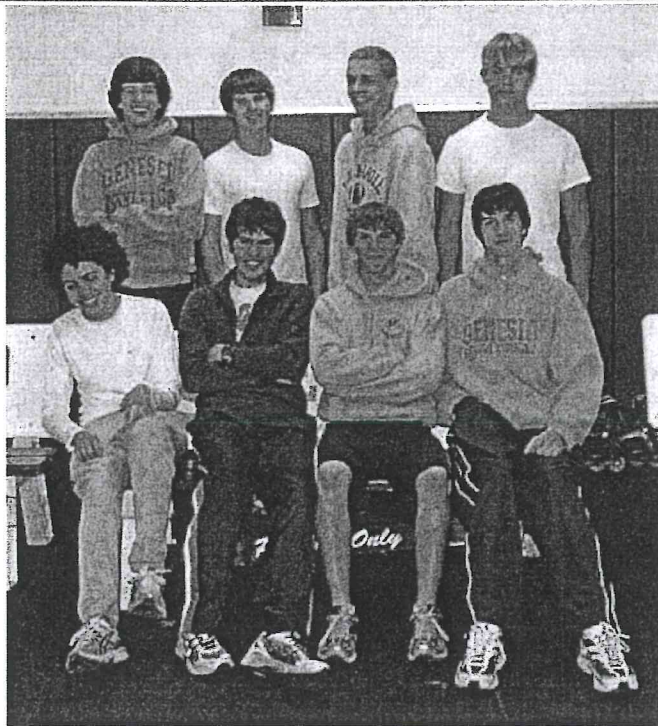




The pictured Geneseo Distance Runners won three relays on Saturday. The boys ran to gold in the 3200 Relay, Mile Team Run, and the Distance Medley Relay. Pictured are Front Row: Chad Ford, Tyler Fox, Thomas Sigwalt, Kenny Collis; Back Row: Carlisle Evans-Peck, Tyler Timmerman, Ian Mattan, and Alex Strohmeier.

Leafs Finish a Strong 2nd at the Dixon F/S Relays

On Saturday, the Leafs traveled to Dixon to participate in the Dixon F/S Relays. The team was competing without the services of two of their top youngsters (due to unavoidable family conflicts) and ended up a strong 2nd anyway. The weather conditions were far from perfect (44 degrees with 25 mph winds.) This meet is one of the coaching staff's favorites because all individual efforts are added together so we have no weak links, and the team is forced to move athletes into new areas to fill-out the team line-up. The end result is always a lot of fun with several new discoveries. A special thanks to all the athletes for such great team support and to those who ventured out of their comfort zone to try new events. The team was led by Gold Medal efforts in the 3200 Meter Relay, Distance Medley Relay, Mile Team Run, and 800 Meter Relay. Leaf placers are listed below:

- Jacob Carton: 5th: Team Discus
- Kenny Collis: 1st: 3200 Meter Relay; 1st: Distance Medley Relay; 3rd: High Jump Team
- Carlisle Evans-Peck: 1st: Mile Team Run
- Chad Ford: 1st: 3200 Meter Relay; 1st: Distance Medley Relay; 3rd: High Jump Team; 4th: Team Triple Jump
- Tyler Fox: 1st: 3200 Meter Relay; 1st: Distance Medley Relay;
- Billy Hamer: 1st: 800 Meter Relay; 3rd: High Jump Team; 4th 400 Meter Relay; 5th: Team Long Jump;
- Josh Kinney: 3rd: Pole Vault Team; 4th: High/Low Hurdle Shuttle Relay; 4th: 1600 Medley Relay
- Ethan Koisti: 4th: 1600 Medley Relay
- Luke Lembke: 1st: 800 Meter Relay; 4th 400 Meter Relay: 5th: Team Long Jump:
- Ian Mattan: 1st: Mile Team Run; 2nd: 300 Meter Team Hurdles; 3rd: Pole Vault Team
- Mike Morales: 3rd: Pole Vault Team; 3rd: Weightman's Relay
- Mark Morrill: 3rd: Pole Vault Team; 3rd: Weightman's Relay; 4th: Team Triple Jump
- Jeremy Olson: 3rd: Weightman's Relay; 4th: 1600 Medley Relay; 5th: Team Discus
- Levi Schilling: 2nd: 300 Meter Team Hurdles; 3rd: High Jump Team; 4th: Team Triple Jump; 4th: High/Low Hurdle Shuttle Relay:
- Thomas Sigwalt: 1st: 3200 Meter Relay; 1st: Distance Medley Relay; 4th: Team Triple Jump
- Isaac Silver: 1st: 800 Meter Relay; 4th 400 Meter Relay; 5th: Team Discus; 5th: Team Long Jump:
- Branden Smith: 4th: High/Low Hurdle Shuttle Relay; 4th: 1600 Medley Relay
- Alex Strohmeier: 1st: Mile Team Run
- Tyler Timmerman: 1st: Mile Team Run; 2nd: 300 Meter Team Hurdles
- Andrew Walter: 1st: 800 Meter Relay; 4th: High/Low Hurdle Shuttle Relay; 4th 400 Meter Relay; 5th: Team Long Jump:
- Blake Woodbury: 3rd: Weightman's Relay; 5th: Team Discus:

RESULTS

2008 DIXON F/S RELAYS: RESULTS

Host Site: Dixon High School

Date: 4-28-07

Timing System: Hand Held

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

Weather Conditions: 75 Degrees with 10-15 mph winds...nice

Team Scores: 1.) Sterling 106; 2.) Geneseo 80; 3.) Dixon 68; 4.) Rochelle 54; 5.) Princeton 48; 6.) LaSalle-Peru 40; 7.) Love's Park Harlem 32

Discus: 1.) Sterling (no names listed) 402' 10"; 2.) LaSalle-Peru (no names listed) 376' 06"; 3.) Princeton (no names listed) 372' 02"; 4.) Dixon (no names listed) 3:15' 02"; 5.) Geneseo (Jacob Carton, Jeremy Olson, Isaac Silver, Blake Woodbury) 296' 04"

Geneseo Athletes: Jeremy Olson: 103' 06"; Isaac Silver: 74' 09"; Jacob Carton 61' 04"; Blake Woodbury: 56' 00"

High Jump: 1.) Rochelle (no names listed) 20' 04"; 2.) Dixon (no names listed) 19' 06"; 3.) Geneseo (Kenny Collis, Chad Ford, Billy Hamer, Levi Schilling) 19' 00"; 4.) Harlem (no names listed) 15' 00"; 5.) Princeton (no names listed) 14' 00"

Geneseo Athletes: Chad Ford: 5' 00"; Kenny Collis: 4' 08"; Bily Hamer: 4' 08"; Levi Schilling: 4' 08"

Long Jump: 1.) LaSalle-Peru (no names listed) 70' 10"; 2.) Harlem (no names listed) 66' 11"; 3.) Dixon (no names listed) 66' 00"; 4.) Rochelle (no names listed) 65' 08"; 5.) Geneseo (Billy Hamer, Luke Lembke, Isaac Silver, Andrew Walters) 65' 07"

Geneseo Athletes: Luke Lembke: 17' 08"; Billy Hamer: 17' 02"; Andrew Walters: 16' 02"; Isaac Silver: 14' 03"

Pole Vault: 1.) Sterling (no names listed) 31' 06"; 2.) Harlem (no names listed) 31' 00"; 3.) Geneseo (Josh Kinney, Ian Mattan, Mike Morales, Mark Morrill) 29' 00"; 4.) Rochelle (no names listed) 28' 06"; 5.) Princeton (no names listed) 26' 00"

Geneseo Athletes: Mark Morrill: 9' 06"; Josh Kinney: 7' 06"; Ian Mattan: MOH; Mike Morales: MOH

Shot Put: 1.) Sterling (no names listed) 163' 04"; 2.) Dixon (no names listed) 150' 04"; 3.) LaSalle-Peru (no names listed) 139' 00"; 4.) Princeton (no names listed) 130' 10"; 5.) Rochelle (no names listed) 120' 02"

Geneseo Athletes: Jeremy Olson: 32' 11"; Luke Lembke: 30' 05"; Mark Morrill: 26' 06"; Mike Morales: 20' 02"

Triple Jump: 1.) Harlem (no names listed) 133' 06 1/4"; 2.) Sterling (no names listed) 131' 02 1/4"; 3.) Rochelle (no names listed) 130' 05 1/2"; 4.) Geneseo (Chad Ford, Mark Morrill, Levi Schilling, Thomas Sigwalt) 127' 11"; 5.) none

Geneseo Athletes: Chad Ford: 33' 08"; Mark Morrill: 33' 03"; Levi Schilling: 31' 00"; Thomas Sigwalt: 30' 00"

800 Meter Relay: 1.) Geneseo (Isaac Silver, Luke Lembke, Andrew Walters, Billy Hamer) 1:38.67; 2.) Sterling (no names listed) 1:39.43; 3.) Dixon (no names listed) 1:39.58; 4.) LaSalle-Peru (no names listed) 1:40.57; 5.) Rochelle (no names listed) 1:42.03

Geneseo Splits: Isaac Silver: 25.19; Luke Lembke: 25.57; Andrew Walters: 23.00; Billy Hamer: 24.90

1600 Meter Team Race: 1.) Geneseo (Tyler Timmerman, Ian Mattan, Carlisle Evans-Peck, Alex Strohmeier) 11 pts; 2.) Princeton (no names listed) 25; 3.) none; 4.) none; 5.) none

Geneseo Athletes:

- 1.) Tyler Timmerman: 5:16.84 (73 - 2:35 (82) - 3:58 (83) - 5:16 (78)
- 2.) Ian Mattan: 5:21.36 (73 - 2:37 (84) - 4:00 (83) - 5:21 (81)
- 3.) Carlisle Evans-Peck: 5:31.74 (74 - 2:37 (83) - 4:05 (88) - 5:31 (86)
- 5.) Alex Strohmeier: 6:20.65 (78 - 3:01 (103) - 4:47 (106) - 6:20 (93)

440 Meter High-Low Hurdle Shuttle Relay: 1.) Sterling (no names listed) 1:14.11; 2.) Dixon (no names listed) 1:17.03; 3.) Rochelle (no names listed) 1:20.92; 4.) Geneseo (Levi Schilling, Andrew Walter, Josh Kinney, Branden Smith) 1:22.22; 5.) none

Geneseo Splits: Levi Schilling: 21.03; Andrew Walters: 18.55; Josh Kinney: 21.50; Branden Smith: 21.10

3200 Meter Relay: 1.) Geneseo (Chad Ford, Thomas Sigwalt, Tyler Fox, Kenny Collis) 9:09.13; 2.) Sterling (no names listed) 9:25.52; 3.) Princeton (no names listed) 9:42.16; 4.) Dixon (no names listed) 9:43.97; 5.) Harlem (no names listed) 9:55.93

Geneseo Splits: Chad Ford: 2:15.91 (65 - 70); Thomas Sigwalt: 2:14.06 (67 - 67); Tyler Fox: 2:20.91 (68 - 72); Kenny Collis: 2:18.15 (64 - 74)

400 Meter Relay: 1.) Dixon (no names listed) 46.77; 2.) Sterling (no names listed) 47.57; 3.) LaSalle-Peru (no names listed) 48.04; 4.) Geneseo (Isaac Silver, Luke Lembke, Andrew Walters, Billy Hamer) 48.06; 5.) Rochelle (no names listed) 48.57

Geneseo Splits: Isaac Silver: 12.72; Luke Lembke: 11.97; Andrew Walters: 11.84; Billy Hamer: 11.50

1600 Meter Medley Relay: 1.) Princeton (no names listed) 3:59.57; 2.) Sterling (no names listed) 4:02.71; 3.) Rochelle (no names listed) 4:18.14; 4.) Geneseo (Josh Kinney, Jeremy Olson, Ethan Koisti, Branden Smith) 4:34.32; 5.) LaSalle-Peru (no names listed) 4:44.00

Geneseo Splits: Josh Kinney: 27.12; Jeremy Olson: 30.64; Ethan Koisti: 68.24; Branden Smith: 2:28.23 (67 - 78)

300 Meter Intermediate Hurdles Team Race: 1.) Sterling (no names listed) 1:45.12; 2.) Geneseo (Levi Schilling, Ian Mattan, Tyler Timmerman) 2:01.01; 3.) Rochelle (no names listed) 2:01.53

Geneseo Athletes: Levi Schilling: 50.56 ; Tyler Timmerman: 54.79; Ian Mattan: 55.76

Distance Medley Relay: 1.) Geneseo (Kenny Collis, Tyler Fox, Thomas Sigwalt, Chad Ford) 12:16.55; 2.) Dixon (no names listed) 12:28.36; 3.) Sterling (no names listed) 12:35.60; 4.) Rochelle (no names listed) 12:45.96; 5.) Princeton (no names listed) 12:49.75

Geneseo Splits:

Kenny Collis: 2:17.97 (67 - 70)

Tyler Fox: 58.97

Thomas Sigwalt: 3:48.53 (79 - 2:38 (79) - 3:48 (70)

Chad Ford: 5:11.09 (69 - 2:29 (80) - 3:51 (82) - 5:11 (80)

400 Meter Weightman's Relay: 1.) Sterling (no names listed) 50.71; 2.) Dixon (no names listed) 50.86; 3.) Geneseo (Jeremy Olson, Mark Morrill, Blake Woodbury, Mike Morales) 56.67; 4.) Rochelle (no names listed) 57.75; 5.) Princeton (no names listed) 59.34

Geneseo Splits: Jeremy Olson: 15.28; Mark Morrill: 12.81; Blake Woodbury: 14.13; Mike Morales: 14.81

1600 Meter Relay: 1.) Sterling (no names listed) 3:46.69; 2.) Princeton (no names listed) no time listed; 3.) Dixon (no names listed) no time listed; 4.) LaSalle-Peru (no names listed) no time listed; 5.) Rochelle (no names listed) no time listed

Geneseo Splits: Kenny Collis: 59.15; Thomas Sigwalt: 58.82; Branden Smith: 61.94; Tyler Fox: 60.12 **4:00.03**

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