



Sophomore Luke Lembke blistered more than the track in Tuesday's Westwood Triangular. Neosporin Power.

### Leafs Blister Track

### Westwood Triangular

On Tuesday afternoon, the Leafs traveled to Sterling to take on Moline in a dual meet. Sterling was originally scheduled to compete but withdrew due to their school's participation in the Supersectional Basketball game. Allemen also jumped in with a limited squad to make the meet a triangular. Andrew Walter's Long Jump of 21'10" led the team's efforts as he qualified for the Illinois Prep Top Times Indoor All-Star Meet. He also won the Triple Jump, 55 and 200 meter dashes. Other Geneseo winners included:

- Chris Bisom 1st Place: 1600 Meter Relay
- Jon Fleming: 1st Place: 1600 Meter Relay
- Jaran Heaton: 1st Place: 800 Meter Relay
- Aaron Kotecki 1st Place: 800 Meter Relay
- Luke Lembke: 1st Place: 800 Meter Relay
- John Mullin: 1st Place: 1600 Meter Relay
- Tiom Peal: 1st Place: 800 Meter Relay
- Micah Stewart: 1st Place: 1600 Meter Relay
- Andrew Walter: 1st Place: Long Jump, Triple Jump, 55 Meter Dash, 200 Meter Dash

### RESULTS

# Sterling Quad

## Walter snags four first-place finishes

By AMY BOLDT  
*Sports Editor*

The Geneseo boys' track and field team continues to improve as they got valuable meet experience in their latest two indoor meets in preparation for the outdoor season.

### Geneseo at Sterling Quad

With several athletes nabbing top places in Sterling on March 11, the Geneseo boys' track and field team captured its first official win of the season, followed by Moline and Alleman.

Leading the charge was Andrew Walter, winning the long jump, triple jump, 55-meter dash and 200-m dash. Walter's long jump feat of 21-10 also qualified him for the Illinois Prep Top Times Indoor All-Star Meet. Walter's other first place finishes included the triple jump with a leap of 40-3, the 55-m dash with a time of 6.47 seconds and the 200-m dash in 23.38.

"Andrew Walter made his season debut and what a debut it was," head coach Don Fredericks said. "He won all four events he was in, he was ready to go."

Also taking home first place finishes were the 4x400-m relay of Chris Bisom, John Mullin, Micah Stewart and Jon Fleming with a time of 3:54.69, Jaran Heaton in the pole vault with a final height of 12-0, Mullin in the 800-m run in 2:17.19, and the 800-m relay of Aaron Kotecki, Heaton, Luke Lembke and Tom Peal in 1:42.87.

In second place were Jake Ballegeer in the high jump with a leap of 5-10; Rob Barton in the pole vault at 12-0; the 4x800-m relay of Ryan Kotecki, Chance Nordstrom, Josh Lodge and Fleming in 8:59.02; Peal in the 55-m high hurdles at 8.47; Aaron Kotecki in the 55-m dash in 6.80; and Billy Hamer in the 400-m dash at 55.25.

Placing third for the Leafs were Ben Koenig in the high jump at 5-8; Tyler Toom in the pole vault at 11-6; Shane Miller in the shot put at 39-7; Fleming in the 800-m run with a time of 2:21.45; Ryan Kotecki in the 1600-m run in 5:00.82; and Andrew Walters in the 200-m dash in 25.52.

"The vaulters are really coming on," Fredericks said. "All the jumpers are doing a great job leading the team. They are scoring most of our points."

Those who took fourth place for Geneseo were Joe Snyder in the triple jump at 32-7, Koenig in the 55-m high hurdles at 9.07 and the 400-m dash in 57.78, and Thomas Sigwalt in the 800-m run in 2:23.46.



## 2008 STERLING QUAD

### Varsity Results

**Host Site:** Westwood Sports Complex in Sterling

**Date:** 3/11/08

**Scoring:** Individual: 5-3-2-1; Relay: 5-3-0

**Timing System:** Hand Held

**Team Scores:** 1.) Geneseo 74; 2.) Moline 55; 3.) Alleman 16 (Sterling did not compete due to the Basketball Supersectional)

**High Jump:** 1.) Shawn Ledbetter-12 (Moline) 6' 00"; 2.) Jake Ballegeer-11 (Geneseo) 5' 10"; 3.) Ben Koenig-12 (Geneseo) 5' 08"; 4.) Dan Knobloch-11 (Moline) 5' 08"

*Additional Geneseo Athletes:* 5.) Tom Peal-12 5' 06"

**Long Jump:** 1.) Andrew Walter-12 (Geneseo) 21' 10"; 2.) Alex Anderson-12 (Moline) 19' 09"; 3.) Eric Carlson-11 (Moline) 17' 10"; 4.) Demetri Burbridge-09 (Moline) 17' 06 1/2"

*Additional Geneseo Athletes:* 5.) Luke Lembke-10 16' 11"; 6.) Micah Stewart-09 16' 10 1/2"; 7.) Billy Hamer-09 16' 10"; 8.) Andrew Walters-09 16' 08 1/2"; 9.) Isaac Silver-09 13' 11"; 10.) Jacob Carton-10 13' 06 1/2"

**Pole Vault:** 1.) Jaran Heaton-12 (Geneseo) 12' 00"; 2.) Rob Barton-11 (Geneseo) 12' 00"; 3.) Tyler Toom-12 (Geneseo) 11' 06"; 4.) Jake Lance-12 (Moline) 10' 06"

*Additional Geneseo Athletes:* 5.) Mark Morrill-09 8' 06"; 8.) Josh Kinney-10 6' 06"

**Shot Put:** 1.) Adam Rasche-09 (Moline) 40' 10"; 2.) Seth Furman-09 (Moline) 40' 01"; 3.) Shane Miller-12 (Geneseo) 39' 07"; 4.) Austin Acree-11 (Moline) 36' 05"

*Additional Geneseo Athletes:* 6.) Aaron Kotecki-10 35' 07"; 7.) Collin DeBuysere-12 34' 10"; 8.) Jeremy Olson-10 30' 10"; Ben Kodge-09 29' 08"; 10.) Blake Woodbury-09 21' 10"

**Triple Jump:** 1.) Andrew Walter-12 (Geneseo) 40' 03"; 2.) Alex Anderson-12 (Moline) 38' 10"; 3.) Demetri Burbridge-09 (Moline) 35' 04"; 4.) Joe Snyder-11 (Geneseo) 32' 07"

*Additional Geneseo Athletes:* none

**3200 Meter Relay:** 1.) Alleman (Lopez, Torres, Brian McGuire-12, Tim Hird-11) 8:46.35; 2.) Geneseo (Ryan Kotecki-12, Chance Nordstrom-12, Josh Lodge-11, Jon Fleming-12) 8:59.02; 3.) Moline (Alex Stojanovic-09, Michael Casstel-10, Aaron Peck-09, Curt Meier-12) 9:17.91

*Additional Athletes & Splits A-Team:*

Ryan Kotecki (67 - 64 - 2:14.5 (70); Chance Nordstrom 64 - 2:13.8 (68); Josh Lodge (62 - 2:13.5 (71); Jon Fleming 62 - 2:16.5 (74)

Chris Bisom 68 - 2:15.4 (66); Chad Ford 65 - 2:18.5 (73); Tyler Fox 69 - 2:23.5 (74); Tyler Timmerman 70 - 2:30.04 (80)

**55 Meter High Hurdles:** 1.) Shawn Ledbetter-12 (Moline) 7.63; 2.) Tom Peal-12 (Geneseo) 8.47; 3.) Alex Anderson-12 (Moline) 8.52; 4.) Ben Koenig-12 (Geneseo) 9.07

*Additional Geneseo Athletes:* none

**55 Meter Dash:** 1.) Andrew Walter-12 (Geneseo) 6.47; 2.) Aaron Kotecki-10 6.80; 3.) Eric Carlson-11 (Moline) 6.81; 4.) Demetri Burbridge-09 6.90

*Additional Geneseo Athletes:* Andrew Walters-09 6.82; Billy Hamer-09 7.05; Collin DeBuysere-12 7.06; Luke Lembke-10 7.10; Isaac Silver-09 7.14; Cameron McNeil-11 7.15; Joe Snyder-7.44; Shane Miller-12 7.48; Ben Lodge-09 7.90; Jacob Carton-10 8.80

**800 Meter Run** 1.) John Mullin-09 (Geneseo) 2:17.19; 2.) Torres (Alleman) 2:18.51; 3.) Jon Fleming-12 (Geneseo) 2:21.45; 4.) Thomas Sigwalt-09 (Geneseo) 2:23.46

*Additional Geneseo Athletes & Splits:* 1.) John Mullin 2:17.19 (????); 3.) Jon Fleming 2:21.45 (62 = 79); 4.) Thomas Sigwalt 2:23.46 (????); Branden Smith 2:25.5 (???); Ethan Koisti 2:40.19 (70 - 90)

**800 Meter Relay** 1.) Geneseo (Aaron Kotecki-10, Jaran Heaton, Luke Lembke, Tom Peal) 1:42.87; 2.) Moline (Anthony McCannon, Demetri Burgridge-09, Justin Brassner-11, Eric Carlson-11) 1:44.66; 3.) none

*Geneseo Splits:* Aaron Kotecki 26.5; Jaran Heaton 24.6; Luke Lembke 25.6; Tom Peal 24.9

**400 Meter Dash:** 1.) Curt Meier-12 (Moline) 55.04; 2.) Billy Hamer (Geneseo) 55.25; 3.) Anthony McCannon-10 (Moline) 57.41; 4.) Ben Koenig-12 (Geneseo) 57.78

*Additional Geneseo Athletes:* Chris Bisom-11 56.26; Micah Stewart-09 57.35; Chance Nordstrom-12 58.30;

**1600 Meter Run:** 1.) Brian McGuire-12 (Alleman) 4:52.46; 2.) Tim Hird-11 (Alleman) 4:56.11; 3.) Ryan Kotecki-12 (Geneseo) 5:00.82; 4.) Mitchell Castel-10 (Moline) 5:03.93

*Additional Geneseo Athletes & Splits:*

Ryan Kotecki 5:00.82 (77 - 2:31 (74) - 3:47 (76) - 5:00.82 (73);

Josh Lodge 5:05.56 (72 - 2:28 (76) 2:47 (79) 5:05.56 (76)

Chad Ford 5:08.63 (77 - 2:33 (76) 3:52 (79) 5:08.64 (74)

Tyler Fox 5:19.76 (74) 2:35 (81) 4:02 (87) 5:19.76 (76)

Tyler Timmerman 5:23.54 (70) 2:31 (81) 3:58 (87) 5:23.54 (80)

Greg Pemble 5:50.5 (78) 2:45 (87) 4:17 (92) 5:50.50 (93)

**200 Meter Dash:** 1.) Andrew Walter-12 (Geneseo) 23.38; 2.) Shawn Ledbetter-12 (Moline) 24.85; 3.) Andrew Walters-09 (Geneseo) 25.52; 4.) Eric Carlson-11 (Moline) 25.73

*Additional Geneseo Athletes:* Billy Hamer-09 24.93; Aaron Kotecki-10 25.81; Isaac Silver-09 26.51; Luke Lembke-10 27.32; Cameron McNeil-11 27.37; Joe Snyder-11 27.50; Ben Lodge-09 28.90; Jacob Carton-10 33.34

**1600 Meter Relay:** 1.) Geneseo (Chris Bisom-11, John Mullin-09, Micah Stewart-09, John Fleming-12) 3:54.69; 2.) Moline (no names listed) 4:00.15; 3.) Alleman (no names listed) 4:13.88

*Additional Geneseo Athletes & Splits:*

A-Team: Chris Bisom 57.94; John Mullin 57.03; Micah Stewart 60.38; Jon Fleming 59.28

B-Team: Ryan Kotecki 60.23; Chad Ford 62.35; Josh Lodge 59.37; Ethan Koisti 68.85 **4:10.88**

C-Team: Thomas Sigwalt 62.82; Tyler Fox 64.24; Tyler Timmerman 69.04; Branden Smith 61.53 **4:17.63**

This is a Geneseo Track & Field Manila site.