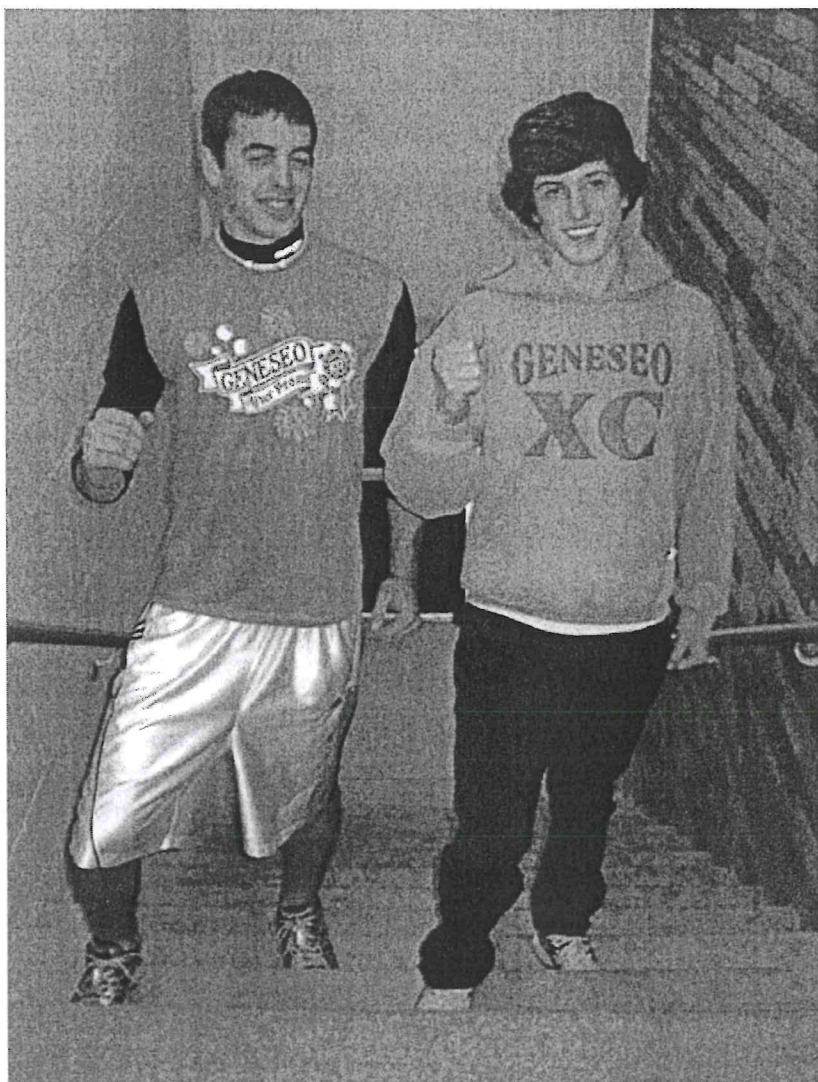




## STERLING GOLD MEDAL INVITATIONAL

On Saturday, March 6th, the Leafs traveled to Sterling to participate in the 6-team Sterling Gold Medal Invitational. The meet was non-scored and was the first full-team competition. The team was a bit short-handed with several teammates participating in a band/choir competition. The coaching staff was concerned about potential injuries so the athletes were limited to very few events. The main goal of the meet was to sustain no injuries and record a season best. Both goals were accomplished and the team showed great promise.

Leading the charge were Geneseo's two Gold Medalists: Chad Ford (1600 Meter Run) and Micah Stewart (400 Meter Dash.) Geneseo placers are listed below.

- 1st Place: Micah Stewart (400 Meter Dash)
- 1st Place: Chad Ford (1600 Meter Run)
- 2nd Place: Jordan Starkey, Chad Ford, Branden Smith, Thomas Sigwalt (3200 Meter Relay)
- 3rd Place: Keefe Peterson (400 Meter Dash)
- 3rd Place: Ethan Reschke (Long Jump)
- 4th Place: Daulton Johnson (Long Jump)
- 4th Place: Thomas Sigwalt (1600 Meter Run)
- 5th Place: Joe Huffman (Shot Put)
- 5th Place: Luke Lembke (55 Meter Dash)
- 6th Place: Joe Ballegeer (Pole Vault)
- 6th Place: Tyler Claeys (55 Meter High Hurdles)
- 6th Place: Aaron Kotecki (55 Meter Dash)
- 6th Place: Aaron Kotecki, Daulton Johnson, Isaac Silver, Luke Lembke (800 Meter Relay)
- 6th Place: Austin Frank, Jacob Miller, Marcus Gagnon, John Mullin (800 Meter Relay)

## 2010 STERLING GOLD MEDAL INVITATIONAL

| Varsity Results                                                                                                                                                                                                                                                                                            |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Host Site:</b> Westwood Sports Complex in Sterling<br><b>Date:</b> 3/06/10<br><b>Scoring:</b> Non-Scored (10-8-6-4-2-1; Relay: 10-8-6-4-2-1)<br><b>Timing System:</b> Hand Held                                                                                                                         |  |
| <b>Team Scores:</b> Unofficial 1.) Dixon 102; 2.) Sterling 92.50; 3.) Oregon 90; 4.) Rock Falls 60.50; 5.) Geneseo 58; 6.) Bureau Valley 40                                                                                                                                                                |  |
| <b>High Jump:</b> 1.) Presston Lumsy-11 (Dixon) 6' 03"; 2.) Austin Peterson (Bureau Valley) 6' 03; 3.) ? Buonavolonto-?? (Oregon) 5' 10"; 4T.) Joey Ganus-?? (Oregon) 5' 10"; 4T.) Scott Goad-?? (Dixon) 5' 10"; 6T.) Devantay Euell-?? (Rock Falls) 5' 08"; 6T.) Cornell Hartz-09 (Sterling) 5' 08"       |  |
| <u>Additional Geneseo Athletes:</u><br>-Alan Mannon-10 5' 06"<br>-Chuck Springer-10 5' 06"<br>-Alex Platz-09 5' 04"<br>-Landon Hoon-10 5' 04"<br>-Austin Frank-09 5' 02"                                                                                                                                   |  |
| <b>Long Jump:</b> 1.) Scott Goad-?? (Dixon) 19' 07 1/2"; 2.) ? Smith-?? (Oregon) 18' 04 1/4"; 3.) Ethan Reschke-09 (Geneseo) 18' 04"; 4.) Dalton Johnson-09 (Geneseo) 18' 02 1/2"; 5.) Alex VanWeelden-12 (Sterling) 18' 01 3/4"; 6.) ? Godby-?? (Oregon) 17' 11"                                          |  |
| <u>Additional Geneseo Athletes:</u><br>-Keefe Peterson-12 16' 10 1/2"<br>-Sawyer Claus-09 15' 06 3/4"<br>-Jordan Reschke-09 15' 04"                                                                                                                                                                        |  |
| <b>Pole Vault:</b> 1.) J.C. McInch-12 (Rock Falls) 12' 06"; 2.) Chris Knutsen-12 (Sterling) 11' 06"; 3.) ? McCourt-?? (Oregon) 10' 06"; 4.) Mike Schneiderbauer-10 (Sterling) 10' 06"; 5.) Andrew Christ-11 (Dixon) 10' 00"; 6.) Joe Ballegeer-10 (Geneseo) 9' 06"                                         |  |
| <u>Additional Geneseo Athletes:</u><br>-Rob Orendorff-12 9' 06"<br>-Jesse Mohr-10 6' 00"                                                                                                                                                                                                                   |  |
| <b>Shot Put:</b> 1.) David Goad-12 (Dixon) 51' 10"; 2.) Tyler Loos-12 (Sterling) 51' 01"; 3.) Presston Lumsy-11 (Dixon) 49' 11"; 4.) Mike Weidner-12 (Bureau Valley) 49' 07"; 5.) Joe Huffman-10 (Geneseo) 47' 06"; 6.) ? Barners-?? (Rock Falls) 46' 11"                                                  |  |
| <u>Additional Geneseo Athletes:</u><br>-Troy Diericks-12 39' 10"<br>-Sean Landergren-10 38' 08"<br>-Ethan Lawson-12 38' 02"<br>-Anthony Roome-11 37' 09"<br>-Steve Nowland-12 35' 01"<br>-Devin Pontious-09 33' 07"<br>-Kyle Hankins-12 30' 04"<br>-Cody Morris-09 26' 06"<br>-Asa Schackelford-09 22' 08" |  |
| <b>Triple Jump:</b> 1.) T. Johnson-?? (Rock Falls) 37' 10"; 2.) ? Smith-?? (Dixon) 37' 03"; 3.) Alex VanVanWeelden-12 (Sterling) 36' 06"; 4.) Devantay Euell-?? (Rock Falls) 36' 04"; 5.) Andrew Chris-11 (Dixon) 36' 01"; 6.) Kyle Casten-11 (Sterling) 35' 11 1/2"                                       |  |
| <u>Additional Geneseo Athletes:</u><br>-Lucas Waller-12 34' 00"                                                                                                                                                                                                                                            |  |
| <b>3200 Meter Relay:</b> 1.) Oregon (no names listed) 8:58.02; 2.) Geneseo (Jordan Starkey-09, Chad Ford-12, Branden Smith-11, Thomas Sigwalt-11) 8:58.90; 3.) Bureau Valley (no names listed) 9:02.00; 4.) Rock Falls (no names listed) 9:40.00; 5.) Sterling (no names listed) 9:45.00; 6.) none         |  |
| <u>Geneseo Splits:</u><br>-Jordan Starkey: 2:14.37 (65 - 69)<br>-Chad Ford: 2:11.21 (62 - 69)<br>-Branden Smith: 2:20.77 (68 - 72)<br>-Thomas Sigwalt: 2:12.52 (65 - 67)                                                                                                                                   |  |

**55 Meter Meter Dash:** 1. Tyler Barnes-?? (Rock Falls) 6.39; 2.) David Nelson-12 (Sterling) 6.53; 3.) Brian Commisso-11 (Sterling) 6.61; 4.) Sam Smith-12 (Dixon) 6.68; 5.) Luke Lembke-12 (Geneseo) 6.73; 6.) Aaron Kotecki-12 (Geneseo) 6.77

Additional Geneseo Athletes:

-Micah Stewart-11 6.72  
 -Dalton Johnson-09 6.89  
 -Ethan Reschke-09 6.97  
 -Tyler Claeys-12 7.09  
 -Isaac Silver-11 7.10  
 -Landon Hoon-10 7.27  
 -Cam Yeater-09 7.37  
 -Jacob Miller-09 7.41  
 -Lucas Waller-12 7.52  
 -Tyler Milroy-09 7.59  
 -Jordan Reschke-09 7.70  
 -Devin Pontious-09 7.92  
 -Kyle Hankins-12 8.15  
 -Cody Morris-09 8.22  
 -Thomas McKee-10 8.25  
 -Sean Landergren-10 8.50  
 -Jon Searle-09 8.58  
 -Asa Schackelford-09 8.65

**55 Meter High Hurdles :** 1.) Jeff Nehmhofer-?? (Oregon) 8.07 2.) Nick Gallardo-?? (Oregon) 8.09; 3.) Brennen Dir-12 (Sterling) 8.20; 4.) Q. Reed-?? (Rock Falls) 8.87; 5.) Jon Shippert-10 (Dixon) 8.91; 6.) Tyler Claeys-12 (Geneseo) 9.50

Additional Geneseo Athletes:

-Austin Frank-09 10.70

**800 Meter Relay** 1.) Rock Falls (no names listed) 1:38.62; 2.) Dixon (no names listed) 1:38.69; 3.) Sterling (no names listed) 1:40.40; 4.) Oregon (no names listed) 1:40.58; 5.) Bureau Valley (no names listed) 1:42.81; 6.) Geneseo (Aaron Kotecki-12, Dalton Johnson-09, Isaac Silver-11, Luke Lembke-12) 1:443.84

Additional Geneseo Athletes & Geneseo Splits:

-Aaron Kotecki-12: 27.22  
 -Dalton Johnson-09: 25.50  
 -Isaac Silver-11: 26.62  
 -Luke Lembke-12: 24.44

**800 Meter Run:** 1.) Kyle Mason-11 (Sterling) 2:09.29; 2.) Aaron Brenner-10 (Sterling) 2:09.54; 3.) Ryan Creegan-?? (Oregon) 2:10.02; 4.) D. Johnson-?? (Bureau Valley) 2:11.55; 5.) Zach Payne-10 (Dixon) 2:13.65; 6.) Aaron Grady-11 (Dixon) 2:17.81

Additional Geneseo Athletes & Geneseo Splits:

-John Mullin-11 2:25.42 (67 - 78)  
 -Marcus Gagnon-09 2:26.02 (67 - 79)

**400 Meter Dash:** 1.) Micah Stewart-11 (Geneseo) 54.61; 2.) Tommy McCormick-?? (Oregon) 57.07; 3.) Keefe Peterson (Geneseo) 58.23; 4.) T.J. Tesle-?? (Rock Falls) 58.57; 5.) Brad Watkins-12 (Dixon) 1:00.07; 6.) Kyle Rutherford-?? (Oregon) 1:00.09

Additional Geneseo Athletes:

-Ethan Reschke-09: 58.30  
 -Sawyer Claus-09 1:02.40  
 -Jon Searle-09 1:14.43

**1600 Meter Run:** 1.) Chad Ford-12 (Geneseo) 4:55.72.; 2.) Ross Kavanagh-12 (Dixon) 4:57.000; 3.) Jacob Landis-11 (Sterling) 5:00.00; 4.) Thomas Sigwalt-11 (Geneseo) 5:03.99; 5.) Nick Jones-?? (Oregon) 5:08.00; 6.) Spencer Hill-12 (Dixon) 5:12.50

Additional Geneseo Athletes & Splits:

-Chad Ford-12: 4:55.72 (75 - 2:33 (78) - 3:45 (72) - 4:55 (70)  
 -Thomas Sigwalt-11: 5:03.99 (75 - 2:34 (79) - 3:46 (72) - 5:03 (77)  
 -Jordan Starkey-09 5:09.68 (68 - 2:28 - (60) 3:50 (82) - 5:09 (79)  
 -Branden Smith-11 5:23.21 (77 - 2:39 (82) - 4:05 (86) - 5:23 (79)  
 -Jacob Stimes-09 5:40.01 (77 - 2:44 (87) - 4:16 (92) - 5:40 (84)  
 -Jesse Mohr-10 5:54.60 (78 - 2:48 (90) - 4:23 (95) - 5:54 (91)

**200 Meter Dash:** 1.) Adam Sanden-12 (Bureau Valley) 24.41; 2.) ? Buonavolonto-?? (Oregon) 24.82; 3.) Joey Ganus-?? (Oregon) 24.84; 4.) Cornell Hartz-09 (Sterling) 24.95; 5.) Andrew Christ-11 (Dixon) 25.39; 6.) Nate Diveley-11 (Dixon) 25.69

Additional Geneseo Athletes:

-Tyler Claeys-12: 26.34

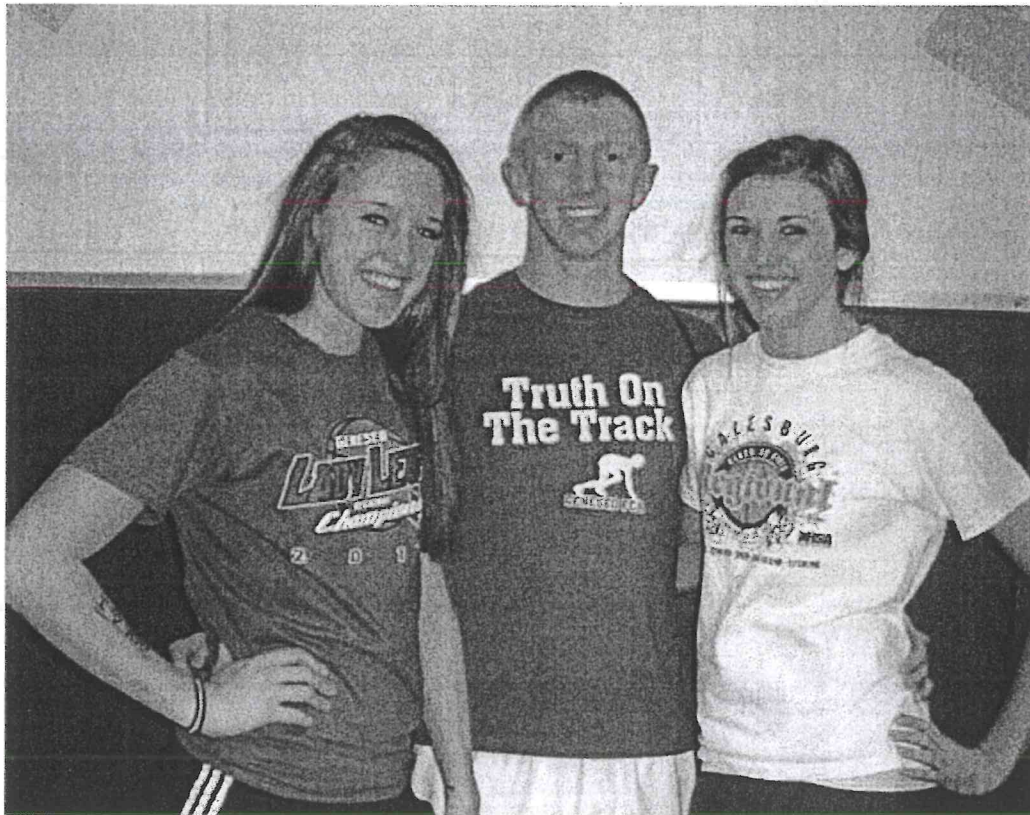
-Landon Hoon-10 26.65  
-Thomas McKee-10 27.12  
-Alan Manan-10 27.60  
-Jordan Reschke-09 27.67  
-Cam Yeater-09 28.14  
-Alex Platz-09 28.43

**1600 Meter Relay:** 1.) Oregon (no names listed) 3:44.73; 2.) Sterling (no names listed) 3:45.35; 3.) Bureau Valley (no names listed) 3:55.37; 4.) Dixon (no names listed) 4:00.11; 5.) Rock Falls (no names listed) 4:00.77; 6.) Geneseo (Austin Frank-09, Jacob Miller-09, John Mullin-11, Marcus Gagnon-09) 4:03.16; 7.) Geneseo B-Team (Jordan Starkey-09, Chad Ford-12, Brandon Smith-11, Thomas Sigwalt-12) 4:03.69

*Additional Geneseo Athletes & Splits:*

-Thomas Sigwalt-11: 59.72  
-Jacob Miller-09 1:00.09  
-Austin Frank-09 1:00.10  
-John Mullin-11 1:00.37  
-Branden Smith-11 1:01.03  
-Jordan Starkey-09 1:01.32  
-Marcus Gagnon-09 1:02.60  
-Chad Ford-12 1:02.62

This is a Geneseo Track & Field Manila site.



### Girls Dig Track Guys

Senior Tyler Clayes stopped to chat with a few of his fans before practice