



F.A.T. IN BUSINESS

Pictured are Coach Brad Storm, Coach Garrett Albers, Gary Vanderheyden, and Jan Moore from Sterling

LEAFS WIN TRIANGULAR

On Thursday, March 29th, the Leafs played host to the LaSalle-Peru Cavaliers and the Sterling Golden Warriors. Both the Leafs and Golden Warriors were on Spring Break. L-P will enjoy theirs next week. The big news of the meet (for me at least) was that our crew (with a little help from L-P's new head coach Nick McLaughlin (who ironically received FinishLynx F.A.T. training on Wednesday) were able to fight through a challenging learning curve that has lasted 3 years to get it fired up and rolling by the time the 110 Meter High Hurdles rolled around. A special thanks goes out to Gary Vanderheyden who has invested countless hours into this task as well as Sterling's Jan Moore who drove all the way over to help us. Hopefully, we will have continued success in this area.

On to the meet! The meet was originally planned as a dual between the Leafs and Sterling. Coach McLaughlin from LaSalle-Peru requested his team to participate. To make that happen, we needed a thumbs up from both Sterling Head Coach, Dave Campbell and Geneseo Athletic Director, Joe Nichols. They both said, "yes" and the dual turned into a triangular. Competitor numbers were way down due to family vacation conflicts for both the Leafs and the Golden Warriors. The weatherman gave us a windy 47°. The wind was straight out of the North. It was a bit chilly but, we thought, good enough to host the meet. Our girls were headed to Ottawa but the plug was pulled on that meet by the host Ottawa Pirates.

The team placed in all eighteen events, winning ten of them. Leading the way were multiple winners: Colton Pischke (110 Meter High Hurdles, 300 Meter Intermediate Hurdles, 400 Meter Relay); Nathan Lambert (High Jump, 800 Meter Relay), Nick Swartzendruber (200 Meter Dash, 400 Meter Dash, 400 Meter Relay) .

The following team members earned points for the Leafs via their top 4 individual place or being a member of a top 2 placing relay. They are listed below.

- 1st Place: Cameron Darin (Pole Vault)
- 1st Place: Blake Duncan (3200 Meter Run)
- 1st Place: Ryver Griffin (Triple Jump)
- 1st Place: Nathan Lambert (High Jump)
- 1st Place: Colton Pischke (110 Meter High Hurdles)
- 1st Place: Colton Pischke (300 Meter Intermediate High Hurdles)
- 1st Place: Nick Swartzendruber (200 Meter Dash)
- 1st Place: Nick Swartzendruber (400 Meter Dash)
- 1st Place: Colton Pischke, Jordan Seeley, Mason Jones, Nick Swartzendruber (400 Meter Relay)
- 1st Place: Nathan Carroll, Max Bealer, Billy Cosgrave, Nathan Lambert (800 Meter Relay)
- 2nd Place: Blake Duncan (1600 Meter Run)
- 2nd Place: Nathan Lambert (Long Jump)
- 2nd Place: Kyle Hofer (110 Meter High Hurdles)
- 2nd Place: Peter Rizzo (400 Meter Dash)
- 2nd Place: Luke Sebastian (300 Meter Intermediate Hurdles)
- 2nd Place: Raymond Venneberg (Pole Vault)
- 2nd Place: Spencer Lindstrom, Christian Booth, Adam Wells, Rafe Morrison (3200 Meter Relay)
- 3rd Place: Max Bealer (100 Meter Dash)
- 3rd Place: Neo Colter (3200 Meter Run)
- 3rd Place: Kyle Hofer (300 Meter Intermediate Hurdles)
- 3rd Place: Alex McAvoy (Discus)
- 3rd Place: Alex McAvoy (Shot Put)
- 3rd Place: Jack Morrell (Pole Vault)
- 3rd Place: Luke Sebastian (110 Meter High Hurdles)
- 3rd Place: Jordan Seeley (Long Jump)
- 4th Place: Max Bealer (Long Jump)
- 4th Place: Nathan Carroll (Triple Jump)
- 4th Place: Kade Coons (Pole Vault)
- 4th Place: Billy Cosgrave (High Jump)



F.S. SQUAD ROLLS

Pictured are team members who scored points in the LaSalle-Peru & Sterling Triangular

BALANCED ATTACK LEADS LEAFS TO WIN

On Thursday, March 29th, the Leafs played host to LaSalle-Peru and Sterling. The meet was run "old style" offering both Varsity and F.S. levels of competition. This format was the norm early in my career but has gradually faded away. That is unfortunate. Our younger team members need opportunities for success. In all of the J.V. Invitationals we attend there is only one level of competition. Thus Freshmen are head to head with Seniors. The only exception to this is our Geneseo F.S. Invitational held late in April. More on that later.

As mentioned in the Varsity article we were on spring break (as was Sterling) and thus missing a lot of teammates. LaSalle-Peru's spring break is the week after Easter. The end result was that a lot of team members were put in a position to be a "difference maker". The team scored in 15 of the 18 events. We had no entry in the 3200 Meter Relay or the 110 Meter High Hurdles or the 300 Meter Intermediate Hurdles. The team also won 11 events. It was a great night for the Leafs.

Leading the team were the following "Gold Medalists": Nate Clark Holke (Pole Vault); Neo Colter (1600 Meter Run); Rylan Coons (High Jump); Brenden Hipkins (Triple Jump); Ethan Holke (400 Meter Dash); Mason Jones (Long Jump); Rafe Morrison (800 Meter Run); William Plumley (3200 Meter Run); Logan Hansen, Sebastian Einfeldt, Brenden Hipkins, Kyle Hofer (400 Meter Relay); Mason Jones, Logan Hansen, Brenden Hipkins, Jordan Seeley (800 Meter Relay); and Sebastian Einfeldt, William Venneberg, Neo Colter, Rafe Morrison (1600 Meter Relay.)

Team members who scored points for the team are listed below:

- 1st Place: Nate Clark-Holke (Pole Vault)
- 1st Place: Neo Colter (1600 Meter Run)
- 1st Place: Rylan Coons (High Jump)
- 1st Place: Brenden Hipkins (Triple Jump)

- 1st Place: Ethan Holke (400 Meter Dash)
 - 1st Place: Mason Jones (Long Jump)
 - 1st Place: Rafe Morrison (800 Meter Run)
 - 1st Place: William Plumley (3200 Meter Run)
 - 1st Place: Logan Hansen, Sebastian Einfeldt, Brenden Hipkins, Kyle Hofer (400 Meter Relay)
 - 1st Place: Mason Jones, Logan Hansen, Brenden Hipkins, Jordan Seeley (800 Meter Relay)
 - 1st Place: Sebastian Einfeldt, William Venneberg, Neo Colter, Rafe Morrison (1600 Meter Relay)
 - 2nd Place: Kyle Hofer (Long Jump)
 - 2nd Place: Mason Jones (100 Meter Dash)
 - 2nd Place: Matt Kozemski (Discus)
 - 2nd Place: Jaycob Norton (High Jump)
 - 2nd Place: William Plumley (3200 Meter Run)
 - 2nd Place: Rob Stohl (Shot Put)
 - 2nd Place: Eric Verplaetse (Pole Vault)
 - 2nd Place: Nathan Yoder (3200 Meter Run)
 - 2nd Place: Zach Yoder (400 Meter Dash)
 - 2nd Place: Cade Backes, Jaycob Norton, Carson Oney, Gavin Moore (400 Meter Relay)
 - 2nd Place: Gavin McGuire, Jaycob Norton, William Venneberg, Carson Oney (800 Meter Relay)
 - 3rd Place: Tanner Burgett (Pole Vault)
 - 3rd Place: Noah Johnson (Shot Put)
 - 3rd Place: Garrett Toom (Discus)
 - 4th Place: Cade Backes (200 Meter Dash)
 - 4th Place: Sebastian Einfeldt (Long Jump)
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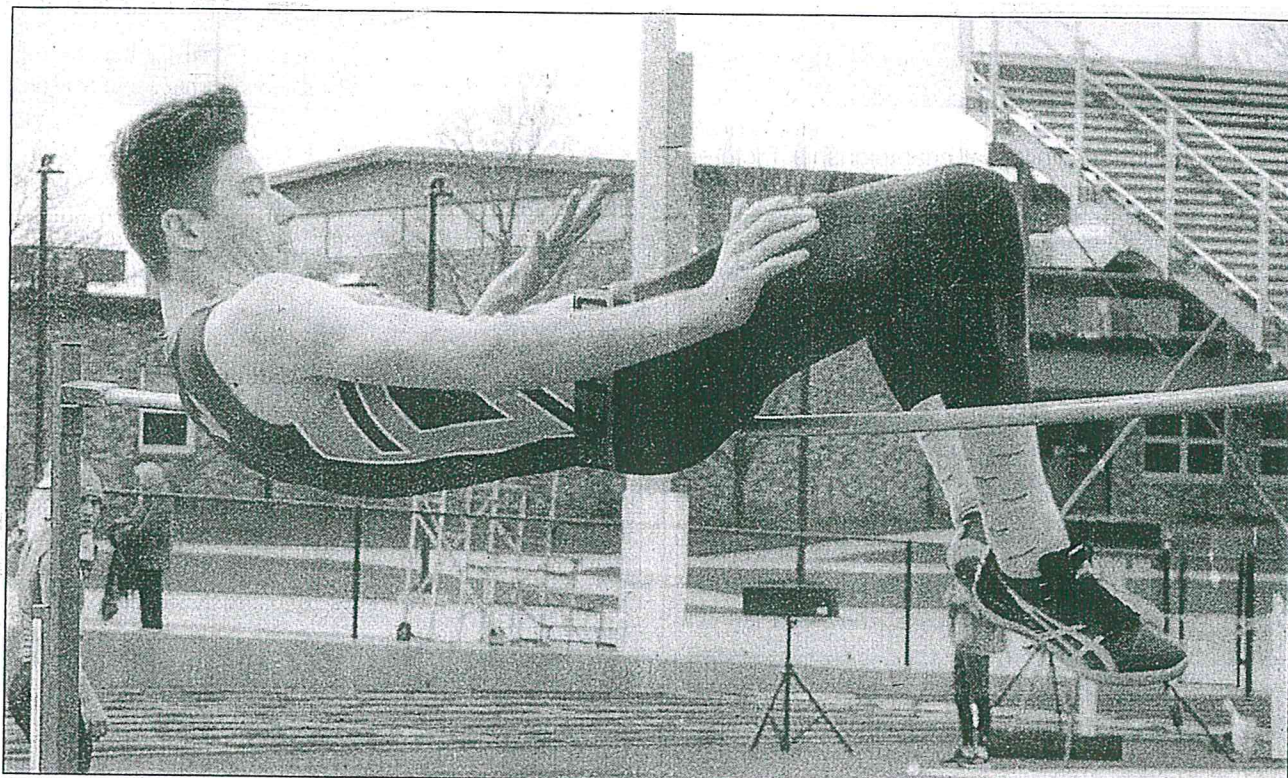


Photo by Chris Steele

NATHAN LAMBERT has given Geneseo its own version of the Lambeau (Lambo) Leap. Lambert won the high jump clearing 6' at the Geneseo Triangular, at Bob Reade Field, on March 29.

Geneseo Triangular

The Maple Leafs hosted a triangular to open the outdoor season and earned victories in 10 different events.

Geneseo's Nathan Lambert was the high jump winner clearing a height of 6', at Bob Reade Field, on March 29.

A senior, Lambert was runner-up in the long jump (19'3.0"), and he added a win running a leg of the Maple Leafs' 4x200-meter relay.

Geneseo's Nathan Curran, Billy Cosgrave, Max Bealer and Lambert ran down first place with a time of 1:41.09.

Colton Pischke won the 110 high hurdles 15.40, and the junior added a 300 intermediate hurdles win in 42.61.

Swartzendruber won the 200 dash in 23.00, and the senior added a victory in the 400 in 50.36.

Cameron Darin was the winner of the pole vault clearing 11'6", and Griffin was the triple jump champion with a distance of 37'9.5".

TRACK: The Geneseo boys' track is focused on peaking at the right time

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Geneseo's Blake Duncan charged his way to a win in the 3200 in 10:31.91, and the senior was runner-up in the 1600 in 4:51.41.

The Maple Leafs' 4x100-relay team of Pischke, Jordan Seeley, Mason Jones and Swartzendruber raced to the title in 45.71.

Geneseo's Kyle Hofer was runner-up in the 110 high hurdles in 18.08, and Luke Sebastian was runner-up in the 300 intermediate hurdles in 45.09.

Peter Rizzo was second for Geneseo in the

400 dash in 56.17, and Raymond Venneberg finished second in the pole vault clearing 11'.

Geneseo's 4x800-relay team of Spencer Lindstrom, Christian Booth, Adam Wells and Rafe Morrison landed second in 9:41.60.

The Leafs' 4x400-relay team of Nathan Carroll, Sebastian, Rizzo and Logan Hansen finished second in 3:56.86.

Max Bealer ran down third place in the 100 dash (12.44).

Alex McAvoy finished third in the shot put (37'11") and third in the discus 123'6".



Photo by Chris Steele

SPENCER LINDSTROM, left, runs a leg of the Maple Leafs' relay during the Geneseo Triangular.



Photo by Chris Steele

BLAKE DUNCAN builds on his lead running distance at the Geneseo Triangular at Bob Reade Field.



Photo by Chris Steele

NATHAN LAMBERT leans to make it over the high bar during the Geneseo Triangular.



Photo by Chris Steele

WILLIAM VENNEBERG kicks hard in the final 100-meters during Geneseo dual with Galesburg.



Photo by Chris Steele

COLTON PISCHKE powers his way to the finish line during a Geneseo dual with Galesburg.

GENESEO TEAM SPLIT PAGE

Varsity

MEET: Geneseo Triangular

DATE: March 29, 2018

SITE: Geneseo High School

TIMING SYSTEM: Hand Timed until the 110 H.H, Then, F.A.T.

WEATHER CONDITIONS: 47° with a 15 – 20 mph north wind (dropped some as the meet progressed. Chilly but we'll take it.

Varsity TEAM SCORES: 1.) Geneseo 95; 2.) LaSalle-Peru 56; 3.) Sterling 32

Geneseo splits in relays & distance events

("hr" means, "hand-held relay" split; "cr" means, "converted to FAT" relay split)

400 METER RELAY (Varsity A-Team) (1st Place 46.04c)

- Colton Pischke: 10.97hr
- Jordan Seelley: 12.75hr
- Mason Jones: 10.53hr
- Nick Swartzendruber: 11.19hr

400 METER RELAY (Varsity B-Team) (3rd Place 47.44c)

- Kade Coons: 11.94hr
- Max Bealer: 12.90hr
- Billy Cosgrave: 11.35hr
- Nathan Carroll: 11.50hr

800 Meter Run (Varsity)

- No Geneseo Entry

800 METER RELAY (Varsity A-Team) (1st Place 1:41.09)

- Colton Pischke: 26.25hr
 - Max Bealer: 24:40hr
 - Billy Cosgrave: 25.10hr
 - Nanthan Lambert: 24.90hr
-

1600 METER RUN (Varsity)

- 2.) Blake Duncan: 4:51.41 (71 – 2:27 (76) – 3:43 (76) – 4:51 (68)
- 8.) Christian Booth: 5:29.55c (80 – 2:48 (86) – 4:12 (84) – 5:29 (77)
- 10.) Adam Wells: 5:49.74 (80 – 2:48 (88) – 4:17 (89) – 5:49 (91)

1600 METER RELAY (Varsity A-Team) (2nd Place 3:56.86)

- Nathan Carroll: 57.84cr
- Luke Sebastian: 58.84cr
- Peter Rizzo: 1:01.34cr (dropped baton and had to retrieve it on the north curve)
- Logan Hansen: 59.74cr

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3200 METER RUN (Varsity)

- 1.) Blake Duncan: 10:14.24c (70 – 2:27 (77) – 3:45 (78) – 5:03 (78) – 6:21 (78) – 7:40 (79) – 9:01 (81) – 10:14 (73))
- 3.) Neo Colter: 11:05.74c (75 – 2:34 (79) – 3:55 (81) – 5:17 (82) – 6:45 (88) – 8:11 (86) – 9:40 (89) – 11:05 (85))
- 4.) Andrew Schmidt: 12:43.94c (86 – 3:01 (95) – 4:38 (97) – 6:14 (96) – 7:53 (99) – 9:40 (97) – 11:21 (101) – 12:43 (82))

3200 METER RELAY (Varsity A-Team) (2nd Place 9:41.84)

- Spencer Lindstrom: 2:14.84cr (68 – 66)
 - Christian Booth: 2:29.24cr (74 - 75)
 - Adam Wells: 2:39.54cr (76 - 83)
 - Rafe Morrison: 2:19.14cr (66 - 73)
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GENESEO TEAM SPLIT PAGE

Fresh/Soph

MEET: Geneseo Triangular

DATE: Marsh 29, 2018

SITE: Geneseo High School

TIMING SYSTEM: HAND HELD UNTIL THE 110 H.H. THEN F.A.T.

WEATHER CONDITIONS: 47° with a strong north wind of 15 – 20 mph. Calmed a bit as the meet progressed. Chilly but we'll take it.

F/S TEAM SCORES: 1.) Geneseo 89.50; 2.) LaSalle-Peru 62; 3.) Sterling 11.50

Geneseo splits in relays & distance events

("hr" means, "hand-held relay" split; "cr" means, "converted to FAT" relay split)

400 METER RELAY (F/S A-Team) (1st Place 48.14c)

- Logan Hansen: 12.03hr
- Sebastian Einfeldt: 11.53hr
- Brenden Hipkins: 12.24hr
- Kyle Hofer: 12.03hr

400 METER RELAY (F/S B-Team) (2nd Place 50.84c)

- Cade Backes: 12.26hr
- Jaycob Norton: 12.43hr
- Carson Oney: 12.96hr
- Gavin McGuire: 12.96r

800 Meter Run (F/S)

- 1.) Rafe Morrison: 2:20.17 (68 - 72)

800 METER RELAY (F/S A-Team) (1st Place 1:40.33)

- Mason Jones: 24.51hr
 - Logan Hansen: 25:18hr
 - Brenden Hipkins: 25.68hr
 - Jordan Seeley: 24.69hr
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800 METER RELAY (F/S B-Team) (2nd Place 1:47.57)

- Gavin McGuire: 26.56hr
- Jaycob Norton: 28:57hr
- William Venneberg: 25.64hr
- Carson Oney: 26.50hr

1600 METER RUN (F/S)

- 1.) Neo Colter: 5:03.36 (72 – 2:28 (76) – 3:45 (77) – 5:03 (78)
- 2.) William Plumley: 5:13.13 (75 – 2:36 (81) – 3:57 (81) – 5:13 (86)

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1600 METER RELAY (F/S A-Team) (1st Place 4:00.64)

- Sebastian Einfeldt: 1:00.94cr
- William Venneberg: 1:01.74cr
- Neo Colter: 59.64cr
- Rafe Morrison: 59.14cr

3200 METER RUN (F/S)

- 1.) William Plumley: 11:17.24c (75 – 2:42 (88) – 4:10 (88) – 5:37 (87) – 7:04 (87) – 8:30 (86) – 9:55 (85) – 11:17 (82))
- 2.) Nathan Yoder: 12:59.48c (84 – 3:00 (96) – 4:38 (98) – 6:17 (97) – 7:57 (100) – 9:38 (101) – 11:26 (98) – 12:59 (93))

3200 METER RELAY (F/S)

- No Geneseo Entry
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Results

Boys 100 Meter Dash Var

Name	Yr	School	Finals
Finals			
1 Bland, Connor	11	Sterling	11.54 5
2 Ryan, Isaiah	11	Sterling	11.87 3
3 Bealer, Max	11	Geneseo	12.44 2
4 Mighell, Charles	12	Sterling	12.90 1
5 Kupperschmid, Jakob	11	Lasalle-Peru	12.96
6 Vondra, Riley	12	Sterling	13.17
7 Witte, Dylan	12	Lasalle-Peru	13.24
8 Quick, Jordan	11	Lasalle-Peru	13.90
9 Huizenga, Caleb	11	Sterling	14.27

Boys 200 Meter Dash Var

Name	Yr	School	Finals
Finals			
1 Swartzendruber, Nick	12	Geneseo	23.00 5
2 Bland, Connor	11	Sterling	23.05 3
3 Ryan, Isaiah	11	Sterling	24.00 2
4 Shetter, Marcus	12	Sterling	24.50 1
5 Venneberg, Raymond	12	Geneseo	24.88
6 Brown, Calvin	11	Lasalle-Peru	25.10
7 Coons, Kade	12	Geneseo	25.57
8 Tisor, Nathaniel	11	Geneseo	25.70
9 Vondra, Riley	12	Sterling	26.44
10 Verplaetse, Andrew	11	Geneseo	26.67
11 Mighell, Charles	12	Sterling	27.22
12 Huizenga, Caleb	11	Sterling	30.70

Boys 400 Meter Dash Var

Name	Yr	School	Finals
Finals			
1 Swartzendruber, Nick	12	Geneseo	50.36 5
2 Rizzo, Peter	11	Geneseo	56.17 3
3 Brown, Marquez	11	Sterling	58.28 2
4 Brown, Calvin	11	Lasalle-Peru	59.79 1
5 Bruce, Javon	9	Sterling	1:03.08
6 Glynn, Logan	11	Lasalle-Peru	1:05.12
7 Quick, Jordan	11	Lasalle-Peru	1:07.74
8 Huizenga, Caleb	11	Sterling	1:17.21

Boys 800 Meter Run Var

Name	Yr	School	Finals
Finals			
1 Casas, Jesse	10	Lasalle-Peru	2:08.99 5
2 Schaefer, Logan	11	Lasalle-Peru	2:09.68 3
3 Bean, Connor	11	Lasalle-Peru	2:15.65 2
4 Pocivasik, Jacob	11	Lasalle-Peru	2:17.44 1
5 Brown, Marquez	11	Sterling	2:17.57
6 Carrell, Trevor	11	Sterling	2:18.07

Boys 1600 Meter Run Var

Name	Yr	School	Finals
Finals			
1 Moorman, Isaiah	11	Sterling	4:46.67 5
2 Duncan, Blake	12	Geneseo	4:51.41 3

3 Martinez, Mikio	11	Sterling	4:57.69 2
4 Johnson, Logan	10	Lasalle-Peru	5:01.79 1
5 Schaefer, Logan	11	Lasalle-Peru	5:11.69
6 Carrell, Hunter	11	Sterling	5:13.46
7 Ambrose, Matthew	12	Lasalle-Peru	5:14.07
8 Huaracha, Miguel	11	Sterling	5:42.91
9 Wells, Adam	12	Geneseo	5:49.74
10 Smith, Christian	12	Geneseo	5:29.54

Boys 3200 Meter Run Var

Name	Yr	School	Finals
Finals			
1 Duncan, Blake	12	Geneseo	10:13.91 5
2 Johnson, Logan	10	Lasalle-Peru	10:27.76 3
3 Colter, Neo	10	Geneseo	11:05.44 2
4 Schmidt, Andrew	11	Geneseo	12:43.69 1

Boys 110 Meter Hurdles Var

Name	Yr	School	Finals
Finals			
1 Pischke, Colton	11	Geneseo	15.40 5
2 Hofer, Kyle	10	Geneseo	18.08 3
3 Sebastian, Luke	11	Geneseo	18.12 2
4 Mertes, Jack	12	Lasalle-Peru	18.51 1
5 Garcia, Erick	11	Lasalle-Peru	20.02

Boys 300 Meter Hurdles Var

Name	Yr	School	Finals
Finals			
1 Pischke, Colton	11	Geneseo	42.61 5
2 Sebastian, Luke	11	Geneseo	45.09 3
3 Hofer, Kyle	10	Geneseo	46.45 2
4 Mertes, Jack	12	Lasalle-Peru	47.68 1

Boys 4x100 Meter Relay Var

Team	Relay	Finals
Finals		
1 Geneseo	A	45.71 5
1) Pischke, Colton 11	2) Seeley, Jordan 10	
3) Jones, Mason 9	4) Swartzendruber, Nick 12	
2 Lasalle-Peru	A	46.21 3
1) George, Matt 10	2) Nixon, Malik 11	
3) Poggi, Devon 10	4) Casas, Jesse 10	
3 Geneseo	B	x47.17
1) Coons, Kade 12	2) Bealer, Max 11	
3) Cosgrave, Billy 11	4) Carroll, Nathan 11	
4 Lasalle-Peru	B	x54.28
1) McGee, Nick 12	2) Zimbelman, Patrick 11	
3) Mrowicki, Carson 9	4) Hopper, Jovani 11	

Boys 4x200 Meter Relay Var

Team	Relay	Finals
Finals		
1 Geneseo	A	1:41.09 5
1) Carroll, Nathan 11	2) Bealer, Max 11	
3) Cosgrave, Billy 11	4) Lambert, Nathan 12	

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Finals ... (Boys 4x200 Meter Relay Var)

Team	Relay	Finals
---	Lasalle-Peru A	DQ
1) George, Matt 10	2) Nixon, Malik 11	
3) Vaske, Carson 10	4) Poggi, Devon 10	

Boys 4x400 Meter Relay Var

Team	Relay	Finals
1 Lasalle-Peru	A	3:55.47 5
1) Mertes, Jack 12	2) Casas, Jesse 10	
3) Kupperschmid, Jakob 11	4) Witte, Dylan 12	
2 Geneseo	A	3:56.86 3
1) Carroll, Nathan 11	2) Sebastian, Luke 11	
3) Rizzo, Peter 11	4) <i>Hanson, Logan</i> 10	
3 Sterling	A	4:06.42
1) Brown, Sam 9	2) Moorman, Isaiah 11	
3) Martinez, Mikio 11	4) Carrell, Trevor 11	

Boys 4x800 Meter Relay Var

Team	Relay	Finals
1 Lasalle-Peru	A	9:28.00 5
1) Bean, Connor 11	2) Brittin, Jack 9	
3) Ambrose, Matthew 12	4) Pocivasik, Jacob 11	
2 Geneseo	A	9:41.60 3
1) Lindstrom, Spencer 10	2) Booth, Christian 12	
3) Wells, Adam 12	4) Morrison, Rafe 9	

Boys High Jump Var

Name	Yr	School	Finals
1 Lambert, Nathan	12	Geneseo	6-00.00 5
2 Zeman, Quenton	10	Lasalle-Peru	5-08.00 3
3 Glynn, Logan	11	Lasalle-Peru	5-06.00 2
4 Cosgrave, Billy	11	Geneseo	5-04.00 1

Boys Pole Vault Var

Name	Yr	School	Finals
1 Darin, Cameron	12	Geneseo	11-06.00 5
2 Venneberg, Raymond	12	Geneseo	11-00.00 3
3 Morrell, Jack	12	Geneseo	10-06.00 2
4 Coons, Kade	12	Geneseo	9-06.00 1
5 Garcia, Erick	11	Lasalle-Peru	9-00.00
6 Tisor, Nathaniel	11	Geneseo	8-06.00
7 Verplaetse, Andrew	11	Geneseo	J8-06.00

Boys Long Jump Var

Name	Yr	School	Finals
1 Casas, Jesse	10	Lasalle-Peru	20-00.75 5
2 Lambert, Nathan	12	Geneseo	19-03.00 3
3 Seeley, Jordan	10	Geneseo	18-01.50 2
4 Bealer, Max	11	Geneseo	17-05.50 1
5 Tisor, Nathaniel	11	Geneseo	16-11.00
6 Mighell, Charles	12	Sterling	15-04.00

7 Nixon, Malik	11 Lasalle-Peru	15-03.50
8 Vondra, Riley	12 Sterling	15-01.00

Boys Triple Jump Var

Name	Yr	School	Finals
1 Griffin, Ryver	12	Geneseo	37-09.50 5
2 Vaske, Carson	10	Lasalle-Peru	36-06.00 3
3 Mertes, Jack	12	Lasalle-Peru	35-06.00 2
4 Carroll, Nathan	11	Geneseo	34-09.50 1
5 Vondra, Riley	12	Sterling	31-03.00
6 Mighell, Charles	12	Sterling	30-07.50

Boys Shot Put Var

Name	Yr	School	Finals
1 McGee, Nick	12	Lasalle-Peru	43-08.00 5
2 Shetter, Marcus	12	Sterling	43-05.00 3
3 McAvoy, Alex	11	Geneseo	37-11.00 2
4 O'Brien, Josh	11	Sterling	36-08.00 1
5 Zimbelman, Patrick	11	Lasalle-Peru	35-07.00
6 Clodfelter, Mitchell	12	Sterling	35-01.00
7 Reynolds, Kerry	12	Sterling	34-06.00
8 Henderson, Heath	12	Geneseo	33-08.00
9 Hopper, Jovani	11	Lasalle-Peru	29-04.00
10 Rocha, Logan	12	Sterling	27-10.00
11 Ziegenhorn, Logan	12	Geneseo	26-02.00

Boys Discus Throw Var

Name	Yr	School	Finals
1 McGee, Nick	12	Lasalle-Peru	128-06 5
2 Shetter, Marcus	12	Sterling	125-11 3
3 McAvoy, Alex	11	Geneseo	123-06 2
4 O'Brien, Josh	11	Sterling	112-08 1
5 Ziegenhorn, Tucker	10	Geneseo	109-01
6 Reynolds, Kerry	12	Sterling	103-06
7 Stokvis, Kyle	10	Lasalle-Peru	101-02
8 Clodfelter, Mitchell	12	Sterling	96-00
9 Henderson, Heath	12	Geneseo	89-07
10 Zimbelman, Patrick	11	Lasalle-Peru	86-05
11 Ziegenhorn, Logan	12	Geneseo	79-04
12 Rocha, Logan	12	Sterling	67-03
--- Hopper, Jovani	11	Lasalle-Peru	ND

Boys 100 Meter Dash Frosh-Soph

Name	Yr	School	Finals
1 Poggi, Devon	10	Lasalle-Peru	11.53 5
2 Jones, Mason	9	Geneseo	12.01 2.5
3 Bruce, Javon	9	Sterling	12.01 2.5
4 George, Matt	10	Lasalle-Peru	12.06 1
5 McGuire, Gavin	10	Geneseo	12.45
6 Backes, Cade	10	Geneseo	12.49
7 Heffelfinger, Luke	10	Sterling	12.62
8 Einfeldt, Sebastian	9	Geneseo	12.71

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Results

Finals ... (Boys 100 Meter Dash Frosh-Soph)

Name	Yr	School	Finals
9 Oney, Carson	9	Geneseo	13.01
10 Ogg, Adam	9	Sterling	13.16
11 Coons, Rylan	10	Geneseo	13.45
12 Yoder, Zach	9	Geneseo	13.60
13 Howard, Jahshawn	9	Sterling	14.04

Boys 200 Meter Dash Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Poggi, Devon	10	Lasalle-Peru	23.58 5
2 Vaske, Carson	10	Lasalle-Peru	23.68 3
3 Howard, Jahshawn	9	Sterling	25.35 2
4 Backes, Cade	10	Geneseo	26.10 1
5 Oney, Carson	9	Geneseo	26.49
6 Burgett, Tanner	9	Geneseo	27.17
7 Ogg, Adam	9	Sterling	27.50
8 Sellers, Jack	10	Geneseo	28.53
9 Yoder, Zach	9	Geneseo	28.67

Boys 400 Meter Dash Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Holke, Ethan	9	Geneseo	58.25 5
2 Yoder, Zach	9	Geneseo	1:04.06 3

Boys 800 Meter Run Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Morrison, Rafe	9	Geneseo	2:20.17 5
2 Brittin, Jack	9	Lasalle-Peru	2:25.15 3
3 Patel, Het	9	Lasalle-Peru	2:33.05 2
4 Hrovat, Ty	9	Lasalle-Peru	2:49.63 1
5 Foster, Jacob	9	Lasalle-Peru	3:00.86

Boys 1600 Meter Run Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Colter, Neo	10	Geneseo	5:03.36 5
2 Plumley, William	9	Geneseo	5:13.13 3
3 Brown, Sam	9	Sterling	5:32.69 2

Boys 3200 Meter Run Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Plumley, William	9	Geneseo	11:16.94 5
2 Yoder, Nathan	10	Geneseo	12:58.87 3

Boys 110 Meter Hurdles Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Lemmer, Jon	9	Lasalle-Peru	20.15 5

Boys 300 Meter Hurdles Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Godwin, Austin	9	Lasalle-Peru	50.16 5
2 Ogg, Adam	9	Sterling	51.50 3
3 Lemmer, Jon	9	Lasalle-Peru	51.56 2

Boys 4x100 Meter Relay Frosh-Soph

Team	Relay	Finals
Finals		
1 Geneseo	A	47.88 5
1) Hansen, Logan 10	2) Einfeldt, Sebastian 9	
3) Hipkins, Brenden 9	4) Hofer, Kyle 10	
2 Geneseo	B	x50.57
1) Backes, Cade 10	2) Norton, Jaycob 10	
3) Oney, Carson 9	4) McGuire, Gavin 10	
3 Lasalle-Peru	A	51.78 3
1) Pleskovitch, Quinn 9	2) Duda, Leif 10	
3) Strange, Jordan 10	4) Godwin, Austin 9	
4 Lasalle-Peru	B	x1:00.25
1) Kofoed, Adam 10	2) Just, Frankie 10	
3) Zimbelman, Nate 10	4) Turiglaiti, Logan 10	

Boys 4x200 Meter Relay Frosh-Soph

Team	Relay	Finals
Finals		
1 Geneseo	A	1:40.33 5
1) Jones, Mason 9	2) Hansen, Logan 10	
3) Hipkins, Brenden 9	4) Seeley, Jordan 10	
2 Geneseo	B	x1:47.57
1) McGuire, Gavin 10	2) Norton, Jaycob 10	
3) Venneberg, William 10	4) Oney, Carson 9	
3 Lasalle-Peru	A	1:49.69 3
1) Duda, Leif 10	2) Pleskovitch, Quinn 9	
3) Strange, Jordan 10	4) Zeman, Quenton 10	

Boys 4x400 Meter Relay Frosh-Soph

Team	Relay	Finals
Finals		
1 Geneseo	A	4:00.64 5
1) Einfeldt, Sebastian 9	2) Venneberg, William 10	
3) Colter, Neo 10	4) Morrison, Rafe 9	
2 Lasalle-Peru	A	4:13.55 3
1) Duda, Leif 10	2) Stokvis, Kyle 10	
3) Pleskovitch, Quinn 9	4) Godwin, Austin 9	

Boys 4x800 Meter Relay Frosh-Soph

Team	Relay	Finals
Finals		
1 Lasalle-Peru	A	10:54.69 5
1) Robinson, Matt 10	2) Patel, Het 9	
3) Hrovat, Ty 9	4) Foster, Jacob 9	

Hand Timed

2018 Geneseo Triangular - 3/29/2018

3/29/2018

Results

Boys High Jump Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Coons, Rylan	10	Geneseo	5-04.00 5
2 Norton, Jaycob	10	Geneseo	5-00.00 3

Boys Pole Vault Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Clark-Holke, Nate	9	Geneseo	10-06.00 5
2 Verplaetse, Eric	10	Geneseo	8-06.00 3
3 Burgett, Tanner	9	Geneseo	8-00.00 2
4 Robinson, Matt	10	Lasalle-Peru	7-06.00 1

Boys Long Jump Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Jones, Mason	9	Geneseo	19-08.00 5
2 Hofer, Kyle	10	Geneseo	18-06.00 3
3 Howard, Jahshawn	9	Sterling	18-00.00 2
4 Einfeldt, Sebastian	9	Geneseo	17-04.00 1
5 Backes, Cade	10	Geneseo	17-03.50
6 Venneberg, William	10	Geneseo	15-09.50
7 Aponte, Noel	9	Sterling	14-10.00
8 Sellers, Jack	10	Geneseo	14-02.50
--- Heffelfinger, Luke	10	Sterling	ND

Boys Triple Jump Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Hipkins, Brenden	9	Geneseo	34-04.00 5
2 Strange, Jordan	10	Lasalle-Peru	31-05.50 3

Boys Shot Put Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Kofoid, Adam	10	Lasalle-Peru	35-11.00 5
2 Stohl, Rob	10	Geneseo	33-06.00 3
3 Johnson, Noah	9	Geneseo	33-05.00 2
4 Mrowicki, Carson	9	Lasalle-Peru	33-04.00 1
5 Kozemski, Matt	10	Geneseo	32-09.00
6 Zimbelman, Nate	10	Lasalle-Peru	32-04.00
7 Toom, Garrett	9	Geneseo	32-03.50
8 Turiglaitti, Logan	10	Lasalle-Peru	31-11.00
9 Just, Frankie	10	Lasalle-Peru	29-03.00

Boys Discus Throw Frosh-Soph

Name	Yr	School	Finals
Finals			
1 Kofoid, Adam	10	Lasalle-Peru	104-00 5
2 Kozemski, Matt	10	Geneseo	87-10 3
3 Toom, Garrett	9	Geneseo	87-03 2
4 Mrowicki, Carson	9	Lasalle-Peru	84-07 1
5 Just, Frankie	10	Lasalle-Peru	81-05
6 Johnson, Noah	9	Geneseo	75-04
7 Stohl, Rob	10	Geneseo	74-00

8 Zimbelman, Nate	10	Lasalle-Peru	67-07
9 Turiglaitti, Logan	10	Lasalle-Peru	67-03

Men - Var - Team Rankings - 18 Events Scored

1) Geneseo	95
2) Lasalle-Peru	56
3) Sterling	32

Men - Frosh-Soph - Team Rankings - 18 Events Scored

1) Geneseo	89.5
2) Lasalle-Peru	62
3) Sterling	11.5