

Ashpole snags two firsts,

Leafs place second

By AMY CARTON
Sports Editor

The Geneseo High School boys' track and field team continues to gain valuable experience indoors as the squad prepares for the outdoor season.

Geneseo vs. Sterling/Moline

The Leafs were matched in a triangular with Sterling and Moline March 16 at the Westwood Sports Complex where Geneseo took second overall to Sterling and earned four first-place finishes for the day.

"All three teams competed at invites on Saturday so we didn't load up our entries," said head coach Don Fredericks. "We were careful with what we did.

"All-in-all we were excited to watch them compete and we saw some good things and promising things for the future."

Michael Ashpole led the team with two first-place finishes in the high jump and the 55-meter hurdles. In the high jump, he cleared 6-1 and in the 55-m hurdles took the tape in 7.83 sec-

onds.

"Michael competed in the high jump for the first time this year and qualified for the Illinois Prep Top Times Meet and had a lifetime best in the 55-m hurdles and also qualified for the Top Times Meet," said Fredericks.

The 4x800-m relay of Jordan Starkey, Chad Ford, Kyle Reiling and Thomas Sigwalt earned top honors with a time of 8:47.90, followed by Sigwalt in the 800-m run, crossing the finish line in 2:15.95.

"Thomas Sigwalt did a good job to take first after being out ill, he manned up," said Fredericks. "And the 4x800-m relay just ran outside of the state mark."

The Leafs also captured six second-place finishes from Joe Ballegeer and Ian Mattan tying for runner up honors in the pole vault, both clearing 10-6; Keefe Peterson in the long jump at 17-10; and Daulton Johnson in the triple jump with a final mark of 37-4 1/2.

Joe Huffman placed second

in the shot put with a throw of 46-1 1/2, followed by Kenny Collis in the 800-m run with a time of 2:16.97.

Placing third for the Leafs were Ethan Reschke in the long jump at 17-8 3/4; Troy Diericks, shot put, 43-1; Aaron Kotecki, 55-m dash, 6.73; the 4x200-m relay of Luke Lembke, Billy Hamer, Isaac Silver and Andrew Walters in 1:40.37; Tyler Fox, 800-m run, 2:18.21; Peterson, 400-m dash, 56.71; and the 4x400-m relay of Daulton Johnson, Nate Johnson, Ben Chom and Ethan Reschke in 4:08.36.

Sawyer Claus took fourth in the triple jump with a mark of 34-9, while Austin Frank came in fourth in the 55-m hurdles with a time of 9.93.

Dugan Kuffel also added a fourth-place finish in the 400-m dash at 57.43, while Silver came in fourth in the 200-m dash in 25.99.

Kotecki placed fifth in the 200-m dash with a time of 26.76.

Additional Track Results

55-m dash- Hamer, sixth, 6.89.
800-m run- Claus, eighth, 2:38.35. **1600-m run-** Ford, sixth, 4:56.80; Starkey, seventh, 4:57.90; and Reiling, eighth, 5:00.10.

Additional Field Results

High jump- Alan Mannon, sixth, 5-4. **Long jump-** Kuffel, 11th, 15-7; and Jordan Reschke, 12th, 14-1 1/4. **Triple jump-** Dylan Wagoner, seventh, 33-3 1/2. **Shot put-** Anthony Roome, sixth, 38-7.

Geneseo at Sterling Invite

At the March 13 Sterling First Chance Invitational, the Leafs unofficially placed sixth overall out of 11 teams.

"Galesburg is just a powerhouse and they are looking to bring home a state trophy this year, but it was good for our athletes to see teams of that caliber," said Fredericks. "Sterling and Dixon are also good and they are definitely ahead of us, but we are looking to close that gap."

Ashpole and Hamer gave the Leafs their highest place finishes

of the day, both with seconds. Ashpole earned runner up honors in the 55-m high hurdles in 8.28, while Hamer took second in the 400-m dash in 53.22.

Geneseo's 4x800-m relay of Starkey, Ford, Reiling and Sigwalt came in third place, crossing the finish line in 8:47.18, while Kotecki took fifth in the 55-m dash in 6.93. The 4x200-m relay of Lembke, Daulton Johnson, Silver and Walters also placed fifth in 1:42.13.

Additional Track Results

55-m dash- Hamer, 8th, 6.96; and Lembke, 12th, 7.09. **55-m high hurdles-** Frank, 10th, 9.95; and Kuffel, 11th, 9.97. **800-m run-** Starkey, 10th, 2:16.10; Tyler Fox, 15th, 2:19.90; and Branden Smith, 16th, 2:20.67. **400-m dash-** Peterson, sixth, 57.03; and Ashpole, 7th, 57.07. **1600-m run-** Ford, ninth, 4:56.05; Sigwalt, 11th, 5:05.01; and Reiling, 14th, 5:06.73. **200-m dash-** Ethan Reschke, eighth, 25.42; Tyler Claeys, 13th, 26.17; and Claus, 26.69. **4x400-m relay-** Frank, Landon Hoon,

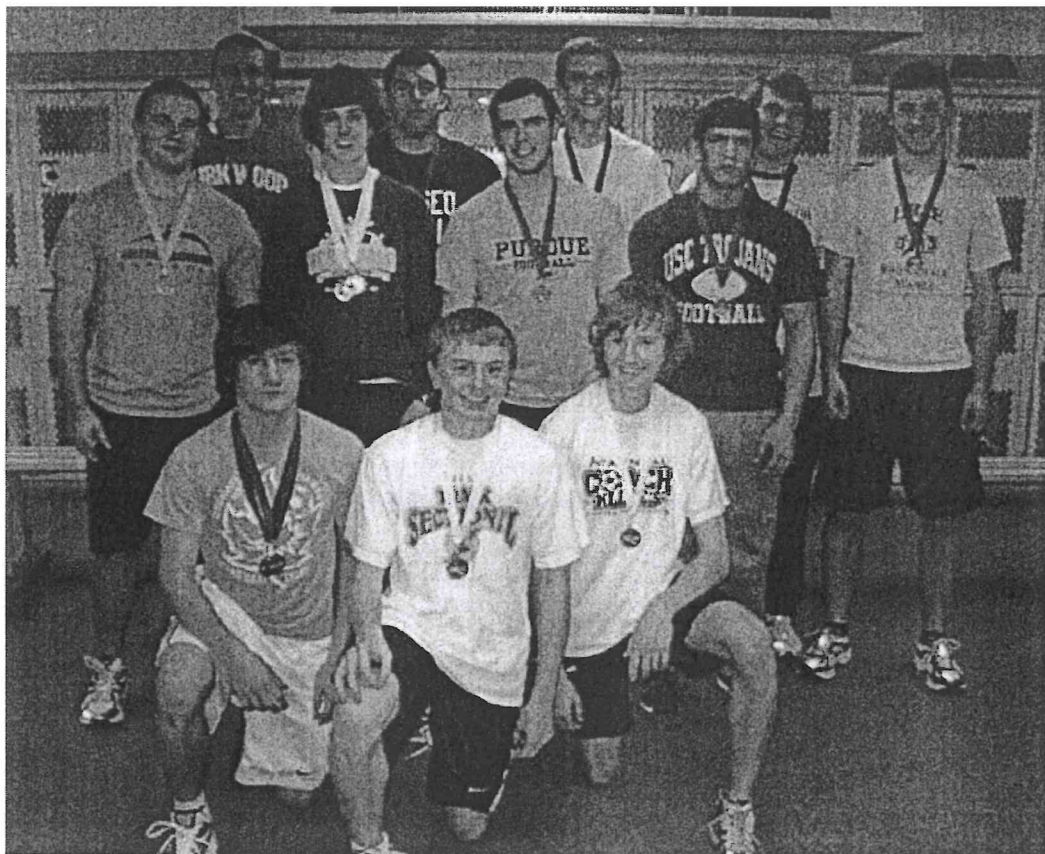
John Mullin and Kuffel, eighth, 3:58.10.

Additional Field Results

High jump- Mannon, ninth, 5-4; Alex Platz, ninth, 5-4; and Chuck Springer, 5-2. **Long jump-** Ethan Reschke, 11th, 18-3 1/4; Peterson, 12th, 18 1/2; and Lembke, 18th, 16-10 1/2. **Pole vault-** Ballegeer, seventh, 10-0; Josh Coquit, 12th, 7-0; and Jesse Mohr, 14th, 6-6. **Shot put-** Huffman, sixth, 45-02; Diericks, 14th, 41-1 1/2; and Roome, 21st, 38-04. **Triple jump-** Daulton Johnson, sixth, 38-4 1/4; and Wagoner, 16th, 35 1/4.

The Leafs will be back in action at 9 a.m. March 27 at Sterling.

"We just have to keep paying our dues," said Fredericks. "We are trying to build as big a base as we can and we need to work on endurance and techniques. It is still very early in the season. We have one more indoor meet and then we are outdoors and we are excited about that."



Bringin' Home the Bacon.

The boys pictured above all earned medals on Saturday in the First Chance Inv.

STERLING FIRST CHANCE INVITATIONAL

On Saturday, March 13th, the Leafs traveled to Sterling's Westwood Sports Complex to participate in the non-scored Sterling First Chance Invitational. The meet allowed three entries in each individual event and one relay team per relays. Michael Ashpole and Billy Hamer led the Leaf charge with their season debut as each athlete recorded strong 2nd place showings. Michael's in the 55 meter hurdles while Billy's was in the 400 Meter Dash. Geneseo Placers are listed below.

- 2nd Place: Michael Ashpole (55 Meter High Hurdles)
- 2nd Place: Billy Hamer (400 Meter Dash)
- 3rd Place: Jordan Starkey, Chad Ford, Kyle Reiling, Thomas Sigwalt (3200 Meter Relay)
- 5th Place: Aaron Kotecki (55 Meter Dash)
- 5th Place: Luke Lembke, Dalton Johnson, Isaac Silver, Andrew Walters (800 Meter Relay)
- 6th Place: Joe Huffman (Shot Put)
- 6th Place: Dalton Johnson (Triple Jump)
- 6th Place: Keefe Peterson (400 Meter Dash)

2010 STERLING FIRST CHANCE INVITATIONAL

Varsity Results

Host Site: Westwood Sports Complex in Sterling

Date: 3/06/10

Scoring: Non-Scored (10-8-6-4-2-1; Relay: 10-8-6-4-2-1)

Timing System: FAT

Team Scores: Unofficial 1.) Galesburg 109; 2.) Dixon 63; 3.) Sterling 50; 4.) Alleman 42; 5.) Princeton 39; 6.) Geneseo 29; 7.) DeKalb 28; 8.) Bureau Valley 27; 9.) LaSalle-Peru 22; 10.) Fieldcrest 10; 11.) Sterling Newman 14

High Jump: 1.) Presston Lumsy-11 (Dixon) 6' 04"; 2.) Bailee Ricketts-12 (Galesburg) 6' 04"; 3.) Austin Peterson (Bureau Valley) 6' 02"; 4.) Justin Davidson-12 (Galesburg) 6' 00"; 5.) Scott Goad-10 (Dixon) 6' 00"; 6.) Brennen Dir-12 (Sterling) 5' 08"

Additional Geneseo Athletes:

9T.) Alan Mannon-10 5' 04"

9T.) Alex Platz-10 5' 04"

13.) Chuck Springer-10 5' 02"

Long Jump: 1.) Travon Diggins-09 (Galesburg) 19' 09 1/2"; 2.) Justin Davidson-12 (Galesburg) 19' 07 1/2"; 3.) Scott Goad-10 (Dixon) 19' 05 1/4"; 4.) John Worley-09 (Dixon) 19' 02"; 5.) Adam Sanden-12 (Bureau Valley) 19' 01"; 6.) Arthur Moss-11 (Galesburg) 18' 11"

Additional Geneseo Athletes:

11.) Ethan Reschke-09 18' 03 1/4"

12.) Keefe Peterson-12 18' 00 1/2"

18.) Luke Lemkke-12 16' 10 1/2"

Pole Vault: 1.) James Dove-10 (Princeton) 11' 06"; 2.) Tim Cornelis-11 (Alleman) 11' 00"; 3T.) Will Elliot-12 (Alleman) 10' 06"; 3T.) Andrew Christ-11 (Dixon) 10' 06"; 5.) Malcom Cagle-11 (Galesburg) 10' 06"; 6.) Josh Chromek-10 (Sterling) 10' 06"

Additional Geneseo Athletes:

7.) Joe Ballegeer-10 10' 00"

12.) Josh Cocquit-10 7' 00"

14.) Jesse Mohr-10 6' 06"

Shot Put: 1.) David Goad-12 (Dixon) 50' 07"; 2.) Tyler Loos-12 (Sterling) 50' 00"; 3.) Presston Lumsy-11 (Dixon) 49' 11"; 4.) Jon Shippert-10 (Dixon) 47' 01"; 5.) Mike Weidner-12 (Bureau Valley) 46' 03"; 6.) Joe Huffman-10 (Geneseo) 45' 02"

Additional Geneseo Athletes:

14.) Troy Diericks-12 41' 01 1/2"

21.) Anthony Roome-11 38' 04"

Triple Jump: 1.) Dominik Taylor-12 (DeKalb) 40' 11 1/2"; 2.) Austin Burrows-10 (Princeton) 40' 06 1/2"; 3.) Drexler Blue-12 (Sterling) 40' 03"; 4.) Jade Meyer-12 (Fieldcrest) 40' 01"; 5.) Brennen Dir-12 (Sterling) 38' 05 3/4"; 6.) Dalton Johnsn-09 (Geneseo) 38' 04 1/4"

Additional Geneseo Athletes:

16.) Dylan Wagoner-09 35' 00 1/4"

-Lucas Waller-12 (4 scratches)

3200 Meter Relay: 1.) Galesburg (no names listed) 8:35.99; 2.) Fieldcrest (no names listed) 8:46.21; 3.) Geneseo (Jordan Starkey-09, Chad Ford-12, Kyle Reiling-10, Thomas Sigwalt-11) 8:47.18; 4.) Sterling (no names listed) 8:47.40; 5.) Alleman (no names listed) 8:55.11; 6.) Bureau Valley (no names listed) 9:05.03

Geneseo Splits:

-Jordan Starkey: 2:12.17 (64 - 68)

-Chad Ford: 2:12.31 (62 - 70)

-Kyle Reiling: 2:14.19 (65 - 69)

-Thomas Sigwalt: 2:08.22 (62 - 66)

55 Meter Meter Dash: 1. Sam Renk-12 (LaSalle-Peru) 6.81; 2.) Blake Quiram-10 (Princeton) 6.81; 3.) David Nelson-12 (Sterling) 6.82; 4.) Leshun Daniels-09 (DeKalb) 6.82; 5.) Aaron Kotecki-12 (Geneseo) 6.93; 6.) Brian Commisso-11 (Sterling) 6.94

Additional Geneseo Athletes:

8.) Billy Hamer-11 6.96
12.) Luke Lembke-12 7.09

55 Meter High Hurdles: 1.) Josh Thomas-12 (Galesburg) 8.12 2.) Michael Ashpole-12 (Geneseo) 8.28; 3.) Patrick Ewald (Alleman) 8.58; 4.) Kyle Casten-12 (Sterling) 8.63; 5.) Brennen Dir-12 (Sterling) 8.63; 6.) Evan Suarez-10 (Princeton) 8.98

Additional Geneseo Athletes:

10.) Austin Frank-09 9.95
11.) Dugan Kuffel-09 9.97

800 Meter Relay 1.) Dixon (no names listed) 1:38.95; 2.) Sterling (no names listed) 1:39.09; 3.) Bureau Valley (no names listed) 1:39.86; 4.) Galesburg (no names listed) 1:39.92; 5.) Geneseo (Luke Lembke-12, Dalton Johnson-09, Isaac Silver-11, Andrew Walters-11) 1:42.13; 6.) DeKalb (no names listed) 1:42.28

Additional Geneseo Athletes & Geneseo Splits:

-Luke Lembke-12: 24.25
-Dalton Johnson-09: 25.85
-Isaac Silver-11: 26.06
-Andrew Walters-11: 25.66

800 Meter Run: 1.) Will Remmes-11 (Galesburg) 2:02.81; 2.) Beau Salsman-10 (Galesburg) 2:07.01; 3.) Jonny Mendez-11 (LaSalle-Peru) 2:08.02; 4.) Derrick Johnson-10 (Bureau Valley) 2:09.90; 5.) James Leigh-11 (Fieldcrest) 2:10.84; 6.) Kinsley Taramm-12 (Fieldcrest) 2:11.27

Additional Geneseo Athletes & Geneseo Splits:

10.) Jordan Starkey-09 2:16.10 (62 - 74)
15.) Tyler Fox-12 2:19.90 (65 - 74)
16.) Branden Smith-11 2:20.67 (67 - 73)

400 Meter Dash: 1.) Josh Thomas-12 (Galesburg) 53.08; 2.) Billy Hamer-11 (Geneseo) 53.22; 3.) Vincent Lorenzo-11 (DeKalb) 54.38; 4.) Jake Meyer-12 (Fieldcrest) 55.95; 5.) Ian Scheilein-10 (Dixon) 56.99; 6.) Keefe Peterson-12 (Geneseo) 57.03

Additional Geneseo Athletes:

7.) Michael Ashpole-12: 57.07

1600 Meter Run: 1.) Matt Billingsley-11 (Alleman) 4:40.19; 2.) Jake Trancoso-10 (Newman) 4:40.57; 3.) Dylan Reyes-?? (Newman) 4:43.84; 4.) Gabe Moreno-12 (Galesburg) 4:44.16; 5.) Jacob Landis-11 (Sterling) 4:50.15; 6.) Zach Payne-10 (Dixon) 4:50.68

Additional Geneseo Athletes & Splits:

9.) Chad Ford-12 4:56.05 (69 - 2:22 (73) - 3:38 (76) - 4:56 (78)
11.) Thomas Sigwalt-11: 5:05.01 (71 - 2:28 (77) - 3:48 (80) - 5:03 (75)
14.) Kyle Reiling-10 5:06.73 (71 - 2:27 - (77) 3:44 (77) - 5:06 (82)

200 Meter Dash: 1.) Blake Quiram-10 (Princeton) 24.02; 2.) Justin Quintana-11 (Alleman) 24.23; 3.) Sam Renk-12 (LaSalle-Peru) 24.25; 4.) Jared Carl-11 (Galesburg) 24.51; 5.) Ian Ferguson-10 (Alleman) 24.82; 6.) Zach Mooreman-11 (Sterling) 24.90

Additional Geneseo Athletes:

8.) Ethan Reschke-09 25.42
13.) Tyler Claes-12: 26.17
16.) Sawyer Claus-09 26.69

1600 Meter Relay: 1.) Galesburg (no names listed) 3:38.94; 2.) Sterling (no names listed) 3:42.91; 3.) Galesburg (no names listed) 3:48.23; 4.) Bureau Valley (no names listed) 3:51.98; 5.) Dixon (no names listed) 3:53.73; 6.) Princeton (no names listed) 3:54.05; 8.) Geneseo (Austin Frank-09, Landon Hoon-10, John Mullin-11, Dugan Kuffel-09) 3:58.10

Additional Geneseo Athletes & Splits:

-Austin Frank-09: 58.82
-Landon Hoon-10: 62:18
-John Mullin-11: 59.56
-Dugan Kuffel-09: 57.26

This is a Geneseo Track & Field Manila site.