



MAPLE LEAF GOLD MEDALISTS

Pictured are Arthur Atwell, Nick Swartzendruber, Reed Vanderheyden, Andrew Pischke, Quinn Singbush, Will Daniels, Cayson Frerichs, Andrew Benhart, Nathan Soria, and Lucas Hofer. Each man took home a GOLD MEDAL at the NIB-12 Indoor Inv.

LEAFS MINE NIB-12 INDOOR INVITATIONAL SILVER

On Saturday, March 19th, the Leafs traveled to Sterling's Westwood Sports Complex to participate in the Northern Illinois Big-12 Indoor Conference Invitational. The field included teams from: DeKalb, Geneseo, Kaneland, LaSalle-Peru, Morris, Ottawa, Rochelle, Sterling, Sycamore, and Yorkville. After scoring the meet off the seeded performances, only 3 points separated the Leafs with DeKalb and Kaneland. It is exciting how far our program has progressed in the past twelve months.

The Leafs had a strong meet scoring in 14 of the 16 events. They claimed Gold Medals in SIX events while also grabbing FOUR Silver Medals. The team exceeded the 109 points they were seeded to score by scoring 113.5. DeKalb ended up 5 1/2 points ahead of the Leafs with a winning total of 119. Kaneland was missing a few key guys but still ended up a strong third with 72 points. There is little doubt that they will make it a three team battle at the outdoor NIB-12 Conference Championship come May 13th in Sterling. With most of the schools on Spring Break it appears a certainty that each school was missing a few key components to their teams. That includes Geneseo.

Leading the Leafs were Individual Event Champions: Arthur Atwell (Pole Vault), Will Daniels (High Jump), and Andrew Pischke (60 Meter High Hurdles.) Also powering the Leafs to a STRONG silver medal team finish were the relay teams of: Quinn Singbush, Reed Vanderheyden, Andrew Pischke, Lucas Hofer (800 Meter Relay), Lucas Hofer, Nick Swartzendruber, Andrew Benhart, Reed

Vanderheyden (1600 Meter Relay), and Nick Swartzendruber, Andrew Benhart, Nathan Soria, Cayson Frerichs (3200 Meter Relay.) Team members who scored points for the Leafs via their top six place finish are listed below:

1st Place: Arthur Atwell (Pole Vault)

1st Place: Will Daniels (High Jump)

1st Place: Andrew Pischke (60 Meter High Hurdles)

1st Place: Quinn Singbush, Reed Vanderheyden, Andrew Pischke, Lucas Hofer (800 Meter Relay)

1st Place: Lucas Hofer, Nick Swartzendruber, Andrew Benhart, Reed Vanderheyden (1600 Meter Relay)

1st Place: Nick Swartzendruber, Andrew Benhart, Nathan Soria, Cayson Frerichs (3200 Meter Relay)

2nd Place: Will Daniels (Long Jump)

2nd Place: Quinn Singbush (200 Meter Dash)

2nd Place: Sam Thomas (Shot Put)

2nd Place: Reed Vanderheyden (60 Meter High Hurdles)

4th Place: Nick Fox (3200 Meter Run)

4th Place: Josh Mathis (Shot Put)

4th Place: Andrew Pischke (200 Meter Dash)

4th Place: Quinn Singbush (60 Meter Dash)

5th Place: Erik Sammons (400 Meter Dash)

5th Place: (Tie) Ryan Tulcus (Pole Vault)

6th Place: Andrew Pischke (Triple Jump)

6th Place: Erik Sammons (Long Jump)

NIB 12: Geneseo finishes second

at NIB 12 indoor meet

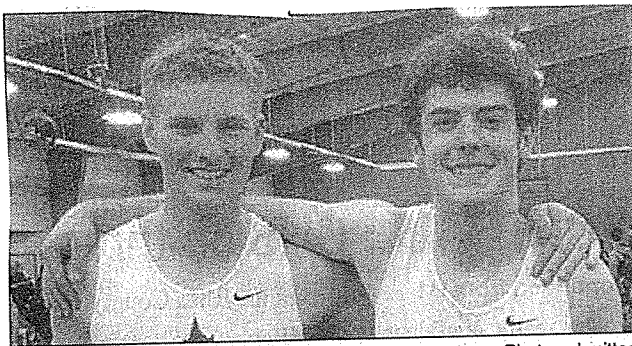


Photo submitted

ANDREW PISCHKE, left, and **REED VANDERHEYDEN** have dominated the 60-meter hurdles during indoor season.

NIB 12 Indoor meet

Geneseo brought home six-gold medals and added four silver medals from the NIB 12 Indoor meet on March 19.

DeKalb (119) earned the team title holding off Geneseo (113.5) in the 10-team field.

Geneseo swept the relay event titles.

In the 4x200-meter relay, Geneseo's Singbush, Vanderheyden, Pischke and Lucas Hofer set a new meet record winning the event in 1:32.9.

The Leafs' Hofer, Nick Swartzendruber, Andrew Benhart and Vanderheyden teamed up to win the 4x400 relay (3:34.8).

In the 4x800 relay, The Leafs' Swartzendruber, Benhart, Soria and Cayson Frerichs outshined the competition winning the relay (8:24.5) by eight seconds over runner up DeKalb.

Atwell won the pole vault eclipsing his own meet record 13'9" with a new mark of 15'1".

Daniels won the high jump clearing 6'4" and added a

second finish in the long jump reaching a mark of 20'6".

Pischke won the 60 hurdles (8.14) with Vanderheyden hot in pursuit (8.20).

Thomas finished runner up in the shot put (49'), and Mathis was fourth (44'7").

Singbush was runner up in the 200 dash (22.7), and Pischke finished fourth (24.1)

Geneseo's Fox was fourth in the 3200 run (10:32.1), and Pischke was sixth in the triple jump with a mark of 38'5.5".

Sammons finished fifth in the 400 (53.6), and Soria placed seventh in the 1600 (4:47.3).

Johnson raced to an eighth place finish in the 800 (2:13.3).

The Leafs' next meet will be Saturday, March 26 at the Illinois Top Times held at Illinois Wesleyan's Shirk Center starting at 8 a.m.

NIB XII Indoor Conference - 3/19/2016

Sterling Westwood Track

Results

Boys 60 Meter Dash

NIBXII: 7.03 3/21/2015 DION HOOKER

Name	Yr	School	Finals
Finals			
1 TATE, ANTONIO	12	DEKALB	7.04 10
2 BUJARSKI, TRISTAN	10	DEKALB	7.14 8
3 CRUZ, BRANDON	12	KANELAND	7.23 6
4 SINGBUSH, QUINN	12	GENESEO	7.24 4
5 BELL, CJ	11	YORKVILLE	7.34 2
6 BRUCE, TERRANCE	12	STERLING	7.35 1
7 RYAN, TYLER	12	ROCHELLE	7.36
8 PAULSON, TYLER	12	KANELAND	7.44
9 RICHMOND, JUSTIN	12	ROCHELLE	7.53
10 LOPEZ, JOEL	12	LASALLE-PERU	7.55
11 MOORE, JAVELL		YORKVILLE	7.56
12 COUCH, PEYTON	11	OTTAWA TOWNSHIP	7.58
13 NELSEN, PATRICK	10	STERLING	7.59
14 HOFER, LUCAS	11	GENESEO	7.60
15 PAWOLA, CHRIS	11	SYCAMORE	7.64
16 MATOS, TREY	11	LASALLE-PERU	7.84
17 MCCONKEY, LOGAN	11	SYCAMORE	7.85
--- SUDDUTH, LOGAN	10	YORKVILLE	SCR

Boys 200 Meter Dash

NIBXII: 22.68 3/21/2015 DION HOOKER

Name	Yr	School	Finals
Finals			
1 TATE, ANTONIO	12	DEKALB	22.12 10
2 SINGBUSH, QUINN	12	GENESEO	22.76 8
3 MARTIN, DAMARIE	11	LASALLE-PERU	23.94 6
4 PISCHKE, ANDREW	11	GENESEO	24.11 4
5 DELACH, JOHN	12	KANELAND	24.16 2
6 TARVER, JARIUS	12	DEKALB	24.31 1
7 COUCH, PEYTON	11	OTTAWA TOWNSHIP	24.32
8 PAULSON, TYLER	12	KANELAND	24.47
9 VALLERO, CADE	10	YORKVILLE	24.71
10 BELL, CJ	11	YORKVILLE	24.72
11 SPAULDING, ANDREW	11	STERLING	24.76
12 PAWOLA, CHRIS	11	SYCAMORE	24.92
13 MATOS, TREY	11	LASALLE-PERU	25.77
14 MCCONKEY, LOGAN	11	SYCAMORE	26.34
15 AGUIRE, JAVIER		ROCHELLE	27.27
--- PORTER, JAMES		ROCHELLE	SCR
--- DURAN, ALEK	09	STERLING	SCR
--- WYATT, JAKE	11	ROCHELLE	SCR
--- MYERS, ANDREW	11	ROCHELLE	SCR

Boys 400 Meter Dash

NIBXII: 52.09

Name	Yr	School	Finals
Finals			
1 POINTER, COLFAY	12	ROCHELLE	51.50 10
2 BRUCE, TERRANCE	12	STERLING	51.82 8
3 DAY, ZUREK	11	DEKALB	52.73 6
4 ARROYO, GABE	12	YORKVILLE	52.86 4

5 SAMMONS, ERIK	12	GENESEO	53.63 2
6 LOPEZ, JOEL	12	LASALLE-PERU	53.74 1
7 NOEL, MATT	11	KANELAND	54.71
8 AURAND, ERIC	12	SYCAMORE	55.00
9 ELLSOOS, JOSH	09	YORKVILLE	55.60
10 WELLS, NICOLA	09	DEKALB	57.10
11 RIVAS, ADAM	11	KANELAND	57.40
12 BLAND, CONNOR	09	STERLING	57.50
12 SULLIVAN, JOHN	10	SYCAMORE	57.50
14 COSGRAVE, BEN	11	GENESEO	58.40
15 TRACEY, AUSTIN		ROCHELLE	58.43
16 BRAGER, WILEY	12	LASALLE-PERU	1:02.78
--- HARMS, DONIVYN	12	ROCHELLE	SCR

Boys 800 Meter Run

NIBXII: 2:01.02 3/21/2015 JACOB WANTLAND

Name	Yr	School	Finals
Finals			
1 SEBASTIAN, BRENDON	11	LASALLE-PERU	2:05.72 10
2 MARTIN, BEN	12	DEKALB	2:06.77 8
3 JEDH, MAAZ	12	DEKALB	2:06.82 6
4 HESTER, THOR	12	YORKVILLE	2:07.11 4
5 HORNYAK, CODY	12	YORKVILLE	2:07.84 2
6 SPAETZEL, SEAN	12	KANELAND	2:08.27 1
7 FRANKLIN, DREW	12	KANELAND	2:09.03
8 JOHNSON, GABE	12	GENESEO	2:13.33
9 OLSON, JORDAN	11	MORRIS	2:14.56
10 WINFIELD, GARRET	11	STERLING	2:15.52
11 RAMOS, BRANDON		GENESEO	2:15.63
12 TRAN, CEREC	11	SYCAMORE	2:16.17
13 GILMORE, ERIC	11	SYCAMORE	2:17.53
14 REILEY, EVAN	12	STERLING	2:21.04
15 INFANTE, EDWIN	11	ROCHELLE	2:21.16
16 INFANTE, JESSEE	09	ROCHELLE	2:21.98
17 POCIVASIK, JACOB	09	LASALLE-PERU	2:25.04
18 MCTAGUE, SHANE	11	MORRIS	2:27.81
--- SELLERS, KYLE	11	GENESEO	SCR

Boys 1600 Meter Run

NIBXII: 4:22.15

Name	Yr	School	Finals
Finals			
1 WILLS, TREVOR	12	YORKVILLE	4:33.51 10
2 GEBHARDT, JACOB	10	STERLING	4:36.32 8
3 KINTZ, AUSTIN	12	KANELAND	4:36.38 6
4 BISHOP, MITCHEL	11	DEKALB	4:40.13 4
5 MARKS, RILEY	09	DEKALB	4:40.21 2
6 BLACK, PATRICK	10	YORKVILLE	4:42.47 1
7 SORIA, NATHAN	11	GENESEO	4:47.38
8 HERNANDEZ, JULIAN	12	ROCHELLE	4:49.34
9 KUIPERS, WILL	12	KANELAND	4:50.75
10 LANDIS, JONATHON	11	STERLING	4:52.92
11 RINK, KADEN	09	GENESEO	4:57.61
12 GUZMAN, ZACH	10	MORRIS	5:08.07
13 PIJANOWSKI, RYAN	11	LASALLE-PERU	5:10.83
14 CARANI, JAKE	10	SYCAMORE	5:13.22

NIB XII Indoor Conference - 3/19/2016

Sterling Westwood Track

Results

Finals ... (Boys 1600 Meter Run)

Name	Yr	School	Finals
15 SCHAEFER, LOGAN	09	LASALLE-PERU	5:15.84
16 MELTON, RILEY		SYCAMORE	5:19.81
17 DIAZ, WES	10	MORRIS	5:22.73
18 WALSH, AUSTIN	09	ROCHELLE	5:26.95
--- LEROHL, DAVID	09	SYCAMORE	SCR

Boys 3200 Meter Run

NIBXII: 9:35.04 3/21/2015 LUKE HOFFERT

Name	Yr	School	Finals
Finals			
1 RICHTMAN, MATT	10	KANELAND	9:55.76 10
2 WUCHTE, THOMAS	11	DEKALB	10:20.23 8
3 FARRELL, CONNOR	11	SYCAMORE	10:28.81 6
4 FOX, NICK	12	GENESEO	10:32.16 4
5 THOLEN, BEN	09	YORKVILLE	10:34.69 2
6 LEROHL, JOHN	11	SYCAMORE	10:42.91 1
7 COX, MATT	10	YORKVILLE	10:46.94
8 SHOTTON, CAMERON	12	DEKALB	10:48.19
9 MARTINEZ, MIKIO	09	STERLING	10:48.81
10 KESSEL, ALEC	11	LASALLE-PERU	10:49.48
11 MOORMAN, ISIAH	09	STERLING	10:52.19
12 DUNCAN, BLAKE	10	GENESEO	10:52.66
13 KANTOLA, ANDREW	11	KANELAND	10:56.44
14 DAVIS, AARON	12	ROCHELLE	11:01.48
15 SAWIN, CARTER	12	LASALLE-PERU	11:25.34
16 DISIMONI, SPENCER	11	ROCHELLE	12:31.41

Boys 60 Meter Hurdles

NIBXII: 8.56

Name	Yr	School	Finals
Finals			
1 PISCHKE, ANDREW	11	GENESEO	8.14 10
2 VANDERHEYDEN, REE	10	GENESEO	8.20 8
3 DAY, ZUREK	11	DEKALB	8.30 6
4 TRIBBLE, BOBBY	12	STERLING	8.70 4
5 HANCOCK, SAM	10	SYCAMORE	8.91 2
6 RODRIGUEZ, JAKE	11	ROCHELLE	8.97 1
7 KIRCHHOFF, ZACH	11	STERLING	9.08
8 FRANKENREIDER, PEY	10	YORKVILLE	9.23
9 GOULD, DREW	10	KANELAND	9.29
10 MEAGHER, WILLIAM	11	LASALLE-PERU	9.44
11 JOHNSON, LEVI	11	ROCHELLE	9.53
12 HERNANDEZ, RYAN	09	DEKALB	9.90
13 BROOKS, JACOB	09	YORKVILLE	10.02
14 COUCH, PEYTON	11	OTTAWA TOWN	10.06
15 HENDERSON, TYLER	10	SYCAMORE	10.51
16 STONEKING, OWEN	11	LASALLE-PERU	11.33
--- NANCE, TYLER		KANELAND	DNF
--- ROBERTSEN, TANNER	12	KANELAND	SCR

Boys 4x200 Meter Relay

NIBXII: 1:35.35

Team	Relay	Finals
Finals		
1 GENESEO	A	1:32.93 10
2 DEKALB	A	1:34.55 8
3 KANELAND	A	1:36.72 6
4 ROCHELLE	A	1:37.44 4
5 YORKVILLE	A	1:37.93 2
6 STERLING	A	1:38.32 1
7 SYCAMORE	A	1:40.92
8 LASALLE-PERU	A	1:43.16

Boys 4x400 Meter Relay

NIBXII: 3:33.16

Team	Relay	Finals
Finals		
1 GENESEO	A	3:34.81 10
2 STERLING	A	3:39.27 8
3 LASALLE-PERU	A	3:40.81 6
4 ROCHELLE	A	3:40.83 4
5 YORKVILLE	A	3:40.85 2
6 KANELAND	A	3:41.66 1
7 SYCAMORE	A	3:45.27
--- DEKALB	A	DQ

Boys 4x800 Meter Relay

NIBXII: 8:07.72

Team	Relay	Finals
Finals		
1 GENESEO	A	8:24.50 10
2 DEKALB	A	8:32.60 8
3 KANELAND	A	8:36.70 6
4 STERLING	A	8:38.30 4
5 SYCAMORE	A	8:41.60 2
6 LASALLE-PERU	A	8:54.10 1
7 YORKVILLE	A	9:06.30
--- ROCHELLE	A	DNF

Boys High Jump

NIBXII: 6-09

Name	Yr	School	Finals
Finals			
1 DANIELS, WILL	12	GENESEO	6-04.00 10
2 MYERS, ANDREW	11	ROCHELLE	5-10.00 8
3 PETERSON, CONNOR	12	KANELAND	5-10.00 6
4 SCHROEDER, GRIFFIN	11	SYCAMORE	5-10.00 4
5 KIRCHHOFF, ZACH	11	STERLING	5-10.00 2
6 POINTER, COLFAY	12	ROCHELLE	5-10.00 1
7 ROSS, BRIAN	10	DEKALB	5-10.00
8 PATEL, SHIVAM	10	STERLING	5-08.00
8 JACOBS, EVAN	11	SYCAMORE	5-08.00
8 MAGERKURTH, C.J.	12	GENESEO	5-08.00
11 GOULD, DREW	10	KANELAND	5-06.00
12 WILLIAMS, JAVEN	09	YORKVILLE	5-04.00

NIB XII Indoor Conference - 3/19/2016

Sterling Westwood Track

Results

Finals ... (Boys High Jump)

Name	Yr	School	Finals
---	LARA, RIO	10 YORKVILLE	NH
---	CAMP, TRAVIS	11 LASALLE-PERU	NH
---	HARMS, DONIVYN	12 ROCHELLE	SCR
---	BLACKBURN, REID	11 STERLING	SCR

Boys Pole Vault

NIBXII: 13-09 3/21/2015 ARTHURATWELL

Name	Yr	School	Finals
Finals			
1	ATWELL, ARTHUR	12 GENESEO	15-01.00 10
2	WEBB, IZAAH	12 DEKALB	14-07.00 8
3	RINELLA, MIKE	12 KANELAND	13-07.00 6
4	PETERSON, ALEXANDI	11 DEKALB	J13-07.00 4
5	TULCUS, RYAN	12 GENESEO	11-07.00 1.5
5	HARSTED, ETHEN	10 OTTAWA TOWN	11-07.00 1.5
7	GROEN, MITCHELL	12 KANELAND	J11-07.00
7	DRENDEL, MICHAEL	11 ROCHELLE	J11-07.00
9	NAGLE, NOLAN	11 OTTAWA TOWN	10-07.00
10	JAROS, EVAN	11 YORKVILLE	9-07.00
11	WILSON, CHAD	12 SYCAMORE	9-01.00
12	TRACEY, AUSTIN	ROCHELLE	J9-01.00
13	SANDOR, BRIAN	11 YORKVILLE	J9-01.00
14	SEIGMOND, DREW	11 STERLING	8-01.00
15	PETROSKI, MITCHELL	10 STERLING	J8-01.00
---	HANSEN, BRYCE	12 SYCAMORE	SCR
---	ACKLAND, KYLER	12 ROCHELLE	SCR

Boys Long Jump

NIBXII: 21-08.50

Name	Yr	School	Finals
Finals			
1	TATE, ANTONIO	12 DEKALB	21-11.25 10
2	DANIELS, WILL	12 GENESEO	20-06.50 8
3	DELACH, JOHN	12 KANELAND	20-05.50 6
4	DELARME, CODY	11 KANELAND	20-02.50 4
5	MARTIN, DAMARIE	11 LASALLE-PERU	19-05.50 2
6	SAMMONS, ERIK	12 GENESEO	19-04.00 1
7	RYAN, TYLER	12 ROCHELLE	19-02.25
8	SPAULDING, ANDREW	11 STERLING	18-11.50
9	SANFORD, ETHAN	12 STERLING	18-06.25
10	PARHAM, DEREK	12 LASALLE-PERU	18-03.50
11	WEBB, IZAAH	12 DEKALB	17-11.50
12	O'BRIEN, JOSEPH	11 SYCAMORE	J17-11.50
13	THOMAS, TREMAINE	10 SYCAMORE	17-04.50
14	LARSEN, JEREMY	09 YORKVILLE	17-04.00
15	KING, JASEERI	12 YORKVILLE	14-05.50
16	RINCON, XAVIER	12 ROCHELLE	13-05.75

Boys Triple Jump

NIBXII: 43-11.50

Name	Yr	School	Finals
Finals			
1	WEBB, IZAAH	12 DEKALB	42-07.00 10
2	FRANKENREIDER, PEY	10 YORKVILLE	40-00.00 8

3	GROEN, MITCHELL	12 KANELAND	39-07.00 6
4	SULLIVAN, JOHN	10 SYCAMORE	39-05.50 4
5	KIRCHHOFF, ZACH	11 STERLING	39-01.00 2
6	PISCHKE, ANDREW	11 GENESEO	38-05.50 1
7	COSGRAVE, BEN	11 GENESEO	38-05.00
8	MEAGHER, WILLIAM	11 LASALLE-PERU	8-04.00
9	LARSEN, JEREMY	09 YORKVILLE	37-07.50
10	O'BRIEN, JOSEPH	11 SYCAMORE	37-01.00
11	PARHAM, DEREK	12 LASALLE-PERU	6-01.00
12	DELACH, JOHN	12 KANELAND	36-00.50
13	KING, TREVOR	11 STERLING	35-07.00
14	NELLEM, KADARIAN	12 DEKALB	35-04.50
15	MUSSELMANN, ISAAC	09 ROCHELLE	33-03.50
16	DISIMONI, SPENCER	11 ROCHELLE	30-08.50

Boys Shot Put

NIBXII: 55-05

Name	Yr	School	Finals
Finals			
1	WEISZ, SAM	12 YORKVILLE	54-11.50 10
2	THOMAS, SAM	11 GENESEO	49-00.00 8
3	HANNULA, CLAYTON	10 KANELAND	44-09.75 6
4	MATHIS, JOSH	12 GENESEO	44-07.00 4
5	LAPOINTE, HAYDEN	12 DEKALB	42-10.50 2
6	SHETTER, MARCUS	10 STERLING	42-08.00 1
7	JONES, MORRIS	11 DEKALB	42-04.75
8	THOMPSON, JAYLIN	12 YORKVILLE	42-02.25
9	HUNT, BAILEY	12 SYCAMORE	41-05.00
10	KINDER, TRISTAN	12 KANELAND	41-04.00
11	GRANT, RYAN	12 SYCAMORE	41-02.50
12	HALL, BRADY	11 STERLING	40-00.75
13	MCGEE, NICK	10 LASALLE-PERU	8-11.75
14	THOMAS, CHRIS	12 ROCHELLE	35-10.00
15	SWORDS, SLATEN	10 OTTAWA TOWN	35-05.25
16	RICKETTS, GREG	ROCHELLE	34-00.75
---	RIVARA, MIKE	12 LASALLE-PERU	SCR
---	NORRIS, JOSH	11 ROCHELLE	SCR

Men - Team Rankings - 15 Events Scored

1)	DeKalb	119
2)	Geneseo	113.5
3)	Kaneland	72
4)	Yorkville	47
5)	Sterling	39
6)	Rochelle	28
7)	LaSalle-Peru	26
8)	Sycamore	19
9)	Ottawa Township	1.5

GENESEO RESULTS & TEAM SPLIT PAGE

MEET: NIB-12 Indoor Invitational

DATE: March 19, 2016

SITE: Sterling's Westwood Sports Complex

TIMING SYSTEM: F.A.T.

WEATHER CONDITIONS: Indoors (so perfect.)

VARSITY TEAM SCORES: 1.) DeKalb 119; 2.) Geneseo 113.50; 3.) Kaneland 72; 4.) Yorkville 47; 5.) Sterling 39; 6.) Rochelle 28; 7.) LaSalle-Peru 26; 8.) Sycamore 19; 9.) Ottawa 1.50; 10.) Morris 0

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

800 METER RUN

- 8.) Gabe Johnson: 2:13.33 (64 - 69)
- 11.) Brandon Ramos: 2:15.63 (67 - 68)

800 METER RELAY (1st Place 1:32.93)

- Quinn Singbush: 22.96r
- Reed Vanderheyden: 22.90r
- Andrew Pischke: 23.35r
- Lucas Hofer: 23.82r

1600 METER RUN

- 7.) Nathan Soria: 4:47.38 (69 - 2:20 (71) - 3:31 (71) - 4:47 (76)
- 11.) Kaden Rink: 4:57.61 (69 - 2:25 (76) - 3:43 (78) - 4:57 (74)

1600 METER RELAY (1st Place 3:34.81)

- Lucas Hofer: 54.14cr
- Nick Swartzendruber: 54.14cr
- Andrew Benhart: 54.54cr
- Reed Vanderheyden: 53.04cr

3200 METER RUN

- Nick Fox: 10:32.16 (73 - 2:29 (76) - 4:44 (75) - 5:08 (84) - 6:30 (82) - 7:52 (82) - 9:16 (84) - 10:32 (76)
- Blake Duncan: 10:52.66 (77 - 2:37 (80) - 3:59 (82) - 5:21 (82) - 6:44 (83) - 8:09 (85) - 9:36 (87) - 10:52 (76)

3200 METER RELAY (1st Place 8:24.50)

- Nick Swartzendruber: 2:07.44cr (63 - 64)
- Andrew Benhart: 2:06.24cr (60 - 66)
- Nathan Soria: 2:06.14cr (59 - 67)
- Cayson Frerichs: 2:06.44cr (61 - 65)