



"HANGIN' WITH DA BOYS"

Pictured are "da Leafs" Max Johnson, Jaxson Sottos, Dylan Gehl, Sam Mosbarger, Jack Kreiss, Kaden Elmer, & Aidan Bries who ran in the State Meet

LEAFS PLACE 18TH IN STATE FINALS

On Saturday, November 4th, the Leafs traveled to Peoria's Historic Detweiller Park to compete in the 2023 IHSA State Finals. The 2A Boys field included the top 7 qualifying teams from each of the four IHSA Sectional Meets held across the state of Illinois last Saturday. The 2A boys race started at "High Noon" and the weather couldn't have been any better. The race time temperature was 55° with light 4 mph winds that were not noticeable. The course was hard and fast. I have been attending this meet since I was in high school (late 70's) and I have NEVER seen more people in attendance. The usual 10,00 fan turn-out was certainly "Smashed". ITXCTF's Michael Newman estimated that there was in excess of 20,00 people in attendance. WOW!!! When you mix perfect conditions, a hard and fast course, and are racing in the State Finals you have the perfect recipe for some really fast times. The boys didn't disappoint. On the day (using

Matthew Conroy of St. Ignatius College Prep ran his best race of the season timed at 14:40.55 to place fourth. **Finn Richards** of Benet Academy (14:44.75) and **Evan Nosek** of Kaneland (14:47.36) finished fifth and sixth.

The key to Marion's state championship win with 112 points was that they had two more all-state runners along with Nalley in this race and closer to their teammate than they had throughout the season. **Meyke Lomax** ran 15:00.72 to finish 15th overall as the team's second runner. Freshman **Raphael Greer** was also all-state running 15:04.69 to finish 17th. **Gabriel Greer** (30th) and **Cade Parks** (69th) were the team's fourth and fifth runners. The 2-5 pack split from Lomax to Parks was 37 seconds, their best split on the pack this season.

Glenbard South finished third in last year's state 2A championship. They bettered that performance on Saturday as the closest team to Marion. The Raiders did that by scoring 173 points to finish second. They had two all-state runners in this race led by **Tim Jochum** finishing eighth overall with a 14:50.07 personal best on this course. His brother **Tom Jochum** finished 15th running 15:04.35. **Jaden Frederick** was the team's third runner placing 27th. **Lucas Newman** (54th) and **Michael Bailey** (102nd) were Glenbard South's fourth and fifth runners.

Payton College Prep ran their best race of the year when they needed it finishing third with 200 points. It was the first trophy in the Boys program's history. **Gavin Lee** earned all-state honors finishing 23rd overall. **Tra'Monti Williams** was the team's second runner (39th) followed by **Preston Ellis** (46th), **Declan Slavin** (49th), and **Gabriel Cooper** (81st). Their top five split was a great 36 seconds.

Kaneland scored 220 points led by all-state performances by Nosek's sixth-place finish and **David Valkanov** running 14:53.68 to finish ninth. Morton finished fifth (225 points) led by all-state runs by **Yonas Wuthrich** (14th) and **Josh Weeks** (19th).

all three classes for data) 58 runners broke the "Magical" 15:00 barrier. In addition, 363 bettered 16:00. Simply amazing stuff.

The Leafs have been on a roll and were hoping for more of the same. The number one team goal was to try and finish in the Top 15. If they accomplished that they would be recognized on a banner in the main gym at the high school. Head Coach Todd Ehlert extended that challenge by 5. He wanted to see a Top 10 Team Finish. The boys were fired up and in peak shape. There was a large contingent of Geneseo fans in attendance along with the Geneseo High School Boys Cross Country "Hype Squad". I was on my bike and I covered a LOT of ground. I saw members of the "Hype Squad" everywhere I went. It was awesome to see that type of support for "da Boys".

On to the race. The Starter's Pistol "Cracked" at 12:00 a.m. sharp. Watching all 28 teams along with all of the individual qualifiers attack the course is a spectacle in sports that is hard to top. The beautiful fall colors of the trees along with the picturesque setting of Detweiller Park is breathtaking. Add in the different uniform colors that each school wore and it was pure pagentry. All in all, there were 236 runners racing in the 2A State Finals. The top 10 individuals at each of the four sectionals that were not on qualifying teams also joined the fun.

Junior Dylan Gehl has been the Leafs' Number One Man all season long. He saved his best race for this day. Dylan was out in 4:45 at the mile and established himself in "All-State" territory (Top 25 Finishers). From there he just kept moving UP. He passed two miles in 9:49 (5:04 2nd mile) and then sprinted across the finish line in 7th Place. His time was a GHS Junior Record (Tied for 2nd on the All-Time Individual List). His time was 14:48 (4:59 last mile) that included the dreaded "Detweiller Hill". Only veterans of racing at Detweiller Park can understand how that gradual incline comes at a tough time. Dylan is the first GHS All-Stater since Dan Chenoweth who placed 4th in 2006 2A Race (only two classes back then). Dylan took 14 seconds off of his Detweiller Park personal best time of 15:04. The best part is he is only a Junior. Keep Dreaming Big, Dylan!!!



STATE MEET HARDWARE

Pictured is Dylan's 7th Place "All-State" Medal

Senior Sam Mosbarger was the next man up for "da Leafs". Sam had set a "Lofty" goal of "Cracking" the Top 25 and Earning All-State Honor. It was a long shot and he almost pulled it off. Sam ran an inspiring race that saw him finish in 32nd place. He destroyed his personal best on the course by 31 Seconds. WOW!!! Sam is now 6th Fastest Senior GHS Individual EVER on the course. He also climbed into the 9th Fastest Individual (Any Grade Level). Are you kidding

me??? Sam plays Tennis in the Spring. He is only a "Part-Time" Runner. That will change next year when Sam becomes a "Full-Time" Distance Runner in College. Sam "Roared" through the mile in 4:56. He then "Hit" the 2 mile mark in 10:06 (5:10 2nd mile.) He closed in 5:09 and "Broke da Tape" in 15:14. Congratulations on a spectacular Senior season, Sam. Your Leadership was Omnipotent.

"Super-Soph" Jaxson Sottos was the next Leaf to cross the finish line in 131st place. "Jax" was timed in 16:10 and wasn't smiling. He had given it everything he had but wanted to run faster. Sometimes, that's just how it goes. Jaxson ran 15:55 at the First to the Finish Invite back in September and is the 7th Fastest GHS Sophomore Individual ever on the course. Jaxson has enjoyed a "Break-Out" Sophomore campaign. Jaxson rolled through the first mile in a quick 5:03 and then hit the two mile split in 10:40 (5:37 2nd mile). He picked it back up and "Threw Down" a 5:30 closing mile to finish the race. The GHS team is young (6 of the 7 top runners are underclassmen). Congratulations on a wonderful season, Jaxson. Keep the "Fire Burning" in your chase of athletic excellence. Lots of Passion and Purpose back up with the price that excellence DEMANDS!

The next Maple Leaf to cross the finish line was Freshman Jack Kreiss. He ran an awesome race and was clocked in 16:48. His time moved him into the number 8 spot on the GHS Detweiller Park Freshman Top 25 Individual List. Way to Go, Jack. He placed 186th and improved his Detweiller "PR" by 23 Seconds. Great Stuff. Jack passed the first mile in 5:19 and then reached the two mile mark in 11:06 (5:47 2nd mile). Jack attacked the last mile and accelerated to a 5:32 3rd mile. Pretty impressive racing for someone so young. Jack is a very talented athlete who excels in everything he tries. We are sure glad he is on the XC team. His future looks so bright that he is "going to need shades". Seriously, I start to get dizzy upon contemplation about how much he can improve by next season. Congratulations on a "Monster Season", Jack. Dream BIG!

Closing the Maple Leafs scoring was Junior Max Johnson. The "Big Yohanson" sprinted across the finish line in 16:48. Max placed 194th overall. He wasn't smiling because he wanted to run a LOT faster. No worries, Max. You gave it everything you had. Max had run 16:36 at the First to the Finish Inv. back in September at Detweiller and wanted to destroy that time. Welcome to racing. Sometimes, no matter how bad you want it, it doesn't happen. However, YOU know first hand that sometimes it DOES (Sectional 800 & 4 x 4). Keep the faith, Max. Your team has a plethora of talent coming back next fall. AND...YOU will be the team's Leader. Max hit the mile in 5:19 and crossed the two mile mark in 11:14 (5:55 2nd mile). He fought hard and finished with a 5:39 final mile. Rest up a bit and then get ready to ATTACK "da Track". God Bless.

Next up was Geneseo's "Walking Wounded". "Super-Soph" Kaden Elmer has been racing with a nasty case of Iliotibial band syndrome. He was also "Bouncing" back after having been fighting some illness for the last couple of weeks. Kaden sprinted across the finish line in 17:00 which took off 6 seconds from his Detweiller Park "PR". He placed 200th overall. Kaden hit the mile in 5:20 and then passed the two mile mark in 11:17 (5:57 2nd mile). He fought hard and dropped a 5:47 mile to finish his race. Congratulations on a tremendous season, Kaden. Your improvement from last year has been profound. So has your work ethic. It is hard to be a team leader as a sophomore. The only real option is to put your "Nose to the Grindstone" and Lead by Example.

That is exactly what you did day in and day out. Keep Dreaming Big and "Paying the Price". God Bless.

"Super-Soph" Aidan Bries was also running hurt. Aidan has been battling a nasty case of Osgood-Schlatter's (painful growing pains) since last Track season. He wasn't able to run much over the summer but made a HUGE comeback during the 2nd half of the 2023 Harrier season to lock down a Varsity Top 7 Spot. He has been a "Difference Maker" on several occasions for the Leafs this season. Aidan ran a lifetime best at Detweiller Park. He was timed in 17:06 which was 14 seconds faster than he ran at the First + the Finish Inv. earlier in the season. He was NOT happy about his race. He wanted to run a LOT faster. He finished on "Empty" and we are VERY Proud of his effort. Aidan hit the mile in 5:20 and passed the two mile mark in 11:16 (5:56 2nd mile). He then finished with a 5:50 for his 3rd mile. Congratulations on an amazing 2nd half to your season. God Bless.

In closing, I have a couple of additional thoughts to share. First off....A Special "Shout Out" for Head Boys XC Coach Todd Ehlert. He took over the program in 2018 after a phenomenal run of success with the Geneseo Middle School Boys & Girls XC Teams. The program has improved each year since then. After a couple of "Near Misses" the GHS Harriers have now gone BACK-TO-BACK-TO-BACK. Translation....Qualified for the IHSA State Finals in 2021, 2022, & 2023. That is a rare feat and with 9 of the top ten runners being underclassmen the future looks incredibly bright. The team's state meet places during those three years have been 26th, 23rd, and 18th. Cracking the Top 15 or higher appears to be in the future. Great Job, Coach. Next up was Coach's decision to add Jeff Brown on to his coaching staff. Jeff came on board to be his assistant coach this year and it was a brilliant move. Coach Brown has proven to be a "Critical Piece to the Puzzle" and has proven to be a wonderful addition to the program. Coach Ehlert and Coach Brown have become the "Dynamic Duo". We hope he will be with the team for a LONG Time. The 2023 season had MANY Highlights. Thanks for having the summer and fall "Come to Life" with excitement. Among those highlights was bringing the Sectional Meet to Geneseo. That move gets an A+ Grade. Lastly, to this year's Seniors (Tyson Duda, Ausitn Hull, Sam Mosbarger, & Ryley Rowold), GREAT JOB of Leading the team both in practice and at meets. Each of you made contributions to the team on a daily basis. All the best as you move on to the next challenges and pursuits. One thing is certain, each of you possess the omnipotent trait to become extremely successful in life. Please, Always Stay in Touch. God Bless each of you.



TEAM MOTTO AND WORDS TO LIVE BY

Pictured are Mr. Korey Lambert & Mr. Barney Gehl holding the "DREAM BIG" Sign.

Date: 11/04/2023								
Meet: IHSA State Final								
Site: Peoria's Detweiller Park								
Conditions: Race Time Temp of 55° NNW wind of 4mph. PERFECT								
Racing Distance: 3.00 miles								
Team Finish: Varsity Boys: 18th Place								
	TIME	ATHLETE	PL	R	1-M	2-M	3-M	AVE.
1	14:48	Dylan Gehl-11	7	V	4:45	5:04	4:59	4:56
2	15:14	Sam Mosbarger-12	32	V	4:56	5:10	5:09	5:04
3	16:10	Jaxson Sottos-10	131	V	5:03	5:37	5:30	5:23
4	16:48	Jack Kreiss-09	186	V	5:19	5:47	5:32	5:36
5	16:53	Max Johnson-11	194	V	5:19	5:55	5:39	5:38
6	17:00	Kaden Elmer-10	200	V	5:20	5:57	5:47	5:40
7	17:06	Aidan Bries-10	205	V	5:20	5:56	5:47	5:42
	14:05	Varsity Race Leader	1	V	4:27	4:49	4:49	4:42
		Geneseo Spread						
		1-5	2:05					
		1-7	2:28					



2023 IHSA Class 2A State XC Championships HS

IN PROGRESS 📅 Sat, Nov 4, 2023 📍 Detweiller Park

3 Miles 2A Varsity

Official Team Scores

1. Marion (H.S.)	112	3. 12 Dale Johnson	14:22.91	Sterling (H.S.)
2. Glen Ellyn (Glenbard South)	173	4. 12 Matthew Conroy	14:40.55	Chicago (St. Ignatius Coll...
3. Chicago (Payton)	200	5. 11 Finn Richards	14:44.75	Lisle (Benet Academy)
4. Maple Park (Kaneland)	220	6. 11 Evan Nosek	14:47.36	Maple Park (Kaneland)
5. Morton	225	7. 11 Dylan Gehl	14:48.32	Geneseo
6. Chicago (St. Ignatius College Prep)	233	8. 12 Tim Jochum	14:50.07	Glen Ellyn (Glenbard South)
7. Lisle (Benet Academy)	234	9. 12 David Valkanov	14:53.68	Maple Park (Kaneland)
8. Aurora (Marmion Academy)	273	10. 12 Julian Baker	14:58.99	Mt. Zion
9. Normal (University)	290	11. 12 Will Gelon	14:59.31	Crystal Lake (Prairie Ridge)
10. Woodstock	306	12. 12 Ishan Patel	14:59.98	Woodstock
11. Crystal Lake (Prairie Ridge)	312	13. 12 Mekye Lomax	15:00.72	Marion (H.S.)
12. Washington	321	14. 12 Yonas Wuthrich	15:00.89	Morton
13. Grayslake (Central)	325	15. 9 Tom Jochum	15:04.35	Glen Ellyn (Glenbard South)
14. Bethalto (Civic Memorial)	336	16. 10 Caleb Mathias	15:04.40	Champaign (Central)
15. Mt. Zion	338	17. 9 Raphael Greer	15:04.69	Marion (H.S.)
16. Lake Villa (Lakes)	414	18. 11 Aaron Conderman	15:05.22	Dixon
17. Taylorville	433	19. 12 Josh Weeks	15:05.26	Morton
18. Geneseo	446	20. 12 Charlie Phelan	15:06.10	Lisle (Benet Academy)
19. Dixon	453	21. 9 Cuyler Swanson	15:06.62	Morris
20. Mascoutah	489	22. 12 Owen Morgan	15:06.92	Taylorville
21. Mt. Vernon (H.S.)	495	23. 12 Gavin Lee	15:07.93	Chicago (Payton)
22. Morris	514	24. 12 Mason Hart	15:09.72	Normal (University)
23. Sterling (H.S.)	532	25. 11 Luis Flores	15:09.74	Burbank (St. Laurence)
24. Dunlap	552	26. 11 Aiden Hulett	15:11.25	Lisle (Benet Academy)
25. Chicago (DePaul College Prep)	587	27. 12 Jaden Frederick	15:11.38	Glen Ellyn (Glenbard South)
26. Oak Forest	633	28. 9 Gabriel Greer	15:12.50	Marion (H.S.)
27. Burbank (St. Laurence)	644	29. 9 Ben Gorsage	15:12.88	Washington
28. Chicago (University)	717	30. 12 Gerrit Dam	15:14.45	Crystal Lake (Prairie Ridge)
1. 12 Dylon Nalley	14:05.20	31. 11 John Daffenberg	15:14.60	Aurora (Marmion Academy)
2. 12 Trey Sato	14:21.49	32. 12 Sam Mosbarger	15:14.89	Geneseo
		33. 11 Daniel Kasperan	15:15.54	Chicago Heights (Marian)
		34. 12 Nathan Ciarlette	15:16.70	Joliet (Catholic Academy)
		35. 12 Naif Al Harby	15:16.90	Sycamore (H.S.)
		36. 10 Evan Whildin	15:16.99	Maple Park (Kaneland)
		37. 9 Zach Born	15:17.38	Metamora
		38. 10 Adan Cordova	15:18.88	Grayslake (Central)
		39. 10 Tra'Monti Williams	15:19.15	Chicago (Payton)
		40. 12 Layton Knoop	15:22.38	Morton
		41. 12 DJ Dutton	15:22.76	Bethalto (Civic Memorial)
		42. 11 Jiberil Lesman	15:23.94	Chicago (Lake View)
		43. 12 Aryan Patel	15:24.11	Woodstock
		44. 9 Liam Bettis	15:24.16	Taylorville
		45. 12 Brandon Mendoza	15:24.23	Chicago (St. Ignatius Coll...
		46. 11 Preston Ellis	15:24.76	Chicago (Payton)
		47. 12 Justice Eldridge	15:24.80	Bethalto (Civic Memorial)
		48. 12 Aidan Lee	15:24.86	Pontiac
		49. 10 Declan Slavin	15:26.47	Chicago (Payton)
		50. 11 Gavin O'Connor	15:26.87	Chicago (Brother Rice)

51.	11	Fisher Rinkenberger	15:27.92	Washington	108.	11	Boston Beyer	15:54.48	Morton
52.	12	Jack Davey	15:27.96	Lemont (H.S.)	109.	11	Phillip Canopy	15:55.20	Morton
53.	10	Max Weber	15:30.18	Bethalto (Civic Memorial)	110.	12	Jesse Carlos	15:55.40	Aurora (Marmion Academy)
54.	12	Lucas Newman	15:30.52	Glen Ellyn (Glenbard South)	111.	11	Brady Mock	15:57.50	Lake Villa (Lakes)
55.	11	Christian Knobloch	15:31.00	Highland	112.	12	Charlie Serrahn	15:57.55	Dunlap
56.	11	Elias Roldan	15:31.11	Chicago (DePaul College ...)	113.	11	Greg Drain	15:57.58	Mascoutah
57.	11	Hugh Lynch	15:32.07	Chicago (St. Ignatius Coll...)	114.	12	Fabian Delgado	15:57.81	Chicago (Noble/Rauner)
58.	12	Jacob Molloy	15:32.43	Lisle (Benet Academy)	115.	12	Andrew Latham	15:58.82	Mascoutah
59.	11	Simon Lane	15:32.56	Chicago (University)	116.	12	William Welty	15:59.02	Grayslake (Central)
60.	11	Charlie Borlin	15:33.33	Washington	117.	12	Trey Mygatt	16:00.79	Mt. Vernon (H.S.)
61.	12	Evan Gilleland	15:33.46	Crystal Lake (Prairie Ridge)	118.	12	Sam Tellefson	16:00.97	Washington
62.	11	Jackson Summy	15:34.44	Lake Villa (Lakes)	119.	11	Manny Alvarez	16:01.37	Chicago (St. Ignatius Coll...)
63.	10	Zion Wilkins	15:35.51	Carbondale (H.S.)	120.	11	Tristan Zhu	16:02.77	Chicago (Payton)
64.	12	Austin Corey	15:35.72	Waterloo (H.S.)	121.	12	Brecken Fahrenkrug	16:04.00	Chillicothe (Illinois Valley ...)
65.	12	Kyle Kern	15:35.94	Waterloo (H.S.)	122.	10	Jack Dunseth	16:04.58	Macomb
66.	11	Matthew Sullivan	15:36.32	Aurora (Marmion Academy)	123.	11	Jacob Gladstone	16:04.92	Dunlap
67.	11	Lincoln Koester	15:36.61	Mt. Zion	124.	12	Hudson Coady	16:05.30	Urbana (H.S.)
68.	9	Evan Hursthouse	15:36.71	Mundelein (Carmel)	125.	12	Nolan Kissinger	16:05.43	Grayslake (Central)
69.	12	Cade Parks	15:37.84	Marion (H.S.)	126.	12	Kevin DeGroot	16:05.75	Crystal Lake (Prairie Ridge)
70.	12	Payton Whitehead	15:38.18	Lake Villa (Lakes)	127.	9	Brendan Houlihan	16:07.30	Chicago (St. Ignatius Coll...)
71.	12	Ryan Kries	15:38.47	Burlington (Central)	128.	11	Cole Bonham	16:07.47	Mundelein (Carmel)
72.	10	Wojtek Gilarski	15:38.48	Darien (Hinsdale South)	129.	10	Joel Hayes	16:09.08	Mt. Vernon (H.S.)
73.	12	Nathan Brandon	15:39.10	Aurora (Marmion Academy)	130.	12	Luke Williams	16:09.17	Dunlap
74.	12	Bryan Malkowski	15:39.13	Chicago (DePaul College ...)	131.	10	Jaxson Sottos	16:10.65	Geneseo
75.	12	Aiden Shulfer	15:39.54	Crystal Lake (Central)	132.	9	Cooper Summy	16:10.89	Lake Villa (Lakes)
76.	9	Everett Swanson	15:40.52	Morris	133.	10	Mark Mavis	16:10.92	Mt. Zion
77.	10	Sean Kaeb	15:41.05	Normal (University)	134.	9	Jacob Bauchmoyer	16:13.07	Normal (University)
78.	10	Joseph Gonzalez	15:41.08	Crystal Lake (South)	135.	10	Landon Kearbey	16:13.47	Bethalto (Civic Memorial)
79.	11	Drew Twyman	15:42.73	Troy (Triad)	136.	12	Carson Davis	16:14.52	Mt. Zion
80.	11	Zachary Murdock	15:42.87	Maple Park (Kaneland)	137.	12	John Vagnoni	16:14.61	Grayslake (Central)
81.	11	Gabriel Cooper	15:43.81	Chicago (Payton)	138.	9	Keyston Beyer	16:15.15	Morton
82.	10	Ellery Shutt	15:44.67	Woodstock	139.	9	Logan Halligan	16:15.48	Taylorville
83.	12	Mitchell Hayes	15:44.83	Normal (University)	140.	12	Milo Rinkenberger	16:16.37	Washington
84.	12	Connor Carlson	15:44.97	Aurora (Marmion Academy)	141.	10	Lucas Jensen	16:16.87	Mascoutah
85.	10	Augustus Gaudio	15:45.22	Mahomet (M.-Seymour)	142.	10	Jacob Cranford	16:16.92	Bethalto (Civic Memorial)
86.	10	Andrew Straley	15:45.29	Chicago (Brother Rice)	143.	11	Liam Lentz	16:17.22	Maple Park (Kaneland)
87.	9	Dean Geiger	15:46.17	Dixon	144.	12	Charlie Baker	16:17.73	Woodstock
88.	11	Daniel Grauer	15:46.40	Mt. Zion	145.	12	Branden Etheridge	16:18.32	Mt. Vernon (H.S.)
89.	12	Robert Gramley	15:46.95	Aurora (Marmion Academy)	146.	10	Rowan Wilford	16:19.04	Mt. Vernon (H.S.)
90.	12	Landen Alcorn	15:46.97	Normal (University)	147.	11	Jesse Kramer	16:19.85	Belvidere (North)
91.	12	Henry Fink	15:47.08	Chicago (St. Ignatius Coll...)	148.	12	Collin Reutimann	16:19.88	Maple Park (Kaneland)
92.	12	Dominic Cantarini	15:49.10	Galesburg (H.S.)	149.	11	Peter Mulligan	16:20.12	Burbank (St. Laurence)
93.	11	Leo Cozzi	15:49.24	Mascoutah	150.	11	Corey Goff	16:20.23	Sycamore (H.S.)
94.	9	Averick Wiseman	15:50.58	Dixon	151.	12	Jesse Sloan	16:21.63	Taylorville
95.	11	Nicholas Lopez	15:50.65	Chicago (St. Ignatius Coll...)	152.	12	Isaac Carpenter	16:22.19	Mt. Zion
96.	11	Jack Lyons	15:50.66	Chicago (Latin)	153.	11	Blake Salbilla	16:22.74	Lake Villa (Lakes)
97.	11	Connor Hartman	15:51.24	Normal (University)	154.	12	Lucas Naugle	16:22.99	Bethalto (Civic Memorial)
98.	12	Sachit Muduli	15:52.15	Normal (University)	155.	12	Parker Griffin	16:23.35	Oak Forest
99.	11	Christian Harris	15:52.24	Morton	156.	10	Nikita Hovious	16:23.40	Morris
100.	12	Colin O'Brien	15:52.45	Oak Forest	157.	10	Nick Manso	16:23.80	Oak Forest
101.	12	Caedmon Cook	15:52.65	Mt. Vernon (H.S.)	158.	9	Steven Randles	16:24.95	Crystal Lake (Prairie Ridge)
102.	12	Michael Bailey	15:53.14	Glen Ellyn (Glenbard South)	159.	12	Aiden Hu-Lowenthal	16:25.55	Chicago (Payton)
103.	10	Van Schneider	15:53.33	Chatham (Glenwood)	160.	10	Daniel Lewis	16:27.15	LaGrange Park (Nazareth ...)
104.	11	Aalin Schmidt	15:53.47	Sterling (H.S.)	161.	10	Trace Elliot	16:27.21	Mt. Vernon (H.S.)
105.	12	Nolan Coen	15:53.70	Rockford (Boylan Catholic)	162.	12	Ben Zima	16:27.38	Glen Ellyn (Glenbard South)
106.	12	Charlie Coyle	15:53.90	Wheaton (St. Francis)	163.	10	Charles Johnson	16:27.86	Sterling (H.S.)
107.	12	Cohen Shutt	15:54.17	Woodstock					

164.	¹⁰	Brodie Peterson	16:27.95	Morris	221.	¹¹	Jacob Hall	17:24.29	Washington
165.	¹¹	Milo McLeer	16:28.99	Woodstock	222.	⁹	Joey Schuch	17:28.29	Maple Park (Kaneland)
166.	¹⁰	Jack Nester	16:29.92	Dunlap	223.	¹²	Brenton Good	17:30.76	Taylorville
167.	¹²	Rocco Cipolla	16:30.36	Evergreen Park	224.	¹²	Maddux Bailey	17:34.60	Chicago (DePaul College ...
168.	¹²	Ian Moll	16:30.43	Mascoutah	225.	¹¹	Hayden Fulton	17:39.55	Dixon
169.	¹⁰	Keegan Shirley	16:30.99	Dixon	226.	¹¹	Christian Padgett	17:44.68	Oak Forest
170.	¹¹	Matthew Powley	16:31.35	Lake Villa (Lakes)	227.	¹⁰	Kendel Mulligan	17:49.38	Burbank (St. Laurence)
171.	¹¹	Patrick Scurek	16:34.12	Oak Forest	228.	¹⁰	Chase McConnell	17:53.43	Morris
172.	¹²	Ryan Amidei	16:35.65	Lisle (Benet Academy)	229.	⁹	Connor Lane	17:56.87	Chicago (University)
173.	¹¹	Evan Dailey	16:36.73	Marion (H.S.)	230.	¹⁰	Sean Niro	18:01.06	Chicago (University)
174.	¹²	Matt Spellman	16:38.45	Lisle (Benet Academy)	231.	¹⁰	Parker Fleetwood	18:01.20	Morris
175.	¹⁰	Kieran Gilliland	16:38.93	Crystal Lake (Prairie Ridge)	232.	¹²	Dallas Mancinas	18:05.58	Highland
176.	⁹	Max Draksler	16:39.00	Dunlap	233.	¹¹	Joey D'Anca	18:17.21	Burbank (St. Laurence)
177.	¹²	Hayden Lees	16:40.35	Marion (H.S.)	234.	¹²	Danny Shannon	18:34.83	Lisle (Benet Academy)
178.	¹²	Jakob Crown	16:41.52	Woodstock	235.	¹⁰	Sam Coe	18:37.61	Oak Forest
179.	¹⁰	Mathias Garcia	16:42.52	Chicago (Lake View)	236.	¹¹	Daniel Goodman	18:44.60	Chicago (Latin)
180.	¹²	Eddy Klimkowski	16:42.87	Crystal Lake (Prairie Ridge)					
181.	¹²	Brice Banning	16:43.10	Washington					
182.	¹²	Isaac Guzman	16:43.61	Burbank (St. Laurence)					
183.	¹²	Aaron Mohr	16:44.38	Dunlap					
184.	¹²	Jack Chesser	16:45.59	Taylorville					
185.	¹⁰	Tyler Corpin	16:47.44	Taylorville					
186.	⁹	Jack Kreiss	16:48.23	Geneseo					
187.	¹²	Leyton Mueller	16:49.67	Chicago (University)					
188.	¹⁰	Aiden Mulgrew	16:50.77	Mt. Zion					
189.	⁹	Reese Mock	16:51.50	Lake Villa (Lakes)					
190.	⁹	Jack Barnes	16:52.42	Chicago (DePaul College ...					
191.	¹⁰	Eli Johnston	16:52.63	Mt. Vernon (H.S.)					
192.	¹⁰	Kaine Climaco	16:52.77	Mascoutah					
193.	¹⁰	Tullio Zampieri	16:53.48	Bethalto (Civic Memorial)					
194.	¹¹	Max Johnson	16:53.58	Geneseo					
195.	¹¹	Andrew Petersen	16:54.17	Darien (Hinsdale South)					
196.	¹²	Parker Janssen	16:54.93	Sterling (H.S.)					
197.	¹²	Ronan Schnepff	16:55.82	Chicago (Amundsen)					
198.	¹²	Asher Tiojanco	16:56.90	Grayslake (Central)					
199.	¹¹	Parker Blakeslee	16:57.34	Sterling (H.S.)					
200.	¹⁰	Kaden Elmer	17:00.59	Geneseo					
201.	¹¹	Bodi Ward	17:00.72	Chicago (DePaul College ...					
202.	¹⁰	Westin Conatser	17:00.91	Dixon					
203.	¹¹	Luke VanTholen	17:01.70	Glen Ellyn (Glenbard South)					
204.	¹²	Jospeh Flynn	17:04.93	Chicago (DePaul College ...					
205.	¹⁰	Aidan Bries	17:06.19	Geneseo					
206.	¹⁰	Noah Terviel	17:06.59	Dixon					
207.	¹¹	Benjamin O'Donnell	17:06.61	Chicago (University)					
208.	¹⁰	Liam Donehoo	17:10.03	Chicago (DePaul College ...					
209.	¹¹	Daniel Varblow	17:10.33	Grayslake (Central)					
210.	¹¹	Oliver Go	17:15.43	Chicago (University)					
211.	¹⁰	Michael Whitacre	17:16.03	Aurora (Marmion Academy)					
212.	⁹	Hudson Neth	17:16.75	Oak Forest					
213.	¹²	Jordan Britt	17:16.79	Sterling (H.S.)					
214.	¹²	Ellis Domenick	17:18.00	Chicago (University)					
215.	⁹	Alex Colvin	17:19.46	Dunlap					
216.	¹⁰	Jimmy Vertucci	17:19.48	Burbank (St. Laurence)					
217.	⁹	Ethan Toch	17:19.68	Burbank (St. Laurence)					
218.	¹⁰	Logan Zurbrugg	17:20.29	Mascoutah					
219.	¹²	Owen Anderson	17:21.20	Sterling (H.S.)					
220.	¹⁰	Jonathan Zarbock	17:21.26	Morris					



DYLAN "RINGS THE BELL"

Pictured is Junior Dylan Gehl who was selected as this week's "Bell Ringer Award Winner"

JUNIOR DYLAN GEHL SELECTED AS "BELL RINGER AWARD WINNER"

Junior Dylan Gehl was selected as this week's "Bell Ringer Award Winner". The award was created by Head Maple Leaf Cross Country Coach Todd Ehlert with a little help from "da committee". The "Bell Ringer Award" honors a team member selected by a committee consisting

of the senior team leaders and the coaching staff. Each member of the committee nominates two athletes. The committee then discusses each nominee until a winner is selected. A team member can be nominated every week but is eligible to win only once. Considerations for nomination include both practice and competitive performances. Possessing high levels of both Passion and Purpose are Omnipotent. The award winner is selected every Tuesday.

The time frame for this week's "Bell Ringer" ran from Wednesday, November 1st through Tuesday, November 7th. During that time, the Leafs participated in the State Meet. The meet was held at Peoria's Historic Detweiller Park. Dylan saved his best race of a tremendously successful season (more on that later) by "Mixing it up with the Big Dogs". The end result was Dylan "Roaring" to a 7th Place Finish. He earned "All-State" Honors in the process (Top 25 Finishers.) He was timed in 14:48 which tied him for 2nd on the Geneseo High School "Top 25 Lists" for the Detweiller Park Course. Dylan also established a new GHS Junior Class Record as he broke Dan Chenoweth's 2006 State Meet time of 15:02. Dylan tied Rich Werkheiser's time of 14:48 (State Meet in 1981.) Dylan became the first Geneseo High School Junior to EVER earn All-State Honors. No Maple Leaf has ever earned more than one All-State Harrier Medal with Rich Werkheiser (14th Place in 1981), Tim Arnett (12th Place in 1874), Bryan Glass (17th Place in 1990), Andy Snook (11th Place in 1992), and Dan Chenoweth (4th Place in 2006.) All of those performances were accomplished in their Senior Year. Dylan got out nicely and rolled through the mile in a quick 4:45 and passing two miles in 9:49 (5:04 second mile.) Dylan then cranked out a sub five (4:59) to cross the line in 7th Place in a time of 14:48. His race was Extremely Inspirational and he helped lead the Leafs to a Top 20 Team Finish (18th Place.)

Dylan has been "On Fire" all season long. He has run as Geneseo's Number One Man in every race that he was in. He missed only one race when he was "Held Out" by both Head Coach Todd Ehlert and his Momma when the team headed to Sterling to race in the Rock River Run Invitational. In every other race except the State Meet Dylan established a New GHS Overall and Junior Class Record. Only Dan Chenoweth's time of 14:24 from the 2006 State Meet eluded him this season. Dan senior year was elite and saw him place 4th in the State Meet (Large Class...2A...only two classes back then.) He then qualified for the Foot Locker Nationals in San Diego via the Kensha, Wisconsin qualifier where he kicked down future Olympian and US Record Holder (3,000 Meter Steeple Chase) Evan Jager. During that spring, Dan set the GHS School Records of 8:57 for the 3200 Meter Run and 4:13 for the 1600 Meter Run. Why am I sharing all of this? Because Dylan has been breaking Dan's class records during his career to date and there is nothing wrong with "Dreaming Big".

Dylan is an extremely talented young man who backs his God-Given talent with a plethora of both Passion and Purpose. He always is "Dreaming Big" and backing those dreams up with the commitment that excellence DEMANDS. Dylan "Rolls into Practice" each and every day with a smile on his face and a eagerness to "Chase his Potential". He truly loves to run and the enjoyment that he derives from distance running is a pure joy to watch. We would like to congratulate him on an amazing season and wish him all the best as he moves towards his junior season in track and field. After that, it will be time to experience the "Magical Powers" of becoming a Senior. Dylan and his teammates will be attempting to "Crack" the Top 10 as a team in the 2024 State Cross Country Finals (or higher). He will also be battling for an individual win. We also hope that he doesn't forget to "Enjoy the Journey". When it has all come to pass, that

ultimately, is omnipotent. The friendships that he is establishing with his teammates and opponents have the opportunity to become lifelong. God Bless.

Due to my wife's recent surgery, I am typing this story on Sunday, November 12th. I just spoke to Dylan making sure I had my facts right for his "Bell Ringer" Questions (below). He shared with me that he had traveled to Terre Haute, Indiana to watch the NXN Midwest Regional High School Races. He traveled with his good friend Dale Johnson (Sterling High School) who recently placed 3rd in the same 2A race that saw Dylan place 7th. The two of them have become close friends. Last Friday, they traveled to Madison, Wisconsin to watch the NCAA Great Lakes Regional Cross Country Meet. Great Stuff, Men. Making such lengthy trips may appear to be an inconvenience. However, I have always found that the opportunity to watch some of the top runners in the country made any inconvenience well worth it. The added benefits are: a plethora of inspiration, the opportunity to make new friends, and studying the racing tactics implemented by the "Big Dogs".

Here is what Dylan had to say about his Athletic History: 11th Grade: "I ran at our thrice-per-week team practices over the Summer, running some thresholds, hills, and long runs along the way. I usually spent the rest of the days of the week biking (I had bought a used road bike for this purpose). Using the conversion factor of three miles biking = one mile running, I was luckily able to stay above thirty miles of activity all weeks of the Summer. The season was very straightforward, starting the weeks with running some lengthy long runs at the beginning of the season (sixteen miles is unnecessarily long, don't do that). Throughout the season, I ran four-mile thresholds at around five minutes and thirty seconds, and on speed days I just tried to put forth enough effort that the last rep would feel hard to keep pace. In terms of races I never had a very good race strategy. Pre-season I had a lot of fun at Detweiller at Dark and got to run next to Julian Baker (he had placed third at XC state meet in 2022). The late-summer meet (Detweiller at Dark) was the ideal confidence booster. Early in the actual XC season, I ran pretty fast and won a couple of times. At the First to the Finish Invitational early in September, I achieved my season goal of sub 15:12 by nabbing a 15:04 (15:12 had been my goal because it would put me second on the all-time Junior list). I had achieved my season goal, and so I was a little lost with what to do next. I was satisfied, and that was bad. While I was satisfied, racing became daunting because I wasn't going to accomplish any more goals on the slow courses but I still wanted to do my part and put down good efforts. As the season progressed, I decided I needed to go sub-15:01 at state. That would put me first on the Junior list so I focused on that race for the next couple weeks. Once I got to State I felt a little lost, but... in the end, it was amazing how much support and love I felt from the community... so many kind people. During the race, I just pushed. That is all. I snuck up right behind Evan Nosek from Maple Park (Kaneland) as I had planned. He ended up placing 6th right in front of me. We have a bit of a rivalry. I had hoped to catch him."; 10th Grade: "The Metamora Fresh/Soph race was one of the best races because I beat two Oswego East Fresh/Soph guys after going back and forth with them the whole time. The team made it all the way to the State Finals in XC. In Track, I qualified for the indoor Top Times Inv. From there, Top Times gave me the confidence to try my hand at getting a medal at State which I luckily did. At State, I was focused, and I accomplished my goals which included dropping my personal best in the 3200 Meter Run to a GHS Sophomore School Record of 9:33. It was really fun to spend time with Max and the "Doctor Haney" at State, especially trying to beat "Juice" for the first time. After State, I decided that no matter what happened, I

was happy with what had been accomplished... although I did still want to beat Evan Nosek (who was the only other underclassman who had beat me at State). P.S. Running over the Winter was a helpful investment.”; 9th Grade: “I ran the whole season by simply trying to hang onto the upperclassmen. They made Cross Country FUN. I’ll have to admit that I went into the season with very few miles under my belt. For all the athletes out there the transition from middle school to high school sports is a lot of fun. I was lucky to make the Varsity in XC and we made it all the way to the State Finals. Eventually, during the Track and Field season I got to the point where I was the top 3200 meter run man on the team. It felt like a big responsibility but I know it helped me to grow as both an athlete and person. I was hoping to scare the GHS Freshman 3200 Meter Run Class Record. Everything changed on a meet day that I was supposed to compete in. I started feeling poor at school. I almost went to the meet but eventually went home. Thank God I did. My parents quickly recognized the warning signs of a appendicitis. My parents took me to the hospital and we found out that they were right. I needed emergency surgery where an appendectomy was performed. Then, after not being able to run a step for a few weeks, I talked Coach Deets into letting me race at the Sectional Meet. It didn’t go too well but I was glad to end the season racing. I gave it everything I had. ”; 08 Grade: “I had a tiny Track and Cross Country season in the face of COVID-19. I got second at XC Sectionals to Aaron Conderman from Dixon (which is where our rivalry started) but there was no IESA State Meet. I ran two races in middle school Track. I ran the season opener and Sectionals (I had a injury for the rest of the season). I ran both of those miles at around 5:30. I also did the 800 after the 1600 on these days. I didn’t appreciate the 800 very much and used to complain that I had to do it.”; 7th Grade: “I chased after Cooper Schaad all season until State, where I managed to beat him in the end when he said “go ahead”. ”; Prior to 7th Grade: “Prior to seventh grade I enjoyed Soccer. I didn’t enjoy Football or Baseball”.

Dylan is the proud son of Maria and Barney Gehl. Dylan is the proud the “Baby Bro” of Kylee (20) and Tyler (19.) He is also the proud “Big Bro” to Jacey (14.)

Here are Dylan’s answers to his “Bell Ringer Award” Questions: NICKNAME: “Big Horse NEIGHHHHHHHHHH (I think Coach Deets gave me this nickname during my Freshman year of Track when I came back from having appendicitis).”; SCHOOL CLUBS AND/OR ORGANIZATIONS THAT YOU HAVE TAKEN PART IN: “XC, Track, Madrigal, Jazz Choir, Pep Band, Robotics Club, Environmental Club, Student Council, Scholastic Bowl, Mathletes”; FAVORITE FOOD: “Chocolate Ice Cream”; FAVORITE MOVIE: “Lord of the Rings”; FAVORITE MUSIC (Genre or Group): “The Beatles”; ATHLETIC HERO: “Dan Chenoweth (Geneseo Alum and current 1600 & 3200 Meter Run GHS School Record Holder.)” FAVORITE QUOTE: “Cogito ergo sum ” (It is a quote from Rene Descartes. It means I think therefore I am)....It’s talking about the one indisputable truth); HOW DID YOU DECIDE TO JOIN THE XC TEAM: “I joined the Cross Country team because I like to run.”; WHAT ADVICE DO YOU HAVE FOR ANYONE NEW TO THE SPORT: “For anyone new to the sport I would recommend them to make a weekly schedule planning out how many miles they will run each day of the week. Modify it if necessary, but always be mindful of when you are training too much or too little.”

Other team members who were nominated and discussed for this week’s “Bell Ringer Award” were: Sophomore Aidan Bries, Sophomore Kaden Elmer, Junior Max Johnson, Freshman Jack Kreiss, Senior Sam Mosbarger, & Sophomore Jaxson Sottos.

AFTER THE 2A STATE
MEET RESULTS AND
THE BELL RINGER
STORY, WE HAVE
INCLUDED THE RESULTS
OF THE 1A AND 3A
STATE MEET RESULTS.

Tuscola edges Benton in classic and dramatic race for Class 1A team title

Gavin Genisio pulls away to repeat as Class 1A individual winner

By Michael Newman

Peoria, Ill – It came down to the final mile to decide who would win the Class 1A team title in the IHSA State XC Championships Saturday morning at Detweiller Park. Benton and Tuscola had been ranked the top two teams in Class 1A heading into this race with no other team expected to be near them

It held true entering the final mile with Tuscola holding just a one point lead ahead of Benton. The hero for Tuscola may have been **Blake McLeese**. Their #3 runner **Josiah Hortin** was fading in the final mile and Benton was starting to move. McLeese, just a sophomore, had missed both the regional and sectional races due to an injury. He fought back to pass 17 runners in the final mile to help the Warriors win their first state championship with 97 points. Benton scored 104 points for a hard fought second-place finish.

He ran the best races we could today. I am proud of them," Benton Coach **Brent McLain** said after the race. "So did they (Tuscola). What else could we do?"

Conditions were horrible in 2022 when Gavin Genisio splashed his way to a state title. The same scenario played out in this race except for the rain and the mud. Genisio and Isaac Teel challenged each other for the win last year. They knew each other very well having run against each other in middle school. The two runners went through the first mile in 4:35 with Tuscola's **Jackson Barrett** and **Josiah Hortin** a second back. The pace changed up the second mile as the Genisio and Teel made their move in the triangle portion of the course opening up a lead of 14 seconds on the two Tuscola runners. Teel was close to the fans on the right side of the course finding his path. Genisio was running the tangents just waiting to move. Teel made a little move which Genisio reacted to immediately. There was nothing that Teel could do when the defending champion made his final move with a half mile to go. Genisio's time of 14:12.56 was almost 17 seconds ahead of Teel (14:29.39).

"I've raced Isaac so many times since seventh grade. He was making little surges tested me. It's a mental thing he uses on me," Genisio said. "I just had to cover the move and keep pushing on."

Four of the top six runners in this race were from either Tuscola or Benton. **Jackson Barrett** of Tuscola ran 14:40.55 as his team's top runner finishing third. **Gabriel McLain** of Benton ran 14:45.08 to finish fourth. **Isaiah Hill** of Elmwood moved up through the race ending up finishing fifth (14:48.95).

Tuscola's team was led by Barrett and then **Will Foltz** running 14:51.24 to finish sixth. **Josiah Hortin** ran 15:08.18 to place tenth. Then came McLeese with his move in the final mile to run 15:38.14 to finish 30th. **Xander Neamtu** was the team's fifth runner finishing 74th.

Benton also had three all-state runners with Genisio, McLain, and **Cole Buchanan** finishing 13. (15:13.04). **Mason Tieffel** (56th) and **Kaden Blades** (62nd) were the team's fourth and fifth runners.

Elmwood's packing behind the top five finish from Hill helped the Trojans win a trophy placing third with 166 points. **Aiden Faulkner** was Elmwood's second runner as he ran 15:46.86 to finish 40th. **Mika Nelson** was two second behind finishing 42nd followed by **Reed Florey** (51st) and **LJ Higgs** (78th). The overall top five split was 83 seconds. The split from Faulkner and Higgs was 26 seconds.

One of the biggest surprises was that Northridge Prep, who won the Kankakee McNamara Sectional and a 10-11 team scored 202 points to finish fourth behind an all-state performance from **Brady Kataoka** who finished 17th. Northridge Prep ran a 57 second split in their top five runners. Eureka finished fifth (213 points) with **Carson Lehman** (36th), **Andrew Perry** (38th), and **Brady Monk** (43) finishing within three seconds of each other.

2023 IHSA Class 1A State XC Championships HS

OFFICIAL 📅 Sat, Nov 4, 2023 📍 Detweiller Park

3 Miles 1A Varsity

Official Team Scores

1. Tuscola	97
2. Benton	104
3. Elmwood	166
4. Niles (Northridge Prep)	202
5. Eureka	213
6. St. Joseph (S.J.-Ogden)	217
7. Peoria (Notre Dame)	251
8. Rockford (R. Christian)	283
9. Aurora (Central Catholic)	300
10. Pinckneyville	314
11. Elgin (Harvest Christian Academy)	344
12. Winnebago	347
13. Pleasant Plains	349
14. El Paso (E.P.-Gridley)	389
15. Prophetstown	391
16. Georgetown (Notre Dame de La Salette)	408
17. Herscher	414
18. Lombard (Montini)	460
19. Decatur (St. Teresa)	486
20. Port Byron (Riverdale)	505
21. Sterling (Newman Central Catholic)	509
22. Delavan	558
23. Clinton	582
24. Elmhurst (Timothy Christian)	601
25. Tolono (Unity)	608
26. Belleville (Althoff Catholic)	608
27. Roxana	636
28. DuQuoin (H.S.)	653
29. Murphysboro	666
30. Palos Heights (Chicago Christian)	810

1. 12 Gavin Genisio	14:12.56	Benton
2. 12 Isaac Teel	14:29.39	Pinckneyville
3. 12 Jackson Barrett	14:40.55	Tuscola
4. 11 Gabriel McLain	14:45.08	Benton
5. 12 Isaiah Hill	14:48.95	Elmwood
6. 12 Will Foltz	14:51.24	Tuscola
7. 11 Nicolai Martino	14:57.55	Winnebago
8. 12 Patrick Hilby	15:03.08	Aurora (Central Catholic)
9. 12 Carson Maroon	15:06.55	St. Joseph (S.J.-Ogden)
10. 12 Josiah Hortin	15:08.18	Tuscola
11. 12 Weston Forward	15:09.87	Rockford (R. Christian)
12. 10 Will Fuson	15:12.10	Cerro Gordo-Bement
13. 11 Cole Buchanan	15:13.04	Benton
14. 11 Andrew Kurien	15:15.45	Rockford (R. Christian)
15. 12 Camden Quarton	15:15.66	Litchfield
16. 12 Dean Witzig	15:15.88	El Paso (E.P.-Gridley)
17. 12 Brady Kataoka	15:16.39	Niles (Northridge Prep)
18. 10 Elijah Teefey	15:20.73	Pleasant Plains
19. 12 Cayton Cratch	15:20.91	Steeleville
20. 9 Maxwell Kirby	15:21.30	Peoria (Notre Dame)
21. 10 Chaz Oberkfell	15:21.43	Gillespie
22. 12 Aden Armstrong	15:21.73	St. Joseph (S.J.-Ogden)
23. 12 Joe Ehrhart	15:22.15	Peoria (Notre Dame)
24. 12 Isaac Crumrine	15:22.21	Riverton
25. 12 JJ Gonnam	15:26.05	Elgin (Harvest Christian A
26. 12 Haven Gronewold	15:27.74	Petersburg (PORTA)
27. 12 Sam Springer	15:31.83	Delavan
28. 12 Charlie Link	15:36.44	Prophetstown
29. 9 Lucas Hollinshead	15:36.45	Williamsville
30. 10 Blake McLeese	15:38.14	Tuscola
31. 12 Andrew Elward	15:38.75	Peoria (Notre Dame)
32. 10 Tim Starwalt	15:38.99	Byron
33. 12 Dylan Howell	15:40.48	Cerro Gordo-Bement
34. 10 Joseph Erb Jr.	15:41.90	Winnebago
35. 11 Nolan Ferris	15:44.86	Lombard (Montini)
36. 12 Carson Lehman	15:45.04	Eureka
37. 10 Luca Bryja	15:45.31	Elgin (Harvest Christian A
38. 12 Andrew Perry	15:46.44	Eureka
39. 11 James Barder	15:46.69	Niles (Northridge Prep)
40. 10 Aiden Faulkner	15:46.86	Elmwood
41. 9 Ben Bohr	15:47.42	Aurora (Central Catholic)
42. 11 Mika Nelson	15:48.51	Elmwood
43. 12 Brady Monk	15:48.61	Eureka
44. 11 Karson Shrum	15:49.73	Kewanee (Wethersfield)
45. 12 Austin Wesley	15:50.08	Robinson
46. 12 Jack Willenborg	15:50.21	Pleasant Plains
47. 10 Landen Boman	15:50.25	Pinckneyville
48. 12 Drew Moser	15:50.29	Clinton
49. 10 Peter Kipp	15:50.36	Niles (Northridge Prep)
50. 10 James Baisden	15:50.40	Auburn

51.	11	Reed Florey	15:51.08	Elmwood	108.	10	Christian Queen	16:33.54	Pinckneyville
52.	11	Jack Fisher	15:51.18	St. Joseph (S.J.-Ogden)	109.	11	Matt Auburn	16:33.71	Decatur (St. Teresa)
53.	9	Coriell Green	15:51.56	Delavan	110.	11	Nolan Goebel	16:33.90	Breese (Mater Dei)
54.	10	Grant Jennette	15:53.21	Fairfield	111.	10	Jeremy Szepelek	16:34.11	Herscher
55.	12	Aiden Ruiz	15:53.70	Dakota	112.	9	Briggs Miller	16:34.72	Benton
56.	12	Mason Tieffel	15:53.82	Benton	113.	10	Connell Roth	16:35.14	Eureka
57.	11	Anthony Kelson	15:53.90	Mendota	114.	10	Lane Obert	16:35.23	Liberty
58.	9	Cameron Roedl	15:54.36	Toledo (Cumberland)	115.	12	Tom Keller	16:35.64	Aurora (Central Catholic)
59.	11	Evan Cook	15:54.56	Decatur (St. Teresa)	116.	11	Landen Carter	16:35.72	Pinckneyville
60.	12	Parker Quinlan	15:56.23	Hamilton West Hancock	117.	10	Daniel Hodgdon	16:36.02	Winnebago
61.	12	Lucas Schaab	15:57.17	Sterling (Newman Centra	118.	10	Jonathan Witzman	16:36.17	Murphysboro
62.	10	Kaden Blades	15:57.88	Benton	119.	11	Evan Eberhart	16:36.43	Nashville
63.	10	Ryan Driskill	15:58.56	Pleasant Plains	120.	10	Lance Retz	16:36.51	St. Joseph (S.J.-Ogden)
64.	10	Marco Cruz	15:59.50	Georgetown (Notre Dame	121.	12	Aramis Thai-Garcia	16:36.53	Winnetka (North Shore C
65.	11	John Brauner	16:01.23	Georgetown (Notre Dame	122.	10	Timothy Rogers	16:36.72	Eureka
66.	9	Clark Roland	16:01.60	Broadlands (Heritage)	123.	12	Braiden Respondek	16:37.08	Junction (Gallatin County
67.	9	Jackson Kruse	16:02.03	Herscher	124.	12	Tyce Plaisier	16:37.82	Elmhurst (Timothy Christ
68.	12	Jimmy Bernaeyge	16:03.18	Elgin (Harvest Christian A	125.	9	Blake Lindberg	16:38.79	Rockford (R. Christian)
69.	11	David Valencia	16:03.52	Aurora (Central Catholic)	126.	12	Tyler Lockaby	16:38.81	Port Byron (Riverdale)
70.	12	Lukas Holderby	16:05.03	El Paso (E.P.-Gridley)	127.	10	Dax Duffy	16:38.94	Peoria (Notre Dame)
71.	12	Jacob Skutt	16:05.44	Eureka	128.	12	Henry Masters	16:39.48	Downs (Tri-Valley)
72.	12	Corbin Sturgill	16:07.49	Aledo (Mercer County)	129.	12	Tyson Skinner	16:40.46	Prophetstown
73.	10	Evan White	16:07.75	Rockford (R. Christian)	130.	11	Matthew Benoit	16:41.08	Herscher
74.	11	Xander Neamtu	16:07.84	Tuscola	131.	11	Wyatt Doyle	16:42.29	Roxana
75.	9	Hayden Swiney	16:07.97	DuQuoin (H.S.)	132.	10	Andrew Gross	16:44.37	Georgetown (Notre Dam
76.	11	Jaxon Dalby	16:08.22	Bluford (Webber)	133.	12	Gio Molina	16:46.37	Elmhurst (Timothy Christ
77.	12	Lucas Simpson	16:12.10	Sterling (Newman Centra	134.	11	Ethan Schillinger	16:46.68	Belleville (Althoff Catholi
78.	12	L.J. Higgs	16:12.33	Elmwood	135.	11	Nathaniel Babcock	16:47.54	Decatur (St. Teresa)
79.	12	CJ Pronek	16:13.70	Niles (Northridge Prep)	136.	9	Jed Batayola	16:48.00	Palos Heights (Chicago C
80.	9	John Masaka	16:13.99	Niles (Northridge Prep)	137.	10	Camden Fairbanks	16:48.15	Tolono (Unity)
81.	12	Cael Hinde	16:14.12	Port Byron (Riverdale)	138.	11	Talan Thrasher	16:48.68	Clinton
82.	11	Tucker Sennett	16:14.55	Princeville	139.	11	Jake Heberer	16:49.05	Peoria (Notre Dame)
83.	10	Eli Crowe	16:14.98	Tolono (Unity)	140.	11	Ryan McKenzie	16:49.16	Elmhurst (Timothy Christ
84.	10	Roscoe Davies	16:15.63	Savanna (West Carroll)	141.	11	Daniel Sullivan	16:49.17	Georgetown (Notre Dam
85.	12	Jonathan Janssen	16:17.49	Williamsville	142.	11	Wyatt Goossens	16:49.36	Prophetstown
86.	11	Isaac Porzelius	16:18.64	El Paso (E.P.-Gridley)	143.	10	Aiden Vazquez	16:50.08	Winnebago
87.	9	Nino Pesola	16:19.19	Lombard (Montini)	144.	10	Gus Schultz	16:50.14	Prophetstown
88.	12	Fernando Avila-Rubio	16:19.38	Cambridge	145.	11	Wyatt Widolff	16:50.17	Sterling (Newman Centra
89.	12	Paul Lalonde	16:19.60	Westmont	146.	11	David Hornaday	16:50.22	Tuscola
90.	11	Mason Guido	16:20.65	St. Joseph (S.J.-Ogden)	147.	11	Boden Nosalik	16:50.28	Peoria (Notre Dame)
91.	12	Owen Keyt	16:21.20	Winnetka (North Shore C	148.	9	Graham Razum	16:50.76	Yorkville (Y. Christian)
92.	12	Eason Comer	16:21.60	Golconda (Pope County)	149.	9	Caiden Cook	16:51.06	DuQuoin (H.S.)
93.	10	Seager Sanchez	16:22.20	Benton	150.	9	Edgar Garcia	16:52.51	Murphysboro
94.	12	Hunter Ponce	16:22.29	Roxana	151.	11	Maddox Dare	16:52.92	Delavan
95.	12	Lucas Dreisbach	16:23.27	Prophetstown	152.	12	Conor Gross	16:53.10	DuQuoin (H.S.)
96.	12	Brennan McNamara	16:23.53	Niles (Northridge Prep)	153.	10	Tyler Linta	16:53.35	Elgin (Harvest Christian A
97.	12	Elijah Gregory	16:24.51	Centralia (Christ Our Roc	154.	10	Darwin Herman	16:53.40	Elmwood
98.	12	Nathanael Otto	16:26.25	Eureka	155.	11	Marcel LeFevre	16:54.50	Georgetown (Notre Dam
99.	11	Ryan Pieper	16:26.78	Stockton	156.	10	Joel White	16:54.67	Rockford (R. Christian)
100.	11	Andy Murray	16:26.88	Port Byron (Riverdale)	157.	11	Brendan Conway	16:57.17	Pinckneyville
101.	11	Andrew McTaggart	16:30.13	Watseka	158.	9	Andrew Vreeland	16:57.26	Lombard (Montini)
102.	10	Johnathan Iacobazzi	16:30.72	Sullivan	159.	12	John Reen	16:59.02	Georgetown (Notre Dame
103.	11	Brayden Shepard	16:30.91	Herscher	160.	11	Conor Kaefer	16:59.41	Lombard (Montini)
104.	12	Gus Striglos	16:31.25	Decatur (St. Teresa)	161.	10	Cole Dachsteiner	17:01.14	New Athens
105.	12	Sam Hiller	16:31.79	Belleville (Althoff Catholi	162.	9	Colin Burnett	17:01.90	St. Joseph (S.J.-Ogden)
106.	11	Cole Payne	16:32.25	Pleasant Plains	163.	11	Joshua Thorson	17:02.13	Herscher
107.	10	Jaydon Miller	16:32.37	Metropolis (Massac Cour	164.	12	Joseph Talafuse	17:02.27	Belleville (Althoff Cathol
					165.	12	Davis Crevier	17:02.81	Palos Heights (Chicago L

166.	11	Oscar Hoerr	17:03.17	Valmeyer	223.	9	Noah Crump	17:48.76	Roxana
167.	10	Israel Nowark	17:04.00	El Paso (E.P.-Gridley)	224.	12	Michael Ruocco	17:50.06	Belleville (Althoff Catholi
168.	10	Blake Linder	17:05.03	Winnebago	225.	11	Ethan Griminger	17:56.30	Pleasant Plains
169.	12	Kevin Lillwitz	17:05.85	Aurora (Central Catholic)	226.	11	Noah McVey	17:56.90	Roxana
170.	11	Joseph Mackin	17:07.38	Georgetown (Notre Dame	227.	12	Lucas Hoehner	17:59.65	Anna (A.-Jonesboro)
171.	9	Joe Faris	17:07.40	Cullom (Tri-Point)	228.	9	Nate Bemister	18:01.95	Elmhurst (Timothy Christ
172.	12	Hugh Flannery	17:07.99	Lombard (Montini)	229.	12	Holden Jones	18:05.04	St. Joseph (S.J.-Ogden)
173.	12	Jacob Gibson	17:08.14	Prophetstown	230.	10	Brycen Steffen	18:06.38	Herscher
174.	9	Lucas Pagan	17:08.44	Elgin (Harvest Christian A	231.	11	Jacob Crater	18:14.44	Pleasant Plains
175.	9	Gavin Conway	17:08.94	Lombard (Montini)	232.	9	Zac Wesseln	18:15.16	Rockford (R. Christian)
176.	11	Daniel Amador	17:09.29	Chicago (C. Hope Acade.	233.	10	Ryan Welty	18:15.25	Sterling (Newman Centra
177.	11	Pierson Romersberger	17:09.42	El Paso (E.P.-Gridley)	234.	10	Zachary Tilley	18:16.27	DuQuoin (H.S.)
178.	12	Carver Grummert	17:09.56	Sterling (Newman Centra	235.	12	Erick Scroggins	18:16.45	Roxana
179.	12	Gage Gaulrapp	17:10.07	Port Byron (Riverdale)	236.	9	Braeden Galloway	18:18.03	Pleasant Plains
180.	12	Owen Magner	17:10.33	Peoria (Notre Dame)	237.	11	Deacon Kosloskus	18:19.75	Palos Heights (Chicago C
181.	10	Ryan Hutson	17:11.21	Tolono (Unity)	238.	11	Parker Ridgeway	18:21.09	DuQuoin (H.S.)
182.	11	Jack Castleman	17:11.46	Murphysboro	239.	12	Micah Brockhouse	18:25.65	Delavan
183.	11	Ryan Schillinger	17:11.70	Belleville (Althoff Catholi	240.	11	Reid Tilley	18:26.46	DuQuoin (H.S.)
184.	12	Russell Abner	17:13.71	Aurora (Central Catholic)	241.	11	Zachery DeForest	18:28.71	Sterling (Newman Centra
185.	12	Carlos Lucero	17:13.79	Evanston (Beacon Acade	242.	9	Sebastian Talafuse	18:31.34	Belleville (Althoff Catholi
186.	12	John Kipp	17:15.37	Niles (Northridge Prep)	243.	10	Riley Damm	18:42.52	Delavan
187.	10	Anthony Hardin	17:17.24	Roxana	244.	11	Jack Gudgel	18:45.27	Elmhurst (Timothy Christ
188.	10	Drew Cooper	17:17.37	El Paso (E.P.-Gridley)	245.	9	Andrew Larry	18:45.95	Decatur (St. Teresa)
189.	12	Caleb Graham	17:20.08	El Paso (E.P.-Gridley)	246.	10	Jack Welsh	18:54.76	Elgin (Harvest Christian A
190.	11	Colin Jameson	17:20.45	Clinton	247.	10	Nolan Rhodes	18:56.21	Clinton
191.	11	Rich Meszaros	17:20.86	Elmhurst (Timothy Christ	248.	9	Gage Kosloskus	19:05.74	Palos Heights (Chicago C
192.	10	Braeden Bode	17:21.20	Port Byron (Riverdale)	249.	10	Isaiah Jones	19:08.49	Palos Heights (Chicago C
193.	10	Abel Koritz	17:21.89	Clinton	250.	11	Adam Benoit	19:10.68	Port Byron (Riverdale)
194.	9	Justin Droke	17:22.10	Clinton	251.	11	Carter Boyer	19:10.97	Decatur (St. Teresa)
195.	10	Garrett Webster	17:22.58	Elmwood	252.	11	Bo Knapp	19:19.95	DuQuoin (H.S.)
196.	10	Oliver Goar	17:23.69	Clinton	253.	12	Zachary Golden	19:37.90	Delavan
197.	11	Alex Mowrer	17:23.93	Tolono (Unity)	254.	11	Brayden Craig	20:00.51	Murphysboro
198.	9	Jesse Winter	17:24.30	Pinckneyville	255.	9	Andrew Williams	20:18.81	Palos Heights (Chicago C
199.	12	Cole Thomas	17:24.36	Winnebago	256.	9	Ethan Mueller	20:38.24	Murphysboro
200.	12	Colin Ruthe	17:25.07	Lisle (Sr.)		12	Noah Luke	DQ	Palos Heights (Chicago C
201.	12	Bryson Denney	17:26.19	Tolono (Unity)		12	Joey Bosch	DQ	Princeville
202.	9	Allen Lucero	17:26.71	Cullom (Tri-Point)					
203.	9	Conner Musser	17:26.73	Port Byron (Riverdale)					
204.	10	Noah Smith	17:27.45	Roxana					
205.	12	Thomas Morgan	17:28.58	Herscher					
206.	12	Alex Bomleny	17:29.15	Prophetstown					
207.	10	Carter Tiemann	17:29.37	Tolono (Unity)					
208.	10	Sam Walsh	17:29.59	Rockford (R. Christian)					
209.	9	Zach Teel	17:33.57	Pinckneyville					
210.	10	Caleb Gonzalez	17:34.60	Elgin (Harvest Christian A					
211.	12	Tobius Raines	17:34.93	Murphysboro					
212.	10	Ricardo Hernandez	17:36.83	Sterling (Newman Centra					
213.	9	Hunter Douglas	17:37.31	Murphysboro					
214.	11	Kyle Gnewuch	17:37.46	Rockford (Lutheran)					
215.	10	Collin Graven	17:37.46	Tolono (Unity)					
216.	10	Hudson Pope	17:39.60	Winnebago					
217.	12	Josh Bemister	17:41.02	Elmhurst (Timothy Christ					
218.	9	Adriel Garcia	17:41.66	Lombard (Montini)					
219.	12	Jacob Gay	17:41.87	Aurora (Central Catholic)					
220.	12	Lucas Coll Rubio	17:43.54	Tuscola					
221.	9	Adam Jansen	17:43.80	Belleville (Althoff Catholi					
222.	11	Julien Saltos	17:46.66	Chicago (Rickover Naval					

Aden Bandukwala uses different strategy in repeat of 3A Boys title

Downers Grove North's pack "reappears" in dominant team title

By Michael Newman

Hinsdale Central Coach **Jim Westphal** was standing on the side of the awards area waiting for the awards ceremony to begin for the 3A Meets. "That was not me," Westphal reluctantly said about his star runner **Aden Bandukwala**. "I did not teach him what he just did today."

Bandukwala has the history of waiting until the final moments to win a race. Saturday's race on a perfect condition course at Detweiller Park allowed the defending state champion to show some different moves to allow him to repeat as the 3A state champion.

It was not an overly fast pace as the top 60 runners at the mile were all within seven seconds of each other. Zac Close of Neuqua Valley was one of the leaders of the pack along with Bandukwala, Ben Crane of New Trier and Josiah Narayanan of Wheaton-Warrenville South. Two race favorites Dylan Maloney and Camyn Viger of Plainfield South looked comfortable hanging back within four seconds of the lead.

"The race strategy was completely different from what I expected," Bandukwala said. "I was just expecting to stay in the front as long as I could. I kept looking around and was thinking where is Camyn (Viger) and where is Dylan (Maloney). They are fit and will be up here soon. Let's make a move before they can get up here."

Bandukwala went into the triangle with 50 other runners. He came out with a clear lead. The senior went through the second mile in 9:27 with Close, Narayanan, Crane, and Viger leading a pack 5-7 seconds behind. Viger as he made the turn behind the finish line made a surge to catch up to Bandukwala.

Viger was really closing in on Bandukwala and threatening the lead. "There was one runner that I did not want to get into a 100-meter kick with and that was Camyn," Bandukwala said. "He had me a 600-meters left and tried to pass me. I reacted and passed him right back."

The lead went back to two four seconds entering the final 300-meters of the race. It was a lead that Viger could not over take. His winning time of 14:13.56 was more than four seconds ahead of the excellent race that Viger had shown on this day (14:17.93). Crane was next in 14:20.16. Dylan Ybarra of O'Fallon (14:22.16) and Thomas Czerwinski of Plainfield North (14:22.40) finished fourth and fifth ahead of Close (14:25.63) to finish sixth.

The word before the meet was that the key to stay close to top ranked Downers Groove North was to follow the "purple pack". "We knew that people would be following the purple pack in the race," Coach John Sipple said. "We decided to change that up a little."

They did a good job trying not to be seen in the first mile of the race with no purple bibs in the front. Downers Grove North was clad in all black outfit with no indication of their school logo or colors on their top. The Trojans had a slight lead after the first mile just ahead of Plainfield North and Lyons Township. Downers Grove North surged the final two miles dropping down to 91 points at the end of the second mile and then 79 points to capture the 3A team title.

Phillip Cupial is just a sophomore but has made some huge strides throughout this season. He was the team's #1 runner in his first state meet running 14:30.56 to finish seventh. Two of his teammates were within eight seconds of him. **Grant Schroder** finished 10th followed by **Ryan Eddington** (13th). **Zach Bender** was the team's fourth runner (26th) followed by **Will Surratt** (30th). North only had a 22 second split on their top five runners.

It was a Plainfield sweep for the next two places. Plainfield North scored 125 points to finish second after finishing fourth last season. Czerwinski's top five finish led the way with **Quinn Davis** in 22nd (14:42.66) and **Owen Stahl** in 25th (14:43.83) earning all-state honors. Aidan Connors (40th) and James Maso (62nd) were also a part of their top five. Their overall split on that group was 46 seconds.

Plainfield South was sixth after the first mile of the race. The Cougars made a big move in the second half of the race finishing third with 134 points. Viger's second-place finish led the way followed by **Dylan Maloney** running 14:32.89 to finish eighth. **Joaquin DeAlba** and **Riley Fink** finished together placing 51st and 52nd timed both at 15:05. Freshman **Alex Batsala** was just a second behind as the team's fifth runner finishing 55th. Their overall split on their top five was 49 seconds.

Lyons Township finished fourth (207 points) led by all-state finishes from **Cillian Herring** (15th) and **Nicholas Strayer** (18th). O'Fallon finished their season placing fifth (211 points) led by Ybarra's finish and **Zach Thoman** placing 16th. Oak Park-River Forest was the third WSC-Silver team to place finishing sixth with **Liam O'Connor** all-state placing 17th.

2023 IHSA Class 3A State XC Championships HS

OFFICIAL 📅 Sat, Nov 4, 2023 📍 Detweiller Park

3 Miles 3A Varsity

Official Team Scores

1. Downers Grove (North)	79
2. Plainfield (North)	125
3. Plainfield (South)	134
4. LaGrange (Lyons)	207
5. O'Fallon (H.S.)	211
6. Oak Park (O.P.-River Forest)	258
7. Winnetka (New Trier)	317
8. Arlington Heights (Hersey)	329
9. Naperville (Neuqua Valley)	330
10. Highland Park	330
11. Chicago (Lane)	340
12. Palatine (Fremd)	351
13. Barrington	365
14. St. Charles (East)	418
15. Edwardsville (H.S.)	422
16. Yorkville (H.S.)	438
17. Wheaton (W. Warrenville South)	439
18. Orland Park (Sandburg)	441
19. New Lenox (Lincoln-Way Central)	447
20. Naperville (Central)	451
21. Riverside (R.-Brookfield)	456
22. Hinsdale (Central)	461
23. Mt. Prospect (Prospect)	484
24. Elmhurst (York)	502
25. Wheaton (North)	563
26. Batavia	569
27. Oswego (East)	603
28. Deerfield (H.S.)	657

1. 12 Aden Bandukwala	14:13.56	Hinsdale (Central)
2. 12 Camryn Viger	14:17.93	Plainfield (South)

3. 11 Ben Crane	14:20.16	Winnetka (New Trier)
4. 12 Dylan Ybarra	14:22.16	O'Fallon (H.S.)
5. 10 Thomas Czerwinski	14:22.40	Plainfield (North)
6. 12 Zac Close	14:25.63	Naperville (Neuqua Valley)
7. 10 Philip Cupial	14:30.56	Downers Grove (North)
8. 11 Dylan Maloney	14:32.89	Plainfield (South)
9. 11 Rory Gaan	14:34.43	Palatine (Fremd)
10. 11 Grant Schroder	14:36.05	Downers Grove (North)
11. 11 Jacob Barraza	14:36.66	DeKalb
12. 11 Josiah Narayanan	14:36.90	Wheaton (W. Warrenville ..
13. 12 Ryan Eddington	14:38.34	Downers Grove (North)
14. 11 Evan Parker	14:38.86	Skokie (Niles North)
15. 12 Cillian Henning	14:38.98	LaGrange (Lyons)
16. 11 Zach Thoman	14:39.87	O'Fallon (H.S.)
17. 11 Liam O'Connor	14:39.92	Oak Park (O.P.-River Fore.
18. 12 Nicholas Strayer	14:40.03	LaGrange (Lyons)
19. 12 Cooper Marrs	14:40.21	Riverside (R.-Brookfield)
20. 12 Will Kozlowski	14:41.41	Chicago (Lane)
21. 11 Tommy Nitz	14:42.48	Huntley
22. 11 Quinn Davis	14:42.66	Plainfield (North)
23. 11 Aidan Murphy	14:43.27	Wheaton (North)
24. 12 Nate Wehner	14:43.46	Highland Park
25. 12 Owen Stahl	14:43.83	Plainfield (North)
26. 12 Zach Bender	14:46.83	Downers Grove (North)
27. 12 Grant Giblin	14:49.13	Orland Park (Sandburg)
28. 12 Zach Frayder	14:50.17	Arlington Heights (Hersey)
29. 12 Eli Greenstreet	14:50.49	O'Fallon (H.S.)
30. 10 Will Surratt	14:52.23	Downers Grove (North)
31. 11 Ethan Scott	14:53.65	Barrington
32. 12 Josh Poeschel	14:53.69	Downers Grove (South)
33. 12 Maxwell Lowe	14:54.25	Hinsdale (Central)
34. 12 Jake Younger	14:55.16	Yorkville (H.S.)
35. 12 Mohamed Abdullahi	14:55.27	Chicago (Mather)
36. 12 Jeremiah Lanum	14:55.34	Bradley (B.-Bourbonnais)
37. 11 Ammar Bhanpuri	14:57.33	Naperville (North)
38. 11 Cole Tupper	14:58.99	Elgin (H.S.)
39. 12 Caden Weber	14:59.81	Downers Grove (North)
40. 10 Aidan Connors	15:00.12	Plainfield (North)
41. 9 Jack Jennings	15:01.05	Palatine (Fremd)
42. 12 Luke Barham	15:02.82	Palos Hills (Stagg)
43. 12 Isaac Moss	15:03.07	Downers Grove (North)
44. 12 Brendan Bradish	15:03.67	Chicago (Lane)
45. 12 Michael O'Brien	15:03.86	Frankfort (Lincoln-Way Ea.
46. 12 Lewis O'Connor	15:04.08	Oak Park (O.P.-River Fore.
47. 11 Owynn Garrelts	15:04.13	Park Ridge (Maine South)
48. 12 Robert Glenn	15:04.50	Naperville (Neuqua Valley)
49. 11 Aiden Noel	15:04.53	Wheaton (W. Warrenville ..
50. 11 Joe Bregenzer	15:04.90	Barrington

51.	12	Joaquin DeAlba	15:05.25	Plainfield (South)	106.	11	Brady Norman	15:28.51	Riverside (R.-Brookfield)
52.	11	Riley Fink	15:05.65	Plainfield (South)	107.	12	Adrian Ahuatl	15:28.52	St. Charles (East)
53.	12	Matthew Andreano	15:06.24	Algonquin (Jacobs)	108.	12	Tony Hinderliter	15:29.25	Naperville (Neuqua Valley)
54.	12	Jedidiah Wilson	15:06.57	St. Charles (East)	109.	12	John Hockenberry	15:29.78	Flossmoor (Homewood-F.)
55.	9	Alex Batsala	15:06.68	Plainfield (South)	110.	12	Anan Bauman	15:30.29	Chicago (Lane)
56.	12	Sean Heetland	15:06.82	Aurora (West Aurora)	111.	11	Luke Atzman	15:30.88	Orland Park (Sandburg)
57.	12	Liam Naughton	15:06.85	Arlington Heights (Hersey)	112.	10	Jordan Kreiner	15:31.13	Winnetka (New Trier)
58.	10	Owen Horeni	15:07.09	Yorkville (H.S.)	113.	11	Cooper Hewson	15:31.42	Palatine (Fremd)
59.	12	Atticus Miller	15:07.22	Winnetka (New Trier)	114.	9	Luke Marshall	15:31.69	Lake Zurich
60.	12	Andrew Beyer	15:07.63	Algonquin (Jacobs)	115.	11	Zach Saltiel	15:32.14	Elmhurst (York)
61.	12	John Ihrke	15:08.06	Northbrook (Glenbrook N..)	116.	11	Sam Froum	15:32.22	Evanston (Twp.)
62.	10	James Maso	15:08.34	Plainfield (North)	117.	11	Nicholas Goduto	15:33.14	Oswego (East)
63.	10	Alexander Krieg	15:08.44	Palatine (H.S.)	118.	11	Patrick Clune	15:33.29	Naperville (Central)
64.	12	Nick Schmitz	15:09.30	McHenry	119.	9	Landon Samp	15:33.33	Mt. Prospect (Prospect)
65.	12	Rob Geissenberger	15:09.69	Arlington Heights (Hersey)	120.	9	Dylan Buturusis	15:33.68	Plainfield (South)
66.	12	Easton Miller	15:09.74	Plainfield (North)	121.	12	Cameron Donner	15:33.78	Arlington Heights (Hersey)
67.	11	Benjamin Wuggazer	15:10.87	LaGrange (Lyons)	122.	11	Ryan Rotramel	15:33.83	Yorkville (H.S.)
68.	12	Daniel Johnson	15:10.95	Oak Park (O.P.-River Fore.	123.	12	Nathan Powley	15:34.15	Lockport (Twp.)
69.	11	Brian Hatoum	15:11.05	Highland Park	124.	12	Andy Ordway	15:34.31	Glenview (Glenbrook Sout
70.	11	Tate Pavelka	15:11.75	LaGrange (Lyons)	125.	12	Max Henige	15:34.91	Naperville (Central)
71.	12	Charles Blackmer	15:13.48	Vernon Hills	126.	10	Gabe Mahn	15:35.07	Rock Island (H.S.)
72.	11	Francesco Benelli	15:14.45	Batavia	127.	11	Max Zangan	15:35.70	Elmhurst (York)
73.	10	Colin Thomas	15:15.12	Edwardsville (H.S.)	128.	12	Evan Kurimay	15:35.78	Hinsdale (Central)
74.	10	Gavin Hall	15:16.11	Plainfield (North)	129.	9	Manuel Najera	15:35.81	Naperville (Central)
75.	12	Michael Michelotti	15:16.61	Oak Park (O.P.-River Fore.	130.	11	Joey Yaros	15:36.21	Normal (Community)
76.	12	Sam Berlinghof	15:16.96	Chicago (Jones)	131.	12	Mariano Escobedo	15:36.93	Oak Park (O.P.-River Fore.
77.	11	Hugh Davis	15:17.30	Edwardsville (H.S.)	132.	11	Jackson Amick	15:37.22	Edwardsville (H.S.)
78.	11	Braden Hoff	15:17.58	New Lenox (Lincoln-Way ..	133.	11	Quinn Murphy	15:37.44	Wheaton (North)
79.	12	Hirsi Hirsi	15:17.93	Chicago (Mather)	134.	11	Arjun Shah	15:38.03	Palatine (Fremd)
80.	12	Oscar Frontjes	15:17.94	St. Charles (East)	135.	12	Jack Graham	15:38.41	Naperville (Central)
81.	10	Brayden Kloeppel	15:17.97	O'Fallon (H.S.)	136.	12	William Kallas	15:38.47	Riverside (R.-Brookfield)
82.	11	Jack Galminas	15:18.98	New Lenox (Lincoln-Way ..	137.	12	John Peterson	15:39.30	Mt. Prospect (Prospect)
83.	12	Paul Neely	15:19.15	Chicago (Lane)	138.	10	Harrison Schroeder	15:39.43	O'Fallon (H.S.)
84.	10	Mateo Ramiro-Garcia	15:19.24	Orland Park (Sandburg)	139.	10	Quinn Davis	15:39.52	Mt. Prospect (Prospect)
85.	12	Tyler Browning	15:19.44	Naperville (Central)	140.	12	Robert Oboza	15:40.63	Highland Park
86.	10	Jameson Tenopir	15:19.70	Cary (C.-Grove)	141.	11	Emmett Bradford	15:40.79	Elmhurst (York)
87.	11	Walter Garrett	15:20.05	Winnetka (New Trier)	142.	12	Foster Shelbert	15:41.32	Naperville (Central)
88.	12	Owen Smith	15:20.37	Mt. Prospect (Prospect)	143.	12	Dylan Cohen	15:42.44	Deerfield (H.S.)
89.	12	Jack Robertz	15:20.40	Naperville (North)	144.	10	Jamie Chandler	15:42.79	Deerfield (H.S.)
90.	11	Greyson Ellensohn	15:21.14	St. Charles (East)	145.	11	Diego Lopez-Molina	15:43.04	Riverside (R.-Brookfield)
91.	12	Austin Brown	15:21.72	Aurora (Metee Valley)	146.	11	Finley Moss	15:43.08	Mt. Prospect (Prospect)
92.	12	Jack Schultz	15:23.89	Oswego (East)	147.	12	Felipe Wickler	15:43.77	Batavia
93.	11	Devon Hayes	15:24.02	Pekin	148.	11	Joey Papanicholas	15:44.31	Winnetka (New Trier)
94.	11	Luke Haworth	15:24.64	Wheaton (North)	149.	9	Landon Harris	15:44.98	Granite City
95.	12	Barak Goldstein	15:24.72	Highland Park	150.	9	Brayden Gaffud	15:45.00	Orland Park (Sandburg)
96.	11	Sam Kehoe	15:25.05	Elmhurst (York)	151.	11	Charles Ciesla	15:45.18	LaGrange (Lyons)
97.	12	Evan Jensen	15:25.45	New Lenox (Lincoln-Way ..	152.	12	AJ Svienty	15:45.36	Arlington Heights (Hersey)
98.	11	Justin Hurtado	15:26.33	Barrington	153.	12	Thomas Border	15:45.39	Palatine (Fremd)
99.	11	John O'Halloran	15:26.52	LaGrange (Lyons)	154.	9	Edward Polaski	15:45.60	Batavia
100.	11	Mark McGinn	15:26.63	Barrington	155.	12	Adarsh Prathap	15:45.70	Palatine (Fremd)
101.	12	Angelo Ruggio	15:26.77	Wheaton (W. Warrenville ..	156.	11	Eddie Bozett	15:47.65	Oswego (East)
102.	11	Dylan Dominguez	15:27.27	Highland Park	157.	12	Michael Moran	15:47.98	Winnetka (New Trier)
103.	12	Hussein Almousawi	15:28.15	Bolingbrook	158.	11	Aaron Hamilton	15:48.15	Naperville (Neuqua Valley)
104.	12	Anthony Pastore	15:28.27	Naperville (Neuqua Valley)	159.	10	Bryce Counihan	15:50.55	New Lenox (Lincoln-Way ..
105.	10	Gavin Rodgers	15:28.31	Edwardsville (H.S.)	160.	11	Kyle Friedl	15:50.96	New Lenox (Lincoln-Way ..
					161.	10	Aidan Korb	15:51.21	Arlington Heights (Hersey)
					162.	9	Colin Luitjohan	15:51.45	Edwardsville (H.S.)
					163.	12	Ben Perulfi	15:52.60	Edwardsville (H.S.)

164.	¹⁰	Jackson Gherardini	15:53.60	O'Fallon (H.S.)	221.	¹¹	Ryan Tobin	16:25.71	St. Charles (East)
165.	¹¹	David Bednarek	15:53.70	Batavia	222.	¹⁰	Jackson Canellis	16:28.33	Orland Park (Sandburg)
166.	¹¹	Brody Greyer	15:53.79	Yorkville (H.S.)	223.	¹¹	Robert Wocking	16:29.78	O'Fallon (H.S.)
167.	¹²	Jacob Lane	15:54.85	Naperville (Neuqua Valley)	224.	¹²	Isaac Schuda	16:31.28	Wheaton (North)
168.	¹²	Dhairya Trivedi	15:55.30	Oswego (East)	225.	¹²	Leo Grzesiak	16:35.65	New Lenox (Lincoln-Way ..
169.	¹¹	Judah McLean	15:55.35	West Chicago (H.S.)	226.	⁹	Cian Scanlon	16:35.88	New Lenox (Lincoln-Way ..
170.	¹¹	Lukas Summers	15:55.42	Yorkville (H.S.)	227.	⁹	Jack Wolstenholm	16:35.96	Oswego (East)
171.	¹⁰	Carter Olsen	15:55.78	Elmhurst (York)	228.	¹²	Donovan Lake	16:39.43	Wheaton (North)
172.	¹⁰	Trent Odachowski	15:56.53	Palatine (Fremd)	229.	¹⁰	Phoenix Scott	16:47.96	Oswego (East)
173.	¹²	Dane Brown	15:56.60	Deerfield (H.S.)	230.	¹²	Manasyu Chaudhari	16:48.63	Barrington
174.	¹⁰	Tristan Wong	15:56.62	Chicago (Lane)	231.	¹⁰	Seth Pacer	16:50.43	Wheaton (North)
175.	¹²	Samuel Rocio	15:57.05	Aurora (West Aurora)	232.	¹¹	Nikita Kamenev	16:52.22	Hinsdale (Central)
176.	¹¹	Asa Kahle	15:57.24	Riverside (R.-Brookfield)	233.	¹⁰	Daniel Xochitecatl	16:55.21	Wheaton (North)
177.	¹⁰	Luke Robinson	15:57.65	Mt. Prospect (Prospect)	234.	¹⁰	Michael Wilson	17:01.18	St. Charles (East)
178.	¹²	Ben Kieffer	15:57.71	Yorkville (H.S.)	235.	¹²	Felix Hekster	17:03.65	Winnetka (New Trier)
179.	¹¹	Finn Kelly	15:58.19	Oak Park (O.P.-River Fore.	236.	⁹	Mason Van Denend	17:16.09	Oswego (East)
180.	¹²	Eric Hogenkamp	15:58.49	Deerfield (H.S.)					
181.	¹²	Joshua Nauman	15:59.76	Naperville (Neuqua Valley)					
182.	¹²	Ethan Storie	15:59.94	Batavia					
183.	¹²	Max Lewis	16:00.14	Barrington					
184.	¹²	Maksym Washchuk	16:00.46	LaGrange (Lyons)					
185.	¹²	Jon Wool	16:00.47	Deerfield (H.S.)					
186.	¹²	Habtamu Epley	16:01.25	Flossmoor (Homewood-F.)					
187.	¹¹	Jack Easterhouse	16:03.34	Orland Park (Sandburg)					
188.	¹²	Ryan Jones	16:03.72	Deerfield (H.S.)					
189.	¹⁰	Cooper Wittek	16:03.79	Edwardsville (H.S.)					
190.	¹¹	Evan Zapata	16:03.92	Elmhurst (York)					
191.	¹¹	Samuel Purdue	16:04.24	Wheaton (W. Warrenville ..					
192.	¹¹	Ben Freedman	16:04.56	Deerfield (H.S.)					
193.	¹²	Nathaniel McKillop	16:04.78	Oak Park (Fenwick)					
194.	¹¹	Andrew Harmon	16:05.24	Oak Park (O.P.-River Fore.					
195.	¹¹	Jack Ruswick	16:05.37	Wheaton (W. Warrenville ..					
196.	¹⁰	Mateus Salomao	16:06.86	Arlington Heights (Hersey)					
197.	¹²	Jack O'Brien	16:07.25	Riverside (R.-Brookfield)					
198.	¹⁰	Michael Gamboa	16:07.66	Hinsdale (Central)					
199.	¹²	Aidan Letzel	16:08.09	Mt. Prospect (Prospect)					
200.	¹¹	Haru Nagaoka	16:08.63	Barrington					
201.	¹⁰	Andy Lawrence	16:09.66	Chicago (Lane)					
202.	¹²	Colin Knowles	16:10.17	Batavia					
203.	¹²	Connor Reed	16:10.27	St. Charles (East)					
204.	¹²	Eli Neiman	16:10.67	Highland Park					
205.	¹¹	Jack Sebastian	16:10.79	Elmhurst (York)					
206.	¹²	William Streepey	16:11.94	Batavia					
207.	¹²	Brandon Lawson	16:12.25	Rockford (Guilford)					
208.	¹²	Max Maloney	16:13.25	Lockport (Twp.)					
209.	¹²	Zach Coren	16:13.61	Highland Park					
210.	¹⁰	Ethan Farrell	16:13.69	Wheaton (W. Warrenville ..					
211.	¹²	Eli Berlin	16:13.70	Chicago (Lane)					
212.	¹¹	Cooper Revord	16:14.45	Hinsdale (Central)					
213.	⁹	Henry Miller	16:16.04	Hinsdale (Central)					
214.	¹⁰	Myles Jacquez	16:16.59	Orland Park (Sandburg)					
215.	¹²	Gavin Borger	16:17.00	Plainfield (South)					
216.	¹²	Adam Klemm	16:18.47	Yorkville (H.S.)					
217.	⁹	Santiago Chavez	16:19.15	Burbank (Reavis)					
218.	¹²	Brennan Lester	16:19.72	Riverside (R.-Brookfield)					
219.	¹²	Nick Kamp	16:23.72	Naperville (Central)					
220.	¹²	Jayden Bauer	16:25.31	Wheaton (W. Warrenville ..					