

GARY GARRISON – MAHOMET SEYMOUR

Gary Garrison is in his 43rd year of coaching track and field. He assisted at Tremont for 3 years before taking over the head coaching position at St. Joseph-Ogden in 1972. When he was hired at SJO several residents told Gary that St. Joseph was a very strong baseball community and that it would never produce quality track teams. In his 32 years at SJO he moved them slowly to area dominance then finally to a state contender by 1986 when they placed 5th in class A. From 1986 thru 2003, with a dedicated track staff, SJO built several state contending teams. SJO won team State Championships in 1993 and again in 2000 when both their girls and boys were State Champs. In that same era of 1986 to 2003 SJO won 11 consecutive sectional titles. In that period 28 of their boys went on to compete in college track. They also had 41 boys place in individual events at State. Among those All-Staters, 13 were hurdlers. No other school in Illinois produced more hurdling All-Staters in those years.

Gary is currently in his 8th season at Mahomet-Seymour as a track assistant, and he continues to coach with passion. His hurdlers continue to establish new school records and many have competed at the state level. Coach Garrison also coaches the high jump and works with speed relays at Mahomet. His high jumpers placed in the 2A State Meet in 3 consecutive years.