

## Jamie Rebella Ligon

Merrill High School: 1998 – 2001

Head Coach: Greg Eichelkraut

Event Coach: Ira Rebella (LJ, TJ, Hurdles)

Most Valuable Awards 1998, 1999, 2000, 2001

Team Captain: 2001

Indoor School Records

Triple Jump (38' 6 1/2"), Long Jump (17' 6 1/2") and 50m HH (:08.11)

Outdoor School Records and Personal Bests

Triple Jump (39' 3 1/2"), Long Jump (17' 10") and 100m HH (:15.6)

Indoor Conference Highlights

1998, 2000, 2001 – 1st in the Triple Jump and Long Jump

1998, 2000 – 2nd in the 55m High Hurdles

Outdoor Conference Highlights

2001 – 1st in the Triple Jump and Long Jump

WIAA Regional/Sectional Highlights (Division I)

1998-2001 – 14 Championships in the Triple Jump (8) and Long Jump (6)

1999-2001 – 5 Runner up titles in the Long Jump (2) and 100m HH (3)

WIAA State Meet Championships (Division I)

1998 – State Champion Long Jump (17' 3 1/4");

4th Place Triple Jump (36' 8 1/4")

1999 – State Champion Triple Jump (37' 6");

5th Place Long Jump (16' 11")

2000 – State Champion Triple Jump (37' 1 3/4");

5th Place Long Jump (16' 8 1/2")

2001 – State Champion Triple Jump (37' 3 1/2")

College/Post-Collegiate (University of Tennessee)

2003 – Transitioned from the Triple & Long Jumps to the Pole Vault

Indoor Best – 10' 2/3" and Outdoor Best – 11' 6"

2004 – Indoor Best – 11' 6"

Letterman in 2002 & 2003

Lady Vol Academic Honor Roll – 2002, 2003, 2004 & 2005

Other

5-time WISTCA All-State Track & Field Team

2001 – 1st in the Triple Jump at the Senior Spotlight Meet

Set 37 School, Fieldhouse and Facility Track Records during her High School Career

Inducted 2012

