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SEARCH

## DyeStat Illinois - Behind the Rankings - 9/30/15

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Yesterday, 1:00pm



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By Michael Newman  
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The past couple of weeks have been fluid in the rankings with teams jumping in and out of the rankings. Stability was the keyword this past weekend as only eleven schools jumped into the top 25 from our six rankings list. Most of the movement into the rankings was low. There were some schools that made high jumps in like Prospect in 3A Boys and Springfield Lutheran in 1A Girls.

The stability should be pretty well set the next couple of weeks heading into conference weekend. We may then see one more flurry of action with teams jumping in and out of the rankings. Then we get to the real serious issues in the state series of which 150 schools will earn their trip to Detweiler Park for the IHSA State Meet on November 7<sup>th</sup>.

### 3A Boys


With #1 Sandburg not racing this past weekend and #2 Neuqua Valley not running most of their top seven at the Aurora Central Catholic Charger Classic on Saturday, all attention turned to Deer Grove East Forest Preserve and the Palatine Invitational Meet of Champions. Yes, York is for those of you that were not convinced of their performance the week before at the Richard Spring Invitational. The #4 Dukes and #5 Hinsdale Central put on a great race in which York made a strong surge in the final mile to overtake Hinsdale Central to win 88-97. After a tough week of workouts, the Dukes looked strong even though one of their top seven Liam Hill was out with a 102 degree temperature. Charlie Kern led his team with a seventh place finish. The gap narrowed for York between the star sophomore and the pack from 29 seconds down to 18 seconds. Their 2 to 5 split was only 13 seconds. The key for the Dukes is that they are running good pack running with Jon May running with Max Denning and in this meet Robert Tomaska running with Devin Davies.

Hinsdale Central is still a team in the hunt for a trophy. In a high powered meet such as what took place at Palatine, the Red Devils still scored under 100 points and were almost 100 points ahead of the next closest team. Blake Evertsen continues to prove with every race that he runs that he is one of the elite runners in the state after his second place finish behind Jon Davis in this race. In their first two invitational meets this year, the split for the Red Devils has been over 50 seconds. In this meet, it dipped down to 45 seconds. I am sure Coach Jim Westphal and his staff would like to see it lower to 30 seconds. That would be very good especially with the front running of Evertsen. Two weeks ago, Andrew Irvine ran alongside Chris Brenk to be the team's 2-3 men. In this meet, it was Nathan Hill who was with Brenk in the 2-3 spot as Irvine had an off race as the team's sixth runner. The one thing that it demonstrates is how deep this team is. The key will be getting their split down in their next meet at the Naperville Twilight Meet on October 7<sup>th</sup>.



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#9 New Trier has found their #1 man in Josh Derrick who finished eighth overall in this meet. The key for the Trevians is to get their split down on their five runners. Their split of 64 seconds on five needs to come down if they want to be in contention for a trophy at state. There is a gap between Derrick and #2 runner Warren Blood. Jack Litowitz was only six seconds behind his teammate. Then there was a 25 second gap between Litowitz and their 4/5 men. That 2/3 – 4/5 gap needs to get closer. #9 Maine South bounced back from their Richard Spring race to finish only seven points behind conference rival New Trier. The Hawks did get their split down to 53 seconds in this race behind the 10<sup>th</sup> place finish by Reese Jordan. #2 man Brian Sodaro, usually with Jordan this season, was 23 seconds behind in 30<sup>th</sup> place. The split between #3 runner Ralph Patejunas and the 4/5 pack of Brian Shanahan and Zack Fishman was 27 seconds. It's a gap that should come down over the next few weeks.

The cry that was coming from the Palatine course on Saturday was that Lake Zurich needs a 5<sup>th</sup> man. They showed that last week at the Richard Spring Invitational. It showed even more in this meet when they finished 6<sup>th</sup> overall. The Bears dropped eight spots from #7 to #15 from that performance. This team has the potential of three all state runners led by Matt Pereira and the Griffith brothers (Brian and Kyle). The split between these first three runners is only 24 seconds. The split between the pack and #4 runner Patrick Burns at this meet was 26 seconds. It's the gap of 78 seconds to the fifth runner is the killer. Their 5 man split compared to the previous week in Peoria went up from 120 seconds to 127 seconds. This team could be a trophy contender if they get that split down to 75 seconds.

On the other hand, Prospect Coach Mike Stokes wishes that he had the front running strength that Lake Zurich. The Knights have flown under the radar this season with Palatine their coming out party. Prospect enters the rankings at #14 after a convincing fifth place finish where none of their top five was in the top 25. The strength that powers this team is their pack running. The split on their scoring five at Palatine was only 33 seconds led by the 30<sup>th</sup> place finish by Matthew Cozine. The split on their first three runners was only nine seconds. They will be running at Peoria this weekend. It will be interesting to see how they stack up against some of the top teams at Detweiller Park.

#3 Lyons Township went east to Indiana and came back with their second straight championship in the elite division of the Culver Academies Invitational. The split for the Lions went up from 34 seconds at the First to the Finish Invitational to this meet's 44 second spread. Junior Vince Zona continues to be the team's #1 runner as he finished third in this meet. Connor Madell finished only eight seconds behind his teammate in 7<sup>th</sup> place. The split from 3<sup>rd</sup> runner Danny Kilrea to #5 runner Alex Pall was only 22 seconds. It's hard to believe that this squad is not one of the top five ranked teams in the Midwest Region. They deserve to be in one of those five spots.

#6 Oak Park-River Forest won their second invitational of the year winning 61-78 over #12 Hoffman Estates at the Macnider Invitational on Harper College's 5k course. Irwin Loud ran a great 14:44 to record the fastest time in the state for the distance. The Huskies had a 99 second split on five. The gap between Loud and #2 runner Kimanthi Johnson was 58 seconds. Hoffman Estates put three runners in the first ten led by Bryan Gamboa's fifth place finish. The split for the Hawks on five was 61 seconds.

Two other schools besides Prospect entered the rankings this week. Oswego has been close to the top 25 the past couple of weeks. They broke in at #22 after they finished third at the Macnider Invitational. The Panthers ran a 57 second split on their top five led by the eighth place finish by Bennett Peterson. Plainfield South just inched into the rankings at #24 after they finished eleventh at Palatine. The split on their team was only 41 seconds off of John Partee's 38<sup>th</sup> place finish.

## 3A Girls

#1 Naperville North doubled their pleasure this past weekend winning a pair of invitational meets. It started on Friday afternoon when their 9-15 runners won the Naperville Girls Invitational ahead of three ranked teams. Kathryn Abe led her team with a 7<sup>th</sup> place finish. The split of 19 seconds on their scorers amazed most at the DuPage River Park including Coach Dan Iverson. The Huskies won their second meet of the weekend when they scored only 77 points for a convincing win in the Gold Division of the Roy Griak Invitational in Minneapolis. Judy Pendergast led her team with a second place finish overall. The Huskies dominated the team race with their first six runners in the top 28. Emory Griffin led the pack behind Pendergast placing 12<sup>th</sup>. The split on their top five runners is 99 seconds. Pretty good considering that their #1 runner could be the best runner in the state. The split from Griffin to #5 runner Jenny Gibson is only 34 seconds.

The biggest moving team over the past couple of weeks has been #5 Lyons Township. They started the season unranked, moved into the top 25 at #25 after winning their own invitational, and then jumping to #11 after a great performance at the First to the Finish Invitational. The Lions stepped up last Saturday placing second overall at the Palatine Invitational. The addition of three freshmen to their varsity has given this team a boost. Freshmen Sarah Barcelona (13<sup>th</sup>) and Emily Henkel (19<sup>th</sup>) led the team in the Saturday race. Seniors Vanessa Flaherty (25<sup>th</sup>) and Hannah Dutler (31<sup>st</sup>) were close behind. The split on the first four runners is only 30 seconds. Their overall split of 49 seconds could come down in the next few weeks. They already are a team that is deserving to be in the trophy talk discussion for the state meet.

I was not going to punish #7Barrington and #9 Palatine for their efforts in a spirited dual meet last Thursday when Barrington edged Palatine at Deer Grove East. The two teams faced each other again at Palatine. The emotional effects of that Thursday race did weight on both teams perhaps a little more on

Barrington though both teams will not admit it or use it as an excuse. Palatine had two runners in the top ten led by Kelly O'Brien (6<sup>th</sup>) and Sam Lechowicz (10<sup>th</sup>). The split on their first four runners was 57 seconds. The overall split on their scorers was 113 seconds. Lauryn Simons, who was projected as the team's fifth runner, is still recovering from a broken leg but has resumed running. It would give the Lady Pirates a big boost heading into the state series if she can again race. Barrington separated from their normal pack in this race where they finished fifth. The Fillies still had presence up front led by Jocelyn Long (3<sup>rd</sup>) and Lauren Conroy (14<sup>th</sup>). Their gap from those two runners and then #3 was 37 seconds. In their last Peoria race, that gap was only 25 seconds. The same comparison with their five scoring runners shows that their split from both meets is similar between 114 and 117 seconds.

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Palatine ran a better team race than the week before at Peoria in placing third just one point ahead of Peoria. Sara Atkins and Allison McGrath finished within two seconds of each other placing 11<sup>th</sup> and 12<sup>th</sup>. The Tigers split lowered from 91 seconds at Peoria to 60 seconds at Palatine. Part of the improvement came from #5 runner moving to within 17 seconds of #4 runner Sarah Kulkani. The week before that gap was 41 seconds.

#4 Minooka had an easy time in winning the Macnider Invitational at Harper College with only 20 points and placing five in the first seven. The Indians still have that power up front led by the 1-2 finish by Ashley Tutt and Emily Shelton and the 4<sup>th</sup> place finish by Mackenzie Callahan. Their split did come down to 100 seconds on their top five. A little lower of a split could mean trouble for the rest of the 3A teams.

Two teams enter the rankings this week. Lockport jumps back into the rankings at #20 after dropping out a week ago. The Porters finished second at the Naperville Girls Invitational led by the tenth place finish by Morgan Bollinger. Lake Zurich entered the rankings for the first time this season as they pop in at #25. Caitlin Shepard led the team with a 5<sup>th</sup> place overall finish.

### 2A Boys

Top ranked Mahomet-Seymour more than dominated the East Peoria Invitational winning by more than 100 points ahead of 3A Pekin scoring only 18 points. The Bulldogs took the top four spots led by Alex Keeble's individual win. There are three components to this team to look at. The split from Keeble to #2 runner Andrew Walmer was 34 seconds. The split from Walmer to #4 Gabe Pommier was only ten seconds. Their overall split on their scores was 70 seconds.

#2 Grayslake Central once again ran without #1 man Jack Aho at the Grant Invitational but still placed five in the first eleven to score 29 points winning the team championships. Their five runner split off of 2<sup>nd</sup> place Matt Aho was 61 seconds at this meet. Their split on their top four was 49 seconds. That is something to keep an eye on in comparison to Mahomet-Seymour. Both 2-5 packs are similar at this point of the season.

#4 Yorkville demonstrated tight pack running finishing ninth at the Palatine Invitational. Their split on #1 runner Cory Hornyak and #4 runner Trevor Wills was only four seconds. Their five man split was 23 seconds. The thing to watch from this team over the next few weeks is moving the pack up closer to the front. Front man Hornyak was 47<sup>th</sup> overall. Vernon Hills received top 25 finishes by Shane Williamson (13<sup>th</sup>) and Tim Krashevsky (25<sup>th</sup>) as the #6 Cougars finished 14<sup>th</sup> overall. Their split on five was 98 seconds. Their split from three to five was 42 seconds. #10 Crystal Lake Central did not run their best race of the year placing 22<sup>nd</sup> overall. Normal #1 runner Cole Barkocy placed 41<sup>st</sup> overall as the team's second runner. Weston Sterchi stepped up to finish 16<sup>th</sup> as the team's front runner. The Tigers were missing some of their top seven as evidenced by their 2:42 split.

#8 Springfield and #9 Chatham-Glenwood were separated by two points at the Springfield Invitational with the host Senators winning 63 to 65. Heath Warren led his team with the individual title running 15:27. Springfield had an overall split of 83 seconds in that race. The split between #2 runner Logan Besalke and #4 J.D. Kropid was only 16 seconds. Glenwood ran a 58 second split on their top five led by the fifth place finish by Landon Skelly. Their three to five pack split was only five seconds. The pack was within eight seconds of the Springfield two to four pack in that race. A little movement by the Titans could put them in contention for their conference championship and possibly some hardware during the state series.

#11 Rockford Christian was the top 2A team in the Gold Division of the ACC Charger Classic just four points ahead of #14 Wheaton Academy. Nick Monkemeyer ran 14:55 to finish second overall. The split between Monkemeyer and #2 man Riley Wells was 57 seconds. Their five man split was 99 seconds. Wheaton Academy received strong finishes up front by Jonah Jones (7<sup>th</sup>) and Jacob Robleski (12<sup>th</sup>) who finished within four seconds of each other. Their overall top 5 split was 95 seconds.

Belvidere North is a team that will chase Vernon Hills for the Woodstock North Sectional. The Blue Thunder scored 47 points to win the Rock River Run in Sterling. Eli walker has developed into a solid #2 runner behind Eryk Yunk for this team. Last week's gap was only 18 seconds between the two. The pack behind the two is getting closer as the team placed five runners in the first seventeen. There is only a 17 second split from #3 runner Alec Scott and #5 Will Palmer.

LaSalle-Peru is the only team to enter the top 25 this week after a second place finish ahead of ranked Sterling, Dixon, and Sycamore. The Cavaliers enter the rankings this week at #20. Owen Stoneking

leads a tight 1-4 pack for this team. The split on those four at Rock River was only six seconds. The five man split on this team was 26 seconds.

## **2A Girls**

#1 Yorkville did not run their best race of the year but still overpowered the competition in winning the Palatine Invitational with 82 points. Their five runner split was only 12 seconds with Olivia Borowiak (15<sup>th</sup>) their first runner and Nicole Greyer (21<sup>st</sup>) their fifth. The team started out slow but was in position at the mile moving from there. This team could be impossible to beat in 2A at state in November. They are also good enough to have their sights on Portland in December.

#4 Vernon Hills is a team in contention for a state trophy as their ninth place finish at Palatine showed last Saturday. Vivian Overbeck is one of the top runners in 2A. She ran 17:37 to finish 7<sup>th</sup> overall. Ignore the five runner split of 129 seconds especially with Overbeck up front. The split of 82 seconds from their second to fifth runners is something to keep an eye on. #6 Crystal Lake Central does not have the star power up front but does have solid pack that could cause problem for teams in 2A. The Tigers finished 10<sup>th</sup> overall at Palatine. Their top three runners (Katelyn Smith (41<sup>st</sup>), Avani Flanagan (44<sup>th</sup>), and Janine Orvis (45<sup>th</sup>)), was only separated by two seconds. Their overall split on five was 57 seconds.

Rochester jumped up to #3 after a strong performance in scoring 61 points to win the Springfield Invitational. Freshman Katherine Petty finished second overall to lead her team. She has emerged as a runner that could finish in the top ten at state. Their split on five was 110 seconds. The split on their #2 to #5 runners is something to watch over the next few meets. That split is only 45 seconds. #10 Chatham-Glenwood had two freshmen in their top five last Saturday led by Freshman Katie Curry's 11<sup>th</sup> place finish. Their split of 68 seconds will get them to state. A smaller split could get them into the top five in November. #18 Springfield continues to move up the rankings as they finished third in their meet led by top ten finishes by Aly Goff (3<sup>rd</sup>) and Natalie Motor (5<sup>th</sup>). Their overall split on five is huge at 192 seconds. The gap between #3 and #4 is 99 seconds. They will get low numbers from their first three runners. It is the 3-4 gap that needs to be narrowed.

I was anxious to see the Grant Invitational results to see who the top 2A teams would be after 3A ranked Lake Forest and Grant. There were some questions answered in this meet involving those 2A teams. #15 Grayslake Central finished third behind the fourth place finish by Megan Girmscheid. Their overall split on five in this meet was 113 seconds. Yes, Carmel Catholic is for real. It sometimes takes two races to confirm that. The #16 Cosairs scored 97 points finishing six behind Grayslake Central. The split on their top five, led by Zella Stockhausen's 10<sup>th</sup> place finish, was 88 seconds. The split on their top three was only 31 seconds. #20 Richmond-Burton is another up and coming team in the tough Woodstock North Sectional as they finished 5<sup>th</sup> at Grant. Breanne Retherford was 7<sup>th</sup> place overall in the individual race. Their 5 runner split of 158 seconds is something that needs to be worked on if they want to make a trip to Peoria in November.

Three schools enter the rankings this week. Hampshire is the highest school entering the rankings at #19 after their third place finish at the Rock River Run. #24 Prairie Ridge because of their 21<sup>st</sup> place finish at the Palatine Invitational. Morton is the final team in at #25 because of their strong 4<sup>th</sup> place finish at the East Peoria Invitational

## **1A Boys**

The focus meet of the weekend was the St. Joseph-Ogden Classic where the top four teams in 1A and seven of the top ten competed in. #1 Tolono Unity once again showed why they are the favorites to take home the state championship after another good performance. The Rockets scored only 43 points putting five runners in the first nineteen. Andrew Warnes went under 15 minutes for the first time running 14:49. Their split in this race was 69 seconds. Getch Eisenmenger, who has been running close to Warnes all season, was the team's fourth man almost 57 seconds behind his teammate. The point total would have been much lower if Eisenmnger was in his usual position.

#2 St. Joseph-Ogden continues to improve as showed by their second place in this meet. Their split did grow to 64 seconds in this meet led by the seventh place finish by Brennan Guido. Justin Phillips finished 10<sup>th</sup> to complete the Spartans presence up front. Shelbyville is still missing one of their top five runners Preston Henze who should be racing in the next couple of weeks. The #3 Rams, led by the second place finish by Marcus Skinner, finished third overall with 116 points. The pack on their two through five runners was 59 seconds. That split will diminish once Henze returns. A split under forty seconds for that four could make them a threat towards Tolono Unity.

#4 Monticello ran a tight 28 second split on their top four in route to a fourth place finish eleven points behind Shelbyville. The Sages' overall split was 73 seconds. #8 Carlenville bounced back after a tough race at Tuscola to finish fifth overall. Cory Landon was in the top five placing fourth overall. Their five man split of 143 seconds is something to be concerned with. #9 Paxton-Buckley-Loda was only six points behind Carlenville in sixth led by the third place finish by Nick Porter. The split on five for PBL is also over two minutes at 132 seconds. #11 ElPaso-Gridley is battling some illness throughout their team missing top five runner Adam Ludy. They finished seventh overall led by the 9<sup>th</sup> place finish by Hunter Cobbley and 14<sup>th</sup> place finish by Andy Layden.

#6 Robinson will challenge top ranked Tolono Unity in their own invitational on Thursday. They tuned up for the race with a win at the Mattoon Invitational last Thursday scoring 62 points and seven ahead of 2A ranked Charleston. Noah Tennison was the individual winner crossing the line in a 15:47 winning time. There was a 64 second gap between Tennison and #2 runner Henry Treadway. Their split on their scoring five was 93 seconds. Their split from two to five was only 29 seconds. Their pack will need to move closer to Tennison in order to challenge for a trophy in November.

Urbana University jumps back into the rankings at #23 after they finished ninth at St. Joseph-Ogden.

### **1A Girls**

This classification tightened up considerably in the past week. Urbana University maintained their top position winning the St. Joseph-Ogden Classic 63-66 ahead of #3 St. Joseph-Ogden. Arielle Summitt ran a great 17:54 to finish second overall. She was still 100 seconds behind race winner Anna Sophia Keller. Annemarie Michael joined her teammate in the top ten placing eight. The three to five pack of the Illineks is still tight this week at 23 seconds. That will be the key to their success this November.

St. Joseph-Ogden ran their best race of the year on their home turf led by top ten finishes by Faith Houston (6<sup>th</sup>) and Abby Gawthorp (9<sup>th</sup>). The 73 second on their top five shows they are capable of a trophy finish at Detweiller in November. I kept Tolono Unity at #2 despite the fact that they finished third behind SJO in this meet. Part of it had to do with a sub-par performance by usual #2 runner Taylor Renfro who usually is with Nicole Bagwell. In this race, Bagwell finished fifth overall, Renfro 29<sup>th</sup> as the team's fourth runner. The two teams will face each other again next Tuesday at the Okaw Valley Conference Championship.

#8 Carlinville finished fourth in the meet behind top ten finishes by Colleen Madden (4<sup>th</sup>) and Jacey Roper (7<sup>th</sup>). Effingham St. Anthony made a big jump from #25 to #16 after their fifth place finish. We know about Keller's nation leading 16:14 to win the race. Part of this team's success also comes from the addition of freshmen top five runners Abby Weis (20<sup>th</sup> overall, 2<sup>nd</sup> team) and Kaitlyn Zeller (63<sup>rd</sup> overall, 4<sup>th</sup> team). The addition of these two could put this team in position to qualify for state. We will keep an eye on their next few races to see if this squad continues to improve.

#4 Liberty maintains their position after finishing fifth at the Springfield Invitational behind the win by Katelyn Robbins. This team is still without #2 runner Katelyn Obert who is still out with an ankle injury. Senior Jacki Graham has stepped in as the team's #2 runner and made a difference on this squad. Ignore the split on their top five especially with Robbins where she is at this time. The 2 to 5 split off of Graham is 83 seconds right now. Their 2 to 4 split is 68 seconds. If Obert does come back, that will be the split to keep an eye on.

Petersburg PORTA dropped down to #9 after their ninth place finish at Springfield. The Bluejays still have the power up front led by the top ten finish by Adrienne (4<sup>th</sup>) and Maria Brauer (6<sup>th</sup>). What is hurting PORTA is the absence of Anna Tambroski in the top five. The senior is still recovering from a leg injury and has missed the past three meets. The split from the Brauer sisters is huge at almost three minutes. They could still make it to state but their impact could not be as strong as it would be with a healthy crew on the line.

Three teams enter the 1A rankings this week. The one entry that had the big impact was Springfield Lutheran who enters at #10. This team could not be ranked even though they were getting great performances from their first four runners but did not have a fifth runner to complete the scoring. They did last week when they finished seventh only 12 points behind Liberty. Freshmen Brigid and Bernadette Tournoux finished 8<sup>th</sup> and 9<sup>th</sup> overall. The other sister duo (Jackie and Maddy Eck) finished 22<sup>nd</sup> and 27<sup>th</sup>. The split on that foursome was 57 seconds. On the 1A landscape, that is pretty good. Junior Tori Hollinshead ran her first cross country race of the season and was five minutes behind that pack. Let us consider that it is her first race of the year. We should see improvement from her. That is something to watch in the next few meets (at Beardstown on 10/1 and at Liberty on 10/10). The pack is capable of placing in the top thirty at state. This team could be in the top 5 to 10 when that split diminishes.

Deer Creek-Mackinaw jumps into the rankings at #19 behind their sixth place finish at St. Joseph-Ogden. Knoxville makes their first appearance in the rankings at #25 behind their second place finish at the Kewanee Boiler Invitational.