



### RUNNIN' W/DA BIG DOGS

Pictured are Erik Sammons, Reed Vanderheyden, Ben Cosgrave, and August Stamp. The quartet ran to 8th place in the Illinois Top Times Invitational earning "Unofficial" All-State Honors in the 1600 Meter Relay







## **LEAFS MAKE SOME "NOISE" AT THE ILLINOIS TOP TIMES INVITATIONAL**

Pictured are Geneseo's Top Times Invitational Qualifiers.

Pictured are Row 1: Ben Cosgrave, Arthur Atwell, and Erik Sammons;  
Row 2: August Stamp, Will Daniels, Reed Vanderheyden, and Josh Beard

## **DANIELS AND VANDERHEYDEN LEAD LEAFS AT TOP TIMES INVITATIONAL**

On Saturday, March 28th, the Leafs traveled to Illinois Wesleyan University's Shirt Center to participate in the Illinois Top Times Invitational. The meet is considered the State's "Unofficial" Indoor State Meet. Numerous schools choose NOT to participate but the competition was still



outstanding. Medals were awarded to athletes or relay teams that placed in the top 8. The boys made the trip worth while as they made some MAJOR NOISE at the STATE MEET LEVEL!

Junior Will Daniels started the Leafs competitive day as the AA High Jump got rolling at 9:05 AM. Will cleared 6' 01" and 6' 03" on his first attempts. It took him three attempts to fly over 6' 05" and ended up placing a highly respectable 5th place. Will shows an impressive level of composure and all of his "Big Meet" experience are OMNIPOTENT!

Next up were Junior Arthur Atwell in the Pole Vault and Freshman Reed Vanderheyden in the 60 Meter High Hurdles (both events overlapped each other.) Arthur attempted to loosen up a sore hamstring that he "tweaked" earlier in the week. He came down the runway twice, at his opening height of 13' 00" but was unable to generate the speed necessary to clear the height. Coach Sulfridge pulled the plug. Arthur gained some additional "Big Meet Experience". Now he can let his leg heal up and attach the outdoor season.

Meanwhile, Freshman sensation, Reed Vanderheyden was seeded 17th when the gun exploded for his heat. He ROARED to 8.69 time (lifetime best) that saw him WIN the 2nd of four heats. The top 8 times qualified for the finals and Reed nailed down the 7th fastest time. He then topped that performance by throwing down a 8.57 time (lifetime best) in the finals that saw him grab 5th place OVERALL. Leaf Nation is SALIVATING for Reed's H.S. debut at the 300 Meter Intermediate Hurdle Distance.

Last, but certainly not least, was the 1600 Meter Relay. After almost 6 hours of "hangin'", "da boys" toed the line in lane one of heat one. They knew that they needed to place in the Top 2 to assure themselves of the highly coveted Top 8 Finishing Medals. Senior August Stamp ran in the lead-off position and ran to season best time of 54.84cr (converted relay split means we take the hand-held time and round up the 1/10 and then add the .24 FAT conversion for a more equal comparison to other Leaf season performances.) Junior Erik Sammons took "da stick" next and also ran to a season best time of 54.54cr. Next up was Sophomore Ben Cosgrave who also ran a gutsy race and completed his work with a solid time of 55.44cr. Last up was Freshman Reed Vanderheyden who grabbed the baton in 6th place. He went out hard and pulled up behind the pack of 2nd, 3rd, and 4th places with 50 meters to run. He was flat out and "grinding" but he somehow nailed all three teams to nail down 2nd place in our heat with a JAW-DROPPING split of 52.34cr. The Leafs placed 8th overall as they dropped their season best by TWO SECONDS! What a great way to end the indoor season. GREAT JOB, MEN!





# Maple Leafs show their 'medal'

## at Illinois Top Times



Photo submitted

**THE MAPLE LEAFS** Illinois Top Times Invitational qualifiers pose for a picture at Geneseo High School. Pictured are, first row, from left: Ben Cosgrave, Arthur Atwell and Erik Sammons. Second row, from left: August Stamp, Will Daniels, Reed Vanderheyden and Josh Beard.

By **CHRIS STEELE**  
*Republic Sports Editor*

The Maple Leafs returned home from Illinois Top Times Invitational with several medals.

The Invite held at Illinois Wesleyan is considered to be the unofficial state meet for the indoor season.

With the top eight in the field earning medalist honors, Reed Vanderheyden wasn't considered to factor in the outcome coming in seeded 17th in the 60-meter hurdles.

A freshmen, Vanderheyden ran a lifetime best (8.69) to reach the finals.

He improved on his personal record by racing to a

fifth-place finish (8.57).

Geneseo's Will Daniels cleared 6'5" for a fifth-place finish in the high jump.

In the 4x400-meter relay, Geneseo's Erik Sammons, Ben Cosgrave, August Stamp and Vanderheyden combined to medal with an eighth-place finish.

Vanderheyden anchored the Leafs to a runner-up finish in their opening heat by going from fifth place to second to advance Geneseo to the event finals with an outstanding time split.

Arthur Atwell battled a tweaked hamstring which forced him to withdraw from the pole vault competition after two attempts.



Photo submitted

**HANNA** and **REED VANDERHEYDEN** both were medalist for Geneseo at the Illinois Top Times Invitational. Hanna finished third in the girls' hurdles, and Reed was fifth in the boys' hurdles.

## GENESEO TEAM SPLIT PAGE

**MEET:** Illinois Top Times Invitational

**DATE:** March 28, 2015

**SITE:** Sterling's Westwood Sports Complex

**TIMING SYSTEM:** F.A.T.

**WEATHER CONDITIONS:** Indoors (so perfect.)

**VARSITY TEAM SCORES:** None

**All Times and Relay Splits have been converted to F.A.T.**

("hr" means, "hand-held relay" split (not FAT Converted); "c" means, "converted to FAT" relay split.) TO CONVERT TO F.A.T. YOU ROUND UP THE 1/10 AND THEN ADD .24

**1600 METER RELAY** (3rd Place 3:36.24)

- August Stamp: 54.54cr
- Erik Sammons: 54.54cr
- Ben Cosgrave: 55.44cr
- Reed Vanderheyden: 52.34cr





### Event 32 Boys 60 Meter Dash

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Eiker, Josh	Galesburg	6.97	6.95q	3
2 Hooker, Dion	Sycamore	7.03	6.97q	2
3 Akins, Keveion	Cahokia	7.01	7.04q	4
4 Nelson, Adam	Triad	6.94	7.05q	2
5 Stokes, Johnathan	North Lawnda	6.93	7.09q	1
6 Hunt, Franklin	Rich Central	7.03	7.10q	1
7 Peggs, Marquise	Chicago Mt.	7.03	7.13q	1
8 Thurman, Tyrin	Chicago Mt.	7.01	7.14q	3
9 Higgins, Tyler	Highland	7.14	7.17	3
10 Burnett, Javon	Manual	7.09	7.20	4
11 Hare, Jamari	Cahokia	7.04	7.21	2 7.203
12 Geiger, Logan	Highland	7.05	7.21	3 7.209
13 Holloway, Ben	Galesburg	7.16	7.22	1
14 Brooks, Mailk	Springfield	7.23	7.24	1
15 Obebe, James	Sacred Heart	7.23	7.25	1 7.250
15 Hill, Roman	Centralia	7.23	7.25	2 7.250
17 Crosby, Chrishwan	Cahokia	7.15	7.27	2 7.268
18 Lathrop, Gus	East Richlan	7.22	7.27	4 7.270
19 Butleer, Alvy	Illiana Chri	7.20	7.32	1
20 Adeoti, Izzy	Plano	7.21	7.38	2
21 McNeal, Deandre	Orr	7.22	7.50	3
22 Ivy, Leon	Brooks Colle	6.97	7.53	4
-- Hampton, Roman	Dunlap	7.22	FS	4
-- Duvendack, Grant	Metamora	7.12	FS	4

### Event 32 Boys 60 Meter Dash

Name	Year School	Prelims	Finals
Finals			
1 Eiker, Josh	Galesburg	6.95	6.91
2 Hooker, Dion	Sycamore	6.97	6.94
3 Akins, Keveion	Cahokia	7.04	6.97
4 Nelson, Adam	Triad	7.05	7.00
5 Stokes, Johnathan	North Lawnda	7.09	7.02
6 Peggs, Marquise	Chicago Mt.	7.13	7.06
7 Thurman, Tyrin	Chicago Mt.	7.14	7.10

# Event 34 Boys 60 Meter Hurdles

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Session, Korrior	Cahokia	8.10	8.29q	1
2 Ege, Lucas	Central (Bur	8.42	8.52q	3
3 Hayles, Gamar	Rich Central	8.50	8.59q	4
4 Pranka, Drew	Princeton	8.57	8.61q	3
5 Rials, David	Freeport	8.80	8.65q	1
6 King, Stephon	Manual	8.66	8.66q	1
7 Vanderheyden, Reed	Geneseo	8.80	8.69q	2
8 Hardges, Ammeir	Galesburg	8.73	8.70q	3
9 Harris, Tracker	Dunlap	8.61	8.73	1
10 Bleyer, Joseph	Fenwick	8.78	8.75	4
11 Marler, Tyler	Harrisburg	8.61	8.77	2
12 Nickerson, Clayton	Triad	8.70	8.80	2
13 Wells, Keondre	Cahokia	8.79	8.87	2
14 Moehrs, Greysan	Waterloo	8.81	8.91	3
15 Birks, Austin	Salem	8.79	8.92	3 8.912
16 Murray, Marquis	Cahokia	8.52	8.92	4 8.919
17 Garcia, Edgar	Sycamore	8.79	9.13	1
18 Lewis, Don	Evergreen Pa	8.85	9.16	4
19 Fritz, Michael	Triad	8.86	9.48	3
20 Gyuricza, Zach	St. Viator	8.30	9.51	2
21 Poore, Jacob	Macomb	8.82	9.53	4
-- Kokos, Bailey	Dunlap	8.89	FS	1
-- McShane, Deion	Freeport	8.75	FS	4

# Event 34 Boys 60 Meter Hurdles

Name	Year School	Prelims	Finals
Finals			
1 Session, Korrior	Cahokia	8.29	8.18
2 Ege, Lucas	Central (Bur	8.52	8.21
3 Hayles, Gamar	Rich Central	8.59	8.47
4 Pranka, Drew	Princeton	8.61	8.50
5 Vanderheyden, Reed	Geneseo	8.69	8.57
6 Hardges, Ammeir	Galesburg	8.70	8.61
7 King, Stephon	Manual	8.66	8.64
8 Rials, David	Freeport	8.65	8.65

Event 36 Boys 200 Meter Dash

Name	Year School	Seed	Finals	H#
1 Eiker, Josh	Galesburg	21.81	21.88	4
2 Akins, Keveion	Cahokia	22.77	22.39	4
3 Higgins, Tyler	Highland	23.11	22.64	2
4 Hooker, Dion	Sycamore	22.68	22.71	4
5 Murray, Marquis	Cahokia	22.80	22.83	3
6 Lathrop, Gus	East Richlan	23.10	23.03	2
7 Taylor, Charles	Evergreen Pa	23.49	23.15	1
8 Stokes, Johnathan	North Lawnda	22.86	23.18	3
9 Nelson, Adam	Triad	23.01	23.31	3
10 Holloway, Ben	Galesburg	23.34	23.32	2
11 Crosby, Chrishwan	Cahokia	23.42	23.34	1
12 McNeal, Deandre	Orr	22.96	23.54	3
13 Nathan, Tayjione	Hillcrest	23.43	23.71	1
14 Hare, Jamari	Cahokia	22.73	24.04	4
15 Crim-Harbison, Corbin	Harrisburg	23.35	24.33	2

Event 38 Boys 400 Meter Dash

Name	Year School	Seed	Finals	H#
1 Blankenship, Sam	Johnsburg	51.16	50.48	4
2 Higgins, Tyler	Highland	52.92	50.55	1
3 Lyons, Tyran	Cahokia	50.41	50.85	4
4 Shadid, David	Notre Dame C	52.34	51.63	3
5 Moore, Will	Metamora	52.54	51.77	2
6 Williams, Charles	Johnson Coll	52.85	51.95	1
7 Redmond, Jerome	DuSable	52.40	51.97	2
8 Porter, Aaron	Marion	52.27	52.02	3
9 Stanley, Chris	Cahokia	51.85	52.07	4
10 McGee, Chris	Cahokia	51.90	52.12	4
11 Slovak, Eric	Vernon Hills	53.02	52.41	1
12 Victoria, Michael	Harrisburg	51.95	52.51	3
13 Tomaszewski, Kai	Princeton	52.02	52.84	3
14 Downing, Denzel	St. Viator	52.47	52.89	2
15 Raymond, Chris	Cahokia	52.78	53.12	2
16 Giovannelli, Dominick	Glenwood	52.90	53.75	1



Event 40 Boys 800 Meter Run

Name	Year School	Seed	Finals
1 Stine, Connor	Olympia	1:58.83	1:58.30
2 Wondaal, Nick	Illiana Chri	2:01.25	1:58.31
3 Mangold, John	Metamora	2:01.30	2:00.01
4 Vanderwell, Jake	Lincoln-Way	2:01.01	2:00.25
5 Lee, Keith	Urbana	2:01.01	2:00.44
6 Hickey, Connor	LaSalle-Peru	2:01.51	2:01.51
7 Reed, Curtis	Mt. Zion	2:03.64	2:01.65
8 Sanchez, Juan	Lincoln-Way	2:02.71	2:02.55
9 Krause, Ryan	Triad	2:03.31	2:03.53
10 Wantland, Jacob	Morris	2:01.02	2:04.29
11 Krashevsky, Tim	Vernon Hills	2:01.55	2:10.72

Event 42 Boys 1600 Meter Run

Name	Year School	Seed	Finals
1 Webster, Brenner	Salem	4:26.14	4:26.83
2 Fiene, Nick	Illiana Chri	4:26.33	4:28.21
3 Flight, Salvatore	Fenwick	4:20.26	4:28.52
4 DeYoung, Colin	Illiana Chri	4:33.88	4:29.17
5 Feehan, Mitch	Lincoln-Way	4:23.86	4:30.41
6 Flowers, Ben	Jersey	4:28.29	4:30.76
7 Hill, Eil	University C	4:33.14	4:30.88
8 Carr, Matt	Limestone	4:35.56	4:31.25
9 Monkemeyer, Nick	Rockford Chr	4:33.00	4:31.26
10 Meyer, Jacob	Chicago Lab	4:30.55	4:33.89
11 Smith, Tyler	Vernon Hills	4:32.39	4:33.92
12 Williamson, Shane	Vernon Hills	4:33.62	4:35.16
13 Bell, Colton	Charleston	4:30.56	4:36.29

## Event 44 Boys 3200 Meter Run

Name	Year School	Seed	Finals
1 Flight, Salvatore	Fenwick	9:34.62	9:32.84
2 Williamson, Shane	Vernon Hills	9:49.43	9:32.85
3 Saavedra, Walmer	Lindblom	9:48.66	9:36.60
4 Meyer, Jacob	Chicago Lab	9:54.82	9:37.63
5 Mitchel, Evan	Lincoln-Way	9:33.87	9:37.73
6 Monkemeyer, Nick	Rockford Chr	9:56.71	9:40.00
7 Carius, Brady	Morton	9:52.62	9:43.45
8 Norvell, Matt	Monticello	9:59.07	9:47.55
9 Millburg, Adam	Sycamore	9:58.32	9:51.21
10 Landis, Jonathon	Sterling	10:00.34	9:56.89
11 Smith, Nathan	Winnebago	9:59.42	9:58.69
12 Smith, Tyler	Vernon Hills	9:52.85	10:02.13
13 Rushing, Mitchell	Marion	10:05.39	10:09.69
14 Musial, Clay	Central (Bur	10:05.09	10:18.83

## Event 46 Boys 4x200 Meter Relay

School	Seed	Finals	H#
1 Cahokia 'A'	1:31.30	1:31.37	4
1) Ward, Ja'Mari	2) Session, Korrior		
3) Akins, Keveion	4) Crosby, Chrishwan		
2 Galesburg 'A'	1:31.61	1:32.43	4
3 Central (Burlington) 'A'	1:36.37	1:34.59	1
4 Chicago Mt. Carmel 'A'	1:34.72	1:34.68	4
5 Triad 'A'	1:34.91	1:35.22	3
1) Nelson, Adam	2) Pottorff, Josiah		
3) Zehnder, Will	4) Nickerson, Clayton		
6 Rich Central 'A'	1:36.22	1:35.64	1
1) Henderson, Kiandre	2) Hayles, Gamar		
3) Davis, Cantrell	4) Hunt, Franklin		
7 Harrisburg 'A'	1:35.73	1:35.75	3
8 Glenwood 'A'	1:35.60	1:35.83	3
1) Rolfe, Tony	2) Montrey, Justin		
3) Walters, Ryan	4) Corner, Kameron		
9 Highland 'A'	1:35.79	1:35.84	2
10 Evergreen Park 'A'	1:35.92	1:35.96	2 1:35.951
11 Sacred Heart-Griffin 'A'	1:35.93	1:35.96	2 1:35.960
1) Blair, Tristan	2) Obebe, James		
3) Bonansinga, Sam	4) Reavy, Nolan		
12 North Lawndale Prep 'A'	1:34.72	1:36.24	4
13 Kaneland 'A'	1:36.42	1:36.62	1
1) Barnes, Ben	2) Cruz, Brandon		
3) Fitzgibbons, Tevin	4) Robertson, Tanner		
14 Hillcrest 'A'	1:35.99	1:36.76	2
15 Rochester 'A'	1:36.39	1:37.01	1



## Event 48 Boys 4x400 Meter Relay

School	Seed	Finals	H#
1 Cahokia 'A'	3:23.85	3:28.04	2
1) Ward, Ja'Mari			
3) Akins, Keveion			
2 Highland 'A'	3:35.29	3:31.32	2
3 Metamora 'A'	3:35.94	3:34.35	2
4 Central (Burlington) 'A'	3:38.24	3:35.26	1
5 Sterling 'A'	3:36.47	3:35.44	2
1) Bruce, Dimitri			
3) Cheshire, Logan			
6 Pontiac 'A'	3:34.52	3:35.45	2
1) Worby, Bryan			
3) DuRousseau, Xaviaer			
7 Rockford Christian 'A'	3:35.31	3:35.58	2
8 Geneseo 'A'	3:38.28	3:36.24	1
1) Stamp, August			
3) Beard, Josh			
9 Harrisburg 'A'	3:38.28	3:36.34	1
10 St. Viator 'A'	3:36.84	3:36.50	1
1) Gyuricza, Zach			
3) Ochoa, Robert			
11 Fenwick 'A'	3:36.83	3:39.49	1
12 Lanphier 'A'	3:37.09	3:44.82	1

## Event 50 Boys 4x800 Meter Relay

School	Seed	Finals
1 Cahokia 'A'	8:07.98	8:05.84
1) McGee, Chris		
3) Raymond, Chris		
2 Highland 'A'	8:22.88	8:13.08
3 Johnsburg 'A'	8:22.74	8:13.61
4 Metamora 'A'	8:27.20	8:21.35
5 Central (Burlington) 'A'	8:26.53	8:22.06
1) Kries, Drew		
3) Harvey, Nick		
6 Sterling 'A'	8:26.72	8:23.13
1) Cheshire, Logan		
3) Rocha, Ethan		
7 Sacred Heart-Griffin 'A'	8:24.63	8:23.53
1) Bluhm, Ethan		
3) McReynolds, Devin		
8 Lindblom 'A'	8:24.57	8:24.21
1) Saavedra, Walmer		
3) Triplett, Nick		
9 Rockford Christian 'A'	8:22.18	8:25.27
10 Dunlap 'A'	8:27.83	8:32.96
11 Kaneland 'A'	8:24.27	8:35.06
12 Vernon Hills 'A'	8:28.64	9:04.07

## Event 52 Boys High Jump

Name	Year School	Seed	Finals
1 Agnew, Noah	Vernon Hills	6-08.00	6-06.00
2 Bakari, Sabree	Springfield	6-02.00	J6-06.00
3 Sullivan, Darryl	Marion	6-08.00	6-05.00
4 McRoberts, Anthony	Cahokia	6-08.50	J6-05.00
5 Daniels, Will	Geneseo	6-07.00	J6-05.00
6 Vinson, Seande	Cahokia	6-06.00	J6-05.00
7 Martinson, Matthew	Marian Catho	6-06.00	6-03.00
8 Brown, Ricky	Glenwood	6-02.00	6-01.00
9 Roby, Isaiah	Dixon	6-02.00	J6-01.00
9 LeBlanc, Kyle	Dixon	6-02.00	J6-01.00
11 Irwin, Brady	Rockford Chr	6-04.00	J6-01.00
12 Griffin, Kendrick	Lanphier	6-02.00	J6-01.00
12 Halversen, Quinn	Rockford Chr	6-04.00	J6-01.00
14 Reeder, Ryan	Mendota	6-04.00	5-11.00
14 Black, David	Centennial	6-04.00	5-11.00
16 Holman, Nick	Metamora	6-02.00	J5-11.00
-- Riggs, Grant	Highland	6-02.00	NH

## Event 54 Boys Pole Vault

Name	Year School	Seed	Finals
1 Ballinger, Triston	Olympia	14-00.00	14-06.00
2 Biondo, David	Carmel	13-06.00	14-00.00
3 Bevilacqua, Joe	Bloomington	15-00.00	13-06.00
3 Kulinski, Logan	Mt. Vernon	14-06.00	13-06.00
5 Lowry, Austin	Harrisburg	14-00.00	J13-06.00
6 Whitmer, Keegan	Central (Bur	13-00.00	13-00.00
6 Shobe, Brennen	Mahomet-Seym	13-06.00	13-00.00
6 Trupp, Jared	Central (Bur	13-09.25	13-00.00
9 Alldritt, Nathan	Winnebago	13-00.00	12-06.00
9 Rinella, Mike	Kaneland	13-00.00	12-06.00
11 Wells, Jacob	Monticello	14-06.00	J12-06.00
-- Rariden, Michael	University (	13-00.00	NH
-- Buckles, Mike	Taylorville	13-00.00	NH
-- Atwell, Arthur	Geneseo	14-04.00	NH
-- Vasquez, Drew	Effingham	13-00.00	NH
-- Taylor, Tevin	Galesburg	13-00.00	NH



Event 56 Boys Long Jump

Name	Year School	Seed	Finals
1 Ward, Ja'Mari	Cahokia	25-07.25	23-05.75
2 Barnes, Ben	Kaneland	22-01.00	22-02.50
3 Hill, Roman	Centralia	22-02.00	22-01.75
4 Smith, Michael	Mattoon	22-09.50	22-01.50
5 Taylor, Tevin	Galesburg	22-00.75	22-00.50
6 Washington, George	Rantoul	21-08.75	21-01.25
7 Bakari, Sabree	Springfield	21-00.00	21-00.75
8 Holloway, Ben	Galesburg	21-10.00	20-08.25
9 Geiger, Logan	Highland	21-00.25	20-08.00
10 Newburn, Luther	Hillcrest	21-09.00	20-03.25
11 Winemiller, Daniel	Rochelle	20-11.00	19-11.50
12 Taylor, Drake	University (	20-11.00	19-04.50
-- Murray, Marquis	Cahokia	20-11.50	FOUL

Event 58 Boys Triple Jump

Name	Year School	Seed	Finals
1 Ward, Ja'Mari	Cahokia	51-07.50	49-02.50
2 Newburn, Luther	Hillcrest	45-10.00	44-11.25
3 McRoberts, Anthony	Cahokia	44-05.75	43-10.50
4 Smith, Dione	Central (Bur	43-11.00	43-05.50
5 Henderson, Kiandre	Rich Central	43-09.25	43-00.50
6 Felton, Kaprion	Freeport	43-04.00	42-09.00
7 Vinson, Seande	Cahokia	43-07.50	42-04.00
8 Washington, George	Rantoul	43-09.00	42-02.25
9 Reeves, Dorian	Centralia	42-10.25	41-02.75

Event 60 Boys Shot Put

Name	Year School	Seed	Finals
1 Sikon, Sam	Carbondale	60-00.00	56-06.25
2 Franklin, Andrew	Mahomet-Seym	53-02.00	52-00.00
3 Akins, Daniall	Cahokia	53-03.00	51-06.25
4 Haynes, Montell	Lanphier	51-10.00	49-11.50
5 Evans, Parker	Centennial	51-03.00	49-11.00
6 Duerig, Andrejas	Chicago Mt.	50-02.50	48-09.50
7 Carrigan, Kane	Harrisburg	50-00.50	48-09.25
8 Bell, McKinnley	Cahokia	50-09.00	48-07.50
9 Williams, Alex	Rantoul	49-11.50	46-02.00
10 Krawczyk, Nick	North Boone	49-00.00	46-01.25
11 Sullens, Zane	Prairie Cent	48-10.50	44-10.25
-- Vollrath, Bryce	Richwoods	49-10.00	FOUL



## GENESEO TEAM SPLIT PAGE

**MEET:** Illinois Top Times Invitational

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**1600 METER RELAY** (3rd Place 3:36.24)

- o August Stamp: 54.54cr
- o Erik Sammons: 54.54cr
- o Ben Cosgrave: 55.44cr
- o Reed Vanderheyden: 52.34cr



# Hurdling brings Geneseo siblings closer

BY DANIEL MAKAREWICZ  
danmak@qconline.com

GENESEO — Conversations between Geneseo freshman hurdler Reed Vanderheyden and his older sister, Hanna, usually centered around one topic when the two were growing up.

"School," Reed said. "That's all we had in common."

Being three years apart in age, it was a challenge to establish a connection.

"We never, Hanna said, "were close."

Track is what helped create a relationship.

Both started hurdling in 7th grade, building a connection that tore down a barrier that separated the two. In the years since they started track, the two say this is what makes them closer than ever.

"We're communicating a lot more," Reed said. "I'm happy this happened. It got us together. We're truly siblings."

To them, that is the best part of this process.

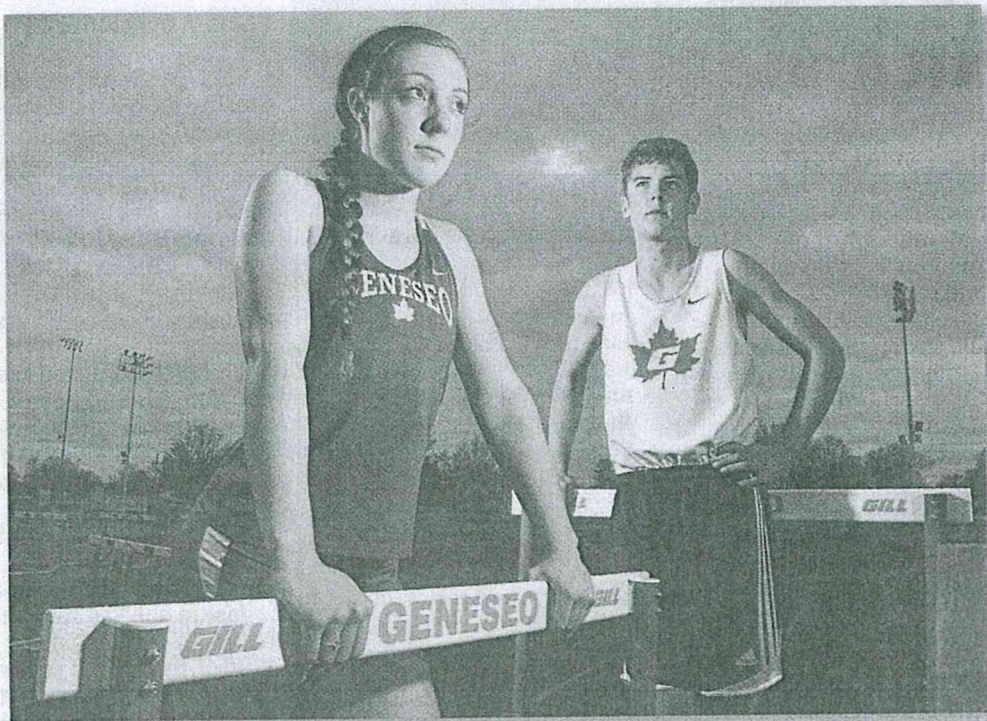
Before all of this went down, Hanna, now a senior, spent 12 years as a gymnast and Reed did his thing in soccer. Different ages, different genders and different sports led to them being apart. Neither said they talked much until the last few years.

What started this was Hanna electing to be a hurdler when she joined the Geneseo Middle School track team in 7th grade.

"I liked it," Hanna said.

Once her brother reached 7th grade, big sis suggested Reed do the same thing.

"We never did anything together," Hanna said. "I figured this was a chance to



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**Geneseo track siblings Hanna and Reed Vanderheyden both are eyeing strong seasons in the hurdles. Hanna, a senior, is a returning Class 2A state medalist in the 100-meter hurdles and Reed, a freshman, has already experienced success at the middle-school level.**

have something to do with me."

Watching his sister compete in the Illinois Elementary School Association state meet had him convinced this was the right path even before he started track.

"When I saw that, I thought instantly, 'I want to do that,'" Reed said. "I wanted to follow her steps."

Pretty soon, they were communicating.

"It helps having something to do together," Hanna said.

Siblings became training partners, with the two helping each other out. Hanna taught her brother proper form and how to be mentally prepared for a race. Reed constantly reminds his sister to lean when going through the finish line.

All the advice helps both be successful at their craft.

Hanna finished seventh in the 100 hurdles at the Class 2A state meet last spring, earning her first-ever individual medal and second overall. Last month, she finished third in the Illinois Prep Top Times meet.

At the junior-high level, Reed is a two-time IESA 110-meter hurdles state champion who placed fifth in the Illinois Prep Top Times meet as a freshman.

"There is a lot of potential," Reed said. "We can do really, really well. From what I see and what has happened in the past, we can accomplish a lot together."

The goal is both securing state medals in their only season as varsity teammates.

"I'm excited because he'll get to watch me," Hanna said. "As the season progresses, working together and running together will help a lot."

There now is a strong connection between the siblings, made stronger because they are hurdling together. A relationship exists between brother and sister.

Both cherish this.

"He still picks on me because he's my younger brother," Hanna said. "We still fight about stupid things."

Most brothers and sisters quarrel. At least they are talking.

Credit track for that. "If we didn't do track (together), we wouldn't talk as much," Hanna said. "We definitely developed a better relationship."