



### **1600 METER RELAY CLOSES MEET WITH "STYLE"**

Pictured are August Stamp, Reed Vanderheyden, Josh Beard, and Ben Cosgrave. These four men ran on the Leafs "A-Team" 1600 Meter Relay and won a close and exciting battle with the host Sterling Golden Warriors.

### **BEARD AND STAMP LEAD LEAFS AT STERLING GOLD MEDAL INVITATIONAL**

On Saturday, March 7, the Leafs traveled to Sterling's Westwood Sports Complex to participate in the 6-Team, Unlimited entree, Sterling Gold Medal Invitational. The meet included teams from Dixon, Geneseo, Indian Creek, Oregon, Rock Falls, and the host Sterling Golden Warriors.

Westwood Sports Complex was recently remodeled and received a brand new track. They also put in an indoor soccer field with caused a change to the field event set-up. They now only have one Long Jump / Triple Jump runway. The same is also true for the Shot Put (one sector instead of two.) The final change was made in the Pole Vault where an elevated runway and pit were utilized on top of the soccer field. The changes caused the field events to begin at 8:00 am. That necessitated our field eventers to Jump on da Bus at 6:00 AM. OUCH! The rest of the team got to sleep in a little longer and left at 9:00 AM. When the dust had settled and the meet was completed the Leafs had taken another step forward with a ton of inspirational efforts and personal bests. Our philosophy to to compete for fun and try an obtain personal bests. If each man can accomplish that as the season progresses we are going to have a LOT of FUN and have an extremely competitive team.

Leading the charge were Seniors Josh Beard who grabbed 3 Gold Medals by winning the Long Jump, Triple Jump, and anchoring the 1600 Meter Relay to the win and August Stamp who led off



both the winning 800 Meter and 1600 Meter Relay Teams and also won (unofficially) the 60 Meter Dash out of a non-scored heat. Freshman Reed Vanderheyden joined in the fun via grabbing 2 Gold Medals by winning the 60 Meter High Hurdles and then ran the 2nd leg on the winning 1600 Meter Relay Team. Team members who scored points in the meet (no official team scores but I awarded the traditional 10-8-6-4-2-1 points for 1st, 2nd, 3rd, 4th, 5th, and 6th places) are listed below:

1st Place: Josh Beard (Long Jump)  
1st Place: Josh Beard (Triple Jump)  
1st Place: Adam DeYoung (400 Meter Dash)  
1st Place: August Stamp (60 Meter Dash...from non-scored heat)  
1st Place: Reed Vanderheyden (60 Meter High Hurdles)  
1st Place: August Stamp, Quinn Singbush, Ian Ramsey, Erik Sammons (800 Meter Relay)  
1st Place: August Stamp, Reed Vanderheyden, Ben Cosgrave, Josh Beard (1600 Meter Relay)  
2nd Place: C.J. Magerkurth (400 Meter Dash)  
2nd Place Tie: Kris Nguyen (60 Meter Dash...from non-scored heat)  
2nd Place: Andrew Pischke (60 Meter High Hurdles)  
2nd Place: Gage Sears (High Jump)  
2nd Place: Gage Sears (Triple Jump)  
2nd Place Tie: Quinn Singbush (60 Meter Dash)  
2nd Place: Nathan Soria, Charley Elden, Nick Fox, Gabe Johnson (3200 Meter Relay)  
3rd Place: Andrew Pischke (Triple Jump)  
3rd Place: Quinn Singbush (200 Meter Dash)  
4th Place Tie: Cameron Darin (High Jump)  
4th Place: Josh Mathis (Shot Put)  
4th Place: Ian Ramsey (200 Meter Dash)  
4th Place Tie: Ryan Tulcas (High Jump)  
4th Place: Erik Sammons (Long Jump)  
4th Place: Jacob Verplaetse (Pole Vault)  
5th Place: Chandler Schwartz (800 Meter Run)  
5th Place: Nathan Soria (1600 Meter Run)  
6th Place: Ben Cosgrave (60 Meter High Hurdles...from non-scored heat)  
6th Place: Nathaniel Hines (High Jump)  
6th Place: Gabe Johnson (1600 Meter Run)  
6th Place: Dalton Stamp (200 Meter Dash...from non-scored heat)  
6th Place: Caleb Norville, Spencer Robertson, Carter Biellier, Gage Sears (800 Meter Relay-B Team)  
6th Place: Erik Sammons, Andrew Pischke, Devon Moore, Gage Sears (1600 Meter Relay-B Team)





# Leafs' Beard wins three events

By CHRIS STEELE  
*Republic Sports Editor*

The Geneseo boys' track team kept their indoor season success going at the Sterling Gold Medal Invitational.

The Maple Leafs' Josh Beard was a three-time winner finishing first in the long jump (19'), triple jump (41'7") and anchoring the 4x400 meter relay (3:39.8).

August Stamp led off both the winning 4x200 meter (1:38.1) and 4x400 meter relay teams and unofficially won the 60 meter dash in a non-scored heat, and Geneseo's Kris Nguyen was second in the same heat.

Stamp teamed up with Quinn Singbush, Ian Ramsey, Erik Sammons for the 4x200 relay win over runner-up Dixon.

Freshman Reed Vanderheyden grabbed two gold medals winning the 60 meter high hur-



Photo submitted

**4X400 RELAY TEAM** of August Stamp, Reed Vanderheyden, Josh Beard and Ben Cosgrave won the event in 3:39.8 for the Maple Leafs.

dles (8.60) and was the second leg on the 4x400 relay.

The Leafs' Andrew Pischke finished second in the hurdles (8.70), and Singbush tied for second in the 60 meter dash (7.40).

Geneseo's Adam DeYoung won the 400 meter dash (56.50) with Maple Leafs' teammate C.J. Magerkurth finishing second (57.7).

The Leafs' Gage Sears was runner-up in the high jump (5'10") and triple jump (39').

The 4x800 relay team of Nathan Soria, Charley Elden, Nick Fox and Gabe Johnson were runners-up (8:49.2).

Cameron Darin and Ryan Tulcas tied for fourth in the high jump (5'2"), and Josh Mathis heaved a fourth place throw in the shot put (40'2").

Ian Ramsey placed fourth (25.10) in the 200 meter dash, Sammons landed fourth in the long jump (18'3") and Jacob Verplaetse finished fourth in the pole vault (9'6").



## Gold Medal Meet - 3/7/2015

## Sterling Westwood Track

## Results

## Boys 60 Meter Dash

Name	Yr	School	Finals
1 DOUGLAS, QUINTON	12	DIXON	7.30
2 BRUCE, DIMITRI	12	STERLING	7.40
2 SINGBUSH, QUINN	11	GENESEO	7.40
4 NEHRKORN,	11	OREGON	7.60
5 HARRIS, ISAAH	10	ROCK FALLS	7.70
6 GERNIGAN, SCOTT	09	INDIAN CREEK	8.20

## Boys 200 Meter Dash

Name	Yr	School	Finals
1 COFFEY, MATT	12	DIXON	23.90
2 WILSON, KONNER	11	OREGON	24.20
3 SINGBUSH, QUINN	11	GENESEO	24.50
4 RAMSEY, IAN	12	GENESEO	25.10
5 AUSTIN, MICHAEL	09	ROCK FALLS	25.20
6 AGUILAR, ANTONIO	11	STERLING	27.60

## Boys 400 Meter Dash

Name	Yr	School	Finals
1 DEYOUNG, ADAM	09	GENESEO	56.60
2 MAGERKURTH, C.J.	11	GENESEO	57.70
3 BOOKER, DECLAN	10	INDIAN CREEK	58.50
4 MOBARK, MASON	09	STERLING	59.50
4 FORREST, BRYSON	10	DIXON	59.50
6 SORBEL, ERIC	12	INDIAN CREEK	59.70
7 COMMONS, KYLE	09	DIXON	1:00.80
8 KNOX, BREU	11	ROCK FALLS	1:01.30
9 CULLEN, JACOB	09	OREGON	1:01.60
10 CAMERON,	11	ROCK FALLS	1:01.90
11 SHERMAN, COREY	10	DIXON	1:03.40
12 CLODFELTER,	09	STERLING	1:03.70
13 PATEL, SHIM	09	STERLING	1:06.30
14 SUTTON, ROGER	12	DIXON	1:06.60
15 GERNIGAN, SCOTT	09	INDIAN CREEK	1:07.00
16 WARNER, LOGAN	09	ROCK FALLS	1:07.80

## Boys 800 Meter Run

Name	Yr	School	Finals
1 GRADY, EVAN	12	DIXON	2:06.00
2 ROCHA, ETHAN	12	STERLING	2:09.00
3 OSTRANDER, EVAN	11	INDIAN CREEK	2:22.20
4 WELLER, ADAM	12	OREGON	2:24.30
5 SCHWARTZ,	10	GENESEO	2:29.00
6 HUSSUNG, IAN	09	OREGON	2:29.30
7 ANDERSON, JOSH	09	INDIAN CREEK	2:29.60
8 FALCON, RAUL	12	GENESEO	2:33.30
9 SEBASTIAN, NOAH	10	GENESEO	2:33.60
10 WARREN, JEROME	09	ROCK FALLS	2:34.00
11 JACOBSON, DAMIEN	09	OREGON	2:34.30
12 HARSHMAN, JACOB	12	OREGON	2:37.60
13 HOPP, ALAN	09	DIXON	2:46.60
14 MURRAY, SAM	10	GENESEO	2:55.30

## Boys 1600 Meter Run

Name	Yr	School	Finals
1 HAMBLIN, BRAYDEN	10	ROCK FALLS	4:37.20

2 GEBHART, JACOB	09	STERLING	4:43.80
3 WILLIAMS, SETH	11	ROCK FALLS	4:46.60
4 LANDIS, JONATHON	10	STERLING	4:47.80
5 SORIA, NATHAN	10	GENESEO	4:53.20
6 JOHNSON, GABE	11	GENESEO	4:54.20
7 FOX, NICK	11	GENESEO	5:02.20
8 DELAFUENTE, PETER	12	STERLING	5:05.60
9 ELLEN, CHARLEY	11	GENESEO	5:06.40
10 LUND, CODY	11	STERLING	5:08.10
11 HART, JALEN	11	STERLING	5:11.30
12 REILEY, EVAN	11	STERLING	5:11.70
13 MASTERSON, SEAN	10	DIXON	5:12.80
14 MASTERSON, BLAIN	10	DIXON	5:13.60
15 WEDEKIND, LUKAS	09	DIXON	5:17.20
16 OSTRANDER, EVAN	11	INDIAN CREEK	5:21.10
17 DAVIS, BEN	11	DIXON	5:29.40
18 POLZIN, KALEB	09	STERLING	5:34.10
19 WILKENS, JORDAN	09	OREGON	5:36.30
20 SORBEL, ERIC	12	INDIAN CREEK	5:45.10
21 WARREN, JEROME	09	ROCK FALLS	5:57.50
22 OLTMANNS, SETH	11	OREGON	6:05.10
23 ADEMOSKI, LUKE	11	STERLING	6:17.50

## Boys 60 Meter Hurdles

Name	Yr	School	Finals
1 VANDERHEYDEN,	09	GENESEO	8.60
2 PISCHKE, ANDREW	10	GENESEO	8.70
3 TRIBBLE, BOBBY	11	STERLING	8.80
4 WILSON, KONNER	11	OREGON	9.00
5 QUIROZ, JAVIER	12	STERLING	9.00
6 FORREST, BRYSON	10	DIXON	10.60

## Boys 4x200 Meter Relay

Team	Relay	Finals
1 GENESEO	A	1:38.10
2 DIXON	A	1:39.00
3 STERLING	A	1:39.50
4 ROCK FALLS	A	1:42.40
5 OREGON	A	1:43.10
6 GENESEO	B	1:43.50

## Boys 4x400 Meter Relay

Team	Relay	Finals
1 GENESEO	A	3:39.80
2 STERLING	A	3:40.70
3 DIXON	A	3:49.50
4 OREGON	A	3:49.80
5 ROCK FALLS	A	3:54.60

## Boys 4x800 Meter Relay

Team	Relay	Finals
1 STERLING	A	8:36.80
2 GENESEO	A	8:49.20
3 STERLING	B	8:54.70
4 INDIAN CREEK	A	9:25.30
5 OREGON	A	9:36.10
6 DIXON	A	9:37.50



## Gold Medal Meet - 3/7/2015

## Sterling Westwood Track

## Results

## Boys High Jump

Name	Yr	School	Finals
1 BOYER, BRANDON	11	ROCK FALLS	6-00.00
2 SEARS, GAGE	12	GENESEO	5-10.00
3 PATEL, SHIM	09	STERLING	5-06.00
4 DARIN, CAMERON	09	GENESEO	5-02.00
4 TULCAS, RYAN	11	GENESEO	5-02.00
6 INTERONE, ARIE	10	STERLING	4-10.00
6 HINES, NATHANIEL	09	GENESEO	4-10.00
--- LYON, BLAKE	12	GENESEO	NH

## Boys Pole Vault

Name	Yr	School	Finals
1 TRIBBLE, BOBBY	11	STERLING	10-06.00
2 JACOBS, BRENDON	11	DIXON	10-06.00
3 VILLA, DAVID	11	ROCK FALLS	9-06.00
4 VERPLAETSE, JACOB	10	GENESEO	9-06.00
5 PARCUS, MIKE	10	DIXON	9-06.00
6 SHERMAN, COREY	10	DIXON	9-00.00
6 HOPKINS, CONNOR	10	OREGON	9-00.00
8 TULCAS, RYAN	11	GENESEO	8-06.00
8 KNOX, BREU	11	ROCK FALLS	8-06.00
10 HAMMER, TYLER	12	OREGON	8-00.00
11 DARIN, CAMERON	09	GENESEO	7-06.00
12 POLZIN, KALEB	09	STERLING	7-00.00
--- PETROSKY,	09	STERLING	NH
--- ATWELL, ARTHUR	11	GENESEO	NH

## Boys Long Jump

Name	Yr	School	Finals
1 BEARD, JOSH	12	GENESEO	19-00.00
2 REYNOLDS, JORDAN	12	ROCK FALLS	18-06.50
3 SPAULDING, ANDREW	10	STERLING	18-06.00
4 SAMMONS, ERIK	11	GENESEO	18-03.50
5 WILSON, KONNER	11	OREGON	17-11.50
6 ROSS, JOHNNY	10	ROCK FALLS	17-06.00
7 NELSEN, PATRICK	09	STERLING	17-05.50
8 COSGRAVE, BEN	10	GENESEO	17-05.00
9 ADAMI, JAEDEN	11	STERLING	17-03.50
10 ANDERSON, GAGE	10	STERLING	16-10.50
10 GALLADRO, PEDRO		STERLING	16-10.50
12 QUIROZ, JAVIER	12	STERLING	16-09.25
13 COMMONS, KYLE	09	DIXON	16-04.75
14 DALLAS, JOSH	09	DIXON	16-01.00
15 EBERSOLE, NICK	09	ROCK FALLS	15-09.00
16 COOK, ALBERT	12	ROCK FALLS	15-07.50
17 CAMERON,	11	ROCK FALLS	14-05.00
18 BRECKENFELDER,	09	DIXON	14-04.50
19 GOOD, MAVERICK	11	OREGON	14-02.00
20 WILSON, DIANDRE	09	DIXON	14-01.00
21 STARR, PHOENIX	10	ROCK FALLS	13-09.00
22 SINGH, HARNEET	11	OREGON	13-08.00
23 ZALZALAH, NICK	09	OREGON	13-00.00
24 HINES, NATHANIEL	09	GENESEO	12-09.25
25 BAILEY, JACOB	09	OREGON	12-05.00
26 PETERSON, COLTON	10	ROCK FALLS	11-10.00

## Boys Triple Jump

Name	Yr	School	Finals
1 BEARD, JOSH	12	GENESEO	41-07.50
2 SEARS, GAGE	12	GENESEO	39-00.50
3 PISCHKE, ANDREW	10	GENESEO	38-03.50
4 BOYER, BRANDON	11	ROCK FALLS	37-08.00
5 QUIROZ, JAVIER	12	STERLING	37-01.00
6 AUSTIN, MICHAEL	09	ROCK FALLS	35-09.00

## Boys Shot Put

Name	Yr	School	Finals
1 JENSEN, TANNER	12	STERLING	43-08.25
2 BROUILLETTE, JOSEPH	12	STERLING	43-05.00
3 ARMSTRONG, MIKE	12	INDIAN CREEK	40-06.25
4 MATHIS, JOSH	11	GENESEO	40-02.00
5 MOWRY, .		OREGON	38-06.25
6 HELANDER, ALEX	12	DIXON	37-08.75
7 BROWDER, MATT	12	INDIAN CREEK	37-05.50
8 WOLBER, JASON	12	STERLING	37-03.25
9 SORESIE, RICO	11	DIXON	37-02.25
10 Ghibellini, JOHN	11	OREGON	36-05.25
11 LABASH, DAVID	12	OREGON	35-08.00
12 LENOX, BRADY	12	ROCK FALLS	35-06.25
13 FLEMING, GRIFFIN	11	GENESEO	34-10.50
14 SALISBURY, PARKER	12	GENESEO	34-10.25
15 DECKER, DYLAN	10	GENESEO	34-03.75
16 CULLEN, JACOB	09	OREGON	33-11.50
17 STAGE, DALTON	10	GENESEO	33-07.75
18 PENA, KIKO	11	GENESEO	33-06.50
19 BEASLEY, CARIEL	11	STERLING	33-03.50
20 RODRIGUEZ, EDGAR	11	STERLING	32-02.50
21 LYON, BLAKE	12	GENESEO	32-01.75
22 BAKER, GEOFFERY	09	DIXON	31-09.50
23 KAUSS, CLAYTON	12	INDIAN CREEK	31-06.50
24 McMEEKEN,	12	OREGON	30-08.25
25 MAJESKI, DILLION	09	STERLING	30-05.25
26 BARRIENTOS, JOSE	10	STERLING	29-00.25
27 MURPHY, COLIN	09	GENESEO	28-04.50
28 BOLTHOUSE, NICK	12	ROCK FALLS	27-05.50
29 DAVILA, CRISTIAN	09	STERLING	27-03.25
30 MORENO, RICARDO	10	STERLING	26-11.50
31 ELDER, ROLLIE	10	ROCK FALLS	26-09.00
32 BACHMAN, GABRIEL	10	STERLING	24-05.75
33 GILL, JASPREET	09	OREGON	23-11.25
34 ROCHA, LOGAN	09	STERLING	23-07.75

## GENESEO RESULTS & TEAM SPLIT PAGE

**MEET:** Sterling Gold Medal Indoor Inv.

**DATE:** March 7, 2015

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

**TIMING SYSTEM:** Hand Held (The F.A.T. malfunctioned)

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

**VARSITY TEAM SCORES:** Non-scored meet.

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

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

PLEASE NOTE: DUE TO THE MALFUNCTION OF THE F.A.T., ONLY THE FIRST HEAT OF EACH RACE WAS ELIGIBLE FOR "OFFICIAL MEET SCORING". I HAVE ADJUSTED THE RESULTS MAKING OUR ATHLETES THAT WERE NOT IN THE "SCORING HEAT" ELIGIBLE TO EARN POINTS.

### **60 METER DASH**

- o 1.) August Stamp: 7.54c
- o 2.) Quinn Singbush: 7.74c
- o 2.) Kris Nguyen: 7.74c
- o Dalton Stamp: 7.84c
- o Carson Krause: 7.94c
- o Ryan Tulcas: 7.94c
- o Caleb Norville: 8.24c
- o Devon Moore: 8.54c

### **60 METER HIGH HURDLES**

- o 1.) Reed Vanderheyden: 8.84c
- o 2.) Andrew Pischke: 8.94c
- o 6) Ben Cosgrave: 9.24c

### **200 METER DASH**

- o 3.) Quinn Singbush: 24.74c
- o 4.) Ian Ramsey: 25.34c
- o 6.) Dalton Stamp: 26.04c
- o Carter Biellier: 26.24c
- o Spencer Robertson: 26.84c
- o Carson Krause: 26.94c
- o Kris Nguyen: 27.14c

### **400 METER DASH**

- o 1.) Adam DeYoung: 56.98c
- o 2.) C.J. Magerkurth: 57.94c

### **800 METER RUN**

- o 5.) Chandler Schwartz: 2:29.24c (70 – 79)
- o 8.) Raul Falcon: 2:33.54c (71 – 82)
- o 9.) Noah Sebastian: 2:33.84c (73 – 80)



- 14.) Sam Murray: 2:55.54c (86 - 89)

**800 METER RELAY A (1st Place 1:38.34c)**

- August Stamp: 24.78hr
- Quinn Singbush: 24.10hr
- Ian Ramsey: 24.92hr
- Erik Sammons: 24.26hr

**800 METER RELAY B (6th Place 1:43.74c)**

- Caleb Norville: 25.72hr
- Spencer Robertson: 27.03hr
- Carter Biellier: 26.17hr
- Gage Sears: 24.52hr

**800 METER RELAY C (7th Place 1:48.44c)**

- Dalton Stamp: 26.20hr
- Kris Kguyen: 27.54hr
- Devon Moore: 27.96hr
- Cameron Darin: 26.50hr

**1600 METER RUN**

- 5.) Nathan Soria: 4:53.44c (71 - 2:23 (72) - 3:37 (74) - 4:53 (76)
- 6.) Gabe Johnson: 4:54.44c (71 - 2:25 (74) - 3:40 (75) - 4:54 (74)
- 7.) Nick Fox: 5:02.44c (74 - 2:28 (74) - 3:45 (77) - 5:02 (77)
- 9.) Charley Elden: 5:06.64c (75 - 2:31 (76) - 3:51 (80) - 5:06 (75)

**1600 METER RELAY A (1st Place 3:40.04c)**

- August Stamp: 56.14cr
- Reed Vanderheyden: 53.74cr
- Ben Cosgrave: 55.14cr
- Josh Beard: 55.84cr

**1600 METER RELAY B (6th Place 3:57.54c)**

- Erik Sammons: 56.44cr
- Andrew Pischke: 56.74cr
- Devon Moore: 1:05.04cr
- Gage Sears: 1:00.24cr

**1600 METER RELAY C (7th Place 3:59.84c)**

- Nathan Soria: 58.14cr
- Charley Elden: 1:02.54cr
- Nick Fox: 1:01.54cr
- Gabe Johnson: 58.54cr

**1600 METER RELAY D** (8th Place 4:36.84c)

- Chandler Schwartz: 1:05.74cr
- Raul Falcon: 1:04.64cr
- Noah Sebastian: 1:06.14cr
- Sam Murray: 1:21.14cr

**3200 METER RELAY A** (2nd Place 8:49.44c)

- Nathan Soria: 2:06.44cr (63 - 63)
- Charley Elden: 2:15.14cr (62 - 73)
- Nick Fox: 2:17.64cr (62 - 75)
- Gabe Johnson: 2:11.04cr (63 - 68)