



MAKING LEMONADE OUT OF LEMONS

Friday, April 28th's Pekin Invitational was cancelled. There was a missed communication that resulted in our traveling all the way there only to find out the meet was cancelled. What to do?

PEKIN INVITATIONAL CANCELLED

On Friday, April 28th, the Leafs traveled to Pekin High School to participate in the annual Pekin Invitational. The field included teams from: East Peoria, Geneseo, Limestone, Macomb, Peoria Manual, Morton, Normal West, Springfield Lanphier, Peoria Notre Dame, Pekin, Peoria Christian, Peoria Richwoods, and Washington.

So, when we rolled into Pekin High School and entered their stadium we saw NO ONE. I ran to the coaches office and the door was locked. I ran to the restroom and the door was locked. NOT GOOD. Pekin High School had just dismissed their students for the day and I saw a boy standing by the gate we had come in. I asked him if he was on the track team and told him who we were. He was not on the track team but shared that he heard an announcement at the end of their school day saying that the meet was cancelled and so was practice.

I will admit that I was both upset and shocked. Upset that we hadn't been notified and shocked because the weather was the best we have seen all season. 61° with virtually NO wind. After talking to the other coaches and thinking things over, we decided to have practice that included some time trials right there. It took a few minutes for everyone to refocus but refocus they did. I headed out with Coach Moe and the distance crew for our traditional 15-minute warm-up. While we were gone, Pekin's head coach came out, unlocked the restroom doors and spoke to

Coach Deets. He apologized for the mix-up. They had emailed and called (left a message.) No one got them until we were already there. It was ust a mix-up.

On to the workout/time trial. There were no crossbars for the high jumpers and vaulters so they worked on their approaches. There were no rakes for the long jump or triple jumpers so they did the same. We didn't have a discus tape measure and the grass was wet for the throwers so they worked on technique. The sprinters had no blocks but Coach Deets had them do a time trail for a 100 Meter Dash and then race a 800 Meter Relay. The 3200 Meter Men ran a 2800 (1 1/2 miles) time trial trying to be at or below 10:00 flat pace (they both made it.) Finally, the 800 men raced an 800 Meter time trial and then came back with a 400 Meter Dash (about 40 minutes later.) Everyone put forth a great effort. So much so that Coach Fredericks decided to treat the team to dinner at Avanti's.

The definition of resilience is the ability to overcome adversity. That is exactly what our team did. I feel certain that 99% of all teams in a similar situation would of packed it up and gone home. Accomplishing NOTHING. We didn't do that. Once given the task, the team attacked it with enthusiasm. I have never been prouder of a group of young men in my life. Bring on "Championship Meet Season" because we ARE READY!

GENESEO TEAM SPLIT PAGE

MEET: Pekin Inv.*

DATE: April 28, 2017

SITE: Pekin Memorial Stadium

TIMING SYSTEM: Hand-Held

WEATHER CONDITIONS: 61° daytime high with a 4-5 mph wind. PERFECT

TEAM SCORES: *Meet cancelled. Since we drove there we ran some time-trials. We weren't notified!

Geneseo splits in relays & distance events

100 METER DASH (w/out starting blocks) 3-point stances were used.

1. Reed Vanderheyden: 11.74c
2. Andrew Pischke: 11.94c
3. Ben Cosgrave: 12.14c
4. Jordan Seeley: 12.14c
5. Colton Pischke: 12.24c
6. Logan Weber: 12.24c
7. Ryver Griffin: 12.24c
8. Nathan Carroll: 12.44c
9. Jacob Verplaetse: 12.74c
10. Raymond Venneberg: 12.84c
11. Nathan Lambert: 12.84c
12. Billy Cosgrave: 13.24c

400 METER DASH (standing starts)

1. Nick Swartzendruber: 50.84c
2. Kyle Sellers: 52.54c
3. Cayson Frerichs: 52.64c
4. Nathan Soria: 53.34c
5. Kaden Rink: 54.34c
6. Andrew Benhart: 55.04c

800 METER RELAY (Standing Starts)

1. 1:38.34c (Colton Pischke (24.91h, Logan Weber (24.03h, Jordan Seeley (24.32h), Ben Cosgrave (24.76h)
2. 1:40.24c (Billy Cosgrave (26.50h), Raymond Venneberg (25.62h), Matthew Ganson (24.60h), Reed Vanderheyden (23.10h)
3. 1:41.94c Jacob Verplaetse (26.73h), Nathan Lambert (25.68h), Ryver Griffin (25.65h), Nathan Carroll (23.63h)

800 METER Run (standing starts)

1. Nick Swartzendruber: 1:59.94c (60 - 59)
2. Cayson Frerichs: 2:02.04c (60 - 62)
3. Nathan Soria: 2:02.74c (58 - 64)
4. Andrew Benhart: 2:03.74c (61 - 62)
5. Kyle Sellers: 2:04.84c (61 - 63)
6. Kaden Rink: 2:06.64c (62 - 64)
7. Matthew Ganson: 2:06.74c (62 - 66)

2400 METER Run (standing starts)

1. Blake Duncan: 7:24.04c (72 – 2:25 (73) – 3:37 (72) – 5:54 (77) – 6:12 (78) – 7:24 (72))
2. Brandon Ramos: 7:30.64c (72 – 2:25 (73) – 3:37 (72) – 5:56 (79) – 6:16 (81) – 7:30 (74))