

## DYESTAT ILLINOIS WEEKEND RECAP - OCTOBER 16, 2016



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Above Photo: Grayslake Central's Matt Drossler dives across the line at Saturday's North Lake County Conference Championships at Lakes HS (Photo: Jimmy Centella).

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It was quite a weekend in Illinois as the weekends of the state series kicked off. You can read recaps of the [DuPage Valley Conference Meet](#) as well as the [WSC-Silver Championships](#).

Here is a look at some of the meets that took place this past weekend. You can find full results of the meets that we received [here](#).

### **MSL Championships @ Busse Woods**

The damp and sloppy conditions Saturday morning did not slow down Palatine's **Brian Leonard**. The senior ran away with the Boys Varsity race running 14:52 for the win. Leonard won by thirteen seconds ahead of **Nick Laning** (Barrington HS) and **Jacob Krupa** (Hersey HS, Arlington Heights) who both ran 15:05. Krupa's finish along with the fifth place finish by freshman **Josh Mether** led #5 Hersey to the Boys Conference team title with 50 points. The Huskies placed six runners in the first eighteen with a 35 second split on their top five. #7 Prospect scored 65 points to finish second. The Knights put three runners in the first ten led by **James Riordan** (6<sup>th</sup>), **John Terry** (7<sup>th</sup>), and **Jack O'Donnell** (9<sup>th</sup>) who all finished within a second of each other. Their overall five man split was 30 seconds. #16 Palatine finished third (81 points) followed by #24 Fremd (134 points), Barrington (136 points), and Hoffman Estates (137 points).

The Girls Varsity race had a great individual battle which saw Prospect's **Brooke Wilson** coming away with the win. The senior ran 16:51 to win by nine seconds ahead of **Jocelyn Long** (Barrington HS). **Madison Marasco** (Schaumburg HS) was another three seconds back in third. Twelve points separated the top three teams led by #16 Prospect who scored 55 points for the win. Wilson had help as **Marissa Valentini** also finished in the top ten (7<sup>th</sup>). The Lady Knights placed five runners in the first 21. Their five runner split was 109 seconds off of Wilson's win. Their split from #2 Valentini to #5 **Aileen White** was only 39 seconds. #11 Palatine and #10 Hersey both scored 67 points with Palatine getting second on the sixth runner tie-breaker. Palatine received top ten finishes by **Danya Lloyd** (4<sup>th</sup>) and **Kate Lechowicz** (9<sup>th</sup>). The Lady Pirates had a five runner split of 70 seconds and only 25 seconds from their #2 to #5. Hersey' strength is their front running as they put three runners in the first twelve led by the fifth place finish by **Hailey Bowes** and sixth place finish by **Sarah Harden**. Their split on their top five was 65 seconds. #18 Barrington scored 100 points to finish fourth followed by Schaumburg (110 points) and Fremd (123 points).

### **Upstate Eight Championships @ Stuart Sports Complex**

**Audrey Ernst** (St. Charles North HS) was competing in her first race in more than a month due to competing in the World Triathlon Championships in Mexico in September. It did not look like she had lost a step opening up a ten second lead in the first half of the race. She won in 17:55 on the 3.05 mile course but had company in the end. The Geneva trio of **Sophia McDonnell**, **Emma Ehrhardt**, and **Andrine Larsen** close the gap in the final 800 with McDonnell finishing only three seconds behind Ernst (17:58) followed by Ehrhardt and Larsen finishing together in third and fourth (18:00). #7 Geneva won the overall conference title (40 points) followed by Batavia (52 points) who ran a 25 second split on their top five led by Marygrace Golden who finished seventh overall. St. Charles East (87 points) and St. Charles North (97 points) placed third and fourth.

Geneva's **Josh Rodgers** and St. Charles East's **Jake Beno** ran side by side for most of the Boys Varsity race. Rodgers pulled away in the final 400 to win the conference title by three seconds ahead of Beno (15:20 – 15:23). It was close between #15 Geneva and #19 St. Charles East for the team title. Geneva used the individual win by Rodgers and placing four runners in the first seven to take home the overall conference title with 42 points. The split on Rodgers, **Ryan Krendel** (3<sup>rd</sup>), **Tyler Dau** (6<sup>th</sup>), and **Brian Kuehl** (7<sup>th</sup>) was 29 seconds. Their overall five runner split was 54 seconds. St. Charles East was only six points back in second as they placed five runners in the first sixteen. Their split on five was only 40 seconds.

## North Suburban Conference @ Adler Park

#4 Lake Zurich placed five runners in the first ten to easily win the Boys title with only 21 points. **Brain Griffith** led the way with the individual win (15:17) five seconds ahead of teammate **Matt Pereira** and another nine seconds ahead of his brother **Kyle Griffith**. The Bears ran a five man split of 56 seconds. #20 Mundelein scored 75 points to finish second led by the seventh place finish by **Ben Krauss**.

**Melissa Manetsch** (Libertyville HS) won the Girls individual title by out sprinting **Brett Chody** (Lake Forest HS) in the final stretch. Manetsch only won by eight tenths of a second (18:18.2 – 18:19). Stevenson won the team title with 36 points. The Patriots placed five runners in the first twelve led by the third place finish by **Isabelle Sparreo**. Libertyville (58 points) and Lake Forest (74 points) finished second and third.

## Corn Belt @ Maxwell Park

2A #1 Mahomet-Seymour made a huge statement in dominating the Boys race against #2 Normal University. The Bulldogs placed their top seven in the first nine scoring only 17 points for the win. They also had six runners under 15 minutes on the Maxwell Park 3 mile course led by the individual win by **Gabe Pommier**. Teammates **Riley Fortune** and **Andrew Walmer** finished second and third only two seconds behind. The split on their top five was 10.1 seconds. There was only a sixteen second split on their top seven. U-High scored 48 points to finish second behind the fourth place finish by **Jared Schuckman** and eighth place finish by **Jack Franklin**. The Pioneers split on their top five was 47 seconds.

It was much closer in the Girls race as 2A #10 Normal University edged 2A #7 Mahomet-Seymour 34-36 for the team title. Freshman **Katy Clausen** led U-High with the individual win running 17:41 to finish second ahead of Olympia's **Shelby Siltman**. U-High placed their five in the first twelve> Mahomet-Seymour placed five in the first thirteen led by **Brisa McGrath's** and **Megan Churm's** 3-4 finish.

## Mid-Illini Conference @ Detweiller Park

2A #2 Dunlap was in full control of the Girls race winning with only 19 points. **Franny Verville** led the Eagles with the individual win (17:30) just three seconds ahead of teammates **Abby Johnson** and **Ayah Aldadah**. They placed their top six within the first nine places with a 40 second split on their top five. 2A #5 Metamora finished second (67 points) behind Kari Lalumandier's fourth place finish. 2A #11 Washington finished third (88 points).

**Jake Gillum** and **Adam Glaub** finished 1-3 to lead 2A #8 Metamora to the Boys conference win with 40 points. Gillum's winning time of 14:59 was twelve seconds ahead of second place Michael Church (East Peoria HS). It was close between the next five team spots as only twelve points separated those teams. #22 Dunlap (85 points), Morton (88 points), and East Peoria (89 points) finished second, third, and fourth.

## Central State Eight @ Lincoln Park

2A #5 Chatham-Glenwood and 2A #16 Springfield both scored 37 points in the Boys Race at Lincoln Park. It came down to Glenwood's sixth runner **Jacob Olson's** fourteenth place finish that gave them the tiebreaker edge and the conference championship. Glenwood's **Chris Durr** won the individual race (15:57) four seconds ahead of Rochester's **Josh Cable**. Glenwood's five runner split was 47 seconds. Springfield's five runner split, led by Kyle Boughter's third place finish, only had a 43 seconds on their top five.

2A #14 Chatham-Glenwood won the Girls team title 40-79 ahead of Springfield behind the second place finish by **Ali Wynn**. Rochester's **Katherine Petty** ran 18:42 to win the individual title 26 seconds ahead of Wynn.

## Chicago Catholic League @ Lewis University

#11 Marmion placed three runners in the first five to capture the league title with 45 points. Loyola's **Paolo Tiongson** ran 15:02 to win the individual title three seconds ahead of Marmion's **Michael Ronzone**. The Cadets' split on their top five was 68 seconds placing five runners in the first 22. St. Ignatius had an impressive race scoring 54 points led by the fourth place finish by **Michael Obrion**. The Wolfpack's top five split was 33 seconds. Loyola Academy finished third (69 points).

## Girls Catholic Athletic Conference @ Lewis University

Fenwick won the conference team title 44-48 ahead of Loyola Academy. Rosary scored 94 points to finish third. **Ashley Bryja** (Mother McAuley HS, Chicago) ran 18:23 to win the individual title nine seconds ahead of Rosary's **Clare Hengesbaugh**.

## Big Northern @ Genoa-Kingston

**Brayden Hamblen** (Rock Falls HS) ran a personal best 14:39 to easily win the Boys Individual title. Hamblen's third place time of 14:39 was 50 seconds ahead of second place **Riley Wells** (Rockford Christian HS). 2A #17 Dixon and 1A #2 Rockford Christian both scored 40 points with Dixon winning on a sixth runner tiebreaker. Dixon was led by **Sean Masterson's** third place finish as they placed five runners in the first eleven. The Dukes split on their top five was only 33 seconds. Rockford Christian placed five runners in the first fifteen with a 58 second split on the group. 1A # Rock Falls (87 points) and Winnebago (110 points) finished third and fourth.

2A #19 Dixon placed three runners in the first five to easily win the Girls team title with 30 points. 1A #10 Rockford Christian scored 71 points to finish second ahead of Byron (102 points) and 1A #20 Winnebago (107 points). Rockford Christian's **Madison Franseen** ran 18:11 to win the individual title 27 seconds ahead of Dixon's **Nicquelette Fazekas**.

## Central Suburban League @ Glenbrook North

Maine South, led by the individual win by **Reese Jordan**, placed their first four runners in the top seven to win the Boys league championships with 47 points. Jordan ran 14:49 for the win eight seconds ahead of New Trier's **Warren Blood**. **Conor Perreault** (Niles North HS, Skokie) ran 15:04 to finish third. South's four runner split on Jordan, **Brandon Christopher** (4<sup>th</sup>), **Tommy Brady** (5<sup>th</sup>), and **Alex Ortwig** (7<sup>th</sup>) was only 33 seconds. Their split on the top five was 74 seconds. New Trier scored 58 points to finish second. The Trevians had a tight pack behind Blood as their #2 to #5 runners were within only seven seconds of each other. The top five split on New Trier was 42 seconds. #17 Highland Park finished third (96 points) followed by Glenbrook South (114 points).

2A #4 Vernon Hills captured the league title in the first year as members of the CSL. Paced by the fourth place finish by **Lauren Katz**, the Cougars scored 53 points to place themselves ahead of #20 Maine South (62 points), #15 New Trier (73 points), and Glenbrook South (92 points). Maine South took home the top two individual spots as **Maddie Dingle** ran 17:30 to outdistance teammate **Olivia Nizolek** by six seconds. Vernon Hills split on Katz and #5 runner **Ryan Schofield** was 46 seconds.

## Chicago Public League Championships @ Washington Park

#8 Whitney Young placed five runners in the top fourteen to win the Boys City Championship with 31 points. Jones Prep (51 points) and Lane Tech (89 points) finished second and third. **Keduse Worku** (Whitney Young HS) ran 15:24 to win the individual title seven seconds ahead of **Jaime Marcos** (Von Steuben HS). The Dolphins split off of Worku

and #5 runner **Anthony Tuman** (14<sup>th</sup> place) was 51 seconds. **Jeremy Adams** led Jones College Prep with a fifth place finish and a 39 second split on their top five.

It was no surprise that Lane Tech's **Maggie Scholle** won the individual title in this meet. The senior ran 18:00 to finish 42 seconds ahead of Northside's **Sara McCoy**. 2A #6 Northside Prep was impressive putting five runners in the first nineteen to easily win the team championship with 47 points. Northside was led by top ten finishes by McCoy, **Fiona Casey** (4<sup>th</sup>), and **Sylvia Balata** (7<sup>th</sup>). The top five split for this team was 63 seconds. Jones College Prep (80 points) and Whitney Young (98 points) finished second and third.

### **Fox Valley Conference @ Veteran Acres Park**

**Weston Sterchi** finished fourth to lead three runners in the top seven as 2A #4 Crystal Lake Central won the Boys conference title with 70 points. The Tigers had five runners in the top twenty-eight with a 63 second split on the group. Cary-Grove and Dundee-Crown were next both scoring 105 points. **Jacob Oury** (Hampshire HS) was the individual winner (16:21) eleven seconds ahead of **Zach Albrecht** (Jacobs HS) and **Filip Pajak** (Prairie Ridge HS, Crystal Lake).

2A #3 Crystal Lake Central also won the Girls team title fairly easily only scoring 31 points placing four runners in the first six. The split on that quartet was only 32 seconds. The split on their top five was 105 seconds. Cary-Grove and Hampshire were next both scoring 105 points. **Caitlin Bruzzini** ran 19:09 to win the individual title on the hilly Veteran Acres course 19 seconds ahead of Crystal Lake Central's **Janine Orvis**.

### **Kishwaukee River Conference @ McHenry Township Park**

1A #7 Richmond-Burton won the inaugural Boys conference title 36-37 ahead of 2A #18 Burlington Central. **Ryan Hommowun** (Richmond-Burton HS) ran 16:18 for the individual win eight seconds ahead of Tim Bertulis (Johnsburg HS). Richmond-Burton placed their top five runners in the first thirteen with a 62 second split on their top five. Burlington Central placed four in the first eight led by **Tate Henrikson's** third place finish. The split on that group was only 27 seconds. The split on their top five was 58 seconds.

2A #18 Woodstock's five runners in the first sixteen, led by a 2-3 finish by **Kate Jacobs** and **Kylie Hagmann**, to win the Girls title with 38 points. 2A #22 Burlington Central scored 52 points ahead of third place 1A #21 Richmond-Burton (64 points). **Megan Safranski** (Burlington Central HS) ran 18:27 to win the individual title 39 seconds ahead of second place Kate Jacobs (Woodstock HS).

### **NIB -12 Championships @ Hoover Park**

2A #7 Sycamore, led by the second place finish by **Stephen Poorten**, picked up the NIB-12 Boys title 57-72 ahead of 2A #6 Sterling. Yorkville was two points behind in third six points ahead of fourth place DeKalb. Kaneland's **Matthew Richtman** ran 15:08 for the win four seconds ahead of Poorten. Sycamore placed four runners in the first thirteen with a 59 second split and five in the first twenty-five with a 78 second split. Sterling had **Jacob Gebhardt** (3<sup>rd</sup>), **Jonathan Landis** (4<sup>th</sup>), and **Bryce Tessmann** (10<sup>th</sup>) in the top ten with a top five split of 98 seconds. Yorkville was led by a 5-6 finish by **Ben Summers** and **Zack Price**. Their split on five was 47 seconds.

#3 Yorkville rolled to another Girls conference title placing five runners in the first six. The Lady Foxes scored only 18 points to finish ahead of 2A #16 Kaneland (60 points) and Sterling (93 points). **Nicole Greyer** ran 17:49 to win eight seconds ahead of teammate **Alexis Grandys**. The split on their top five was only 41 seconds. Rachel Richtman (Kaneland HS) was the only runner to break into Yorkville's pack as she finished third.

### **Northern Lake County Conference @ Lakes HS**

2A #3 Grayslake Central romped to the Boys conference title placing five runners in the first eleven scoring only 25 points. **Jack Aho** ran a blazing 14:14 to win the individual title. He was 18 seconds ahead of his brother Matt and teammate **Eli Minsky** who ran 15:14. 2A #14 Lakes finished second (52 points) behind **Jeremy Wallace's** fifth place finish.

#19 Grant, led by the 1-2 finish by **Eva Cardy** and **Danielle Osmon**, put four runners in the top ten to win the Girls title 41-59 ahead of 2A #8 Lakes and 2A #9 Grayslake Central (74 points). Cardy ran 17:50 for the conference win three seconds ahead of Osmon. Lakes had freshman **Olivia Schmidt** as their only runner in the top ten as she finished third. Their split on the top five was only 59 seconds with a 14 second split on the pack behind Schmidt.

### **Southwest Prairie @ Channahon Park**

#2 Minooka rolled to the Girls conference title placing five runners in the first eleven scoring only 25 points. #23 Oswego scored 71 points to finish second ahead of #24 Plainfield North (88 points) and Oswego East (101 points). Minooka only had an 80 second split on their top five led by the 1-2 finish by **Emily Shelton** who ran 17:22 to win by six seconds ahead of **Mackenzie Callahan**. **Ashley Tutt** (4<sup>th</sup>), **Vivian Van Eck**(7<sup>th</sup>), and **Sarah Weed** (11<sup>th</sup>) were the team's other scorers. Oswego was paced by top ten finishes by Isabelle Christiansen (5<sup>th</sup>) and **Grace Pagone** (8<sup>th</sup>). Oswego's split on their top five was 104 seconds but only 64 seconds on Pagone to #5 runner **Megan Berg**. Plainfield North was led by top ten finishes by **Juliana Stogsdill** (3<sup>rd</sup>) and **Megan Patton** (6<sup>th</sup>).

Plainfield South ran an eight second split on their top five led by the ninth place finish by **Jake Willison**. It was the difference as the Cougars captured the conference title 59-67 ahead of #14 Minooka. Oswego East was one point back in third followed by Plainfield North. **Soren Knudsen** tuned up for the state series by winning the conference title (14:54) twelve seconds ahead of **Dylan Zangri** (Oswego East HS)

### **Southwest Suburban – Blue @ Dellwood Park**

#21 Lincoln-Way East placed four runners in the first six to win the Boys conference title 28-36 ahead of defending champion #13 Sandburg. The Eagles were without their normal #1 runner **Dylan Jacobs** who was held out because of tendonitis according to his Coach **John O'Malley**. Sandburg was led by **Martin Skucas** who won the conference title in 16:14. He was 21 seconds ahead of second place **Brett Gardner**(Lincoln-Way East HS). The Griffins placed five runners in the first thirteen led by Gardner and a 45 second split on their top five.

#17 Lockport placed five runners in the first seven to easily win the Girls conference title 20-58 ahead of Lincoln-Way East. **Morgan Bollinger** (Lockport Township) ran 19:13 for the win six seconds ahead of East's **Jenna Couwenhoven**. Lockport's split on their top five was 71 seconds.

### **Southwestern Conference @ Alton**

#23 O'Fallon won the Boys title on a sixth man tie-breaker. Both O'Fallon and Edwardsville scored 36 points. O'Fallon placed their top five within the first thirteen led by the third place finish by **Joey Black**. Their split on the top five was 54 seconds. **Franky Romano** led the Tigers with the individual win. It was close as he ran 15:40 to win by just a second ahead of Granite City's **Andrew O'Keefe** and O'Fallon's Black. Edwardsville's split on their top five was 59 seconds.

#22 Edwardsville won the Girls title with 22 points placing all seven runners in the first thirteen with only a 42 second split on their top five. O'Fallon finished second (41 points) behind the individual win by **Brooke Witzel**. The junior ran 18:38 to win by nine seconds ahead of Edwardsville's **Jaycie Hudson**.

## **Patriot Invitational @ Detweiller Park**

**Daly Galloway** (Gardner-South Wilmington HS) could not figure out what was wrong with her as she did not have the track season that she wanted last spring. In August, she was diagnosed with an iron deficiency. She was back to her "old self" last Monday when she won at Amboy. She followed that up with a win Saturday at Detweiller Park running 17:37 to win the Girls race in this meet. She won by 22 seconds ahead of second place **Jordan Harmon** (Tolono Unity HS) and another eight seconds ahead of **Maya Stovall**(Macomb HS).

1A #1 St. Joseph-Ogden placed five runners in the top twenty one led by **Faith Houston's** seventh place finish to win the team title with 63 points. The Spartans had a 43 second split from Houston to #5 runner **Hannah Rajilch** who finished 21<sup>st</sup> overall. 1A #4 Liberty finished second running their best race of the year so far. **Katelyn Robbins** led her team with a fourth place finish. 1A #2 Tolono Unity finished third (135 points) behind Houston' finish. The #2 through #5 split on their pack was only 32 seconds.

1A #5 Elmwood-Brimfield seems to peaking at the right time once again as they won the Boys race. Led by **Cooper Hoffman's** sixth place finish, the Trojans scored 164 points for the win ahead of 1A #4 St. Joseph-Ogden who scored 179 points. **Wyatt McIntyre**(Athens HS) showed that he will be one of the top runners in the IHSA 1A race in three weeks. He ran 14:53 to win the individual race nineteen seconds ahead of **Justin Phillips** (St. Joseph-Ogden HS). **Alex Helmuth** (Monticello HS) ran 15:17 to finish third.