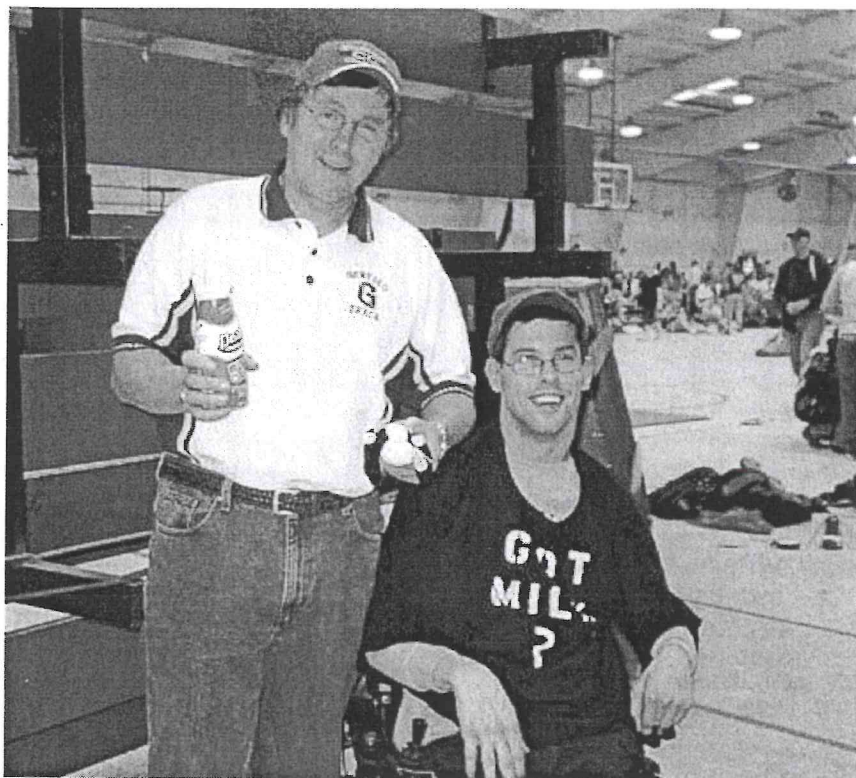


Got milk?



Coaches Jeff and Chad Quick support Freddy-the-Mascot in reminding Geneseo athletes to: DRINK MILK.

Leafs turn back Freeport, Harlem, and Sterling.

Varsity Team Scores: 1.) Geneseo 75.5; 2.) Sterling 55.5; 3.) Harlem 46; 4.) Freeport 34

Fresh-Soph Scores: 1.) Geneseo 72.5; 2.) Harlem 55; 3.) Freeport 44; 4.) Sterling 37.5

On Tuesday night the Leafs took on Freeport, Harlem, and host Sterling at the Westwood Sports Complex. Leading the team to victory at the Varsity level were the following first place winners: Dan Chenoweth (1600 Meter Run, 3200 Meter Relay); Jesse Gessel (High Jump); Jacob Kuban (800 Meter Relay); Tyler Loucks (800 Meter Relay); Jeremy Peters (800 Meter Relay); Robert Reese (3200 Meter Relay); Shane Reschke (55 Meter Dash, 800 Meter Relay); Shaun Russell (Long Jump, Triple Jump, 200 Meter Dash); Nate Silver (3200 Meter Relay); Blake Wyffels (3200 Meter Relay)

Pacing the Fresh-Soph Team to victory were the following first place winners: Jake Ballegeer (High Jump); Jacob Kuban (55 Meter Dash); Logan Patton (400 Meter Dash); Tom Peal (Pole Vault); Aaron Schilling (Triple Jump)

Geneseo track flies past competition

By AMY BOLDT
Sports Editor

The Leaf track and field team once again swept the competition as both squads emerged with victories over Sterling, Harlem and Freeport March 21 at the Westwood Sports Complex in Sterling.

The varsity dominated the competition with 86.50 points, followed by Sterling with 58.50; Harlem, 44.4, and Freeport, 37. The freshmen/sophomore squad grabbed first-place honors with 66.50 points.

"The meet was a little deceptive since Sterling was missing six or seven of their top guys," Head Coach Don Fredericks said. "We didn't see Sterling's best team, but it was a good quality meet and worth the trip over.

"Things went very well, but we always could have done better," Fredericks said. "The guys are working hard."

Geneseo's varsity team finished the meet capturing seven first-place finishes: Shane Reschke in the 55-meter dash, taking the tape in 6.59 seconds, and Shaun Russell in the 200-m dash with a time of 24.12.

Others bringing home firsts were the 4x200 relay of Tyler Loucks, Jacob Kuban, Reschke and Jeremy Peters in 1:37.41; the 4x800 relay of Nate Silver, Robert Reese, Blake Wyffels and Dan Chenoweth in 8:47.06; Jesse Gessel in the high jump, clearing the bar at 6-0; Russell in the long jump with a final mark of 20-11 3/4, and in the triple jump with a leap of 40-7 1/2.

"We saw great things all over," Fredericks said. "Jesse reached the 6-0 foot club, which is tremendous for him. Shaun had another great night, Shane won the 55-m dash, which is a tremendous run, and the 3200-relay also ran tough."

The Leafs also gained four second-place finishes from

Chenoweth in the 1600-m run with a time of 4:32.20; the 4x400 relay of Kuban, Reschke, Drew Croegaert and Wolfe Repass in 3:42.42; Kuban in the long jump with a mark of 19-8; and Elliott Kenney in the triple jump with a leap of 38-4.

"Dan Chenoweth went head-to-head with one of the top runners in the area, Jared Richardson of Harlem, and only lost by a second in the end," Fredericks said.

Placing third for the varsity were Russell in the 55-m dash, crossing the finish line in 6.72; Croegaert in the 400-m dash with a time of 56.12; Chance Nordstrom in the 800-m run in 2:08.80; Repass in the 55-m hurdles with a time of 8.29 and in the high jump, clearing the bar at 5-6; and Reschke in the long jump with a mark of 19-4 3/4.

Bren Gillespie followed Repass in the high jump, coming in fourth with a final mark of 5-4.

Four athletes rounded out the top-five place finishes for Geneseo with fifth-place honors in their respective events: Loucks in the 200-m dash in 24.51, Gessel in the 400-m dash in 57.10, Silver in the 1600-m run with a time of 5:08.72, and Peters in the high jump with a mark of 5-4.

In freshmen/sophomore action, the Leafs scored seven first-place finishes from Kuban in the 55-m dash, taking the tape in 6.79; Logan Patton in the 400-m dash in 58.61, and Tom Peal in the 55-m hurdles with a time of 8.68.

Others taking home firsts were Jake Balligeer in the high jump, clearing the bar at 5-6; Peal in the pole vault with a leap of 9-6; and Aaron Schilling in the long jump at 18-4 1/2 and in the triple jump at 38-8 1/4.

"I was pretty surprised with the f/s results," Fredericks said. "Jake Balligeer had a tremendous jump and Tom Peal is really coming on. Some of the young guys will

be battling for varsity spots."

Geneseo added three seconds to its efforts in the 1600-m run by Ryan Kotecki with a time of 5:11.54, Ben Koenig in the 55-m hurdles in 8.94; and the 4x800 relay of Kotecki, Josh Lodge, Eric Windsor and Garrett Harris in 10:07.43.

Taking third for the f/s were Patton in the 200-m dash, crossing the finish line in 25.47, and Jon Fleming in the 800-m run with a time of 2:16.92. The 4x200-relay of Peal, Cameron McNeil, Austin Ryan and Josh Birmingham also nabbed third in 1:48.07, Koenig in the high jump at 5-2, and Joe Snyder in the triple jump with a mark of 29-10.

Austin Swanson added a fourth-place finish in the 400-m dash with a time of 62.53, followed by Lodge in fourth in the 1600-m run in 5:20.85; and the 4x400 relay of Nordstrom, Fleming, Koenig and McNeil with a time of 4:12.57.

Rounding out the scoring effort for the Leafs were Patton taking fifth in the 55-m dash, crossing the finish line in 7.05, while the other 4x400 relay of Schilling, Harris, Sammy Reyes and Windsor took fifth in 4:29.80.

"It's early, but we will take what we can get, give our best effort, and keep going from there," Fredericks said.

The Leafs will compete in the NCIC meet at 9 a.m., Saturday, March 25, at the Westwood Sports Complex in Sterling.

"(This weekend) is good and bad, I like to take all the kids to every meet, but we are limited to two people in each event," Fredericks said. "I expect the meet to be very competitive and fully anticipate a war with Sterling. It is a very friendly heated rivalry.

"We will see top-notched athletes and great competition," Fredericks said. "And we will work to get season bests."

2006 Sterling Quad (Varsity)

Varsity Results	
Host Site: Westwood Sports Complex in Sterling	
Date: 3/21/06	
Scoring: Individual: 6-4-3-2-1; Relay: 6-4-2	
Team Scores: 1.) Geneseo 75.5; 2.) Sterling 55.5; 3.) Harlem 46; 4.) Freeport 34	
High Jump: 1.) Jessee Gessel (Geneseo-11) 6' 00"; 2.) Nolan Anderson (Sterling-10) 5' 08"; 3.) Wolfe Repass (Geneseo-11) 5' 06"; 4.) Bren Gillespie (Geneseo-11) 5' 04"; 5.) Jeremy Peters (Geneseo-11) 5' 04"	
<i>Additional Geneseo Athletes:</i> none	
Long Jump: 1.) Shaun Russell (Geneseo-12) 20' 11 3/4"; 2.) Jacob Kuban (Geneseo-10) 19' 08"; 3.) Shane Reschke (Geneseo-10) 19' 04 3/4"; 4.) Trak Myers (Freeport-11) 19' 00"; 5.) Darius Triplett (Freeport-09) 18' 05"	
<i>Additional Geneseo Athletes:</i> 8.) Tyler Loucks-12 17' 01 3/4"; 9.) Blake Verstraete-11 16' 08 1/2"; 12.) Kevin Short-11 15' 08 1/2"; 15.) Alex Guiscem-12 14' 10 1/2"	
Pole Vault: 1.) Luke Heath (Freeport-12) 13' 09"; 2.) Spencer Hollis (Freeport-12) 12' 00"; 3.) Tim Gaumer (Sterling-10) 11' 00"; 4.) Joe Schneiderbauer (Sterling-11) 11' 00"; 5.) Andy Weller (Harlem-11) 10' 06"	
<i>Additional Geneseo Athletes:</i> Corey Akers-11 8' 00"; Blake Verstraete-11 8' 00"	
Shot Put: 1.) Davis Pierson (Freeport-12) 56' 09 1/2"; 2.) Colin Fane (Sterling-12) 50' 11"; 3.) Miles Ripsky (Sterling-11) 48' 10 1/2"; 4.) Craig Combs (Harlem-12) 46' 06 1/2"; 5.) Myers (Freeport-12) 42' 11"	
<i>Additional Geneseo Athletes:</i> Andrew Hull-12 40' 02"; Tyler Root-11 38' 07"; Jon Hamilton-12 27' 03"	
Triple Jump: 1.) Shaun Russell (Geneseo-12) 40' 07 1/2"; 2.) Elliott Kenney (Geneseo-11) 38' 04"; 3.) Maurice Johnson (Harlem-12) 38' 04"; 4.) Angel Dufoe (Harlem-09) 38' 00 1/2"; 5.) Joe Schneiderbaue (Sterling-11) 38' 00 1/4"	
<i>Additional Geneseo Athletes:</i> none	
55 Meter High Hurdles: 1.) Tim Gaumer (Sterling-10) 8.17; 2.) Darius Triplett (Harlem-09) 8.19; 3.) Wolfe Repass (Geneseo-11) 8.29; 4.) Tra Turner (Harlem-12) 8.67; 5.) Dan Julius (Freeport-11) 9.10;	
<i>Additional Geneseo Athletes:</i> 7.) Drew Croegaert-11 9.31; 8.) Caleb Diericx-12 9.53	
55 Meter Dash: 1.) Shane Reschke (Geneseo-10) 6.59; 2.) Cory Renner (Sterling-11) 6.70; 3.T) Shaun Russell (Geneseo-12) 6.72; 3T.) Matt Hughes (Sterling-10) 6.72; 5.) Erick Pearson (Freeport-11) 6.73	
<i>Additional Geneseo Athletes:</i> Tyler Loucks-12 6.76; Mason Kernan-12 6.86; Sam Woolsey-11 6.96; Jeremy Peters-11 7.07; Beau Neece-11 7.20; Caleb Diericx-12 7.37; Alex Guiscem-12 7.59; Kevin Short 7.63	
3200 Meter Relay: 1.) Geneseo (Nate Silver-11, Robert Reese-12, Blake Wyffels-11, Dan Chenoweth-11) 8:47.06; 2.) Sterling (no names listed) 9:20.01; 3.) Harlem (no names listed) 9:43.87; 4.) Freeport (no names listed) 9:46.30	
<i>Geneseo Splits:</i> Nate Silver 2:12.01 (62); Robert Reese 2:15.00 (65); Blake Wyffels 2:14.27 (63); Dan Chenoweth 2:05.44 (61)	
800 Meter Relay: 1.) Geneseo (Tyler Loucks-12, Jacob Kuban-10, Shaned Reschke-10, Jeremy Peters-11) 1:37.41; 2.) Harlem (no names listed) 1:37.54; 3.) Sterling (no names listed) 1:45.50	
<i>Geneseo Splits:</i> Tyler Loucks 24.16; Jacob Kuban 23.78; Shane Reschke 24.60; Jeremy Peters 24.82	

800 Meter Run: 1.) David Whitmore (Harlem-11) 2:03.17; 2.) Ben Dresseer (Harlem-12) 2:03.17; 3.) Chance Nordstrom (Geneseo-10) 2:08.80; 4.) Mike McGee (Freeport-12) 2:09.97; 5.) Tim Noll (Sterling-11) 2:14.22

Additional Geneseo Athletes and splits: Chance Nordstrom 2:08.80 (62); Dyson Wake-11 2:31.90 (67)

400 Meter Dash: 1.) Kevin Hussung (Sterling-11) 55.03; 2.) Martin Trainor (Freeport-12) 55.18; 3.) Drew Croegaert (Geneseo-11) 56.12; 4.) Dan Julius (Freeport-11) 56.77; 5.) Jesse Gessel (Geneseo-11) 57.10

Additional Geneseo Athletes: Elliott Kenney-11 58.29; Caleb Diericx-12 62.03

1600 Meter Run: 1.) Jared Richardson (Harlem-12) 4:31.17; 2.) Dan Chenoweth (Geneseo-11) 4:32.20; 3.) Austin Allton (Harlem-10) 5:01.08; 4.) Luke Jungles (Freeport-11) 5:04.68; 5.) Nate Silver (Geneseo-11) 5:08.72

Additional Geneseo Athletes & Splits: Dan Chenoweth 67 - 2:18 (71) - 3:26 (68) - 4:32.20 (66); Nate Silver 73 - 2:33 (80) - 3:55 (82) - 5:08.72 (77); Robert Reese-12 75 - 2:38 (83) - 4:06 (88) - 5:23.94 (79); Blake Wyffels 74 - 2:35 (81) - 4:00 (85) - 5:25.00 (85)

200 Meter Dash: 1.) Shaun Russell (Geneseo-12) 24.12; 2.) Cory Renner (Sterling-11) 24.16; 3.) Darius Triplett (Harlem) 24.23; 4.) Alex Hughes (Sterling-09) 24.37; 5.) Tyler Loucks (Geneseo-12) 24.51

Additional Geneseo Athletes: Elliott Kenney-11 25.40; Mason Kernan 25.55; Beau Neece 26.02; Jeremy Peters 26.03; Sam Woolsey 26.52; Jesse Gessel 26.54; Alex Guiscem-12 28.99; Kevin Short-11 29.53; Dyson Wake-11 30.03

1600 Meter Relay: 1.) Sterling (no names listed) 3:41.94; Geneseo (Jacob Kuban-10, Shane Reschke-10, Drew Croegaert-11, Wolfe Repass-11) 3:42.42; 3.) Freeport (no names listed) 3:44.70

Additional Geneseo Athletes & Splits: Jacob Kuban 57.16; Shane Reschke 54.96; Drew Croegaert 56.26; Wolfe Repass 53.84

This is a Geneseo Track & Field Manila site.

2006 Sterling Quad (Fresh-Soph)

Fresh-Soph Results	
Host Site: Westwood Sports Complex in Sterling	
Date: 3/21/06	
Scoring: Individual: 6-4-3-2-1; Relay: 6-4-2	
Team Scores: 1.) Geneseo 72.5; 2.) Harlen 55; 3.) Freeport 44; 4.) Sterling 37.5	
High Jump: 1.) Jake Ballegeer (Geneseo-09) 5' 06"; 2.) Damon Trainer (Freeport-10) 5' 04"; 3T.) Ben Koenig (Geneseo-10) 5' 02"; 3T.) Josh Fieldhouse (Sterling-09) 5' 02"; 5.) Pete Ruff (Harlen-09) 5' 02"	
<i>Additional Geneseo Athletes:</i> none	
Long Jump: 1.) Aaron Schilling (Geneseo-10) 18' 04 1/2"; 2.) Joe Naser (Harlen-09) 18' 04"; 3.) Ben Glynn (Freeport-09) 17' 03 3/4"; 4.) Ben Minnick (Sterling-09) 17' 01"; 5.) Jordan Rodriguez (Sterling-10) 17' 00 3/4"	
<i>Additional Geneseo Athletes:</i> Logan Patton-09 16' 10 1/2"; Jake Ballegeer-09 16' 10 1/2"; Josh Rahn-09 12' 02"	
Pole Vault: 1.) Tom Peal (Geneseo-10) 9' 06"; 2.) Ben Minnick (Sterling-09) 8' 00"; 3.) Tim Gaines (Harlem-11) 8' 00"; 4.) Josh Kunde (Sterling-09) 7' 06"; 5.) Alex Hughes (Sterling-09) 6' 00"	
<i>Additional Geneseo Athletes:</i> Rob Barton-09 N.H.	
Shot Put: 1.) Kyle O'Rourke (Harlem-10) 42' 03"; 2.) Lloyd Hernandez (Sterling-10) 40' 07"; 3.) Macarthe Flokers (Sterling-10) 39' 09 1/2"; 4.) Dan Blakeysley (Harlem 10) 38' 04"; 5.) Mike Thompson (Harlem-09) 36' 05 1/2"	
<i>Additional Geneseo Athletes:</i> Curt Jensen-09 35' 01 1/2"; B.J. Weber-10 33' 04"; Dan Haertjens-10 32' 08"; Michael Possin-09 26' 09"	
Triple Jump: 1.) Aaron Schilling (Geneseo-10) 38' 08 1/4"; 2.) Keldrin Franz (Freeport-09) 34' 04 1/2"; 3.) Joe Snyder (Geneseo-09) 29' 10"; 4.) John Le (Harlem-09) 29' 08"	
<i>Additional Geneseo Athletes:</i> none	
55 Meter High Hurdles: 1.) Tom Peal (Geneseo-10) 8.68; 2.) Ben Koenig (Geneseo-10) 8.94; Ben Glynn (Freeport-09) 9.09; 4.) Caleb Shearrow (Harlem-10) 9.97; 5.) Keaton Cervantes (Sterling-09) 10.41	
<i>Additional Geneseo Athletes:</i> none	
55 Meter Dash: 1.) Jacob Kuban (Geneseo-10) 6.79; 2.) Joe Naser (Harlem-09) 6.85; 3.) Alex Hughes (Sterling-09) 6.91; 4.) Zay Parker (Freeport-09) 7.00; 5.) Logan Patton (Geneseo-09) 7.05	
<i>Additional Geneseo Athletes:</i> Ben Koenig-10 7.19; Tom Peal-10 7.27; Cameron McNeil-09 7.32; Josh Birmingham-10 7.39; Austin Swanson-09 7.51; Austin Ryan-10 7.60; Dan Haertjens-10 7.67; Tyler Toom-10 7.71; Joe Snyder-09 7.85; Josh Rahn-09 7.90; Tyler Morton-09 8.00; Drew Richardson-09 8.16; Rob Barton 8.49	
3200 Meter Relay: 1.) Freeport (no names listed) 9:49.21; 2.) Geneseo (Ryan Kotecki-10, Josh Lodge-09, Eric Windsor-10, Garrett Harris-09) 10:07.43; 3.) Harlem (no names listed) 12:39.09	
<i>Geneseo Splits:</i> Ryan Kotecki 2:23.86 (65); Josh Lodge 2:26.16 (72); Eric Windsor 2:40.01 (78); Garrett Harris 2:33.06 (70)	
800 Meter Relay: 1.) Sterling (no names listed) 1:42.36; 2.) Harlem (no names listed) 1:47.78; 3.) Geneseo (Tom Peal-10, Cameron McNeil-09, Austin Ryan-09, Josh Birmingham-10) 1:48.07; 4.) Freeport (no names listed) 1:50.60	
<i>Geneseo Splits:</i>	

800 Meter Run: 1.) Damon Trainor (Freeport-10) 2:16.12; 2.) Benji Mathews (Freeport-09) 2:16.29; 3.) Jon Fleming (Geneseo-10) 2:16.92; 4.) Dylan Manning (Harlem-09) 2:27.63; 5.) Ryan Dietz (Sterling-10) 2:28.09

Additional Geneseo Athletes and splits: Jon Fleming 2:16.92 (70); Sammy Reyes 2:28.28 (75)

400 Meter Dash: 1.) Logan Patton (Geneseo-09) 58.61; 2.) Keldrin Franz (Freeport-09) 59.19; 3.) Steve Leparte (Harlem-09); 4.) Austin Swanson (Geneseo-09) 62.53; 5.) Caleb Shearrow (Harlem-10) 63.64

Additional Geneseo Athletes: Tyler Morton-09 63.46; Dan Haertjens 63.56

1600 Meter Run: 1.) Jason Hutcheson (Harlem-09) 5:10.44; 2.) Ryan Kotecki (Geneseo-10) 5:11.54; 3.) Ben Behling (Harlem-09) 5:12.67; 4.) Josh Lodge (Geneseo-09) 5:20.85; 5.) Dustin Schubert (Freeport-10) 5:38.57

Additional Geneseo Athletes & Splits: Ryan Kotecki 70 - 2:30 (80) - 3:53 (83) - 5:11.54; Josh Lodge 71 - 2:33 (82) - 3:56 (83) - 5:20.85 (84)

200 Meter Dash: 1.) Joe Naser (Harlem-09) 25.17; 2.) Josh Knude (Sterling-09) 25.27; 3.) Logan Patton (Geneseo-09) 25.47; 4.) Clay Hadley (Sterling-09) 26.03; 5.) Zay Perker (Freeport-09) 27.74

Additional Geneseo Athletes: Austin Ryan-10 26.70; Josh Birmingham-10 26.98; Jake Ballegeer-09 27.43; Tyler Toom-10 28.47; Drew Richardson-09 28.78; Tyler Morton-09 28.90; Josh Rahn-09 29.84; Rob Barton-09 29.99

1600 Meter Relay: 1.) Freeport (no names listed) 3:56.87; 2.) Harlem (no names listed) 3:56.89; 3.) Sterling (no names listed) 3:57.84; 4.) Geneseo (Chance Nordstrom-10, Jon Fleming-10, Ben Koenig-10, Cameron McNeil-09) 4:12.57; 5.) Geneseo B (Aaorn Schilling-10, Garrett Harris-09, Sammy Reyes-10, Eric Windsor-10) 4:29.80

Additional Geneseo Athletes & Splits:

A-Team: Chance Nordstrom 60.76; Jon Fleming 62.15; Ben Koenig 64.81; Cameron McNeil 64.69

B-Team: Aaron Schilling 62.16; Garrett Harris 64.11; Sammy Reyes 70.77; Eric Windsor 70.80

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