

Two silver medals in the 2012 BlueCross Spring Fling was the icing on the cake for Lebanon High senior Shaq Cragwall.

Cragwall brought home second place finishes in both the high jump and the triple jump at MTSU's Dean Hayes Stadium Friday as the state track meet came to a close.

"Last week was one of the best weeks of my life," Cragwall said Wednesday. "It was like two dreams came true."

Friday's double-silver effort capped a great week for the popular LHS athlete, who signed an NCAA National Letter of Intent to attend Tennessee State University this fall on a track scholarship.

Cragwall jumped 6-4 in the high jump, finishing second to a leaping ninth grader -- Joseph Hall of Centennial High -- who cleared 6-8.

Minutes later, Cragwall hustled over to the triple jump where he finished second, bounding 46-8 and three-quarters.

Cragwall's two second places finishes are the best by an LHS individual in the state meet since Britton Winfree placed third in the high jump in 2007.

"All my years of running track, I have done nothing but dreamed and hoped that I would place high at the state meet. I never would have thought that I would placed second in two events," Cragwall said.

"I do not really feel bad losing to one of the top freshmen in nation (in the high jump) and a very talented triple jumper who will be jumping at the Naval Academy next year.

Two dreams come true for Lebanon's Cragwall

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"Also, I never would have imagined that I would be going Division I in sports. God has truly blessed me this past week."

Cragwall excelled in the classroom and was a finalist for the 2012 Wilson County Sports Council Student-Athlete Award. He was also voted "Best All-Around" by his fellow students.

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