

Werkheiser sharp

GENESEO — Distance runner Rich Werkheiser was particularly sharp Thursday, setting a Geneseo school record in the 1,600 meters and finishing two 800-meter jaunts in 2:01 fashion.

The Maple Leafs' strength in the running events offset a big Princeton advantage in the field events as Geneseo scored 90 team points, Princeton 87 and Rockridge 10.

Werkheiser got the team headed in the right direction when he combined with Todd VanHyfte, Tim Renihan and Cris Bauwens to win the 3,200 relay. He later came back with a 4:24.75 in the 1,600 and a 2:01.7 in the 800, both winning times.

Other Geneseo firsts came from Eric Zeitler in the 3,200, Doug Emerick in the 100, Chris Swain in the 400, Randy Clary in the low hurdles and the 400 and 1,600 relay teams.

Emerick, Rich Willemkems, Todd Cahalan and Clary ran on the 400 team, while Cahalan, Clary Swain and Renihan ran on the 1,600 team.

A three-point bulge is all it takes for a Leaf Cinder victory

Geneseo nosed past second place Princeton 90-87 in a triangular boys track meet April 20 on the Leaf cinders.

Geneseo won half of the eighteen events.

Results follow.

High School

Geneseo 90, Princeton 87, Rockridge 10
 High jump — 1, Rod Mercer, P. 2, Ed Young, P. 3, John Dixon, P. 4, Jeff Carlson, G. 5-2
 Shot put — 1, Mike Teller, P. 2, Pat Fortune, G. 3, Tim Holmstrom, G. 4, Paul Ryan, G. 49-10
 Discus — 1, Mike Teller, P. 2, Fortune, G. 3, Holmstrom, G. 4, Brent Westmeyer, G. 133-7 1/2
 Triple jump — 1, Rod Weber, P. 2, Dixon, P. 3, Randy Saat, P. 4, Carlson, G. 40-0
 Long jump — 1, Rod Mercer, P. 2, Weber, P. 3, Ed Young, P. 4, Carlson, C. 19-0
 Pole vault — 1, Rick Lappin, P. 2, Saat, P. 3, Wayne Anderson, G. 4, Prince, P. 13-0
 3,200 meter relay — 1, Geneseo (Rich Werkheiser, Todd VanHyfte, Cris Bauwens, Tim Renihan), 2, Princeton, 3, Rockridge, 8:44.8
 400 relay — 1, Geneseo (Doug Emerick, Rich Willemkems, Todd Cahalan, Randy Clary), 2, Princeton, 3, Rockridge, 45.93
 3,200 — 1, Eric Zeitler, G. 2, Leon Archer, P. 3, Pat Smith, G. 4, Bob Brummet, G. 9:50.85
 110 high hurdles — 1, John Sutcliffe, P. 2, Todd Roberts, G. 3, Inslee, R. 4, Kuhns, P. 15.82
 100 — 1, Doug Emerick, G. 2, Cahalan, G. 3, Dave Farrell, P. 4, Brad Miller, R. 11.87
 800 — 1, Rich Werkheiser, G. 2, Chris Gomez, G. 3, Renihan, G. 4, Roy Flaig, P. 2:01.7
 800 relay — 1, Princeton, 2, Rockridge, 1:36.66
 400 — 1, Chris Swain, G. 2, Ryuson, P. 3, Park, P. 4, VanHyfte, G. 53.22
 300 low hurdles — 1, Randy Clary, G. 2, Todd Roberts, G. 3, Inslee, R. 4, Sutcliffe, P. 42.50
 1,600 — 1, Werkheiser, G. 2, Pat Smith, G. 3, Gomez, G. 4, Flaig, P. 4:24.75 (school record)
 200 — 1, Rod Weber, P. 2, Willemkems, G. 3, Bob Lopez, G. 4, Warner, R. 24.06
 1,600 relay — 1, Geneseo (Cahalan, Clary, Swain, Renihan), 2, Princeton, 3, Rockridge, 3:36.24

Aggregates

Geneseo 88, Princeton 44

3,200 relay — 1, Geneseo (Brian Decker, Eric Johnson, Steve Bohl, Tim Arnett) 9:52.09
 400 relay — 1, Princeton, 49.97
 3,200 — 1, Mark Hamer, G. 10:36.23
 100 high hurdles — 1, Tim DeKezet, G. 19.64
 100 — 1, Dave Mirocha, G. 12.26
 800 — 1, Arnett, G. 2:15.68
 800 relay — 1, Geneseo (Frank Woodard, Brian DeBrock, Brian Jones, Mirocha) 1:41.07
 High jump — 1, DeKezet, G. 5-4
 Shot — 1, Brad Stohl, G. 42.8
 Discus — 1, Chris Holmstrom, G. 58.39
 300 low hurdles — 1, Scott Hinton, G. 41.98
 Triple jump — 1, Robbins, P. 36.6
 Long jump — 1, Mirocha, G. 17.3
 Pole vault — 1, Robbins, P. 10.6
 1,600 — 1, Mark Hamer, G. 3:04.52
 200 — 1, Hollinger, P. 25.91
 1,600 relay — 1, Geneseo (Hinton, DeBrock, DeKezet, Arnett) 3:53.23

<u>3200 Relay</u>	<u>8:44.83 1st</u>	<u>400 Relay 45.93 1st</u>	<u>1600 Relay 3:36.24 1st</u>
Werkheiser	59-62-- <u>2:01.47</u>	Emerick 12.2	Cahalan 52.9
VanHyfte	60-69-- <u>2:09.8</u>	Willemkems 11.06	Clary 55.65
Bouwens	62-66-- <u>2:08.8</u>	Cahalan 11.2	Swain 54.32
Renihan	68-76-- <u>2:24.7</u>	Clary 11.14	Renihan 53.28

3200 Run

✓ Zeitler	2:18-2:28(4:46)-2:34-2:29(5:04)- <u>9:50.85 1st</u>
✓ Smith	2:17-2:29(4:46)-2:50-2:51(5:41)- <u>10:27.83 3rd</u>
Brummet	2:27-2:52(5:19)-3:00-2:50(5:50)- <u>11:09 4th</u>
Delk	2:38-2:53(5:31)-3:00-2:59(5:59)-11:30.0

110 Highs

Roberts	<u>17.2 2nd</u>
Little	trip over hurdle

100 Dash

Emerick	<u>11.87 1st</u>
Cahalan	<u>11.99 2nd</u>

800 Relay

False start

400 Dash

Swain	<u>53.22 1st</u>
VanHyfte	<u>55.45 4th</u>

300 Lows

Clary	<u>42.58 1st</u>
Roberts	<u>43.55 2nd</u>

200 Dash

Willemkems	<u>24.86 2nd</u>
Lopez	<u>24.95 3rd</u>

800 RUN

✓ Werkheiser	59-62-- <u>2:01.7 1st</u>
✓ C.Gomez	58-64-- <u>2:02.82 2nd</u>
✓ Renihan	62-63-- <u>2:05.19 3rd</u>
T.Gomez	63-86--2:29
✓ Bultinck	72-77-- <u>2:29.5</u>
Plumley	75-86--2:46

Pole Vault

Anderson	<u>11' 3rd</u>
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High Jump

Carlson	<u>5'6" 4th</u>
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Triple Jump

Carlson	<u>37-5 4th</u>
Little	<u>34-3</u>
Fields	drop

1600 Run

✓ WERKHEISER	63-68(2:11)-68-65--- <u>4:24.75 1st</u>	SCHOOL RECORD
✓ Smith	63-68(2:11)-72-80--- <u>4:43.85 2nd</u>	
✓ Gomez	65-75(2:20)-75-69--- <u>4:44.69 3rd</u>	
Bouwens	68-74(2:22)-74-70---4:46.6	
Zeitler	66-75(2:21)-73-73---4:47.4	

SHOT PUT

Fortune	<u>49-7 2nd</u>
Holmstrom	<u>46-8 3rd</u>
Ryan	<u>46-7 4th</u>
Thomas	42-11
Harris	37-4
Westemeyer	38-11

Discus

Fortune	<u>150-1½ 2nd</u>
Holmstrom	<u>140-8 3rd</u>
Westemeyer	<u>122-7 4th</u>
McCoy	110-9
Lassman	105-8½

Long Jump

Carlson	<u>18-1 4th</u>
Little	<u>16-3½</u>
Fields	scratched

Princeton + Rockridge (Var)

VARSITY ☒

FROSH-SOPH ☐

GENESEO VS. ☐

Scoring--Duals 5-3-1 Relays 5-0

TRIANGULARS 5-3-2-1 Relays 5-3-0

DATE 4-22

EVENT	TIME	FIRST	SECOND	THIRD
3200 M. Relay	8:44.83	GENESEO	PRINCETON	ROCKRIDGE
400 Relay	45.93	GENESEO	PRINCETON	ROCKRIDGE
3200 M. Run	9:50.85	ERIC ZEITLER GENESEO	Archer PRINCETON	PAT Smith GENESEO
110 High Jump	15.62	John Sutcliffe PRINCETON	TODD Roberts GENESEO	INSLEE Rock Ridge
100 DASH	11.87	DOUG EMERICK GENESEO	TODD CAHALAN GENESEO	DAVE FARRELL PRINCETON
800 Run	2:01.70	WERKHEISER GENESEO	C. Gomez GENESEO	Rehnihan GENESEO
800 Relay	1:38.66	PRINCETON	ROCKRIDGE	
High Jump	6'2"	ROD Mercer PRINCETON	ED YOUNG PRINCETON	JOHN DIXON PRINCETON
Shot Put	49'10	Telfer PRINCETON	FORTUNE GENESEO	Holmstrom GENESEO
Discus	163'7 1/2	Telfer PRINCETON	FORTUNE GENESEO	Holmstrom GENESEO
400 Dash	53.22	SWAIN GENESEO	RISON PRINCETON	PARK PRINCETON
300 Low	42.59	CLAREY GENESEO	Roberts GENESEO	INSLEE Rock Ridge
TRIPLE Jump	40'	Weber PRINCETON	DIXON PRINCETON	SNAI PRINCETON
LONG Jump	19'	Mercer PRINCETON	WEBER PRINCETON	Young PRINCETON
Pole Vault	13'	LAPPIN PRINCETON	SAIL PRINCETON	ANDERSON GENESEO
1600 Run	4:24.75	WERKHEISER GENESEO	SMITH GENESEO	Gomez GENESEO
200 Dash	24.06	WEBER PRINCETON	WILLEM KENS GENESEO	LOPEZ GENESEO
1600 Relay	3:36.24	GENESEO	PRINCETON	

Princeton + Rockridge (Uw) (pg. 2)

Princeton - Rockridge

WEATHER Warm - Sunny

FINAL SCORE :

	FOURTH	G	P	RR
3200R	X	5	3	0
400R	X	5	3	0
3200	Brummet Genesee	10	6	0
1104H.	Rock Ridge	17	9	1
100	Kuhns Princeton	3	6	2
800	BRAD MILLER ROCK RIDGE	20	15	3
800R	FLAGER PRINCETON	8	2	1
400	FLAGER PRINCETON	28	17	4
800R	X	10	1	0
400	CARLSON GENESSEE	38	18	4
145	RYAN GENESSEE	0	5	3
500R	WESTMEYER GENESSEE	32	23	7
DISCUS	VANTHOF GENESSEE	1	10	0
400	SUTCLIFF PRINCETON	37	33	7
3004H.	CARLSON GENESSEE	6	5	0
T.S.	PRANCE PRINCETON	45	38	7
L.S.	FLAGG PRINCETON	6	5	0
P.V.	WARNER ROCK RIDGE	51	43	7
1600	X	6	5	0
200	X	57	48	7
1600R	X	8	1	2
	X	65	49	9
	X	1	10	0
	X	66	59	9
	X	1	10	0
	X	67	69	9
	X	2	9	0
	X	109	78	9
	X	10	1	0
	X	79	77	9
	X	5	5	1
	X	84	84	10
	X	5	3	0
	X	80	87	11

F-S Results

Geneseo 96 Princeton 49 ^{1st}

3200 Relay 9:53.09 ^{1st} 400 Relay 800 Relay 1:41.07 1600 Relay 3:53.2 ^{1st}

Johnson 69-74 - 2:22.9 dropped baton Woodard 25.18 Hinton 57.01

Boll 68-77 - 2:25.1 DeBrook 25.66 DeBrook 59.19

Decker 76-79 - 2:35 Jones 25.3 DeKerel 58.87

Arnett 72-78 - 2:30 Mirocha 24.83 Arnett 57.98

3200 Run 110 Highs 100

Hamer 2:24 - 2:42 - 2:45 - 2:45 - 10:36.2 ^{1st} DeKerel 19.6 ^{1st} Mirocha 12.26 ^{1st}

Castelein 2:34 - 2:55 - 2:55 - 2:49 - 11:13.8 ^{2nd} Hinton fell Tracy 12.59 ^{3rd}

400 dash 300 Lowes 200 dash

Holmstrom 58.39 ^{1st} Hinton 43.98 ^{1st} Jones 27.0 ^{3rd}

DeKerel 59.33 ^{2nd} Griggs 47.07 ^{3rd} Hartman 27.4

800 1600 LJ T.J.

Arnett 2:15.66 ^{1st} Hamer 5:04.52 ^{1st} Mirocha 17-3 ^{1st} DeBrook 34-11 ^{2nd}

Fitzgerald 2:19.15 ^{2nd} Fitzgerald 5:16.6 ^{2nd} Jones 17-14 ^{2nd} Jones 34-1

File 2:23.0 ^{3rd} Castelein 5:23.14 Holmstrom 16-7 Selboe 32-4 1/2

Johnson 2:24 File 5:26.1 Selboe 15-8

Harris 2:28 Fincher 5:26.5 Farrell 15-7

Decker 2:28.5 Harris 5:31

Boll 2:31 Clifton 5:46

Clark 2:35 Ropp 5:50

Ropp 2:37

Shot Discus
Stohl 42-8 ^{1st} Johnson 103-10 ^{2nd}
Scott 37-7 1/2 ^{3rd} Scott 99-3 ^{3rd}
Tracy 35-4 1/2 Leaking 98-2

High Jump Pole Vault Curry 32-6 Griggs 91-4

DeKerel 5'4" ^{1st} Woodard 10'6" ^{2nd} Griggs 31-7 Leonard 85-3

Gallagher 9' ^{3rd} Krause 28-5

Knepp 8' Westmeyer 23-3

Princeton Dual

(F/S) (4-22-82)

VARSITY

FROSH-SOPH ✓

GENESEO VS.

Scoring--Duals 5-3-1 Relays 5-0
 TRIANGULARS 5-3-1 Relays 5-3-0

DATE 4-22

EVENT	TIME	FIRST	SECOND	THIRD
3200M Relay	9:53.09	GENESEO	PRINCETON	
400 Relay	49.97	PRINCETON		
3200 Run	10:36.23	HAMMER-GENESEO	CASTALINE GENESEO	PRINCETON
110 High Hurd	19.64	DEKEZEL, TIM GENESEO	FOLEY PRINCETON	COGER PRINCETON
100 DASH	12.26	MIROCHA GENESEO	PIERCE PRINCETON	TRACEY GENESEO
800 Run	2:15.66	ARNETT GENESEO	FITZGERALD GENESEO	FILE GENESEO
800 Relay	1:41.07	GENESEO	PRINCETON	
HIGH Jump	5'4"	DEKEZEL GENESEO	WEBER PRINCETON	FOLEY PRINCETON
SHOT Put	42'8"	STOHL GENESEO	VAN GUN PRINCETON	SCOTT GENESEO
DISCUS	107'11"	VAN GUN PRINCETON	JOHNSON GENESEO	SCOTT GENESEO
400 DASH	58.39	HOLMSTROM GENESEO	DEKEZEL GENESEO	HALBERT PRINCETON
300 L. Hurdles	43.98	HINTON GENESEO	ROBINS PRINCETON	GIBBS GENESEO
TRIPLE Jump	36'6"	ROBBINS PRINCETON	DE BROCK GENESEO	WEBER PRINCETON
LONG Jump	17'3"	MIROCHA GENESEO	JONES GENESEO	KOGER PRINCETON
POLE Vault	10'6"	ROBBINS PRINCETON	WOODARD GENESEO	GALLAGHER GENESEO
1600 Run	5:04.52	HAMER GENESEO	FITZGERALD GENESEO	CASTALINE GENESEO
200 DASH	25.91	HOLINGER PRINCETON	MILLER PRINCETON	JONES GENESEO
1600 Relay	3:53.23	GENESEO	PRINCETON	

Princeton Dual (F/S)

(P. 2)

Princeton - Rockridge

WEATHER Warm-Sunny

FINAL SCORE

	FOURTH	G	P	R
3200 R	1	50	0	
400 R	2	05	5	
3200	3	813	16	
1100 H	4	518	410	
100	5	624	313	
800	6	933	013	
800 R	7	538	013	
H.T.	8	543	417	
Shot	9	649	320	
Disc	10	453	525	
400	11	861	126	
300 L.H.	12	667	329	
T.S.	13	370	635	
L.S.	14	878	136	
P.V.	15	482	541	
1600	16	990	041	
200	17	191	849	
1600 R.	18	596	049	