



### **Homecoming for Coach Harrington**

Pictured is Coach Harrington who is surrounded by Maple Leafs. Coach Harrington returned to his boyhood home for Friday's meet.

### **Jensen Scares School 20 Year Old School Record as Short Handed Leafs fall to Sterling 97-49**

On Friday, April 3rd the Maple Leafs traveled to Sterling for a dual meet. The meet was originally scheduled for Thursday but was pushed back a day due to poor weather. Unfortunately, only 26 members of the team were able to make the trip due to a plethora of conflicts created by the postponement. The team put up a great effort and bagged multiple personal bests. Leading the charge were double event winners Jake Balleger (high jump / triple jump) and Curt Jensen (Discus / Shot Put.) Curt Jensen also put a scare into the Discus School Record of 165' 07" held by Derek Allen (1989) with a monster throw of 161' 6" (the 4th farthest throw in school history.) Not bad for the first outdoor meet. Listed below are Geneseo's point scorers.

- Justin Anderson: 2nd (400 Meter Dash)
- Jacob Arnold: 3rd (800 Meter Run)
- Michael Ashpole: 2nd (High Jump)
- Jake Balleger: 1st (High Jump); 1st Triple Jump
- Sean Barry: 3rd (400 Meter Dash)
- Chris Bison: 1st (300 Meter Intermediate Hurdles)
- Colton Boyles: 1st (Pole Vault)
- Kenny Collis: 2nd (800 Meter Run)
- Chad Ford: 1st (3200 Meter Run); 3rd (1600 Meter Run)
- Curt Jensen: 1st (Discus); 1st (Shot Put)
- Thomas Sigwalt: 2nd (1600 Meter Run)

### **RESULTS**

# Ballegeer, Jensen lead GHS in Sterling

By AMY BOLDT  
*Sports Editor*

Seniors Jake Ballegeer and Curt Jensen went 2-for-2 to lead the Geneseo boys' track and field team April 3 in Sterling, but the squad's efforts fell short as GHS lost 94-49 to the Golden Warriors.

Ballegeer won the high jump with a final jump of 6-0 and took first in the triple jump with a mark of 39- 5 1/2. Jensen placed first in the discus with a throw of 161-06 and in the shot put with a toss of 51-5 1/2.

"Curt threw over 161 feet in the discus, a personal best, the fourth farthest in school history, which is phenomenal," said head coach Don Fredericks. "Jake also had a great night tying his personal bests and almost broke 40 feet in the triple jump."

The Leafs had three other first-place finishes from Colton Boyles in the pole vault, clearing 10-6; Chad Ford in the 3200-meter run, taking the tape in 10 minutes and 46.56 seconds and Chris Bisom in the 300-m intermediate hurdles at 43.75.

Placing second for the Leafs were Michael Ashpole in the high jump with a leap of 6-0; the 4x800-m relay of

Thomas Sigwalt, Jacob Arnold, Kenny Chavez and Kenny Collis in 9:24.25; and the 4x100-m relay of Cameron McNeil, Justin Anderson, Boyles and Isaac Silver, 47.69.

"Other highlights were Chad Ford ran a spirited race and won the 3200-m run; Colton Boyles had a personal best in the pole vault; Chris Bisom won the 300-m hurdles, running it for the first time and Michael Ashpole took second in the high jump at 6-0 so we had two 6-0 high jumpers," said Fredericks.

Also, Collis in the 800-m run at 2:20.22; Anderson in the 400-m dash in 1:00.13; Sigwalt in the 1600-m run at 5:05.99; and the 4x400-m relay of Bisom, Jacob Arnold, Chavez and Ford with a time of 4:05.28.

Jacob Arnold, Sean Barry and Ford placed third in their respective events — Arnold in the 800-m run at 2:30.69; Barry in the 400-m dash in 1:02.32; and Ford in the 1600-m run with a time of 5:06.26.

Fourth-place finishers include Ethan Lawson, shot put, 108-1; Mark Sliz, long jump, 17-11 1/4; Rob Orendorff, pole vault, 8-6; Troy Diericks, shot put, 40-0; Ash-

pole, 110-m high hurdles, 17.95; and Matt Arnold, 400-m dash, 1:04.32.

Rounding out the top five were Bisom in the long jump at 17-08 and 110-m high hurdles, 18.19; Tyler Claeys, pole vault, 8-0; Lawson, shot put, 39-9; Branden Smith, 3200-m run, 12:19.07; Chavez, 800-m run, 2:35.16; Michael Ward, 300-m intermediate hurdles, 49.97; and Silver, 200-m dash, 25.17.

## Additional Track Results

**3200-m run-** Tyler Timmerman, sixth, 12:19.07.

**110-m high hurdles-** Claeys, sixth, 20.59; Ward, seventh, 21.33; and Orendorff, 22.02.

**100-m dash-** McNeil, 11.97; Boyles, 12.03; Anderson, 12.27; Silver, 12.32; Barry, 12.61; Matt Arnold, 12.85.

**200-m dash-** Boyles, seventh, 26.24 and Matt Arnold, eighth, 28.24.

The Leafs will be in action this weekend at the United Township Invitational at 10 a.m. April 11.

"I am happy with how we came in (to the outdoor season) and we just need to keep improving," said Fredericks. "The UT Invite is a big invite, it is an ABC meet so there are more competitive opportunities and we are real excited."



## 2009 STERLING DUAL

### Varsity Results

**Host Site:** Sterling High School

**Date:** 4/03/09

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

**Timing System:** Hand Held

**Weather Conditions:** 47 with a cold northwest wind of 15-20 MPH.

**Team Scores:** 1.) Sterling 97; 2.) Geneseo 49

**Discus:** 1.) Curt Jensen-12 (Geneseo) 161' 06"; 2.) Tyler Loos-11 (Sterling) 154' 04"; 3.) Aaron Swope-12 (Sterling) 122' 03"

Additional Geneseo Athletes: 4.) Ethan Lawson-11 108' 01"; 7.) Troy Diericks-11 93' 09 "; 8.) Anthony Roome-10 89' 05"; 9.) Blake Woodbury-10 74' 06"

**High Jump:** 1.) Jake Ballegeer-12 (Geneseo) 6' 00"; 2.) Michael Ashpole-11 (Geneseo) 6' 00"; 3.) Brady Grell-10 (Sterling) 5' 06"

Additional Geneseo Athletes: 6.) Tyler Claeys-11 5' 04"; 7T.) Mark Sliz-09 5' 02"

**Long Jump:** 1.) Nikko Rivera-12 (Sterling) 19' 06"; 2.) Chevy Bushaw-11 (Sterling) 18' 07 1/2"; 3.) Clay Hadley-12 (Sterling) 18' 06 1/4"

Additional Geneseo Athletes: 4.) Mark Sliz-09 17' 11 1/4"; 5.) Chris Bisom-12 17' 08"; 8.) Sean Barry-11 14' 04 3/4"; Michael Ward-12 14' 04"

**Pole Vault:** 1.) Colton Boyles-12 (Geneseo) 10' 06"; 2.) Chris Knutsen-11 (Sterling) 10' 06"; 3.) Mike Sneiderbauer-09 (Sterling) 9' 06"

Additional Geneseo Athletes: 4.) Rob Orendorff-11 8' 06"; 5.) Tyler Claeys-11 8' 00"

**Shot Put:** 1.) Curt Jensen-12 (Geneseo) 51' 05 1/2"; 2.) Tyler Loos-11 (Sterling) 44' 01"; 3.) Aaron Swope-12 (Sterling) 41' 07"

Additional Geneseo Athletes: 4.) Troy Diericks-11 40' 00; 5.) Ethan Lawson-11 39' 09"; 10.) Anthony Roome-10 33' 11"; 14.) Blake Woodbury-10 26' 02"

**Triple Jump:** 1.) Jake Ballegeer-12 (Geneseo) 39' 05 1/2"; 2.) Chase Chesire-10 (Sterling) 35' 07"; 3.) Doug Mikan-09 (Sterling) 34' 11 1/2"

Additional Geneseo Athletes: none

**3200 Meter Relay:** 1.) Sterling (no names listed) 9:10.75; 2.) 2.) Geneseo (Thomas Sigwalt-10, Jacob Arnold-10, Kenny Chavez-11, Kenny Collis-11) 9:24.25

Additional Geneseo Athletes & Geneseo Splits:

-Thomas Sigwalt: 2:15.31 (65 - 70)

-Kenny Collis: 2:20.29 (63 - 77)

-Jacob Arnold: 2:23.15 (64 - 79)

-Kenny Chavez: 2:25.56 (67 - 78)

**400 Meter Relay** 1.) Sterling (no names listed) 44.81; 2.) Geneseo (Cameron McNeil-12, Justin Anderson-12, Colton Boyles-12, Isaac Silver-10) 47.69

Additional Geneseo Athletes & Geneseo Splits:

-Cameron McNeil 12.19  
-Justin Anderson 10.71  
-Colton Boyles 13.10  
-Isaac Silver- 11.69

**3200 Meter Run:** 1.) Chad Ford-11 (Geneseo) 10:46.56; 2.) Jakob Landis-10 (Sterling) 10:46.84; 3.) Nathan Castillo-12 (Sterling) 11:51.72

Additional Geneseo Athletes & Splits:

1.) Chad Ford-11: 10:46.56 (71 - 2:30 (79) - 3:52 (82) - 5:17 (85) - 6:42 (85) - 8:05 (83) - 9:31 (86) - 10:46.56 (75)  
5.) Branden Smith-10: 12:19.07 (80 - 2:49 (89) - 4:23 (94) - 5:59 (96) - 7:33 (94) - 9:10 (97) - 10:51 (101) - 12:19.07 (88)  
6.) Tyler Timmerman-11: 12:19.67 (80 - 2:49 (89) - 4:23 (94) - 5:59 (96) - 7:33 (94) - 9:13 (100) - 10:54 (101) - 12:19.07 (84)

**110 Meter High Hurdles :** 1.) Brennen Dir-11 (Sterling) 15.59; 2.) Kyle Casten-11 (Sterling) 16.77; 3.) Keaton Cervantes-12 (Sterling) 17.71

Additional Geneseo Athletes: 4.) Michael Ashpole-11 17.95; 5.) Chris Bisom-12 18.19; 6.) Tyler Claeys-11 20.59; 7.) Michael Ward-12 21.33; 8.) Rob Orendorff-11 22.02

**100 Meter Dash :** 1.) Corey Hartz-10 (Sterling) 11.00; 2.) David Nelson-11 (Sterling) 11.20; 3.) Alex Rodriguez-09 (Sterling) 11.35

Additional Geneseo Athletes: Cameron McNeil-12 11.97; Colton Boyles-12 12.03; Justin Anderson-12 12.27; Isaac Silver-10 12.32; Sean Barry-11 12.61; Matt Arnold-11 12.85

**800 Meter Run:** 1.) Aaron Brenner-09 (Sterling) 2:19.67; 2.) Kenny Collis-11 (Geneseo) 2:20.22; 3.) Jacob Arnold-10 (Geneseo) 2:30.69

Additional Geneseo Athletes & Geneseo Splits:

2.) Kenny Collis-11 2:20.22 (69 - 71)  
3.) Jacob Arnold-10 2:30.68 (75 - 75)  
5.) Kenny Chavez-11 2:35.16 (75 - 80)

**800 Meter Relay** 1.) Sterling (no names listed) 1:35.03; 2.) none

Additional Geneseo Athletes & Geneseo Splits: none

**400 Meter Dash:** 1.) George Kelly-11 (Sterling) 57.91; 2.) Justin Anderson-12 (Geneseo) 1:00.13; 3.) Sean Barry-11 (Geneseo) 1:02.32

Additional Geneseo Athletes:

4.) Matt Arnold-11 1:04.32

**300 Meter Intermediate Hurdles :** 1.) Chris Bisom-12 (Geneseo) 43.75; 2.) Keaton Cervantes-12 (Sterling) 45.48; 3.) Brennen Dir-11 (Sterling) 45.59

Additional Geneseo Athletes: 5.) Michael Ward-12 49.97; 6.) Tyler Claeys-11 54.45

**1600 Meter Run:** 1.) Jacob Landis-10 (Sterling) 5:05.62.; 2.) Thomas Sigwalt-10 (Geneseo) 5:05.99; 3.) Chad Ford-11 (Geneseo) 5:06.26

Additional Geneseo Athletes & Splits:

2.) Thomas Sigwalt: 5:05.99 (71 - 2:31 (80) - 3:51 (80) - 5:05.99 (74)  
3.) Chad Ford: 5:06.26 (71 - 2:30 (79) - 3:51 (81) - 5:06.26 (75)  
6.) Branden Smith-10: 5:29.95 (74 - 2:38 - (84) 4:06 (88) - 5:29.95. (83)  
9.) Tyler Timmerman-11: 5:54.99 (78 - 2:50 (92) - 4:25 (95) - 5:54.99 (89)

**200 Meter Dash:** 1.) Brian Commison-10 (Sterling) 24.28; 2.) David Nelson-10 (Sterling) 24.33; 3.) Alex Rodriguez-09 (Sterling) 24.35

Additional Geneseo Athletes:

5.) Isaac Silver-10: 25.17

7.) Coolton Boyles-12: 26.24

8.) Matt Arnold-11: 28.24

**1600 Meter Relay:** 1.) Sterling (no names listed) 3:46.99; 2.) Geneseo (Chris Bisom-12, Jacob Arnold-10, Kenny Chavez-11, Chad Ford-11) 4:05.28

Additional Geneseo Athletes & Splits:

-Chris Bisom - 55.35

-Chad Ford - 61.90

-Jacob Arnold - 62.56

-Kenny Chavez - 65.47