



Senior "Musclemen" Joe Paradiso and Justin Heaton returned to the Leaf line-up after overcoming injuries. The senior duo successfully made their season debut Tuesday night in Ottawa. The team welcomed them back with open arms.

Leafs turn back Dixon & Ottawa at this year's NCIC host site

Varsity Team Scores: 1.) Geneeso 90; 2.) Dixon 61; 3.) Ottawa 35

Fresh-Soph Scores: 1.) Ottawa 78; 2.) Geneseo 65; 3.) Dixon 43

Tuesday afternoon the Leafs traveled to Ottawa to take on the host Ottawa Pirates and the Dixon Dukes. Leading the charge were the following Leaf o victory were the following gold medalists:

Varsity Gold Medal Winnes:

Dan Chenoweth (800 Meter Run, 1600 Meter Run, 3200 Meter Relay)
 Drew Croegaert (1600 Meter Relay)
 Jesse Gessel (1600 Meter Relay)
 Elliott Kenney (1600 Meter Relay)
 Mason Kernan (400 Meter Relay, 800 Meter Relay)
 Jacob Kuban (400 Meter Relay, 800 Meter Relay)
 Tyler Loucks (400 Meter Relay, 800 Meter Relay)
 Joe Paradiso (Shot Put)
 Jeremy Peters (800 Meter Relay)
 Robert Reese (3200 Meter Relay)
 Wolfe Repass (300 Intermediate Hurdles)
 Shane Reschke (400 Meter Relay, 1600 Meter Relay)
 Shaun Russell (100 Meter Dash, Long Jump, Triple Jump)
 Nate Silver (3200 Meter Relay)
 Blake Wyffels (3200 Meter Relay)

Fresh-Soph Gold Medal Winners:

Jon Fleming (800 Meter Run)
 Ben Koenig (400 Meter Relay)
 Josh Lodge (3200 Meter Run)
 Logan Patton (400 Meter Dash, 400 Meter Relay)
 Tom Peal (400 Meter Relay)
 Aaron Schilling (400 Meter Relay, Long Jump, Triple Jump)

Boys' track prevails over Pirates/Dukes

By AMY BOLDT
Sports Editor

In an NCIC showdown April 4 between the Geneseo, Ottawa and Dixon boys' track and field teams, the Leafs dominated the opposition scoring 90 points to claim the victory. Dixon followed with 61 points and Ottawa, 35.

"It was worth the trip, but it was a late night," Head Coach Don Fredericks said. "Our kids are student-athletes, not athlete-students and they also had homework and other responsibilities.

"We gained valuable experience at the NCIC host site and it is a tremendous advantage to compete at the host site," Fredericks said.

The Leafs brought home 11 first-place finishes led by Shaun Russell with three, Dan Chenoweth with two and the relay teams sweeping all four events.

Russell claimed first in the 100-meter dash, taking the tape in 10.84 seconds, the

long jump with a leap of 20-11 and the triple jump with a mark of 41-8. Chenoweth won two of the distance events with firsts in the 800-m run at 2:09.88 and the 1600-m run, crossing the finish line in 4:36.24.

The 3200-m relay of Nate Silver, Robert Reese, Blake Wyffels and Chenoweth took first with a final time of 9:00.31, the 400-m relay of Tyler Loucks, Shane Reschke, Jacob Kuban and Mason Kernan came in first at 46.11, the 800-m relay of Loucks, Kuban, Kernan and Jeremy Peters claimed top honors in 1:38.91 and the 1600-m relay of Drew Croegaert, Jesse Gesel, Reschke and Elliott Kenney took the tape in first at 3:44.20.

Others nabbing first-place finishes were Wolfe Repass in the 300-m intermediate hurdles with a final time of 43.58 and Joe Paradiso in the shot put with a heave of 51-1.

In second place for the Leafs were Repass in the 110-

m hurdles with a time of 16.50, Silver in the 800-m run in 2:15.31 and Reschke in the 400-m dash at 53.18 and the long jump at 19-7. Others included Russell in the 200-m dash, crossing the finish line in 23.55, Brén Gillespie in the high jump, clearing the bar at 6-0 and Kenney in the triple jump with a final mark of 38-9.

Those coming in third were Jaran Heaton in the 110-m hurdles with a time of 16.52, Kernan in the 100-m dash at 11.59 and Wyffels in the 800-m run at 2:15.88. Justin Heaton took third in the 400-m dash with a time of 54.65, while Kuban came in third in the long jump with a mark of 19-5.

"One big highlight was we had two key seniors return from injury," Fredericks said. "Justin Heaton placed and did a great job in the 400-m dash and Joe Paradiso came back with a win in the shot put. It is really good to have them back."

In fourth place for Geneseo were Ryan Kotecki in the 3200-m run with a time of 11:05.18, Croegaert in the 110-m hurdles at 17.15, Reese in the 800-m run with a time of 2:16.68 and Wyffels in the 1600-m run in 5:09.93.

"We saw a lot of good things happen across the board," Fredericks said. "And in some events the results might not have been quite what they were if it wasn't so windy."

In freshmen/sophomore action, the Leafs placed second to Ottawa, followed by Dixon. Geneseo finished with 65 points, Ottawa, 78 and Dixon 43.

"We were real pleased and real proud of the freshmen and sophomores," Fredericks said. "We had some key guys on varsity, otherwise they might have won."

The Leafs came away with six first-place finishes from the 400-m relay of Tom Peal, Ben Koenig, Aaron Schilling and Logan Patton in 47.90,

Josh Lodge in the 3200-m run at 11:08.69, Jon Fleming in the 800-m run with a time of 2:26.52, Patton in the 400-m dash in 57.58 and Schilling in the long jump at 18-4 and the triple jump at 37-4.

In second place were Peal in the 110-m hurdles with a time of 17.40, Kuban in the 100-m dash, crossing the finish line at 11.69; Garrett Harris in the 800-m run in 2:30.34, Kotecki in the 1600-m run at 5:24.80, Jake Ballegeer in the long jump with a mark of 17-9 and Curt Jensen in the discus with a throw of 118-8.

The Leafs also grabbed seven third-place finishes from Koenig in the 110-m hurdles with a time of 17.88, Patton in the 100-m dash at 11.81 and Sammy Reyes in the 800-m run in 2:37.11. Also taking third were Lodge in the 1600-m run with a time of 5:28.10, Patton in the 200-m dash in 25.75, Ballegeer in the high jump with a leap of 5-4 and the 1600-m relay of

Ballegeer, Schilling, Austin Ryan and Fleming in 4:03.90.

Those coming fourth were Eric Windsor in the 800-m run at 2:39.12, Austin Swanson in the 400-m dash at 59.72, Peal in the 300-m intermediate hurdles in 48.08, Koenig in the high jump with a leap of 5-4 and Shane Miller in the discus with a throw of 97-7.

"The team is continuing to progress and we are seeing continuous improvement," Fredericks said.

The Leafs will next participate in the UTHS. Invite at noon, this Saturday, April 8, followed by the squad's homeopener with Galesburg at 4:30 p.m., Thursday, April 13.

"There will be great competition at UT," Fredericks said. "It is a tremendous meet and I really like the ABC format. It is great experience and we are real excited.

"I look for solid efforts from the team and for them to bring their Geneseo pride," Fredericks said.

Dixon & Ottawa (Varsity Results)

Varsity Results	
Host Site: Ottawa High School	
Date: 4/04/06	
Weather Conditions: 48 and dropping.....windy & cold	
Scoring: Individual: 5-3-2-1; Relay: 5-3-0	
Team Scores: 1.) Geneseo 90; 2.) Dixon 61; 3.) Ottawa 35	
Discus: 1.) Lumzy (Dixon) 159' 03"; 2.) Gosch (Dixon) 151' 06"; 3.) Burnell (Dixon) 134' 06"; 4.) Ridgeway (Dixon) 132' 07"	
<i>Additional Geneseo Athletes:</i> Tyler Root 115' 09"; Josh Olson 109' 11"; Corey Akers 100' 02"; Blake Verstraete 100' 01"; Andrew Hull 82' 05"; Sean Finley 70' 11"	
High Jump: 1.) Wohrley (Dixon) 6' 00"; 2.) Bren Gillespie (Geneseo) 6' 00"; 3.) Kozbowski (Ottawa) 5' 08"; 4.) Harsten (Ottawa) 5' 08"	
<i>Additional Geneseo Athletes:</i> Jeremy Peters 5' 08"; Jesse Gessel 5' 06"	
Long Jump: 1.) Shaun Russell (Geneseo) 20' 11"; 2.) Shane Reschke (Geneseo) 19' 07"; 3.) Jacob Kuban (Geneseo) 19' 05"; 4.) Kingry (Dixon) 18' 01"	
<i>Additional Geneseo Athletes:</i> Elliott Kenney 16' 06 3/4"; Kevin Short 15' 07" Alex Guiscem 13' 08 1/2"	
Pole Vault: 1.) Harsted (Ottawa) 13' 00"; 2.) Stanford (Ottawa) ???; 3.) Small (Ottawa) ???; 4.) Carrettor (Ottawa) ???	
<i>Additional Geneseo Athletes:</i> Blake Verstraete 9' 00"; Jaran Heaton 7' 00"; Corey Akers n.h.	
Shot Put: 1.) Joe Paradiso (Geneseo) 51' 01"; 2.) Lumzy (Dixon) 50' 09"; 3.) Burnell (Dixon) 49' 06"; 4.) Gosch (Dixon) 46' 07"	
<i>Additional Geneseo Athletes:</i> Tyler Root 40' 10"; Andrew Hull 40' 05"	
Triple Jump: 1.) Shaun Russell (Geneseo) 41' 08"; 2.) Elliott Kenney (Geneseo) 38' 09"; 3.) Drew Croegaert (Geneseo) 37' 06 1/2"; 4.) Whorley (Dixon) 37' 06"	
<i>Additional Geneseo Athletes:</i> Wolfe Repass 37' 04 1/2"; Caleb Diericx 35' 02"	
3200 Meter Relay: 1.) Geneseo (Nate Silver, Robert Reese, Blake Wyffels, Dan Chenoweth) 9:00.31; 2.) Dixon (no names listed) 9:38.73; 3.) Ottawa (no names listed) 9:50.72	
<i>Geneseo Splits:</i> Nate Silver 2:09.44 (64); Robert Reese 2:17.52 (63); Blake Wyffels 2:23.06 (67); Dan Chenoweth 2:10.06 (62)	
400 Meter Relay: 1.) Geneseo (Tyler Loucks, Shane Reschke, Jacob Kuban, Mason Kernan) 46.11; 2.) Dixon (no names listed) 46.43; 3.) Ottawa (no names listed) 48.61	
<i>Geneseo Splits:</i> Tyler Loucks 11.88; Shane Reschke 10.87; Jacob Kuban 10.44; Mason Kernan 12.87	
3200 Meter Run: 1.) Mayer (Dixon) 10:17.17; 2.) Woltering (Ottawa) 10:47.55; 3.) Boone (Dixon) 10:54.80; 4.) Ryan Kotecki (Geneseo) 11:05.18	
<i>Additional Geneseo Athletes & Splits:</i> Ryan Kotecki 68 - 2:25 (77) - 3:50 (75) - 5:18 (88) - 6:46 (88) - 8:15 (89) - 9:43 - (88) - 11:05.18 (85); Dysn Wake 80 - 2:50 (90) - 4:22 (92) - 5:54 (92) - 7:32 (96) - 9:10 (98) - 10:50 (100) - 12:19.19 (89)	

110 Meter High Hurdles: 1.) Whorley (Dixon) 15.81; 2.) Wolfe Repass (Geneseo) 16.50; 3.) Jaran Heaton (Geneseo) 16.52; 4.) Drew Croegaert (Geneseo) 17.15 <i>Additional Geneseo Athletes:</i> 100 Meter Dash: 1.) Shaun Russell (Geneseo) 10.84; 2.) Jaeger (Ottawa) 11.02; 3.) Mason Kernan (Geneseo) 11.59; 4.) Heniff (Dixon) 11.62 <i>Additional Geneseo Athletes:</i> Tyler Loucks 11.68; Beau Neece 11.81; Jeremy Peters 11.88; Sam Woolsey 11.93; Elliott Kenney 12.22; Josh Wyland 12.65; Kevin Short 12.75; Alex Guiscem 12.81 800 Meter Run: 1.) Dan Chenoweth (Geneseo) 2:09.88; 2.) Nate Silver (Geneseo) 2:15.31; 3.) Blake Wyffels (Geneseo) 2:15.88; 4.) Robert Reese (Geneseo) 2:16.68 <i>Additional Geneseo Athletes and splits:</i> Dan Chenoweth 2:09.88 (64); Nate Silver 2:15.31 (66); Blake Wyffels 2:15.88 (66); Robert Reese 2:16.68 (67) 800 Meter Relay: 1.) Geneseo (Tyler Loucks, Jacob Kuban, Mason Kernan, Jeremy Peters) 1:38.91; 2.) Dixon (no names listed) 1:39.52 <i>Geneseo Splits:</i> Tyler Loucks 23.56; Jacob Kuban 26.59; Mason Kernan 22.73; Jeremy Peters 26.01 400 Meter Dash: 1.) Jaeger (Ottawa) 52.40; 2.) Shane Reschke (Geneseo) 53.18; 3.) Justin Heaton (Geneseo) 54.65; 4.) Joos (Dixon) 54.91 <i>Additional Geneseo Athletes:</i> Jesse Gessel 55.52; Drew Croegaert 55.75; Bren Gillespie 57.93 300 Meter Intermediate Hurdles: 1.) Wolfe Repass (Geneseo) 43.58; 2.) Wohrley (Dixon) 43.81; 3.) Shin (Dixon) 46.50; 4.) McLachlan (Ottawa) 46.58 <i>Additional Geneseo Athletes:</i> Caleb Diericx 47.11; Jaran Heaton 48.34 1600 Meter Run: 1.) Dan Chenoweth (Geneseo) 4:36.24; 2.) Woltering (Ottawa) 4:49.15; 3.) Mayer (Dixon) 4:49.81; 4.) Blake Wyffels (Geneseo) 5:09.93 <i>Additional Geneseo Athletes & Splits:</i> Dan Chenoweth 67 - 2:28 (71) - 3:30 (72) - 4:36.24 (66); Blake Wyffels 73 - 2:37 (84) - 3:58 (81) - 5:09.93 (71); Nate Silver 73 - 2:37 (84) - 4:02 (85) - 5:20.31 (78); Robert Reese 74 - 2:39 (85) - 4:10 (91) - 5:35.66 (85); Dyson Wake 76 - 2:46 (90) - 4:20 (94) - 5:47.31 (87) 200 Meter Dash: 1.) Jaeger (Ottawa) 23.50; Shaun Russell (Geneseo) 23.55; 3.) Ridgeway (Dixon) 25.50; 4.) Kingry (Dixon) 25.52 <i>Additional Geneseo Athletes:</i> Beau Neece 25.84; Sam Woolsey 26.00; Jeremy Peters 26.18; Blake Verstraete 26.46; Alex Guiscem 28.72 1600 Meter Relay: 1.) Geneseo (Drew Croegaert, Jesse Gessel, Elliott Kenney, Shane Reschke) 3:44.20; 2.) Dixon (no names listed) 3:45.80; 3.) Ottawa (no names listed) ??? <i>Geneseo Splits:</i> Drew Croegaert 56.22; Jesse Gessel 54.80; Elliott Kenney 60.23; Shane Reschke 52.90

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Dixon & Ottawa (Fresh-Soph Results)

Fresh-Soph Results	
Host Site: Ottawa High School	
Date: 4/04/06	
Scoring: Individual: 5-3-2-1; Relay: 5-3-0	
Team Scores: 1.) Ottawa 78; 2.) Geneseo 65; 3.) Dixon 43	
Discus: 1.) Dillard (Ottawa) 120' 09"; 2.) Curt Jensen (Geneseo) 118' 08"; 3.) Myers (Dixon) 105' 03"; 4.) Shane Miller (Geneseo) 97' 07"	
<i>Additional Geneseo Athletes:</i> Michael Possin 79' 11"; Nathan Panicucci 77' 00"	
High Jump: 1.) Walker (Ottawa) 5' 08"; 2.) Mathes (Ottawa) 5' 06"; 3.) Jake Ballegeer (Geneseo) 5' 04"; 4.) Ben Koenig (Geneseo) 5' 04"	
<i>Additional Geneseo Athletes:</i> none	
Long Jump: 1.) Aaron Schilling (Geneseo) 18' 04"; 2.) Jake Ballegeer (Geneseo) 17' 09"; 3.) Zacharias (Dixon) 16' 03"; 4.) Scott (Ottawa) 16' 02"	
<i>Additional Geneseo Athletes:</i> Josh Rahn 13' 06 3/4"	
Pole Vault: 1.) Redman (Ottawa) 8' 06"; 2.) Williams (Ottawa) ???; 3.) Greenwall (Dixon) ???; 4.) Lowman (Ottawa) ???	
<i>Additional Geneseo Athletes:</i> Tom Peal 8' 00"; Tyler Toom 8' 00"; Rob Barton n.h.	
Shot Put: 1.) Shippert (Dixon) 40' 11"; 2.) Kobinski (Ottawa) 40' 00"; 3.) Dillard (Dixon) 39' 06"; 4.) Myers (Dixon) 37' 04"	
<i>Additional Geneseo Athletes:</i> Curt Jensen 37' 01"; Dan Haertjens 35' 10"; B.J. Weber 31' 10"; Nathan Panicucci 29' 00 1/2"; Michael Possin 27' 08";	
Triple Jump: 1.) Aaron Schilling (Geneseo) 37' 04"; Ziel (Ottawa) 35' 01"; 3.) Walker (Ottawa) 34' 06"; 4.) Calkins (Dixon) 34' 02"	
<i>Additional Geneseo Athletes:</i> Joe Snyder 29' 06 1/2"	
3200 Meter Relay: 1.) Dixon (no names listed) 10:01.32 2.) Ottawa (no names listed) 10:15.45; 3.) none	
<i>Geneseo Splits:</i> none	
400 Meter Relay: 1.) Geneseo (Tom Peal, Ben Koenig, Aaron Schilling, Logan Patton) 47.90; 2.) Ottawa (no names listed) 48.65; 3.) Dixon (no names listed) 49.43	
<i>Geneseo Splits:</i> Tom Peal 11.81; Ben Koenig 11.16; Aaron Schilling 12.04; Logan Patton 12.84	
3200 Meter Run: 1.) Josh Lodge (Geneseo) 11:08.69; 2.) Worley (Ottawa) 11:38.99; 3.) Nichol森 (Dixon) 13:27.61; 4.) Sutton (Dixon) 14:12.28	
<i>Additional Geneseo Athletes & Splits:</i> Josh Lodge 76 - 2:34 (78) - 3:59 (85) - 5:25 (86) - 6:54 (91) - 8:21 (87) - 9:45 (84) - 11:08.69 (83)	
110 Meter High Hurdles: 1.) Ziel (Ottawa) 17.24; 2.) Tom Peal (Geneseo) 17.40; 3.) Ben Koenig (Geneseo) 17.88; 4.) Westart (Dixon) 18.50	

<i>Additional Geneseo Athletes:</i> none
100 Meter Dash: 1.) Muhammed (Dixon) 11.63; 2.) Jacob Kuban (Geneseo) 11.69; 3.) Logan Patton (Geneseo) 11.81; 4.) Wigneo (Ottawa) 11.90
<i>Additional Geneseo Athletes:</i> Austin Swanson 12.12; Austin Ryan 12.31; Cameron McNeil 12.44; Josh Birmingham 12.75; Tyler Toom 13.24; Josh Rahn 13.32; Drew Richardson 13.37; Rob Barton 13.59; Tyler Morton 14.12
800 Meter Run: 1.) Jon Fleming (Geneseo) 2:26.52; 2.) Garrett Harris (Geneseo) 2:30.34; 3.) Sammy Reyes (Geneseo) 2:37.11; 4.) Eric Windsor (Geneseo) 2:39.12
<i>Additional Geneseo Athletes and splits:</i> Jon Fleming 2:26.52 (71); Garrett Harris 2:30.34 (75); Sammy Reyes 2:37.11 (79); Eric Windsor 2:39.12 (77)
800 Meter Relay: 1.) Ottawa (no names listed) 1:46.90; 2.) Dixon (no names listed) 1:45.65 3.) none Geneseo D.Q.
<i>Geneseo Splits:</i> Josh Birmingham, Cameron McNeil, Austin Swanson, Austin Ryan (OOPS)
400 Meter Dash: 1.) Logan Patton (Geneseo) 57.58; 2.) Kurtz (Ottawa) 58.99; 3.) Orlowski (Ottawa) 59.56; 4.) Austin Swanson (Geneseo) 59.72
<i>Additional Geneseo Athletes:</i> Jake Ballegeer 60.50; Tyler Morton 63.87; Dan Haertjens 63.99
300 Meter Intermediate Hurdles: 1.) Bratt (Dixon) 46.09; 2.) Mathes (Ottawa) 46.18; 3.) Ziel (Ottawa) 47.65; 4.) Tom Peal (Geneseo) 48.08
<i>Additional Geneseo Athletes:</i> Ben Koenig 49.15
1600 Meter Run: 1.) Orlowski (Ottawa) 5:17.70; 2.) Ryan Kotecki (Geneseo) 5:24.80; 3.) Josh Lodge (Geneseo) 5:28.10; 4.) Spike (Ottawa) 5:50.10
<i>Additional Geneseo Athletes & Splits:</i> Ryan Kotecki 71 - 2:35 (84) - 4:02 (85) - 5:24.80 (82); Josh Lodge 75 - 2:40 (85) - 4:06 (86) - 5:28.10 (82); Eric Windsor 82 - 2:55 (93) - 4:26 (91) - 5:56.80 (90); Garrett Harris 92 - 3:07 (95) - 4:47 (100) - 6:09.82 (82); Sammy Reyes 93 - 3:13 (100) - 4:52 (99) - 6:15.03 (83)
200 Meter Dash: 1.) Muhammed (Dixon) 25.02; 2.) Scott (Ottawa) 25.28; 3.) Logan Patton (Geneseo) 25.75; 4.) Wignes (Ottawa) 25.80
<i>Additional Geneseo Athletes:</i> Cameron McNeil 28.18; Josh Birmingham 28.24; Tyler Toom 28.50; Joe Snyder 29.09; Tyler Morton 29.62; Rob Barton 30.12
1600 Meter Relay: 1.) Ottawa (no names listed) 3:58.59; 2.) Dixon (no names listed) 4:00.50; 3.) Geneseo (Jake Ballegeer, Aaron Schilling, Austin Ryan, Jon Fleming) 4:03.90
<i>Geneseo Splits:</i> Jake Ballegeer 60.44; Aaron Schilling 56.86; Austin Ryan 64.32; Jon Fleming 62.19

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