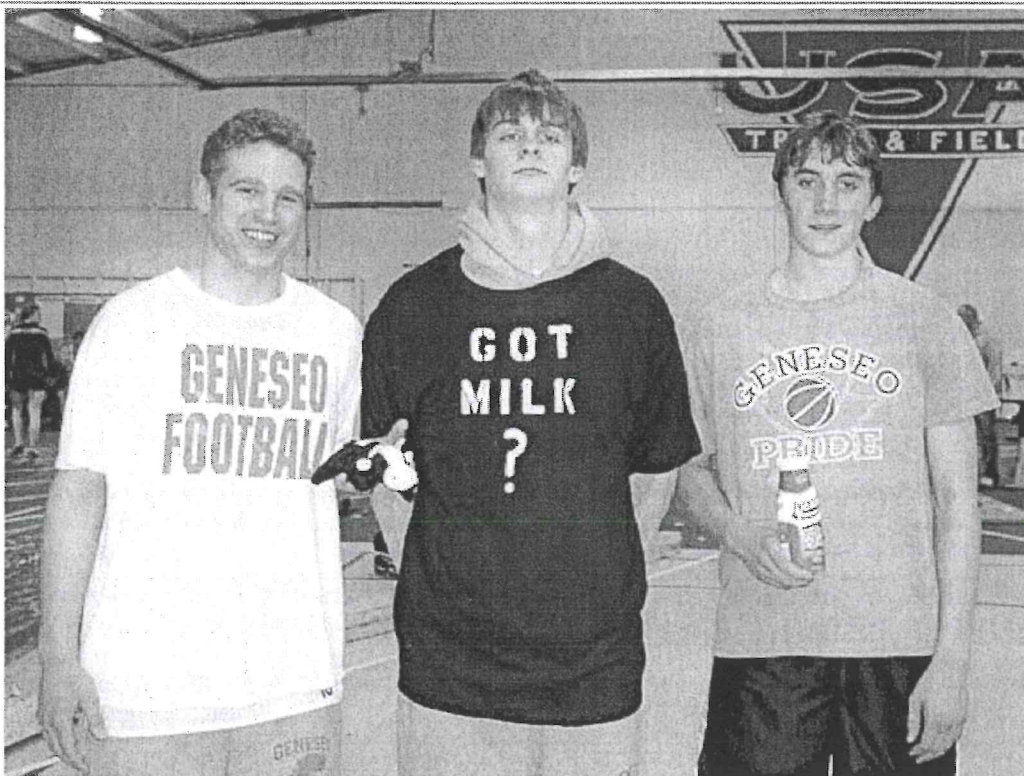




Freddy Wyffels (our steer mascot) is be proud of Shane Reschke, Shaun Russell, and Jacob Kuban as each athlete jumped over 20-feet in the long jump. That's right sports fans....Geneseo has 3 members of the 20-Foot Club. On top of this awesome feat....each Leaf has been doing a great job of drinking their milk. "Freddy" says keep up the good job.

Leafs Capture NCIC Indoor Gold

Varsity Team Scores: 1.) Geneseo 111.33; 2.) Sterling 97; 3.) Dixon 82; 4.) Rochelle 50; 5.) Illinois Valley Central 47; 6.) Princeton 30; 7.) Kewanee 10.33; 8.) LaSalle-Peru 4.33; 9.) Streator 2

Fresh-Soph Scores: 1.) Geneseo 109; 2.) Rochelle 80; 3T.) Dixon 56; 3T.) Sterling 56; 5.) Princeton 54; 6.) Illinois Valley Central 52; 7.) Streator 14; 8.) LaSalle-Peru 10; 9.) Kewanee 2

On Saturday the Leafs traveled to Sterling to participate in the unofficial NCIC Indoor Championship. The Leafs competed fiercely throughout the day and ended up sweeping both the Varsity and Fresh-Soph Crowns. Leading the way were the following Gold Medalists for Geneseo:

Varsity Gold Medal Winnes:

Dan Chenoweth (1600 Meter Run)
Jacob Kuban (800 Meter Relay)
Tyler Loucks (800 Meter Relay)
Shane Reschke (800 Meter Relay)
Shaun Russell (200 Meter Dash, 800 Meter Relay, Long Jump, Triple Jump)

Fresh-Soph Gold Medal Winners:

Jake Ballegeer (High Jump)
Jaran Heaton (55 Intermediate Hurdles)
Shane Reschke (Long Jump)
Aaron Schilling (Triple Jump)

Leafs run away with NCIC Invite title

By AMY BOLDT
Sports Editor

Geneseo captured its first title of the season, claiming the NCIC Indoor Track and Field Invitational championship March 25 at the Westwood Sports Complex in Sterling.

"It was a great way to start the year," Head Coach Don Fredericks said. "Our goal is the NCIC Outdoor Championship and this was a nice paycheck for the guys."

The Leafs finished with 111.33 points, followed by Sterling, Dixon, Rochelle, Illinois Valley Central, Princeton, Kewanee, LaSalle-Peru and Streator.

Shaun Russell paced the Leafs, nabbing three individual and one relay first-place

finishes: the long jump with a final mark of 20-08, the triple jump with a leap of 42-5 1/4, and the 200-meter dash, taking the tape in 23.67 seconds. The 800-m relay of Tyler Loucks, Jacob Kuban, Shane Reschke and Russell claimed first, crossing the finish line in 1:35.75, while Dan Chenoweth took first in the 1600-m run with a time of 4:32.39.

"Shaun going four-for-four, you can't get much better than that," Fredericks said. "He got out to a tremendous start to his senior season. He has pushed himself for four years and he has a tremendous desire."

"Dan, in the solo mile, was by himself for a while and ran a tremendous race," Fredericks said. "He and Shaun led the charge and we had strong

efforts across the board."

Adding second-place finishes were Bren Gillespie in the high jump, clearing the bar at 5-10, followed by Kuban in the long jump with a mark of 20-1 1/2 and Wolfe Repass in the 55-m high hurdles with a time of 8.45.

"In the long jump and triple jump, boy, those guys busted out," Fredericks said. "All the field events got us out to a great start and, on the track, we continued to move out."

Reschke placed third in the 55-m dash with a time of 6.85 and in the 400-m dash in 54.40. The 3200-m relay of Robert Reese, Jon Fleming, Blake Wyffels and Chenoweth also took third, crossing the finish line in 8:53.05.

The 1600-m relay of Jesse Gessel, Elliott Kenney, Drew

Croegaert and Repass brought home a fourth-place finish with a time of 3:45.29, while Gessel took fourth in the high jump with a leap of 5-8.

Placing fifth for the Leafs were Kenney in the triple jump, with a mark of 39-6, and Nate Silver in the 800-m run in 2:10.37. In sixth place were Loucks in the 200-m dash in 24.99; Croegaert in the 400-m dash, crossing the finish line in 56.91; and Chance Nordstrom in the 800-m run with a time of 2:11.83. The Leafs received two seventh places to round out the place finishes for the squad: Ben Koenig in the 55-m high hurdles, with a time of 9.42, and Loucks in the 55-m dash in 7.02.

In freshmen/sophomore action, the Leafs also grabbed first place with 109 team

points.

Those taking home top honors were Reschke in the long jump with a mark of 20-4, Jake Ballegeer in the high jump with a leap of 5-6, Aaron Schilling in the triple jump at 39-9, and Jaran Heaton, crossing the 55-m hurdle finish line in 8.67.

Placing second were Schilling in the long jump with a mark of 18-6 3/4, the 800-m relay of Heaton, Koenig, Schilling and Tom Peal in 1:42.72; Logan Patton, 400-m dash, with a time of 57.05; Kuban in the 200-m dash in 24.72; and the 1600-m relay of Nordstrom, Peal, Fleming and Heaton in 3:54.75.

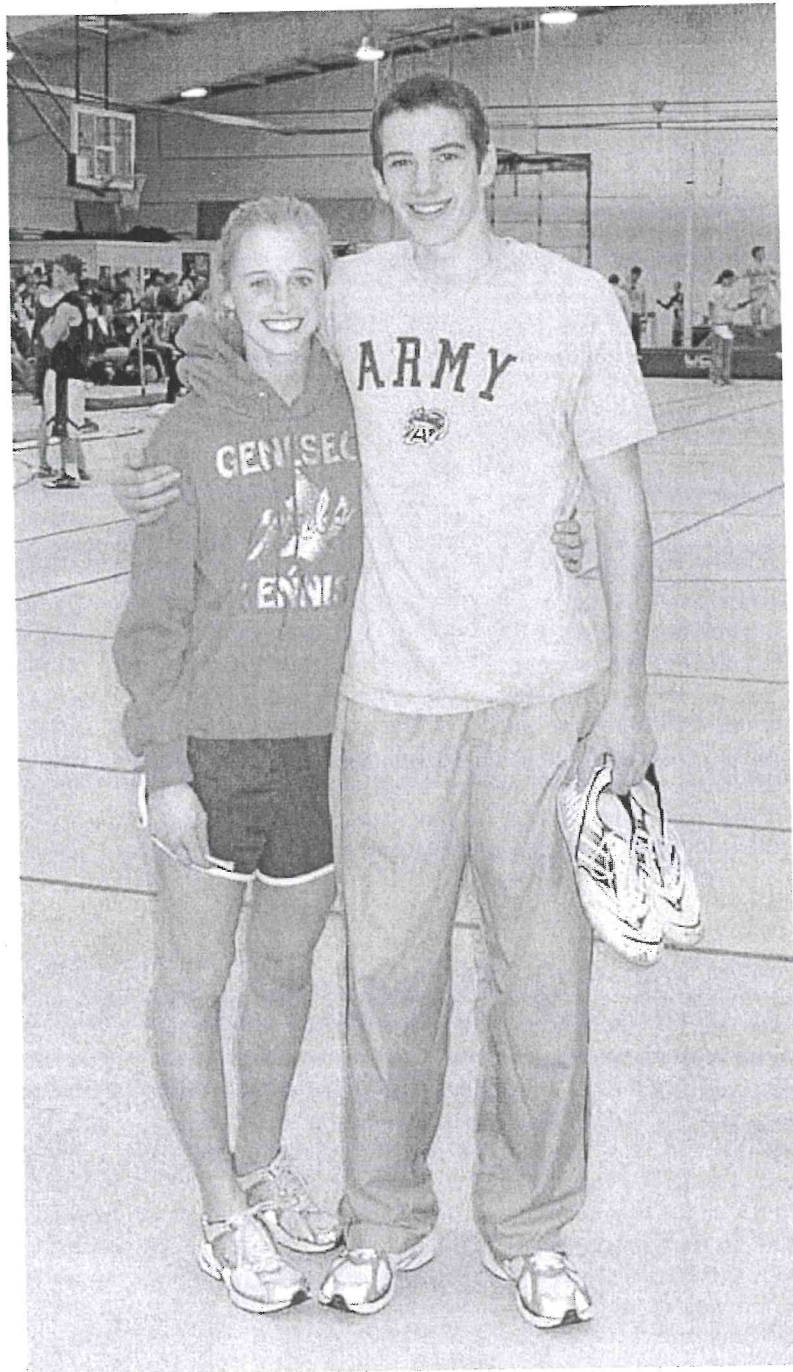
Heaton claimed third in pole vault, clearing the bar at 9-6, followed by Peal in the 55-m

hurdles with a time of 8.78.

Kuban also took third in the 55-m dash in 7.09; and Ryan Kotecki in the 1600-m run, crossing the finish line in 5:04.59.

"We are in transition now and our goal is to keep getting better," Fredericks said. "If each athlete keeps improving, eventually we will be pretty good. We have a group of guys who do a very good job, and keep things in perspective, and enjoy the whole journey."

The Leafs start the outdoor season with a schedule change. Their home meet with Rock Island Alleman on April 4 has been changed to an away meet at Ottawa against Ottawa and Dixon. Geneseo will face Alleman April 13 in the Galesburg meet that Geneseo will host at 4:30 p.m.



Geneseo Standouts Katie Pearson & Drew Croegaert took a moment out of Saturday's busy schedule to encourage "Back Geneseo Track".

2006 NCIC Indoor (Varsity)

Varsity Results

Host Site: Westwood Sports Complex in Sterling

Date: 3/25/06

Scoring: Individual: 10-8-6-4-2-1; Relay: 10-8-6-4-2-1

Timing: F.A.T.

Team Scores: 1.) Geneseo 111.33; 2.) Sterling 97; 3.) Dixon 82; 4.) Rochelle 50; 5.) Illinois Valley Central 47; 6.) Princeton 30; 7.) Kewanee 10.33; 8.) LaSalle-Peru 4.33; 9.) Streator 2

High Jump: 1.) Jaems Wohrley (Dixon) 6' 00"; 2.) Bren Gillespie (Geneseo) 5' 10"; 3.) Nolan Anderson (Sterling) 5' 10"; 4T.) Jesse Gessel (Geneseo) 5' 08"; 4T.) Jerrick Hughes (L-P) 5' 08"; 4T.) Neil Arch (Kewanee) 5' 08"

Additional Geneseo Athletes: None

Long Jump: 1.) Shaun Russell (Geneseo) 20' 08"; 2.) Jacob Kuban (Geneseo) 20' 01 1/2"; 3.) Steve Joos (Dixon) 18' 11"; 4.) Adam Hartz (Princeton) 18' 10 1/4"; 5.) Wesley Wayman (IVC) 18' 10"; 6.) Seth DeSplinter (Kewanee) 18' 06"

Additional Geneseo Athletes: None

Pole Vault: 1.) Tyler Pence (IVC) 15' 00"; 2.) Eric Chalus (Rochelle) 12' 00"; 3.) Joe Schniederbauer (Sterling) 11' 06"; 4.) Tommy Vandusen (Kewanee) 11' 00"; 5.) Jesse Strakis (Princeton) 11' 00"; 6.) Matt Welch (Kewanee) 10' 06"

Additional Geneseo Athletes: None

Shot Put: 1.) Colin Fane (Sterling) 50' 05 1/2"; 2.) Peyton Lumzy (Dixon) 49' 09 1/4"; 3.) Miles Ripsky (Sterling) 49' 02 3/4"; 4.) Andy Burnell (Dixon) 48' 04"; 5.) Joey Johnson (Rochelle) 47' 04 1/4"; 6.) Chris Alkire (Rochelle) 42' 05 1/4"

Additional Geneseo Athletes: None

Triple Jump: 1.) Shaun Russell (Geneseo) 42' 05 1/4"; 2.) Joe Schniederbauer (Sterling) 41' 02"; 3.) James Wohrley (Dixon) 40' 08 1/2"; 4.) Evan Hackbarth (Dixon) 39' 09"; 5.) Elliott Kenney (Geneseo) 39' 06"; 6.) Jerrick Hughes (L-P) 37' 02 1/2"

Additional Geneseo Athletes: None

55 Meter High Hurdles: 1.) Evan Hackbarth (Dixon) 8.11; 2.) Wolfe Repass (Geneseo) 8.45; 3.) James Wohrley (Dixon) 8.50; 4.) Eric Velazquez (IVC) 8.79; 5.) Neil Arch (Kewanee) 8.84; 6.) Jim Moriarty (L-P) 9.31

Additional Geneseo Athletes: 7.) Ben Koenig 9.42

55 Meter Dash: 1.) Cory Renner (Sterling) 6.75; 2.) Kyle Prout (IVC) 6.81; 3.) Shane Reschke (Geneseo) 6.85; 4.) Earnest Reed (Rochelle) 6.95; 5.) Jeremy Szafranski (Streator) 6.98; 6.) Zach Cassidy (Rochelle) 7.00

Additional Geneseo Athletes: 7.) Tyler Loucks 7.02

3200 Meter Relay: 1.) Princeton (Sam McCauley, Patrick Gonigam, Ryan Clary, Jared Jagers) 8:41.98; 2.) Rochelle (Jared McCaffrey, Anthony Zillis, Eric McKivecheck, Marcus Peters) 8:45.92; 3.) Geneseo (Robert Reese, Jon Fleming, Blake Wyffels, Dan Chenoweth) 8:53.05; 4.) Dixon (Jeff Mayer, Kyle Boone, Saul Capilla, Devon Nicklaus) 8:55.79; 5.) I.V.C. (Michael Belt, Joe Otto, Billy Carter, Nick Darnell) 9:01.02; 6.) Sterling (Tim Noll, Ben Schott, David Gonzalez, Tyler Zoeller) 9:03.00

Geneseo Splits: Robert Reese 2:12.16 (64); Jon Fleming 2:21.21 (67); Blake Wyffels 2:16.54 (65); Dan Chenoweth 2:02.83 (58)

800 Meter Relay: 1.) Geneseo (Tyler Loucks, Jacob Kuban, Shane Reschke, Shaun Russell) 1:35.75; 2.) Sterling (Matt Hughes, Cory Renner, Brandon Rodriguez, Aaron Johnson) 1:36.59; 3.) Rochelle (Zach Cassidy, Earnest Reed, Tom Milroy, Ben Walter) 1:38.67; 4.) I.V.C. (Kyle Prout, Tyler Pence, Wesley Wayman, Nick Wyzgowski) 1:39.24; 5.) Dixon (Alex Wakeley, Wes Heniff, Steve Joos, Brandon Siddiqui) 1:39.31; 6.) Princeton (Jordan Inskip, Andy Schmeck, Ethan Smith, Adam Hartz) 1:41.63

Geneseo Splits: Tyler Loucks 24.22; Jacob Kuban 23.31; Shane Reschke 24.10; Shaun Russell 23.53

800 Meter Run: 1.) Michael Belt (I.V.C.) 2:05.41; 2.) Marcus Peters (Rochelle) 2:06.64; 3.) Sam McCauley (Princeton) 2:08.43; 4.) Tim Noll (Sterling) 2:10.35; 5.) Nate Silver (Geneseo) 2:10.37; 6.) Chance Nordstrom (Geneseo) 2:11.83

Geneseo Splits: Nate Silver 2:10.37 (64); Chance Nordstrom 2:11.83 (64)

400 Meter Dash: 1.) Joe Schniederbauer (Sterling) 54.23; 2.) Kymin Hussung (Sterling) 54.27; 3.) Shane Reschke (Geneseo) 54.40; 4.) Steve Joos (Dixon) 54.65; 5.) Eric Rolon (Rochelle) 56.64; 6.) Drew Croegaert (Geneseo) 56.91

Additional Geneseo Athletes: None

1600 Meter Run: 1.) Dan Chenoweth (Geneseo) 4:32.39; 2.) Jeff Mayer (Dixon) 4:51.17; 3.) Blake Wyffels (Geneseo) 4:56.80; 4.) Anthony Zillis (Rochelle) 4:57.05; 5.) Kyle Boone (Dixon) 4:57.56; 6.) Patrick Gonigam (Princeton) 5:02.08

Geneseo Splits: Dan Chenoweth 65 - 2:15 (70) - 3:26 (71) - 4:32.39 (66); Blake Wyffels 69 - 2:23 (74) - 3:37 (74) - 4:56.80 (79)

200 Meter Dash: 1.) Shaun Russell (Geneseo) 23.67; 2.) Cory Renner (Sterling) 24.23; 3.) Tyler Pence (I.V.C.) 24.39; 4.) Zach Cassidy (Rochelle) 24.84; 5.) Matt Hughes (Sterling) 24.89; 6.) Tyler Loucks (Geneseo) 24.99

Additional Geneseo Athletes: None

1600 Meter Relay: 1.) Sterling (Kymin Hussung, Aaron Johnson, David Gonzalez, Joe Schniederbauer) 3:41.57; 2.) Dixon (Alex Wakeley, Saul Capilla, Matt Sochacki, Steve Joos) 3:44.88; 3.) Princeton (Andy Schmeck, Ethan Smith, Sam McCauley, Jared Jagers) 3:45.05; 4.) Geneseo (Jesse Gessel, Elliott Kenney, Drew Croegaert, Wolfe Repass) 3:45.29; 5.) Rochelle (Zach Cassidy, Marcus Peters, Tom Milroy, David Rodriguez) 3:52.70; 6.) I.V.C. (Michael Belt, Wesley Waymen, Eric Velazquez, Nick Darnell) 3:53.54

Geneseo Splits: Jesse Gessel 56.34; Elliott Kenney 58.69; Drew Croegaert 56.25; Wolfe Repass 53.35

This is a Geneseo Track & Field Manila site.

2006 NCIC Indoor (Fresh-Soph)

Fresh-Soph Results

Host Site: Westwood Sports Complex in Sterling

Date: 3/25/06

Scoring: Individual: 10-8-6-4-2-1; Relay: 10-8-6-4-2-1

Timing: F.A.T.

Team Scores: 1.) Geneseo 109; 2.) Rochelle 80; 3T.) Dixon 56; 3T.) Sterling 56; 5.) Princeton 54; 6.) Illinois Valley Central 52; 7.) Streator 14; 8.) LaSalle-Peru 10; 9.) Kewanee 2

High Jump: 1.) Jake Ballegeer (Geneseo) 5' 06"; 2.) Vince Guerrero (Rochelle) 5' 06"; 3.) Aaron House (Sterling) 5' 4"; 4.) Ben Koenig (Geneseo) 5' 04"; 5.) Stephen Hensley (Princeton) 5' 02"; 6.) Gavin Aubry (L-P) 5' 02"

Additional Geneseo Athletes: None

Long Jump: 1.) Shane Reschke (Geneseo) 20' 04"; 2.) Aaron Schilling (Geneseo) 18' 06 3/4"; 3.) Andrew Marshall (Streator) 18' 03 3/4"; 4.) Vince Guerrero (Rochelle) 17' 07 1/2"; 5.) Ryan Foster (I.V.C.) 17' 05"; 6.) Josh Kunde (Sterling) 17' 00 3/4"

Additional Geneseo Athletes: None

Pole Vault: 1.) Tyler Taylor (Princeton) 10' 06"; 2.) Corey Grotzinger (Dixon) 10' 06"; 3.) Jaran Heaton (Geneseo) 9' 06"; 4.) Ryan Foster (I.V.C.) 9' 06"; 5.) Chris Greenwalt (Dixon) 8' 06"; 6.) Josh Kunde (Sterling) 8' 06"

Additional Geneseo Athletes: 7.) Tom Peal 8' 06"

Shot Put: 1.) Adam Devine (Dixon) 42' 11 1/2"; 2.) Macarthe Folkers (Sterling) 41' 07 3/4"; 3.) Adam Myers (Dixon) 38' 04 3/4"; 4.) Noah Ozburn (Princeton) 37' 08"; 5.) Ben Birdwell (Rochelle) 36' 06 1/2"; 6.) Matthew Smith (Princeton) 35' 07"

Additional Geneseo Athletes: 7.) Curt Jensen 35' 03 3/4"; 8.) Dan Haertjens 33' 07"

Triple Jump: 1.) Aaron Schilling (Geneseo) 39' 09"; 2.) Zach Young (Rochelle) 37' 06 3/4"; 3.) Ryan Foster (I.V.C.) 37' 01 1/4"; 4.) Josh Calkins (Dixon) 36' 04 3/4"; 5.) Vince Guerrero (Rochelle) 34' 08 1/4"; 6.) Logan Ozburn (Princeton) 33' 00"

Additional Geneseo Athletes: None

55 Meter Intermediate Hurdles: 1.) Jaran Heaton (Geneseo) 8.67; 2.) Alex Weistart (I.V.C.) 8.74; 3.) Tom Peal (Geneseo) 8.78; 4.) Eric Lang (Rochelle) 8.84; 5.) Logan Osburn (Princeton) 8.99; 6.) Heath Kostello (Princeton) 9.31

Additional Geneseo Athletes: None

55 Meter Dash: 1.) Nick Wyzgowski (I.V.C.) 6.98; 2.) Ben Walter (Rochelle) 7.01; 3.) Jacob Kuban (Geneseo) 7.09; 4.) Dennis Muhammad (Dixon) 7.30; 5.) Alex Hughes (Sterling) 7.30; 6.) Tyler Taylor (Princeton) 7.32

Additional Geneseo Athletes: 8.) Logan Patton 7.35

3200 Meter Relay: 1.) Princeton (Joe Evans, Zach Jeffery, Hunter Mickow, Colin Mickow) 9:16.65; 2.) Dixon (Matt Logan, Stephen Tucker, Cody Lahey, A.J. Zacharias) 9:27.57; 3.) Rochelle (Jon Robles, Justin Heasip, Oscar Gomez, Kevin Cech) 9:31.23; 4.) I.V.C. (Alex Olivere, Eric Mall, Kyle Kinnary, Jacob Bjerk) 9:43.03; 5.) Kewanee (Jared Blackard, Jacob Johnson, Kendrick Powell, Nathan Wager) 12:07.31; 6.) none

No Geneseo Entry

800 Meter Relay: 1.) Sterling (Nolan Anderson, Josh Kunde, Ben Minnick, Clay Hadley) 1:40.77; 2.) Geneseo (Jaran Heaton, Ben Koenig, Aaron Schilling, Tom Peal) 1:42.72; 3.) Rochelle (Niche Anaya, Eric Lang, Wes Carr, Vince Guerrero) 1:44.60; 4.) Dixon (Evan Westart, Atley Dunn, Josh Calkins, Dennis Muhammad) 1:45.63; 5.) I.V.C. (Paul Vonk, Adam Rock, Alex Weistart, Matt Huenfeld) 1:46.07; 6.) L-P (Ryan Deichmueller, Gavin Aubry, Cody Bush, Sam Mayszak) 1:46.68 <i>Geneseo Splits:</i> Jaran Heaton 25.03; Ben Koenig 26.19; Aaron Schilling 25.34; Tom Peal 25.88
800 Meter Run: 1.) Hunter Mickow (Princeton) 2:13.60; 2.) Joe Otto (I.V.C.) 2:13.93; 3.) Stephen Tucker (Dixon) 2:15.98; 4.) Jon Robles (Rochelle) 2:18.93; 5.) Eric McKivecheck (Rochelle) 2:22.45; 6.) Jon Fleming (Geneseo) 2:23.31 <i>Additional Geneseo Athletes & Splits:</i> Jon Fleming 2:23.31 (66); 8.) Garrett Harris 2:25.64 (73)
400 Meter Dash: 1.) Jordan Rodriguez (Sterling) 56.91; 2.) Logan Patton (Geneseo) 57.05; 3.) Zach Young (Rochelle) 58.44; 4.) Andrew Marshall (Streator) 59.66; 5.) Jon Burnette (Rochelle) 1:00.05; 6.) Paul Bonk (I.V.C.) 1:00.46 <i>Additional Geneseo Athletes:</i> 7.) Jake Ballegeer 1:01.02
1600 Meter Run: 1.) Colin Mickow (Princeton) 4:54.56; 2.) Scott Clark (L-P) 5:00.24; 3.) Ryan Kotecki (Geneseo) 5:04.59; 4.) Jon Richards (Streator) 5:04.61; 5.) Matt Logan (Dixon) 5:12.74; 6.) Nate Jones (Dixon) 5:17.79 <i>Additional Geneseo Athletes & Splits:</i> Ryan Kotecki 69 - 2:27 (78) - 3:47 (80) - 5:04.59 (77); 8.) Josh Lodge 75 - 2:39 (84) - 4:04 (85) - 5:24.89 (80)
200 Meter Dash: 1.) Ben Walter (Rochelle) 24.71; 2.) Jacob Kuban (Geneseo) 24.72; 3.) Josh Kunde (Sterling) 25.21; 4.) Eric Lang (Rochelle) 25.40; 5.) Clay Hadley (Sterling) 25.49; 6.) Nick Wyzgowski (I.V.C.) 25.52 <i>Additional Geneseo Athletes:</i> 9.) Logan Patton 25.81
1600 Meter Relay: 1.) Sterling (Nolan Anderson, Scott Koster, Ben Schott, Jordan Rodriguez) 3:51.65; 2.) Geneseo (Chance Nordstrom, Tom Peal, Jon Fleming, Jaran Heaton) 3:54.75; 3.) I.V.C. (Joe Otto, Matt Huenfeld, Kyle Kinnary, Jacob Grant) 3:55.24; 4.) Rochelle (Zach Young, Eric McKivecheck, Jon Burnette, Niche Anaya) 3:55.48; 5.) Princeton (Hunter Mickow, Logan Ozburn, Zach Jeffery, Colin Mickow) 4:01.94; 6.) Dixon (A.J. Zacharias, Stephen Tucker, Matt Logan, Cody Lahey) 4:07.55 <i>Geneseo Splits:</i> Chance Nordstrom 55.88; Tom Peal 60.24; Jon Fleming 59.70; Jaran Heaton 58.68

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