



DEETS TESTED DEETS TOUGH

Pictured are "da Deets Brothers" Ryan, Kyle, and Matthew.

Ryan and Matthew starred at Augustana College in Track & Field. Younger brother Kyle added to the family legacy last weekend by helping lead Augie to it's first EVER CCIW Indoor Conference Championship. Let's not forget the beautiful Dori who is being held by her proud daddy and guarded by her proud uncles!

LEAFS STRONG AT STERLING GOLD MEDAL INVITATIONAL

On Saturday, March 5th, the Leaf's traveled to Sterling's Westwood Sports Complex to participate in the six-team Gold Medal Invitational. The field included teams from: Dixon, Geneseo, Indian Creek, Oregon, Rock Falls, and the host Sterling Golden Warriors. No official team scores were kept and the meet offered unlimited entries so every member of the team that was healthy and available competed. We did hold a few guys out that are just coming off winter sports. There

was also a Band/Choir conflict that claimed a significant number of team members. No worries. The meet also included six girls' teams (including our girls.) It was nice to be able to cheer them on as well as our own team.

Even though the meet was officially un-scored, we scored it for fun anyway. The results were a bit "jaw-dropping" as we scored 214 points. The rest of the field was: 2.) Sterling 70; 3.) Rock Falls 52; 4.) Dixon 49; 5.) Oregon 46; and 6.) Indian Creek 1. The team was led by the following Gold Medalists: Arthur Atwell (Pole Vault); Ben Cosgrave (Triple Jump); Will Daniels (High Jump & Long Jump); Adam DeYoung (400 Meter Dash); Andrew Pischke (60 Meter High Hurdles); Quinn Singbush (60 Meter Dash & 200 Meter Dash); and Sam Thomas (Shot Put). The Leafs also claimed Gold in the following relays: 800 Meter Relay (Quinn Singbush, Reed Vanderheyden, Erik Sammons, Lucas Hofer) and the 1600 Meter Relay (Erik Sammons, Nick Swartzendruber, Andrew Benhart, Reed Vanderheyden.) The top performances of the meet were turned in by Will Daniels who won a closely contested High Jump competition with a season opening jump of 6' 06" (with ZERO practice and the 800 Meter Relay team of Quinn Singbush, Reed Vanderheyden, Erik Sammons, and Lucas Hofer who ROARED to a season best time of 1:34.23. Team members who "scored points" (I know the meet was not scored but we awarded Varsity Points anyway) via their top six place finishes are listed below:

1st Place: Arthur Atwell (Pole Vault)
1st Place: Ben Cosgrave (Triple Jump)
1st Place: Will Daniels (High Jump)
1st Place: Will Daniels (Long Jump)
1st Place: Adam DeYoung (400 Meter Dash)
1st Place: Andrew Pischke (60 Meter High Hurdles)
1st Place: Quinn Singbush (60 Meter Dash)
1st Place: Quinn Singbush (200 Meter Dash)
1st Place: Sam Thomas (Shot Put)
1st Place: Quinn Singbush, Reed Vanderheyden, Erik Sammons, Lucas Hofer (800 Meter Relay)
1st Place: Erik Sammons, Nick Swartzendruber, Andrew Benhart, Reed Vanderheyden (1600 Meter Relay)
2nd Place: Andrew Pischke (Triple Jump)
2nd Place: Peter Rizzo (800 Meter Run)
2nd Place: Erik Sammons (Long Jump)
3rd Place: Ryver Griffin (Triple Jump)
2nd Place: Reed Vanderheyden (60 Meter High Hurdles)
3rd Place: Cameron Darin (Pole Vault)
3rd Place: Andrew Rizzo (800 Meter Run)
3rd Place: Nathan Soria (1600 Meter Run)
3rd Place: (tie) Ryan Tulus (High Jump)
3rd Place: Lucas Hofer, Nathan Soria, Ben Cosgrave, Colton Pischke (1600 Meter Relay)
3rd Place: Andrew Benhart, Brandon Ramos, Blake Duncan, Nick Swartzendruber (3200 Meter Relay)
4th Place: Ben Cosgrave (Long Jump)
4th Place: Josh Mathis (Shot Put)

4th Place: Noah Sebastian (800 Meter Run) 4th Place: Logan Weber (200 Meter Dash)
4th Place: Andrew Pischke, Logan Weber, Drew Rapps, Ben Cosgrave (800 Meter Relay)
4th Place: Charley Elden, Nick Fox, Kaleb Decker, Carson Cocquit (3200 Meter Relay)
5th Place: Lucas Hofer (60 Meter Dash)
5th Place: Colton Pische (Triple Jump)
5th Place: Isaac Ramsey (High Jump)
5th Place: Jacob Verplaetse (Pole Vault)
6th Place: (tie) Cameron Darin (High Jump)
6th Place: Isaac Ramsey (Triple Jump)

Leafs hit the ground running

Sterling Gold Medal Meet

The Maple Leafs set the gold standard with 11 event wins at the Westwood Sports Complex in Sterling on March 5.

With no practice coming off basketball season, Geneseo's Will Daniels transitioned seamlessly to the track. Daniels won the high jump with a mark of 6'6".

A senior, Daniels added a long jump victory reaching a mark of 19'10", and Geneseo's Sammons was runner up with a distance of 19'4".

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TRACK: Leafs win 11 events in Sterling

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Atwell won the pole vault with a mark of 13'7", and Sam Thomas dominated the shot put with a throw of 48'6".

Cosgrave won the triple jump reaching 38'2", and Pischke was runner up finishing with a distance of 38'1".

Pischke notched a victory in the 60 hurdles (8.55), and Vanderheyden finished runner up in 8.64.

Geneseo's Singbush was a

two-time winner leading the pack in the 60 dash (7.2) and the 200 dash (23.4).

The Leafs' Adam DeYoung won the 400 dash with a time of 56.6.

GHS' 4x200-relay team (Singbush, Vanderheyden, Sammons, Hofer) reigned clocked in at 1:34.2.

The Leafs' 4x400-relay team tacked on another victory with Sammons, Swartzendruber, Benhart and

Vanderheyden leading the way in 3:36.6.

Peter Rizzo was runner-up in the 800 run (2:13.3), and Andrew Rizzo finished third (2:16.3).

Soria finished third in the 1600 run (4:40.1).

Geneseo's next meet will be Tuesday, March 15 at the Sterling Triangular at the Westwood Sports Complex in Sterling at 4:30 p.m.

Gold Medal Meet - 3/5/2016

Sterling Westwood Track

Results

Boys 60 Meter Dash

Name	Yr	School	Finals
Finals			
1 SINGBUSH, QUINN	12	GENESEO	7.29
2 BRUCE, TERRANCE	12	STERLING	7.46
3 COMMONS, KYLE	10	DIXON	7.59
4 SPAULDING, ANDREW	11	STERLING	7.65
5 HOFER, LUCAS	11	GENESEO	7.66
6 DALLAS, JOSH	10	DIXON	7.66
7 SENSOR, ETHAN	11	STERLING	7.69
8 MARTIN, TREAY	11	STERLING	7.74
9 POCI, VINCENT	12	STERLING	7.77
10 RAPPS, DREW	10	GENESEO	7.80
11 SHETTER, MARCUS	10	STERLING	7.81
12 DEYOUNG, ADAM	10	GENESEO	7.87
13 MORENO, ISAIAH	10	ROCK FALLS	7.87
14 WEBER, LOGAN	11	GENESEO	7.90
15 MAYES, BENNY	12	DIXON	7.93
16 TISOR, NATHAN	09	GENESEO	7.95
17 HANDEL, AUSTIN	09	ROCK FALLS	8.00
18 DEHANN, DEVAN	11	OREGON	8.04
19 FULLMER, BLAKE	10	ROCK FALLS	8.05
20 BRAGA, VITOR	12	OREGON	8.10
21 BEALER, MAX	09	GENESEO	8.10
22 CORTES, EDUARDO	12	STERLING	8.12
23 VENNEBERG, RAYMON	10	GENESEO	8.13
24 HERREN, SEBASTAIN	10	STERLING	8.17
25 WISEMAN, SETH	09	DIXON	8.17
26 ACOSTA, JONATHAN	09	OREGON	8.26
27 STAMP, FORREST	11	GENESEO	8.27
28 BROWN, MARQUEZ	09	STERLING	8.27
29 FORREST, BRAYDEN	09	DIXON	8.28
29 SINGH, HARNEET	12	OREGON	8.28
31 BRECKENFELDER, ALE	10	DIXON	8.29
32 LOVE, BRANDON	11	STERLING	8.30
33 RAPOSA, ARTUR		OREGON	8.31
34 ZALZALAH, NICK	10	OREGON	8.32
34 ANDERSON, GAGE	11	STERLING	8.32
36 COSGRAVE, BILLY	09	GENESEO	8.35
37 REESE, DEMETRIUS	12	DIXON	8.36
38 MCCANN, AARON	12	STERLING	8.39
39 ELDER, ROLLIE	11	ROCK FALLS	8.42
40 RAMOS, LEON	12	STERLING	8.43
41 MIGHELL, CHARLES	10	STERLING	8.51
42 LEAL, RUBEN	09	STERLING	8.52
43 WILLEMS, SEBASTIEN	12	OREGON	8.57
44 MAJEWSKI, STEFAN	11	OREGON	8.66
45 KILGORE, TEREY	09	DIXON	8.66
46 MEYERS, TYLER	11	ROCK FALLS	8.67
47 FALEY, MATT	09	DIXON	8.68
48 RICE, WESLEY	09	OREGON	8.75
49 RODRIGUEZ SILVA, ISR	09	ROCK FALLS	8.85
50 BUCK, JACKSON	09	OREGON	8.93
51 MCCULLOUGH, SAM	12	DIXON	8.95
52 PENN, ADRIAN	09	DIXON	8.98

53 FRUIN, CARTER	09	OREGON	8.99
54 JONES, ANDREW	09	STERLING	9.43
55 SOTOW, TYLER		ROCK FALLS	10.02
56 AMOS, KEYSHAWN	10	DIXON	11.09
--- JACOBS, BRENDON	12	DIXON	SCR
--- BAILEY, JACOB	10	OREGON	SCR
--- SAUCEDO, LANDON	10	GENESEO	SCR
--- BERTOLOZZI, JORDAN	10	ROCK FALLS	SCR
--- MENNEN, JAKE	09	OREGON	SCR
--- INSLEY, AUSTIN	10	INDIAN CREEK	SCR
--- JERNIGAN, SCOTT	10	INDIAN CREEK	SCR
--- MCDUFFY, BLAKE	12	ROCK FALLS	SCR
--- MENNEN, CALEB	11	OREGON	SCR
--- KWAK, JACOB	10	OREGON	SCR
--- YOUNGREN, BOBBY	09	OREGON	SCR
--- BERG, CHRISTIAN	12	INDIAN CREEK	SCR
--- O'NEAL, JAMES	10	INDIAN CREEK	SCR
--- CARLSON, ROGER	11	ROCK FALLS	SCR

Boys 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 SINGBUSH, QUINN	12	GENESEO	23.45
2 BUCK, CARSON	12	OREGON	24.49
3 COMMONS, KYLE	10	DIXON	25.41
4 WEBER, LOGAN	11	GENESEO	25.43
5 CASTEN, IAN	11	STERLING	25.51
6 MARTIN, TREAY	11	STERLING	25.69
7 NGUYEN, KRIS	11	GENESEO	25.86
8 DEYOUNG, ADAM	10	GENESEO	26.12
9 PARCUS, MIKE	11	DIXON	26.38
10 BROWN, MARQUEZ	09	STERLING	26.39
11 DARIN, CAMERON	10	GENESEO	26.55
12 LAMBERT, NATHAN	10	GENESEO	27.04
13 CARROLL, NATHAN	09	GENESEO	27.05
14 HIBBARD, BRODY	11	STERLING	27.17
15 BRAGA, VITOR	12	OREGON	27.34
16 BRECKENFELDER, ALE	10	DIXON	27.42
17 WISEMAN, SETH	09	DIXON	27.54
18 CLODFELTER, MITCHE	10	STERLING	27.61
19 VENNEBERG, RAYMON	10	GENESEO	27.63
20 JONES, RICHARD	10	STERLING	27.69
21 LOVE, BRANDON	11	STERLING	27.81
22 SHERMAN, COREY	11	DIXON	27.95
23 REESE, DEMETRIUS	12	DIXON	28.12
24 STAMP, FORREST	11	GENESEO	28.17
25 VERPLAETSE, ANDREW	09	GENESEO	28.21
26 RAMOS, LEON	12	STERLING	28.28
27 MCCANN, AARON	12	STERLING	28.99
28 KILGORE, TEREY	09	DIXON	29.07
29 RICE, WESLEY	09	OREGON	29.36
30 SOTOW, TYLER		ROCK FALLS	29.49
31 FALEY, MATT	09	DIXON	29.76
32 BUCK, JACKSON	09	OREGON	30.13
33 MAJEWSKI, STEFAN	11	OREGON	30.15
34 WILLEMS, SEBASTIEN	12	OREGON	30.50

Gold Medal Meet - 3/5/2016

Sterling Westwood Track

Results

Finals ... (Boys 200 Meter Dash)

Name	Yr	School	Finals
35 MCCULLOUGH, SAM	12	DIXON	30.59
36 RODRIGUEZ SILVA, ISR	09	ROCK FALLS	30.90
37 PENN, ADRIAN	09	DIXON	30.91
38 JONES, ANDREW	09	STERLING	32.25
39 CORTES, EDUARDO	12	STERLING	1:45.63
40 MIGHELL, CHARLES	10	STERLING	1:47.50
--- FRUIN, CARTER	09	OREGON	SCR
--- SINGH, HARNEET	12	OREGON	SCR
--- ADAMI, JAEDEN	12	STERLING	SCR
--- HERREN, SEBASTAIN	10	STERLING	SCR
--- CARLSON, ROGER	11	ROCK FALLS	SCR
--- AMOS, KEYSHAWN	10	DIXON	SCR
--- EFFLANDT, KALEB	09	GENESEO	SCR
--- HANSEN, DONTA	10	ROCK FALLS	SCR
--- SAUCEDO, LANDON	10	GENESEO	SCR
--- BLAND, CONNOR	09	STERLING	SCR
--- JERNIGAN, SCOTT	10	INDIAN CREEK	SCR
--- AGLER, SHAWN	12	INDIAN CREEK	SCR
--- FORREST, BRAYDEN	09	DIXON	SCR
--- INSLEY, AUSTIN	10	INDIAN CREEK	SCR
--- YOUNGREN, BOBBY	09	OREGON	SCR
--- BAILEY, JACOB	10	OREGON	SCR
--- MENNEN, JAKE	09	OREGON	SCR
--- KWAK, JACOB	10	OREGON	SCR
--- ZALZALAH, NICK	10	OREGON	SCR
--- RAMSEY, ISAAC	11	GENESEO	SCR
--- O'NEAL, JAMES	10	INDIAN CREEK	SCR
--- BERG, CHRISTIAN	12	INDIAN CREEK	SCR
--- SHETTER, MARCUS	10	STERLING	SCR

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 DEYOUNG, ADAM	10	GENESEO	56.69
2 HARRIS, ISAIAH	11	ROCK FALLS	57.52
3 LEAF, DYLAN	09	ROCK FALLS	57.66
4 GRADY, COLLIN	09	DIXON	58.06
5 MCCRORY, BRENDON	12	DIXON	58.33
6 WEDEKIND, LUKAS	10	DIXON	58.86
7 KNOX, BREU	12	ROCK FALLS	59.43
8 ADAMI, JAEDEN	12	STERLING	59.52
9 CARROLL, NATHAN	09	GENESEO	1:01.25
10 JOHNSON, BRAYDON	09	ROCK FALLS	1:02.37
11 ANDERSON, JOSH	10	INDIAN CREEK	1:02.65
12 LESLIE, ANDREW	09	DIXON	1:03.65
13 MCCANN, AARON	12	STERLING	1:06.44
14 EFFLANDT, KALEB	09	GENESEO	1:08.31
15 FRUIN, CARTER	09	OREGON	1:13.65
16 BUCK, JACKSON	09	OREGON	1:15.00
17 CLARK, BRANDON	12	ROCK FALLS	1:24.42
--- ACOSTA, JONATHAN	09	OREGON	SCR
--- BAILEY, JACOB	10	OREGON	SCR
--- MAJEWSKI, STEFAN	11	OREGON	SCR
--- ELDEN, KEITH	11	GENESEO	SCR

--- AGLER, SHAWN	12	INDIAN CREEK	SCR
--- BLAND, CONNOR	09	STERLING	SCR
--- MENNEN, JAKE	09	OREGON	SCR

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 HUSSUNG, IAN	10	OREGON	2:12.02
2 RIZZO, PETER	09	GENESEO	2:13.37
3 RIZZO, ANDREW	09	GENESEO	2:16.31
4 SEBASTIAN, NOAH	11	GENESEO	2:18.82
5 MARCOS, ISIDORO	12	OREGON	2:21.18
6 ANDERSON, JOSH	10	INDIAN CREEK	2:21.58
7 SALOS, RIO		ROCK FALLS	2:23.48
8 HOON, MAGUIRE	11	GENESEO	2:26.76
9 HOPP, ALAN	10	DIXON	2:29.81
10 BOWER, MICHAEL	09	OREGON	2:29.88
11 LAZANSKY, RYAN	09	OREGON	2:30.94
12 MEJIAS-DANSBACH, J	09	GENESEO	2:32.37
13 HERNANDEZ, JOSE	11	ROCK FALLS	2:35.46
14 DELATORRE, JAVIER	09	ROCK FALLS	2:38.58
15 INSLEY, SEAN	09	INDIAN CREEK	2:38.60
16 HUARACHE, MIGUEL	09	STERLING	2:50.43
17 BOWER, RICHARD	10	OREGON	2:59.67
--- OSTRANDER, EVAN	12	INDIAN CREEK	SCR
--- PETERSON, NIC	09	DIXON	SCR
--- SCHMIDT, ANDREW	09	GENESEO	SCR

Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 WILLIAMS, SETH	12	ROCK FALLS	4:33.19
2 HAMBLIN, BRAYDEN	11	ROCK FALLS	4:34.80
3 SORIA, NATHAN	11	GENESEO	4:40.16
4 LANDIS, JONATHON	11	STERLING	4:49.99
5 GEBHARDT, JACOB	10	STERLING	4:54.13
6 FULTON, JONAH	10	DIXON	4:54.60
7 MASTERSON, SEAN	11	DIXON	4:56.19
8 FOX, NICK	12	GENESEO	5:01.13
9 ELDEN, CHARLEY	12	GENESEO	5:05.64
10 DUNCAN, BLAKE	10	GENESEO	5:11.22
11 RAMOS, BRANDON	11	GENESEO	5:13.02
12 MOORMAN, ISAIAH	09	STERLING	5:14.79
13 MARTINEZ, MIKIO	09	STERLING	5:17.62
14 WILKENS, JORDAN	10	OREGON	5:27.80
15 DECKER, KALEB	09	GENESEO	5:28.18
16 DAVIS, BEN	12	DIXON	5:28.64
17 DIXON, MITCHELL	11	DIXON	5:29.46
18 REILEY, EVAN	12	STERLING	5:33.19
19 CARLSON, SKYLAR	11	OREGON	5:41.73
20 OSTRANDER, EVAN	12	INDIAN CREEK	5:45.11
21 LAZANSKY, RYAN	09	OREGON	5:53.26
22 WARREN, JEROME	10	ROCK FALLS	6:03.30
23 BOWER, RICHARD	10	OREGON	6:47.50
--- WILSON, ALEX	09	INDIAN CREEK	SCR
--- LOHSE, ANDREW	09	DIXON	SCR

Gold Medal Meet - 3/5/2016

Sterling Westwood Track

Results

Finals ... (Boys 1600 Meter Run)

Name	Yr	School	Finals
--- INSLEY, SEAN	09	INDIAN CREEK	SCR
--- ROGERS, JORDAN	12	OREGON	SCR
--- BOWER, MICHAEL	09	OREGON	SCR
--- FRISBIE, ANDREW	11	OREGON	SCR

Boys 60 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 PISCHKE, ANDREW	11	GENESEO	8.55
2 VANDERHEYDEN, REE	10	GENESEO	8.64
3 TRIBBLE, BOBBY	12	STERLING	8.84
4 HARRISON, JARED	10	DIXON	8.94
5 WILSON, KONNER	12	OREGON	8.97
6 FORREST, BRYSON	11	DIXON	9.54
7 PISCHKE, COLTON	09	GENESEO	10.00
8 DEHANN, DEVAN	11	OREGON	10.02
9 KNOX, BREU	12	ROCK FALLS	10.22
--- KEREVEN-ROBY, ELLI	11	OREGON	NT
--- RAMOS, ORLANDO	11	STERLING	SCR
--- CASTEN, IAN	11	STERLING	SCR
--- WILSON, ALEX	09	INDIAN CREEK	SCR
--- KWAK, JACOB	10	OREGON	SCR

Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 GENESEO	A	1:34.23
2 STERLING	A	1:38.35
3 DIXON	A	1:39.82
4 GENESEO	B	1:40.26
5 ROCK FALLS	A	1:41.15
6 DIXON	B	1:42.33
7 STERLING	B	1:43.17
8 OREGON	B	1:45.08
9 STERLING	C	1:47.42
10 DIXON	C	1:47.89
11 GENESEO	C	1:49.83
12 ROCK FALLS	B	1:50.65
13 OREGON	C	1:53.55
14 ROCK FALLS	C	2:08.59
--- OREGON	A	SCR
--- INDIAN CREEK	A	SCR

Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 GENESEO	A	3:36.64
2 STERLING	A	3:43.04
3 GENESEO	B	3:44.06
4 DIXON	A	3:44.91
5 ROCK FALLS	A	3:47.58
6 OREGON	A	3:57.51
7 DIXON	B	4:00.37
8 GENESEO	C	4:02.48

9 GENESEO	D	4:03.54
10 OREGON	B	4:06.01
11 STERLING	B	4:06.57
12 DIXON	C	4:08.31
13 STERLING	C	4:15.44
14 ROCK FALLS	B	4:15.98
15 ROCK FALLS	C	4:55.40
--- INDIAN CREEK	A	SCR

Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 STERLING	A	8:34.53
2 DIXON	A	8:43.05
3 GENESEO	A	8:55.17
4 GENESEO	B	9:19.92
5 OREGON	A	9:22.23
6 STERLING	B	9:40.66
7 DIXON	B	9:45.14
8 ROCK FALLS	A	10:01.37

Boys High Jump

Name	Yr	School	Finals
Finals			
1 DANIELS, WILL	12	GENESEO	6-06.00
2 BOYER, BRANDON	12	ROCK FALLS	J6-06.00
3 KEREVEN-ROBY, ELLI	11	OREGON	5-08.00
3 TULCUS, RYAN	12	GENESEO	5-08.00
5 RAMSEY, ISAAC	11	GENESEO	5-06.00
6 FULLMER, BLAKE	10	ROCK FALLS	5-04.00
6 DARIN, CAMERON	10	GENESEO	5-04.00
8 NGUYEN, KRIS	11	GENESEO	5-02.00
8 WOLBER, KEYON	09	ROCK FALLS	5-02.00
10 BRAGA, VITOR	12	OREGON	5-00.00
10 FORREST, BRAYDEN	09	DIXON	5-00.00
--- REESE, DEMETRIUS	12	DIXON	NH
--- WILLEMS, SEBASTIEN	12	OREGON	NH
--- VERPLAETSE, ANDREW	09	GENESEO	NH
--- JOHNSON, DETRICH	09	ROCK FALLS	NH
--- EPPS, XZAVIAR	09	ROCK FALLS	NH
--- SCHMALL, AJ	09	DIXON	NH
--- MENNEN, CALEB	11	OREGON	SCR
--- AMOS, KEYSHAWN	10	DIXON	SCR
--- MCDUFFY, BLAKE	12	ROCK FALLS	SCR
--- CALLISON, KADE	09	DIXON	SCR

Boys Pole Vault

Name	Yr	School	Finals
Finals			
1 ATWELL, ARTHUR	12	GENESEO	13-07.00
2 VILLA, DAVID	12	ROCK FALLS	11-01.00
3 DARIN, CAMERON	10	GENESEO	10-07.00
4 JACOBS, BRENDON	12	DIXON	J10-07.00
5 VERPLAETSE, JACOB	11	GENESEO	10-01.00
5 MENNEN, JAKE	09	OREGON	10-01.00
7 HOPKINS, CONNOR	11	OREGON	9-01.00

Gold Medal Meet - 3/5/2016

Sterling Westwood Track

Results

Finals ... (Boys Pole Vault)

Name	Yr	School	Finals
8 TULCUS, RYAN	12	GENESEO	J9-01.00
9 SHERMAN, COREY	11	DIXON	8-07.00
10 NGUYEN, KRIS	11	GENESEO	J8-07.00
11 BRECKENFELDER, ALF	10	DIXON	7-01.00
--- KNOX, BREU	12	ROCK FALLS	NH
--- VERPLAETSE, ANDREW	09	GENESEO	NH
--- PARCUS, MIKE	11	DIXON	NH
--- MCCULLOUGH, SAM	12	DIXON	SCR

Boys Long Jump

Name	Yr	School	Finals
Finals			
1 DANIELS, WILL	12	GENESEO	19-10.50
2 SAMMONS, ERIK	12	GENESEO	19-04.50
3 SPAULDING, ANDREW	11	STERLING	19-01.00
4 COSGRAVE, BEN	11	GENESEO	18-10.50
4 WILSON, KONNER	12	OREGON	18-10.50
6 AUSTIN, MICHAEL	10	ROCK FALLS	18-08.00
7 SENSOR, ETHAN	11	STERLING	18-02.00
8 HARRIS, ISAIAH	11	ROCK FALLS	18-01.50
9 ADAMI, JAEDEN	12	STERLING	17-09.00
10 FORREST, BRAYDEN	09	DIXON	17-06.00
11 RAPPS, DREW	10	GENESEO	17-05.50
12 HERNANDEZ, JOSE	11	ROCK FALLS	16-09.50
13 FULLMER, BLAKE	10	ROCK FALLS	16-09.00
14 EPPS, XZAVIAR	09	ROCK FALLS	16-08.00
14 HANDEL, AUSTIN	09	ROCK FALLS	16-08.00
16 TISOR, NATHAN	09	GENESEO	16-05.00
16 WOLBER, KEYON	09	ROCK FALLS	16-05.00
18 ANDERSON, GAGE	11	STERLING	16-00.50
19 LOVE, BRANDON	11	STERLING	15-11.00
20 LAMBERT, NATHAN	10	GENESEO	15-09.00
21 SINGH, HARNEET	12	OREGON	15-08.00
22 JOHNSON, DETRICH	09	ROCK FALLS	15-07.50
23 BEALER, MAX	09	GENESEO	15-05.50
24 PINEY, TERRANCE	09	ROCK FALLS	15-04.50
25 CAMERON, JONATHAN	12	ROCK FALLS	15-03.50
26 ZALZALAH, NICK	10	OREGON	15-01.00
27 EFFLANDT, KALEB	09	GENESEO	14-11.50
28 BUCK, JACKSON	09	OREGON	14-04.50
29 MARTIN, TREAY	11	STERLING	14-04.00
30 MORENO, ISAIAH	10	ROCK FALLS	14-00.00
31 RICE, WESLEY	09	OREGON	13-10.50
32 FRUIN, CARTER	09	OREGON	13-07.50
33 VENNEBERG, RAYMON	10	GENESEO	13-05.00
34 HANSEN, DONTA	10	ROCK FALLS	11-11.50
35 RODRIGUEZ SILVA, ISR	09	ROCK FALLS	11-06.00
--- ACOSTA, JONATHAN	09	OREGON	ND
--- MAJEWSKI, STEFAN	11	OREGON	ND
--- JERNIGAN, SCOTT	10	INDIAN CREEK	SCR
--- MCDUFFY, BLAKE	12	ROCK FALLS	SCR
--- AMOS, KEYSHAWN	10	DIXON	SCR

Boys Triple Jump

Name	Yr	School	Finals
Finals			
1 COSGRAVE, BEN	11	GENESEO	38-02.00
2 PISCHKE, ANDREW	11	GENESEO	38-01.00
3 GRIFFIN, RYVER	10	GENESEO	37-09.00
4 LEAF, DYLAN	09	ROCK FALLS	37-01.75
5 PISCHKE, COLTON	09	GENESEO	36-01.50
6 RAMSEY, ISAAC	11	GENESEO	35-10.00
7 SHERMAN, COREY	11	DIXON	33-07.50
8 CARROLL, NATHAN	09	GENESEO	33-00.50
9 RAMIREZ, BRANDON	11	OREGON	32-09.00
10 LAMBERT, NATHAN	10	GENESEO	31-11.00
11 SALOS, RIO		ROCK FALLS	31-10.00

Boys Shot Put

Name	Yr	School	Finals
Finals			
1 THOMAS, SAM		GENESEO	48-06.25
2 SHETTER, MARCUS	10	STERLING	43-06.50
3 MOWRY, KOLE		OREGON	41-11.00
4 MATHIS, JOSH	12	GENESEO	41-07.00
5 HALL, BRADY	11	STERLING	40-06.50
6 Ghibellini, JOHN	12	OREGON	39-05.75
7 DUNCAN, AARON	09	DIXON	38-05.00
8 GIRTEN, HUNTER	11	GENESEO	37-03.00
9 SORESIE, RICO	12	DIXON	36-11.50
10 FLEMING, GRIFFIN	12	GENESEO	36-11.00
11 CULLEN, JACOB	10	OREGON	36-06.00
12 NEWMAN, COLLEN	11	DIXON	35-06.00
13 RAMOS, LEON	12	STERLING	35-02.50
14 MOTON, CALEB	12	DIXON	34-09.50
15 MARCHETTI, ANTHON	11	OREGON	33-10.50
16 STOHLE, JOE		GENESEO	33-07.00
17 DAVILA, CRISTIAN	10	STERLING	33-04.50
18 LUNA, RUBEN	11	STERLING	33-02.00
18 SIEGMOND, DREW	11	STERLING	33-02.00
20 CLODFELTER, MITCHE	10	STERLING	33-01.00
21 GOSS, MAX	11	STERLING	33-00.00
22 WICKENS, LOGAN		ROCK FALLS	32-07.50
23 MAJESKI, DILLION	10	STERLING	32-03.50
24 FLUKER, DRAKE	11	DIXON	31-11.75
25 RODRIGUEZ, EDGAR	11	STERLING	31-02.25
26 O'BRIEN, JOSH	09	STERLING	31-01.50
27 ROGERS, CODY	10	DIXON	30-09.50
28 ROBBINS, TEDDY	11	DIXON	30-05.50
29 HERREN, SEBASTAIN	10	STERLING	30-04.00
30 GILL, JASPREET	10	OREGON	29-06.50
31 DELGADO, TRAVIS	10	ROCK FALLS	29-03.50
32 SWARTZENDRUBER, L	12	GENESEO	29-02.00
33 CAPES, JACOB	09	STERLING	29-01.00
33 MEYERS, TYLER	11	ROCK FALLS	29-01.00
35 LYMAN, JUSTIN	09	GENESEO	28-11.25
36 BENTI, BROWDIE		ROCK FALLS	28-02.75
37 LAVELLE, ETHAN	10	STERLING	27-02.50

Gold Medal Meet - 3/5/2016

Sterling Westwood Track

Results

Finals ... (Boys Shot Put)

	Name	Yr	School	Finals
38	OLTMANS, JACOB	10	ROCK FALLS	26-04.00
39	NELSON, JOSEPH		ROCK FALLS	23-04.00
40	KNAPP, TOBIAS	10	STERLING	21-10.00
41	BERTOLOZZI, JORDAN	10	ROCK FALLS	20-04.00
---	STIDSEN, ADRIAN	10	STERLING	SCR
---	KASS, RYAN	11	GENESEO	SCR
---	BERG, CHRISTIAN	12	INDIAN CREEK	SCR
---	YOUNGREN, BOBBY	09	OREGON	SCR
---	SWEENEY, CARSON	09	OREGON	SCR
---	STAGE, DALTON	11	GENESEO	SCR

GENESEO RESULTS & TEAM SPLIT PAGE

MEET: Sterling Gold Medal Indoor Inv.

DATE: March 5, 2016

SITE: Sterling's Westwood Sports Complex

TIMING SYSTEM: F.A.T.

WEATHER CONDITIONS: Indoors (so perfect.)

VARSITY TEAM SCORES: Non-scored meet....We scored it anyway.

- 1.) Geneseo 214; 2.) Sterling 70; 3.) Rock Falls 52; 4.) Dixon 49; 5.) Oregon 46;
6.) Indian Creek 1

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

- o 2.) Peter Rizzo: 2:13.37 (64 – 69)
- o 3.) Andrew Rizzo: 2:16.31 (65 – 71)
- o 4.) Noah Sebastian: 2:18.82 (67 – 71)
- o 8.) Maguire Hoon: 2:26.76 (67 – 79)
- o 12.) Juan Mejias-Dansbach: 2:32.37 (68 – 84)

800 METER RELAY A (1st Place 1:34.23)

- o Quinn Singbush: 22.94r
- o Reed Vanderheyden: 22.94r
- o Erik Sammons: 23.72r
- o Lucas Hofer: 24.42r

800 METER RELAY B (4th Place 1:40.26)

- o Andrew Pischke: 23.35r
- o Logan Weber: 25.34r
- o Drew Rapps: 26.75r
- o Ben Cosgrave: 24.56r

800 METER RELAY C (11th Place 1:49.83)

- o Nathan Tisor: 26.97r
- o Max Bealer: 28.50r
- o Forrest Stamp: 28.41r
- o Ryver Griffin: 25.65r

1600 METER RUN

- o 3.) Nathan Soria: 4:40.16 (71 – 2:20 (69) – 3:29 (70) – 4:40 (71)
- o 8) Nick Fox: 5:01.13 (75 – 2:22 (77) – 4:45 (83) – 5:01 (76)
- o 9.) Charley Elden: 5:05.64 (77 – 2:31 (74) – 3:40 (79) – 5:05 (75)
- o 10.) Blake Duncan: 5:11.22 (77 – 2:36 (79) – 3:57 (81) – 5:11 (74)
- o 11.) Brandon Ramos: 5:13.02 (77 – 2:36 (79) – 3:57 (81) – 5:13 (76)
- o 15.) Kaleb Decker: 5:28.18 (80 – 2:45 (85) – 4:10 (85) – 5:28 (78)

1600 METER RELAY A (1st Place 3:36.64)

- Erik Sammons: 55.14cr
- Nick Swartzendruber: 54.14cr
- Andrew Benhart: 55.14cr
- Reed Vanderheyden: 53.04cr

1600 METER RELAY B (3rd Place 3:44.06)

- Lucas Hofer: 54.84cr
- Nathan Soria: 54.74cr
- Ben Cosgrave: 57.34cr
- Colton Pischke: 57.84cr

1600 METER RELAY C (8th Place 4:02.48)

- Billy Cosgrave: 58.94cr
- Peter Rizzo :57.94cr
- Carson Cocquit: 1:01.14cr
- Jacob Verplaetse: 1:05.44.cr

1600 METER RELAY D (9th Place 4:03.54)

- Charley Elden: 1:02.24cr
- Andrew Rizzo: 58.94cr
- Nick Fox: 58.34cr
- Juan Mejias-Dansbach: 1:04.74cr

3200 METER RELAY A (3rd Place 8:55.17)

- Andrew Benhart: 2:07.84cr (63 - 64)
- Brandon Ramos: 2:21.54cr (68 - 73)
- Bake Duncan: 2:16.24cr (65 - 71)
- Nick Swartzendruber: 2:10.44cr (63 - 67)

3200 METER RELAY B (4th Place 9:19.92)

- Charley Elden: 2:19.44cr (67 – 72)
- Nick Fox: 2:12.34cr (62 – 70)
- Kaleb Decker: 2:29.04cr (71 – 78)
- Carson Coquit: 2:19.84cr (68 – 71)