



USATF

SOUTH CAROLINA ASSOCIATION NEWSLETTER

AUGUST 2018

From the Board-

Summertime track has come and gone, but there is still a little time to relax and enjoy the summer before we head into fall and Cross-Country season. August marks the end of the administrative year for USATF-SC and the beginning of new opportunities for next year. As we catch our breaths for the next season, we want to take this opportunity to celebrate our 2018 youth athletes. This newsletter is dedicated to the 1,099 South Carolinian Track & Field Junior Olympians who competed in the National JO series. From our Association JO meet, to Region 4 and finally to National JO's, we watched as our SC athletes performed to the best of their abilities. There were many first-time participants and several outstanding performances, but regardless of where they placed, they made us proud to be a part of the USATF-SC Association.

Enjoy!

The USATF Officers and Board.



USATF-SC JO Meet June 22-24, 2018

Photo by PerryMcLeod SCMileSplit

ANNUAL MEETING REMINDER

Saturday, August 11th, 2018

1 pm to 4 pm

Lexington Main Library & Headquarters

5440 Augusta Road, Lexington, South Carolina 29072

Go to the SC Elections Overview on page 11.

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2018 SC Association Accreditation Status

I am happy to report that for the upcoming National Annual meeting in Columbus, OH, the SC Association will be recognized as a fully accredited association in good standing. National USATF sets standards for all Associations to meet every year in order to be considered "members in good standing." If these standards are not met in a given year, the Association must submit a Plan for Improvement (PFI) that outlines how deficiencies will be addressed. The 2017 accreditation cycle (2016 Championship year), resulted in the submittal of a PFI for our Association. This year we have met all National Accreditation standards for the 2017 Championship year, with no need for a PFI. In addition to this, the Board has continued to maintain National standards for the 2018 Championship year, putting us well on our way to meeting all accreditation standards for the 2019 accreditation cycle.

Norman K. Venyah
Acting President USATF-SC Association

SC Association Junior Olympic T&F Championships - June 22-24.



The SC JO Meet in Myrtle Beach was attended by a record crowd, with 1,099 athletes competing for an opportunity to progress to the Region 4 JO Championships in Rome GA. This phenomenal turnout resulted in twenty-eight (28) new SC JO Meet Records and two ties of existing records.

Congrats to all who participated.

USATF-SC JO Meet June 22-24, 2018 Photo by PerryMcLeod SCMileSplit



Caelin Sloan 13-14 Girls, SCMileSplit

Notable Performances

Caelin Sloan of Florence Track Club racewalked 16:56.33 minutes for 3000 meters, smashing one of the longest held SC JO Meet records and taking nearly 1.5 minutes off the 13-14 Girls 3000m Racewalk record set in 2003. Sloan went on to finish 5th at JO Nationals.

Jacob Wilkins threw the Hammer 58.4 meters, adding over 5 meters to the 17-18 Mens SC JO Meet Record set in 2017. Wilkins went on to place 2nd at JO Nationals with a throw of 61.02 meters.

Meredith Banner of Florence Track Club threw 20.94 meters, increasing the 8 & under girls SC JO Meet Javelin Record by over 4 meters. Banner went on the finish 2nd at JO Nationals.

New SC Junior Olympic Meet Records set at 2018 Meet

USATF SC Association JO T&F Meet — 2018 Meet Records				
Division	Event	Time/Mark	Name	Team
8 & Under Girls	400m	1:14.83	Kayla Crawford	Unattached
	4x100	1:06.31	Camani Stevens, Briniyah Stevens, Brayla Robinson, Nyla James	Greenville Jets
	Javelin	20.92	Meredith Banner	Florence Track Club
11-12 Girls	800m	2:26.44	Jais Ward	Unattached
	1500m	5:07.52	Jais Ward	Unattached
	80m Hurdles	13.03	Kennedy Wright	Carolina Rockets
	4x800	10:34.90	Laela Caplinger, Elise Elliott, Abigail Gopp, Abigail White	The Storm Track Club
	Javelin (450g)	28.83	Samantha Franklin	Unattached
13-14 Girls	3000m Race Walk	16:56.33	Caelin Sloan	Florence Track Club
	100m Hurdles	14.79	Amani Currie	SC Express
	Pole Vault	2.91	Hannah Togami	Mt Pleasant Track Club
15-16 Girls	100m	11.81	Jayla Jamison	Unattached
	Long Jump	5.55	Jayla Jamison	Unattached
17-18 Women	Shot Put	14.17	Tedreauna Britt	Unattached
	Discus	48.98	Tedreauna Britt	Unattached
8 & Under Boys	100m	14.41	Kamden Jones	Greenville Jets
	200m	30.20	Kamden Jones	Greenville Jets
9-10 Boys	100m	13.28	Jamey Patterson II	Lexington County Wildcats
	800m	2:32.26	Aidyn Wiggins	Titans Track Club
11-12 Boys	200m	25.88	Devan Crumpton	Team Blaze
	4x100	51.94	Jordon Gidron, Dominick Young, Will Smith II, Devan Crumpton	Team Blaze
Tied Record	High Jump	1.45	Noah Durant - 2010 Kavan Reynolds - 2017 Landon Drinkard - 2018	Florence Track Club Florence Track Club Team Blaze
	Javelin (450g)	36.05	Robert Myers	Mt Pleasant Track Club
13-14 Boys	800m	2:02.43	Saxon Brown	Greenville Jets Track Club
15-16 Boys	Shot Put	14.05	Latrell Pitts	Myrtle Beach Track Club
17-18 Men	200m	21.55	Trini Feggett	Team Blaze
Tied Record	110m Hurdles	14.01	Michael Dickson -2015 Tyler Graves - 2018	Unattached Team Blaze
	4x100	41.81	Tyler Graves, Dermonti Romey, Torran Goings Jr, Trini Feggett	Team Blaze
	Shot Put	16.06	Paul Kowalchick	Mt Pleasant Track Club
	Hammer	58.41	Jacob Wilkins	Unattached



USATF-SC JO Meet June 22-24, 2018

Photos by PerryMcLeod SCMileSplit



For more SC Junior Olympic pictures go to: <http://sc.milesplit.com/meets/302347/coverage>

From the Youth Chair

The JO meet in Myrtle Beach was a huge success. The success was due solely to an excellent Youth Committee. The Committee had to overcome many obstacles throughout the year and worked as a team to put together a fantastic event. Rather than being guided by the Youth Chair, the Youth Committee guided me. I was humbled by the experience of working with this dedicated crew of volunteers so willing to go above and beyond to see that our Youth athletes are given every opportunity to perform at their best. As Interim Youth Chair, I would personally like to thank the entire Youth Committee.

Steve Mullaney
Interim Youth Chair

SAVE THESE DATES!!!!

**USATF-SC Association JO, Open & Masters Cross Country Championships
November 10, 2018**

**Region 4 JO Cross Country Championships
November 17, 2018**

Both events will be held in South Carolina - locations TBD.

The Youth Committee is accepting bid proposals to host these events.

Please find the RFP on the USATF-SC webpage – www.usaftsc.org

**USATF National, SE Region, SC Association 1-Hour Racewalk Championships
October 28, 2018**

Furman University, Greenville SC

<http://www.usatf.org/Events---Calendar/2018/USATF-1-Hour-Race-Walk-Championships.aspx>



SPECIAL THANKS TO USATF-SC EVENT PARTNERS

**City of Myrtle Beach
Darlington High School
Furman University
Greenville Track Club
Perfect Timing Group
Strictly Running
SCMileSplit**

University of South Carolina - Columbia

SOUTH CAROLINA ASSOCIATION NEWSLETTER – AUGUST 2018

USATF Region 4 Junior Olympics Rome, GA - July 5-8

The Region 4 JOs were attended by 4,854 athletes from Florida, Georgia, and South Carolina. Athletes competed for the five (5) National qualifying spots in each event and age group. In spite of thunderstorms and rain delays, South Carolina was well represented by many outstanding performances, with 223 athletes qualifying for National JO's, including twenty-nine (29) 1st place finishes.



Region 4 JO, Rome GA July 5-8

Elle Cocco Breaks National Record at USATF Region 4 JO Meet



Mt Pleasant Track Club's Elle Cocco set a new National Record for the 8 & under Girls Javelin on Saturday, July 8th in Rome GA. Cocco's throw of 24.05 meters bested the previous record of 23.15 meters set by Cameron Chapman in 2015 at the National JO Championships in Jacksonville FL. Elle had been working hard all season, throwing consistently over 21 meters and finishing 1st in all her preseason meets. She was excited but not surprised by her record throw, says her Coach Michael Flournoy. "Her PR was 22.20, going into Region 4 JO's and she had thrown some near National Record distances during practice. We knew it would happen, we just didn't know when." Cocco's record is considered pending until all paperwork is reviewed and approved by USATF National.

HUGE CONGRATULATIONS to Elle Cocco!

Elle Cocco with Coach Michael Flournoy

South Carolina 1st Place finishers at Region 4 JOs

2018 USATF Region 4 JO SC 1st Place Champions			
Age Division	Event	Name	Team
8 & Under Girls	Javelin Throw	Elle Cocco	Mt Pleasant
9-10 Girls	High Jump	Lacey Samuels	Dreamchaserz
9-10 Girls	Shot Put	Riley Vaughn	Titan Track Club
11-12 Girls	1500m Run	Jais Ward	Unattached
11-12 Girls	4x800m Relay	Laela Caplinger, Elise Elliott, Abigail White, Kayla Gordon	The Storm Track Club
11-12 Girls	Shot Put	Abrianna Parks	Carolina Rockets
13-14 Girls	Pole Vault	Hannah Togami	Mt Pleasant
15-16 Girls	Javelin Throw	Chloe Berda	Mt Pleasant
17-18 Women	400m Hurdles	Taylor Robinson	Greenville Jets
17-18 Women	2000m Steeplechase	Ananda Waiters	Team Blaze
17-18 Women	Discus Throw	Tedreauna Britt	Unattached
17-18 Women	3000m Race Walk	Victoria Heiser-Whatley	Warriors Track Club
Age Division	Event	Name	Team
8 & Under Boys	Javelin Throw	Anthony Cote	Mt Pleasant
9-10 Boys	1500m Run	Gabriel Hislop	Mt Pleasant
11-12 Boys	High Jump	Landon Drinkard	Team Blaze
13-14 Boys	800m Run	Saxon Brown	Greenville Jets
13-14 Boys	4x100m Relay	Nathaniel Branch, Jeremy Daniels, Sidney Evering III, Capres Stokes III	Dreamchaserz
13-14 Boys	Pole Vault	John O'Cain	Unattached
13-14 Boys	Javelin Throw	Kyle Kaufelds	Palmetto T&F
15-16 Boys	1500m Run	Zane Jackson	Mt Pleasant
15-16 Boys	3000m Run	Zane Jackson	Mt Pleasant
15-16 Boys	2000m Steeplechase	Zane Jackson	Mt Pleasant
15-16 Boys	Pole Vault	Dillon McCarthy	Mt Pleasant
17-18 Men	100m Dash	Ronald Fuller Jr	Carolina Rockets
17-18 Men	200m Dash	Ronald Fuller Jr	Carolina Rockets
17-18 Men	110m Hurdles	Tyler Graves	Team Blaze
17-18 Men	2000m Steeplechase	Michael Griffin	Florence TC
17-18 Men	4x100m Relay	Josh Fair, Zeph Cox, Alan Alvarez Jr, Ronald Fuller Jr	Carolina Rockets
17-18 Men	Hammer Throw	Jacob Wilkins	Unattached

USATF National Junior Olympics Greensboro, NC - July 23-29

Over fourteen thousand athletes from all over the US traveled to Greensboro, NC to compete in the National JO Championships. The South Carolina contingent of 223 athletes, several of whom competed in multiple events, succeeded in placing in the top eight (8) in forty-two (42) events, including six (6) relays, resulting in fifty-four (54) National All-Americans. Top among the South Carolina athletes are four (4) Gold, eleven (11) Silver and seven (7) Bronze medalists.

Meet Our National Champions



Elle Cocco 1st and Meredith Banner 2nd (left). This duo dominated the 8 & under Girls Javelin competition placing 1st and 2nd through-out the JO series. At the SC JO's, Banner set a new meet record. Then at Region 4 JO's, Cocco out threw Banner to set a new National Record. Cocco continued to out throw her competition to become the National Champion. Cocco is a double All-American, also placing 3rd in the 8 & under Girls Shot Put.

Dixon McCarthy 1st & Jonathon Togami 4th (below). These Mt Pleasant Track Club teammates are used to sharing the podium, finishing 1st & 2nd in the 15-16 Boys Pole Vault at both the SC Association and the Region 4 JO Meets. McCarthy, a 2016 National Champion and 2017 2nd place All-American, easily cleared all heights through 4.45 meters to become the 2018 National Champion. Togami, in his first National JO competition, stayed close to the leaders finishing 4th at 4.30 meters.



Saxon Brown 1st & 3rd (Not Pictured). Brown is a double All-American, winning the 13-14 Boys 800 meters and placing 3rd in the 1500 meter run. This Greenville Jets Track Club middle distance runner, had an awesome season, setting a new SC JO Meet record for 800 meters with 2:02.43 minutes, placing 1st at Region 4 JO's, then ultimately winning National JO's with a time of 1:59.87 minutes.



Victoria & Jessica Heiser-Whatley 1st & 2nd (left). The 17-18 Women's 3,000 meter Racewalk produced one of the most memorable race finishes at the USATF National Junior Olympics. South Carolina's Victoria Heiser-Whatley beat her twin sister, Jessica Heiser-Whatley by three one-hundredths of a second (00.03) to win the gold medal. Both of the Heiser-Whatleys also completed in the USATF Junior Nationals in June, winning spots on the US Junior Team competing against the Canadian Junior Team in Toronto on August 10th.

2018 USATF-SC National JO All-Americans					
Place	Name	Team	Division	Event	National Time/Mark
1st	Elle Cocco	Mt Pleasant Track Club	8& Under Girls	Javelin Throw	22.98m 75'4"
1st	Saxon Brown	Greenville Jets	13-14 Boys	800m Run	1:59.87
1st	Dillon McCarthy	Mt Pleasant Track Club	15-16 Boys	Pole Vault	4.45m 14' 7 1/4"
1st	Victoria Heiser-Whatley	Warriors Track Club	17-18 Women	3000m Race Walk	15:40.67
2nd	Meredith Banner	Florence Track Club	8& Under Girls	Javelin Throw	17.97m 58'11"
2nd	Riley Vaughn	Titans Track Club	9-10 Girls	Shot Put	8.87m 29' 1 1/4"
2nd	Samantha Franklin	Unattached	11-12 Girls	Javelin Throw	32.26m 105'10"
2nd	Tyler Graves	Team Blaze	17-18 Men	110m Hurdles	13.82
2nd	Josh Fair, Zeph Cox, Alan Alvarez Jr, Ronald Fuller Jr	Carolina Rockets	17-18 Men	4x100m Relay	40.58
2nd	Jacob Wilkins	Unattached	17-18 Men	Hammer Throw	61.02m 200'2"
2nd	Trini Feggett	Team Blaze	17-18 Men	Long jump	7.28m 23' 10 3/4"
2nd	Jessica Heiser-Whatley	Warriors Track Club	17-18 Women	3000m Race Walk	15:40.70
3rd	Saxon Brown	Greenville Jets	13-14 Boys	1500m Run	4:18.66
3rd	Nathaniel Branch, Jermey Daniels, Sidney Evering III, Capers Stokes III	Dreamchaserz	13-14 Boys	4x100m Relay	44.87
3rd	Hannah Togami	Mt Pleasant Track Club	13-14 Girls	Pole Vault	3.10m 10'2"
3rd	Elle Cocco	Mt Pleasant Track Club	8& Under Girls	Shot Put	6.50m 21' 4"
4th	Jais Ward	Unattached	11-12 Girls	1500m Run	4:57.86
4th	Brett Jones	Unattached	11-12 Girls	Javelin Throw	28.97m 95'0"
4th	Zane Jackson	Mt Pleasant Track Club	15-16 Boys	2000m Steeplechase	6:28.96
4th	Jonathan Togami	Mt Pleasant Track Club	15-16 Boys	Pole Vault	4.30m 14 1/4"
4th	Ronald Fuller Jr	Carolina Rockets	17-18 Men	100m Dash	10.64
5th	John O'Cain	Unattached	13-14 Boys	Pole Vault	3.40m 11" 1 3/4"
5th	Caelin Sloan	Florence Track Club	13-14 Girls	3000m Race Walk	17:09.78
5th	Ethan Cocco	Mt Pleasant Track Club	15-16 Boys	Javelin Throw	47.94m 157'3"
5th	Taylor Boyles	unattached	17-18 Men	Pole Vault	4.55m 14'11"
6th	Christopher Fuller, Darrius Staples, Caleb Timmons, Tyree Byrd	Team Blaze	13-14 Boys	4x100m Relay	45.79
6th	Bre'asia Robinson	Greenville Jets	13-14 Girls	100m Dash	12.28
6th	Michael Griffin	Florence Track Club	17-18 Men	2000m Steeplechase	6:26.80
6th	Santiago Gurierrez	Warriors Track Club	17-18 Men	3000m Race Walk	19:51.15
7th	Anthony Cote	Mt Pleasant Track Club	8 & Under Boys	Javelin Throw	21.28m 69'9"
7th	Kaleb Burroughs	Florence Track Club	11-12 Boys	Javelin Throw	35.17m 115'4"
7th	Abrianna Parks	Carolina Rockets	11-12 Girls	Shot Put	37'2 1/4 "
7th	Kamille Cunningham	Florence Track Club	13-14 Girls	High Jump	1.60m 5'3"
7th	Lauren Caughman	Unattached	15-16 Girls	Pole Vault	3.40m 11'1 3/4"
7th	Trinni Feggett	Team Blaze	17-18 Men	200m Dash	21.51
8th	David Hitch	Florence Track Club	11-12 Boys	1500m Race Walk	10:31.78
8th	Autumn Burrell	Greenville Jets	11-12 Girls	200m Dash	25.85
8th	Laela Caplinger, Elise Elliott, Abigail White, Kayla Gordon	The Storm Track Club	11-12 Girls	4x800m Relay	10:30.30
8th	Jais Ward	Unattached	11-12 Girls	800m Run	2:25.62
8th	Trinni Feggett	Team Blaze	17-18 Men	100m Dash	10.81
8th	Kerrington Johnson, Taylor Robinson, Jordan Haywood, Tariney Pepper	Greenville Jets	17-18 Women	4x100m Relay	47.39
8th	Jordon Gidron, Dominick Young, Will Smith II, Devan Crumpton	Team Blaze	11-12 Boys	4x100m Relay	49.72

More of Our All-Americans!



Jais Ward 4th & 8th (left). Ward is another double All-American, medaling in both the 11-12 Girls 1500 meter (4th) and the 800 meter run (8th). She also set new SC JO Meet records for these distances with 2:26.44 minutes for 800 meters and 5:07.52 minutes for 1500 meters.

The Storm's Laela Caplinger, Elise Elliott, Abigail Gopp, Abigail White, 8th. (right) This 11-12 Girls 4x800m relay team set a new SC JO Meet record with 10:34.90 minutes and placed 8th at Nationals in a time of 10:30.30 minutes.



2016 Olympic Silver Medalist & 2010 USATF SC Junior Olympic 17-18 Women's Pole Vault Record Holder Returns to Greenville for the Liberty Bridge Jump-Off!



Sandi Morris -- Landed a world lead in the women's pole vault with a 4.95m/16-2.9 clearance at the Liberty Bridge Jump Off in Greenville, South Carolina. After securing the win with the second-best vault of her life, the Olympic silver medalist raised the bar to a world record height, 5.07m/16'7.5" but narrowly missed on three solid efforts. "It was awesome to see up close," said USATF-SC Officials and 2018 National JO All-Americans Tori & Jesi Heiser-Whatley. They had the privilege of working the event and took time out for a photo op with Morris (above). Morris's next competition for the US will be at the NACAC Senior Area Championships in Toronto August 10th – 12th.

USATF-SC Officer Elections - August 11, 2018 @ Lexington Library

Elections for the five (5) USATF-SC Officers will be held at the SC Annual Meeting. The USATF-SC Officers are elected for two-year terms by in-person elections with a balanced meeting ballot. Any USATF-SC member, 18 years or older, can run for an office. Officer positions: **President, 1st Vice President, 2nd Vice President, Treasurer, & Secretary**

Overview of USATF-SC By-Laws Article 9 -- VOTING

Voter membership: Individuals must be USATF-SC members by July 12, 2018.

Minimum age: Voters must be eighteen (18).

Proxies: No voting by proxy.

One person-one ballot: One (1) person shall cast only one (1) ballot worth a maximum of one vote. Individuals eligible to cast a ballot in more than one constituency must choose one constituency to vote in at the meeting.

CONSTITUENCIES:

- 1. Eligible Athletes** - International Athletes (ten-year rule), and Active Athletes (must have competed in a USATF sanctioned event within the past year.)
- 2. Coaches** - USATF-SC Coaches Registry.
- 3. Officials** - current USATF-SC Certified Official.
- 4. Organizational Members** - current USATF-SC Member Clubs and non-club sports organizations that are USATF Member Organizations (i.e. NAIA, NCAA, NFSHSA, RRCA). All organizations entitled to vote must be members of USATF-SC and all voters must be USATF-SC members.
- 5. Other Members** - Any USATF-SC member.

Credentials Report: Credential disputes or other issues must be resolved prior to any nominations.

Nominations: Must be made in person from the floor. All candidates must be present and have one (1) nominator and one (1) seconder who are both USATF-SC eligible voters.

Candidate Qualifications: A candidate must be a member of USATF-SC and at least 18 years of age.

Conducting the Vote:

Uncontested elections - may be voted by acclamation.

Contested elections - must be held by secret ballot.

Balanced meeting ballot: USATF-SC Bylaws specify a balanced meeting ballot where only designated members of the Association are eligible to vote.

Number of votes: A maximum of one hundred (100) available votes shall be divided among the five (5) constituencies (eligible athletes, coaches, officials, organizations/clubs, other members).

Division of votes: Each constituency is entitled to a maximum of twenty (20) votes. (Each organization shall have a minimum of one (1) vote and each vote cast must be by a different representative. Active Athletes must receive a minimum of twenty percent (20%) of the total vote.)

Caucuses: Constituencies with more individuals than votes allowed will be allotted time to caucus before the election to determine the voters or apportionment of votes.

Counting of ballots:

Voting panel: A panel of at least three (3) individuals, at least one (1) of whom must be an Active Athlete, shall count the ballots and sign the vote tally. Panel members shall be at least 18 years old. The panel shall not include any individual who is a candidate for an office. NOTE: Any ballot opened outside the presence of the entire voting panel shall not be counted.

Consultation: The panel may consult with the Association's president, secretary, or parliamentarian—so long as they are not candidates for offices—on procedural matters.

In-person majority: The president and secretary of the Association must be elected by a majority of the ballots cast. In elections with multiple candidates, a plurality vote (the individual receiving the most votes) may not be accepted in the first round



MASTERS NEWS

The SC Association Open & Masters Track & Field Championships were held in conjunction with the Greenville Track Club SC Open & Masters Track Classic on June 9th at Furman University, Greenville. There were 173 participants, ranging in age from 17 to over 80 years. The thirty-three (33) South Carolina USATF Members earned fifty-two (52) Gold and seven (7) Silver SC Association Championship medals. Special

recognition goes to Ahmad Shabazz (73) and Ernie French (83 *pictured left*) who earned eight (8) and six (6) 1st place finishes, respectively. Thanks to Furman University and Greenville Track Club for their cooperation and partnership.

USATF National Masters Outdoor Championship, Spokane WA July 26th-29th. Columbia SC resident, Justin Bishop (*pictured right*), represented Team Utopia at the USATF Masters Outdoor Nationals and single handedly took 18th in the Team competition, scoring 80 points in eleven (11) events. Bishop, competing in the Male 35 age group, won seven events including the 5000m, 10,000m, 3000m steeple chase, 110m Hurdles, 400m Hurdles, Javelin and Weight Throw. He also took second place in four events including the 800m, 1500m, Discus and Hammer throw. A truly amazing feat to fit in all of these excellent performances into just four days.



USATF-SC ASSOCIATION NEWSLETTER PUBLICATIONS

Please send your news items to the editor email listed below.

- **November/December 2018**
- **February/March 2019**
- **April/May 2019**
- **July/August 2019**

Updates to Membership, Club, Coaches Information

All USATF members, clubs, coaches and officials are reminded to update their personal, athlete, coaches, and club information within the USATF membership and/or club management system to reflect any new address, coaching, athlete or official information changes.

Membership REMINDER: New Memberships and renewals made after November 1st are void to the end of 2019.

USATF SOUTH CAROLINA ASSOCIATION COMMUNICATIONS

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