



800 M. Relay Team Breaks 44 Year Old School Record

On Friday night, the 800 Meter Relay team of: Shaun Russell, Kyle Glazier, Cody Leamen, and Luke Reschke ran 1:31.17 to break one of the oldest standing Geneseo High School records in Track and Field.

Leafs Win the Sterling Invitational

For the first time in the fifty-five year history of the Sterling Invitational Relay Meet, the Geneseo Maple Leafs captured the title. In the small (only eight teams) but powerful meet, Geneseo placed in almost every event, earning 94 points to best the rest of the field. **Team scores:** 1.) Geneseo 94; 2.) Rock Island 80; 3.) Galesburg 71; 4.) Sterling 67; 5.) United Township 56; 6.) Dixon 55; 7.) Freeport 50; 8.) Ottawa 23.

Leading the charge where the following individuals who placed in the top 3: **High Jump** - 2nd (Jesse Gessel, Bren Gillespie, and Byron Stanley) 17' 00"; **Long Jump** - 2nd (Jacob Kuban, Cody Leamen, Luke Reschke) 61' 08"; **Pole Vault** - 3rd (Brady Piepenbrink, Shaun Russell, Brian Sandoval); **Triple Jump** - 3rd (Caleb Diericx, Aaron Schilling, Shaun Russell) 119" 00 3/4"; **3200 Meter Relay** - 2nd (Nathan Schlindwein, Nate Silver, Brian Chenoweth, Dan Chenoweth) 8:13.00; **440 Low/High Hurdle Shuttle** - 3rd (Jaran Heaton, Wolfe Repass, Eric Darwin, Caleb Diericx) 1:06.86; **F/S 400 M. Relay** - 3rd (Jacob Kuban, Beau Neece, Sam Woolsey, Shane Reschke) 47.04; **400 M. Relay** - 3rd (Augie Anderson, Luke Reschke, Cody Leamen, Shaun Russell) 43.69; **F/S 1600 Medley Relay** - 3rd (Jacob Kuban, Shane Reschke, Jesse Gessel, Chance Nordstrom) 3:50.57; **300 Meter Hurdle Team Race** - 2nd (Eric Darwin, Wolfe Repass, Caleb Diericx) 2:11.30; **800 Meter Relay** - 2nd (Kyle Glazier, Luke Reschke, Cody Leamen, Shaun Russell) 1:31.17; **Mile Team Race** - 1st (Brian Chenoweth, Dan Chenoweth, Nathan Schlindwein) 13:37..70. **Please Note:** Freshman Jacob Kuban took down the 17 year-old freshman long jump record of Brad Diericx which was set in 1988.

RESULTS **MEET PHOTOS**

Updated Top 25 School Records

Muskeyvalley helps Rocks

set 4 Sterling records

By Shannon Heaton
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STERLING — Four events. Four victories. Four meet records.

One long-lost and quite welcome smile.

Rock Island junior Shelly Muskeyvalley was part of four Sterling Invitational Relays record-setting teams Friday night at the Duwayne Dietz Track at Roscoe P. Eades Stadium, but the best thing about the night for her — aside from her team winning — was being pleased with her performance.

"It's not about how you do when you're on top, it's how you do when you're at the bottom. I'm learning about that, and it's very hard," Muskeyvalley said. "It's good to see things go well. (The meet records) were something I never would have thought of or expecting."

Muskeyvalley's performance in leading RI's winning long jump team, plus being a part of three first-place sprint relays, helped the Rocks overcome Sterling 131-122 to win the girls' competition.

Meanwhile, Geneseo won only one event, the 1,600-meter

► **'This was the first meet where I actually felt really good.'**

Shelly Muskeyvalley,
R.I. runner

team race, but scored well enough across the board in almost every other event to win the boys competition, beating Rock Island 94-80.

► **Girls:** Muskeyvalley's personal best long jump of 17 feet, 7 inches fueled a team effort that broke the old meet record by 18 inches. Then, she ran the third leg on RI's winning 400 and 800 relays and second leg on the 1,600 relay.

In each instance, she was joined by teammates Leah Shivers, Ali Dietsch and Tia Harvey, and each time the Rocks wound up with a new meet record.

"This was the first meet where I actually felt really good," Muskeyvalley said. "It's nice to be a part of a winning team. It's been a rough season so far."

And the way her face lit up after her performances brought another smile — to RI coach Michelle Lillis.

"You just don't know how much we love to see Shelly smile, to see her feel good about herself after doubting herself so much this year," Lillis said of Muskeyvalley, who got a slow start to the outdoor season due to foot problems. "She's accepted the fact that as long as she doesn't hurt any worse, she's going to deal with it and just let the pain be there.

"And she still ran a 60-second split (in the 1,600 relay) and set a PR in the long jump. She's never run a 60 before."

The Rocks also got firsts from their triple jumping team and from both the shot put and discus teams, led by senior Janessa Ostrand, who broke 120 feet in the discus for the first time this year.

"We fixed the release, and I at least got two off that were pretty far out there," Ostrand said of her discus effort. "It was a good day. I had to put things all together. I pulled my weight and the other girls pulled theirs."

► **Boys:** Geneseo took the lead midway through the boys' competition, and through sustained effort throughout the meet, got the victory. The team of Brian

Chenoweth, Dan Chenoweth and Nathan Schlindwein were individual winners in the 1,600-meter team race for the Maple Leafs.

"Across the board, we had solid efforts. Every point that each group of athletes scored added up to the whole. To my knowledge, I don't think Geneseo has won this meet," Leafs coach Don Fredericks said, indicating that was certainly true in recent years. "A lot of people don't understand that track is a team sport first, and that really comes through in a meet like this."

The only local double winner was Rock Island's throwing crew, who took firsts in the shot put and discus. "I've been waiting all year for my (discus) form to come back to me, and it's back now," senior Zach Johnson said after putting together the night's best throws in both weight events. "I worked my hardest to get it together. Just go faster, and it'll be there."

United Township, which finished fifth, had three wins coming in the pole vault, triple jump and 3,200-meter relays. Galesburg swept the sprint relays, with wins in the 400, 800 and 1,600 events.

2005 Sterling Invitational Relays Results

Varsity Results

Host Site: Sterling High School

Date: 4/29/05

Weather Conditions: 52 and nice

Scoring: 10-8-6-4-2-1

Results System: FAT (except the 1600 team run & 300 IH team run)

Team Scores: 1.) Geneseo 94; 2.) Rock Island 80; 3.) Galesburg 71; 4.) Sterling 67; 5.) United Township 56; 6.) Dixon 55; 7.) Freeport 50; 8.) Ottawa 23

Discus: 1.) Rock Island (no names listed) 447' 08"; 2.) Dixon (no names listed) 413' 06"; 3.) Sterling (no names listed) 396' 00"; 4.) United Township (no names listed) 378' 01"; 5.) Freeport (no names listed) 372' 07"; 6.) Galesburg (no names listed) 368' 00"

Geneseo Athletes: Corey Akers 110' 04"; Chris Brooks 105' 11"; Josh Olson 100' 06"

High Jumps: 1.) Rock Island (no names listed) 17' 02"; 2.) Geneseo (Jesse Gessel, Bren Gillespie, Byron Stanley) 17' 00"; 3.) Dixon (no names listed) 16' 10"; 4.) Freeport (no names listed) 16' 04"; 5.) United Township (no names listed) 16' 02"; 6.) Sterling (no names listed) 15' 10"

Geneseo Athletes: Jesse Gessel 5' 06"; Bren Gillespie 5' 06"; Byron Stanley 6' 00"

Long Jump: 1.) Freeport (no names listed) 61' 11 3/4"; 2.) Geneseo (Jacob Kuban, Cody Leamen, Luke Reschke) 61' 08"; 3.) Galesburg (no names listed) 60' 07 3/4"; 4.) Rock Island (no names listed) 58' 09"; 5.) United Township (no names listed) 58' 00"; 6.) Sterling (no names listed) 57' 08 1/2"

Geneseo Athletes: Jacob Kuban 20' 03 1/2; 20' 01 1/2, 19' 08 1/2", 19' 07"; Cody Leamen 19' 08 1/4"; Luke Reschke 21' 08 1/4, 21' 05 3/4", 21' 02 1/4", 20' 09 3/4"

Pole Vault: 1.) United Township (no names listed) 35' 06"; 2.) Ottawa (no names listed) 34' 06"; 3.) Geneseo (Brady Piepenbrink, Shaun Russell, Brian Sandoval) 33' 06"; 4.) Freeport (no names listed) 33' 00"; 5.) Sterling (no names listed) 30' 06"; 6.) Rock Island (no names listed) 29' 00"

Geneseo Athletes: Brady Piepenbrink 10' 06", Shaun Russell 12' 00", Brian Sandoval 11' 00"

Shot Put: 1.) Rock Island (no names listed) 147' 00 1/4"; 2.) Sterling (no names listed) 143' 01 1/2"; 3.) Dixon (no names listed) 142' 09 1/2"; 4.) Ottawa (no names listed) 129' 03 1/2"; 5.) Geneseo (Chris Brooks, Andrew Hull, Joe Paradiso) 127' 04 1/2"; 6.) Freeport (no names listed) 126' 09"

Geneseo Athletes: Joe Paradiso 47' 06"; Chris Brooks 41' 06"; Andrew Hull 39' 06"

Triple Jump: 1.) United Township (no names listed) 123' 10 1/2"; 2.) Freeport (no names listed) 119' 06"; 3.) Geneseo (Caleb Diericx, Shaun Russell, Aaron Schilling) 119' 00 3/4"; 4.) Dixon (no names listed) 117' 04"; 5.) Galesburg (no names listed) 116' 01"; 6.) Rock Island (no names listed) 112' 09 1/2"

Geneseo Athletes: Caleb Diericx 37' 09"; Shaun Russell 43' 03 1/2"; 42' 09 1/2"; Aaron Schilling 38' 08 1/4"

3200 Meter Relay: 1.) United Township (Bautista, DeWalshe, Cameron, Matthews) 8:03.51; 2.) Geneseo (Nathan Schlindwein, Nate Silver, Brian Chenoweth, Dan Chenoweth) 8:13.00; 3.) Galesburg (Taylor, Bailey, Tate, Billeter) 8:16.59; 4.) Rock Island (Seiver, Begyn, Green, Creger) 8:20.44; 5.) Dixon (Bentz, Moss, Davenport, Clark) 8:23.86; 6.) Freeport (McClellan, McGee, Trainor, Trainor) 8:26.76

Geneseo Splits: Nathan Schlindwein 2:01.74 (59); Nate Silver 2:05.61 (61); Brian Chenoweth 2:02.42 (58); Dan Chenoweth 2:02.83 (58)

440 Low/High Hurdle Shuttle Relay: 1.) Dixon (Johnson, Wohrley, Wakeley, Hackbarth) 1:04.86; 2.) Sterling (Bright, Bley, Gaumer, Clifton) 1:04.88; 3.) Geneseo (Caleb Diericx, Wolfe Repass, Eric Darwin, Jaran Heaton) 1:06.86; 4.) Ottawa (Miller, McLachlen, Neurohr, Mathes) 1:08.24; 5.) Rock Island (Watson, Hickman, Hudson, Richardson) 1:08.27; 6.) Galesburg (Lingwall, Hall, Thompson, Sheldon) 1:10.00

Geneseo Athletes: Caleb Diericx 16.69, Wolfe Repass 17.06, Eric Darwin 15.57, Jaran Heaton 17.33

F.S. 400 Meter Relay: 1.) Sterling (Hughes, Gonzalez, Johnson, Renner) 45.66; 2.) Galesburg (Diggins, Sargent, Weinberg, Thierry) 45.94; 3.) Geneseo (Jacob Kuban, Beau Neece, Sam Woolsey, Shane Reschke) 47.04; 4.) Dixon (Burnell, Ridgeway, Capilla, Mohammed) 47.30; 5.) United Township (Shiver, Westbrook, Alvarado, Merrill) 48.44; 6.) Ottawa (Akers, Berry, Fowler, Ziel) 48.62

Geneseo Splits: Jacob Kuban 12.37; Beau Neece 11.61; Sam Woolsey 12.13; Shane Reschke 10.65

400 Meter Relay: 1.) Galesburg (Britton-Brown, Weaver, Thierry, Mixon) 43.00; 2.) Freeport (Collins, Hartman, Horde, Morgan) 43.44; 3.) Geneseo (Augie Anderson, Luke Reschke, Cody Leamen, Shaun Russell) 43.69; 4.) Rock Island (Brown, Holmes, Lewis, McQueen) 43.85; 5.) Sterling (Rodriguez, Tucker, Dawson, Renner) 44.67; 6.) United Township (Gamino, Conley, Musgrow, Jennings) 45.24

Geneseo Splits: Augie Anderson 12.03; Luke Reschke 10.81; Cody Leamen 10.19, Shaun Russell 10.40

F.S. 1600 Medley Relay: 1.) Sterling (Hughes, Koster, Schneiderbauer, Megli) 3:41.57; 2.) Rock Island (Evans, Gunter, Alexander, Staley) 3:49.61; 3.) Geneseo (Jacob Kuban, Shane Reschke, Jesse Gessel, Chance Nordstrom) 3:50.57; 4.) Dixon (Mohammed, Capilla, Wakeley, Nicklaus) 3:56.47; 5.) United Township (Shivers, Westbrook, Merrill, Harms) 3:57.05; 6.) Galesburg (Diggins, Weingerg, Hall, Taylor) 3:59.17

Geneseo Splits: Jacob Kuban 25.37; Shane Reschke 22.78; Jesse Gessel 54.76; Chance Nordstrom 2:07.39 (58)

300 Meter Intermediate Hurdle Team Race: 1.) Sterling (Gaumer, Clifton, Bright) 2:10.68; 2.) Geneseo (Eric Darwin, Caleb Diericx, Jaran Heaton) 2:11.30; 3.) Dixon (Johnson, Wakeley, Hackbarth) 2:14.72; 4.) Ottawa (Neurohr, McLachlen, Mathes) 2:16.09; 5.) Rock Island (Watson, Hickman, Hudson) 2:16.94; 6.) United Township (Wilken, Patton, Pope) 2:26.51

Geneseo Athletes: Eric Darwin 42.75, Caleb Diericx 43.29, Jaran Heaton 44.40

F.S. 800 Meter Relay: 1.) Rock Island (Darnell, Evans, Gunter, Alexander) 1:35.20; 2.) Galesburg (Diggins, Sargent, Weinberg, Thierry) 1:35.83; 3.) Sterling (Hughes, Gonzalez, Hussung, Johnson) 1:36.72; 4.) Geneseo (Jacob Kuban, Elliott Kenney, Sam Woolsey, Shane Reschke) 1:38.00; 5.) United Township (Alvarado, Merrill, Shivers, Westbrook) 1:40.89; 6.) Dixon (Capilla, Burnell, Ridgeway, Muhammad) 1:41.16

Geneseo Splits: Jacob Kuban 24.29, Elliott Kenney 24.69, Sam Woolsey 25.44, Shane Reschke 23.56

800 Meter Relay: 1.) Galesburg (Britton-Brown, Weaver, Thierry, Mixon) 1:29.68; 2.) Geneseo (Kyle Glazier, Luke Reschke, Cody Leamen, Shaun Russell) 1:31.17; 3.) Freeport (Hartman, Horde, Morgan, Williams) 1:31.41; 4.) Rock Island (Brown, Holmes, Lewis, McQueen) 1:32.21; 5.) Sterling (Bley, Dawson, Rodriguez, Renner) 1:34.25; 6.) Ottawa (Akers, Jaeger, Kozlowski, Norem) 1:35.09

Geneseo Splits: Kyle Glazier 24.56; Luke Reschke 22.38; Cody Leamen 21.80; Shaun Russell 22.12

1600 Meter Team Race: 1.) Geneseo (Brian Chenoweth, Dan Chenoweth, Nathan Schlindwein) 13:37.70; 2.) Galesburg (Bailey, Tate, Billeter) (no time in results); 3.) United Township (Cameron, Baustista, Matthews) (no time in results); 4.) Dixon (Bentz, Clark, Davenport) (no time in results); 5.) Rock Island (Creger, Begyn, Green) (no time in results); 6.) Ottawa (Orlowski, Woltering, Wert) (no time in results)

Geneseo Splits: Nathan Schlindwein :67 - 2:17 (70) - 3:27 (70) - 4:36.58 (69); Brian Chenoweth :66 -

2:16 (70) - 3:24 (68) - 4:28.61 (64); Dan Chenoweth :66 - 2:17 (71) - 3:26 (69) - 4:32.51 (66)

1600 Meter Relay: 1.) Galesburg (Lingwall, Weaver, Mixon, Thierry) 3:26.49; 2.) Rock Island (McQueen, Holmes, Seiver, Brown) 3:26.57; 3.) Freeport (Hartman, McGee, Morgan, Horde) 3:28.38; 4.) United Township (Jennings, DeWalshe, Gamino, Martinez) 3:30.07; 5.) Geneseo (Shane Reschke, Jesse Gessel, Nate Silvers, Luke Reschke) 3:31.17; 6.) Sterling (Hussung, Clifton, Megli, Dawson) 3:31.81

Geneseo Splits: Shane Reschke 53.65; Jesse Gessel 53.06; Nate Silver 54.92; Luke Reschke 49.14

This is a Geneseo Track & Field Manila site.