stars to come through the Miami Northwestern girls' track and field dynasty over the past decade and a half.

Tyra Cox is well on her way to adding her name to that lore.

After winning three individual state titles and adding a fourth championship as part of a relay, Cox is the Miami Herald's Miami-Dade Girls' Track and Field Athlete of the Year.

Cox, a junior, made a lasting impression in her first season at Northwestern after transferring from Hollywood Chaminade-Madonna.

She swept all three individual events in which she competed, winning the 100 in 11.72 seconds, 200 in 23.24 seconds and 400 in 52.26 seconds. Cox also anchored the Northwestern 1,600 relay that won in a time of 3:42.02.

Just how good is that?

Cox is just the fifth girls' track and field athlete from Miami-Dade County to win at least three individual titles (not including relays) at a single state meet, joining Miami Jackson's Robin Reynolds (four titles each in 2009 and 2011, three titles each in 2010 and 2012), Miami Southridge's Alyssa Jones (four titles in 2022, three titles in 2021), Booker T. Washington's Lanie Whittaker (three titles in 2008) and Northwestern's Tiffany Ross (three titles in 2001).

Her time in the 400 dash, for good measure, was more than three seconds faster than her time at state a year ago and came in as No. 2 in the United States. It met the qualifying time for the Olympic trials.

"I knew I ran fast, but not that fast," Cox said. "I had no idea at all, but I'm really proud of myself because I worked hard."

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Courtesy of Miami Northwestern

Tyra Cox won three individual state titles plus was part of a first-place relay for Miami Northwestern.

Columbus' Daniel Areces, Palmer Trinity's Tammy King are Dade Track Coaches of the Year

BY JORDAN MCPHERSON
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The Columbus boys' track and field team finally made it back to the top, splitting the Class 4A team state title.

The Palmer Trinity girls' team, meanwhile, was the state runner-up in Class 1A, finding success the school hasn't had in more than three decades.

Their coaches — Daniel Areces from Columbus, Tammy King from Palmer Trinity — are the Miami Herald's Dade Track and Field Coaches of the Year as a result.

For Areces and Columbus, it's the team's first team state title since win-

ning back-to-back titles in 2018 and 2019. The Explorers tied with Niceville, both logging 70 points, to split the team crown this season.

Columbus had three individual state winners — Shaddai Carter in the long jump, Adrian Cardero in the 400, and the team's 400 relay.

Beyond them, Durian Moss was runner-up in the 100 and sixth in the 200, Jancent Wallace was third in the 400, Remington Goins was fourth in the javelin, D'Andre Ward placed sixth in the 400 hurdles, Alejandro Romagosa came in sixth in the 3,200, and the 1,600 and 3,200 relays both finished third.

For Palmer Trinity, it was the first top-two finish in program history. Before that, the team's best finish was third place in 1991, when King was competing for the Falcons.

Senior Noelani Sanders won a state title in the 100 hurdles and finished third in the 400 hurdles. Maria Camposano also came up big in multiple events, finishing second in the 100 hurdles and fourth in the high jump. Palmer Trinity also received points from Mariana Mendoza (fourth in pole vault), Cailyn Sullivan (sixth in 800) and Daniela Perez-Cartaya (sixth in 1,600).

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KYLE BUMPERS Special to the Miami Herald

Daniel Areces led the Columbus boys' track and field team to a split of the Class 4A team state championship.

Swiatek, Paolini cruise into the French Open final

Field Level Media

Top-seeded Iga Swiatek recorded a 6-2, 6-4 win over third-seeded Coco Gauff on Thursday to advance to the French Open final in Paris.

Swiatek, bidding for her fourth French Open title, won her 20th straight match at Roland Garros by dismissing Gauff in 97 minutes. The Poland native also is vying to become the first woman with three consecutive French Open titles since Justine

Henin of Belgium accomplished the feat from 2005-07.

"For sure, it was intense," Swiatek said. "I'm happy that I just was consistent with my tactics and didn't overthink stuff and just went for it at the end."

Swiatek, 23, will face a first-time Grand Slam finalist on Saturday. No. 12 seed Jasmine Paolini of Italy defeated 17-year-old Russian Mirra Andreeva 6-3, 6-1 in Thursday's other semifinal.

Swiatek benefited from 39 unforced errors from

Gauff to improve to 11-1 in head-to-head meetings. That includes defeating her in the title match at Roland Garros in 2022 and the quarterfinals in 2023.

Swiatek did not drop serve during the opening set Thursday before Gauff showed some gumption in the second. Gauff broke Swiatek to claim a 3-1 lead, but not before the reigning U.S. Open champion was moved to tears after an exchange with chair umpire Aurelie Tourte.

Swiatek's serve initially

was called out but the umpire overruled the call. Gauff, 20, misfired on the return but told the umpire she did so after the line call was made.

"Are you serious? They are booing you because you are wrong," Gauff told Tourte.

Swiatek swiftly responded by winning the next four games and captured the match after Gauff's forehand sailed out of bounds.

"It was intense," Swiatek said. "In the second set it was tight because we were breaking each other.

I was consistent with my tactics and went for it.

"I think Coco is progressing a lot, you can see by her results. Last year's U.S. Open shows she's tough, she's going to grow, so it's nice to see her handling well everything around her. I'm sure we're going to have many more matches at the highest level."

Paolini saved all six break points she faced and committed only 10 unforced errors against Andreeva, the youngest woman to appear in a Grand Slam semifinal

since a 16-year-old Martina Hingis in 1997. Andreeva finished with 29 unforced errors and just 11 winners.

Paolini, 28, becomes the third Italian woman in the Open Era to reach the French Open final, joining Francesca Schiavone (2010, 2011) and Sara Errani (2012).

Swiatek won the first two head-to-head meetings with Paolini, including a 6-3, 6-0 victory in the first round of the U.S. Open in 2022.