

Sandburg Eagles



2011 SEASON IN REVIEW

SWSC Champions

IHSA Regional Champions

7th Place in State

Adams, Justin	SO	Licata, Joe	JR
Altman, Alec	FR	Lifonti, Dominic	SR
Altman, Ryan	SR	Lim, Patrick	JR
Becker, Harry	SO	Lopera, Isaac	SR
Becker, Will	SO	Lopez, Mario	FR
Benz-Weeden, Matt	FR	Macak, Mark	FR
Bieszke, Patrick	FR	Mackey, Jacob	FR
Birk, Patrick J.	SR	Mangold, Chris	SO
Brower, Mike	FR	Markey, John	FR
Brown, Connor	FR	Mcmahon, Brian	FR
Burzinski, Greg	FR	Mcmahon, Patrick	JR
Butera, Zach	SR	Mooney, Scott	FR
Calderon, Brandon	JR	O'Flaherty, Kevin	SR
Cerna, Alfonso	FR	O'Neill, Matthew	SR
Cocanig, Eric	FR	Panozzo, Jimmy	SR
Conwell, Timothy	SR	Poe, Ryan	SO
Dee, Ethan	JR	Poulos, Josh	FR
Depesa, Nick	SO	Prajka, Nicholas	JR
DeWolf, Brian	JR	Rees, Mitch	SR
Faro, Joseph	SR	Ruiz, Geronimo	FR
Foley, Jimmy	FR	Sanchez, Joel	FR
Fornaris, Colin	SR	Sawyers, Matthew	JR
Gleisner, Adam	SO	Sawyers, Michael	SR
Grimaldo, David	FR	Sieczkowski, Bill	JR
Graves, Aaron	JR	Spengler, Aaron	SR
Helminiak, David	FR	Stefik, John	FR
Hevel, Derek	SR	Stefik, Michael	JR
Hogan, Chris	JR	Struzik, Zachary	JR
Jehle, Cory	JR	Vanderkrabben, Luke	JR
Jubaer, Shadman	SR	Von Borstel, Michael	SR
Kowalski, Jacob	JR	Walls, John	SO
Kwiat, Jacob	FR	Walsh, Ryan	JR
Lacien, Zach	SR	Walter, Brady	FR
Lahucik, Kyle	FR	Wei, Jack	FR
Letz, Patrick	JR		

2011 Sandburg Cross Country Team—

All in. That is what we started the year with. On January 2nd we met with about 20 returning veteran runners and asked if we could all commit to being *all in*. The decision was unanimous. From that point we decided to set our standards for our team. These standards would be our goals. After much deliberation we set the standards that we wanted to be exceptional in the following categories: communication, leadership, depth, attention to detail, accountability, passion, focus/poise, confidence, and family. While this group was competitively successful—SWSC and IHSA Regional titles, a ninth-consecutive state qualification, and an exceptional 7th place finish in state—what was most significant was that this team set the new standard for standards. The excellences we've reached in these categories are in fact the standards for teams to come. We had something that has been missing for a couple of years: character. Throughout the entire season, these standards were our focus. If we could reach our own standards then we would be successful on our own terms. I can say that I'm more proud of this team than any I've ever been a part of as a coach or athlete. There is little doubt that this is a group that will hold themselves to these standards in all areas of their lives.

While we focused on these things, success was a byproduct. We would not have been able to achieve such success at SWSC and State had we had deficiencies in these categories. This team had nine varsity races this season and had nine different lineups and managed to be successful throughout because of depth, passion, poise and confidence. This team managed to be buried by Lincoln-Way Central early in the year at the Sophomore level and come back to give them a real run for their money. At the outset we had no runners who broke up their top five, at SWSC we had four. This was done through the freshmen finding their passion and the sophomores displaying their leadership. This team ran the table at SWSC with six All-Conference varsity runners and a 1-12 sweep in the open race—that's ALL IN. This team managed to lose the strength of our 2-3 runners at the Sectional and still qualify because of our poise, confidence, passion, accountability, family-attitude and depth. This team used these categories to enable us to go from a 15th place finish at the Peoria Inv. to a 7th place at state. Paradoxically, we reached a successful destination by focusing on the process.

As you reflect on your season, it is important to note the members of our team who we say goodbye to tonight. Or, if you are a senior, it is important to reflect proudly on the commitment and leadership you've lent to this team for the past few years. Seniors **Ryan Altman, Pat Birk, Zach Butera, Tim Conwell, Joe Faro, Colin Fornaris, Derek Hevel, Shadman Jubaer, Zach Lacienc, Dominic Lifonti, Isaac Lopera, Kevin O'Flaherty, Matt O'Neill, Jimmy Panozzo, Mitch Rees, Mike Sawyers, Aaron Spengler, and Mike Von Borstel** leave a major gap in our team. Their legacy will not be forgotten. We owe a debt of gratitude for their commitment and dedication. I hope everyone looks to the seniors as examples.

To the Seniors: thank you for all that you've done for Sandburg Cross Country. I've never been around a group of guys like you. I feel so lucky and honored to have had the opportunity to share in your journey; your goals, your personalities, your decency, your work ethic, and your fun. I hope that you got as much out of these past four years as I have. I hope that you never forget all that you've discovered about yourself while being a Sandburg Cross Country runner. You are prepared to do anything you want to do in life. If you tackle life in the same manner that you've approached cross country, then you will be successful. Your role as a Sandburg cross country runner is only beginning. As you have experienced, alumni are a major part of our team. It is your job now to serve this role. As alumni, be sure to support Sandburg, return to visit, write letters, and keep in touch. You will always be Sandburg cross country runners.

To the rest of the team: as you reflect on the seniors, perhaps it is an opportune moment to consider what legacy you will leave behind. When your time comes for graduation in one, two, or three years, what will you be remembered for? Will you be a part of building this program to the heights that we dream of? Will you be a positive influence on those who will come after you? Every one of you—freshmen included—now become the leaders on this team. Next season there will be runners who need your guidance. Next season it will be your responsibility to continue to build this program and honor the tradition. Look to our greatest runners and you will always find our greatest workers. There is a simple formula in this sport: you can become as great as you want to be. The question is, how great do you want to become?

Thank you for another memorable season. I will never forget the 2011 CSHS cross country team. I will never forget you as individuals, but I will most remember you as the most hard working, dedicated, decent, and caring *team* I've ever been a part of.

--Coach O'Malley

2011 Sandburg CC Team Standards—

The following team standards were developed by a group of 25 veteran runners of this year's team. The group determined that these standards are what we need to focus on in order to succeed and excel. Our goal is to always focus on these standards regardless of the occasion. It can be at practice, at a meet, or the choices we make outside of practice time, these are the standards we are holding ourselves to. Our feeling is that if we can reach these standards things like winning and running fast will be a natural byproduct. Not only do we want to focus on these standards, but we want to do them as well as we possibly can. We don't want to do them halfway or even 90%. It's "all in" on these standards. Furthermore, our focus will always be on ourselves. If we reach *OUR* standards of excellence, then we will be successful according to *OUR* definition of success. What else matters?

1. Accountability/Responsibility/Trust
2. Family
3. Leadership
4. Focus/Poise/Patience
5. Confidence/Swagger
6. Depth—ALL in
7. Passion and guts
8. Attention to detail / Self Management
9. Communication

What do these mean?

Accountability/Responsibility/Trust: This means that we will be responsible and accountable for our actions. We cannot get anywhere without trust. You must trust each other and the coaches; likewise, the coaches need to be able to trust you.

Family: We need to operate as a family. We need to have fun together, care for one another and also be able to depend on one another. We need to be reliable. We need to love each other.

Leadership: Everyone needs to be a leader. There are no captains this year; instead everyone needs to be a leader. We expect everyone to learn what it means to be a leader and to use those skills. If you aren't a good example, then you shouldn't be on the team. We can't have good examples and bad examples—everyone needs to be on the same page.

Focus/Poise/Patience: There are many things that can challenge one's poise and composure, such as pressure-filled races and moments, injuries, illness, bad performances, stress, expectations, etc. We are deciding to be poised and composed during these moments and keep our focus on our standards. Part of this will require us to be patient, especially because this is a sport that requires patience in training and racing. We need Controlled Aggression.

Confidence/Swagger: We need to believe in ourselves and each other. We need to have a swagger as a result of knowing what we are capable of and where we are headed.

Depth/ All In: Everyone needs to be all in. We can't have any lukewarm guys. We need everyone to commit to reaching a level of excellence. If we do this we will have enormous depth on the team. Our open races should demonstrate our depth, our F/S should showcase our future, and our varsity should illustrate an elite product as a result of so much depth.

Passion and Guts: We grouped passion and guts together because we felt that the two fueled one another. If you are going to do something, do it with passion. Passion can often provide you with gutsiness or moxie. Passion and guts are essential in a sport that is completely determined by one's effort and determination.

Attention to Detail / Self-Management: This can mean "taking care of the little things." But really these aren't little things. These *seemingly* little details are what differentiates someone who is running from someone who is training. Be someone who is training. The details include sleep, eating right, hydration, cleanliness, correct gear and warm ups, proper stretching/ warm up routine, core and supplemental work, paperwork, punctuality (being on time).

Communication: In order to succeed and to operate as a cohesive unit we need to communicate well and often. We need to communicate while we train and race, but also communicate concerns, positive attitudes, questions, etc. at all times. All this needs to be done with blunt honesty (that does not mean the same as negativity). Most people cannot handle the blunt honesty with which we need to communicate.

2011 Season Highlights:

Varsity:

Lyons Invitational 2nd Place

SWSC Conference 1st Place

IHSA Regional 1st Place

IHSA Sectional 4th Place; State Qualifiers

IHSA State 7th Place

Sophomore:

Reavis Invitational: 3rd Place

Andrew Invitational: Fresh—1st Place, Soph—4th Place

Loyola Lakefront Invitational—3rd Place

SWSC—2nd Place

Individuals:

SWSC—Pat McMahon-Varsity Champion; Jimmy Panozzo—Open Champion

All-Conference—F/S

Adam Gleisner, Justin Adams, Will Becker, Harry Becker, Greg Burzinski, Pat Biezcske

All-Conference—Varsity

Pat McMahon, Derek Hevel, Mitch Rees, Pat Letz, Mike Von Borstel, Chris Hogan

All-Regional

Pat Letz, Jimmy Panozzo, Aaron Graves

All-Sectional

Pat McMahon

2011 Eagle Cross Country

RUNNER OF THE WEEK AWARDS

LYONS: Zach Butera, Greg Burzinski
REAVIS: Tim Conwell, Justin Adams, Aaron Spengler
PEORIA: Chris Hogan, Adam Glesiner
ANDREW/LOYOLA/PEORIA: Pat McMahon, Mike Stefik, Chris Mangold
Chicago Marathon: Kevin O'Flaherty, Mike Von Borstel
SWSC: Pat Letz, Will Becker, Pat Biezscke, Jimmy Panozzo, Derek Hevel, Mitch Rees
IHSA REGIONALS: Aaron Graves
IHSA SECTIONALS: Jimmy Panozzo, Coach Tarjan
IHSA STATE: Team

SEASON AWARDS

VARSITY MOST VALUABLE: Pat McMahon
F/S MOST VALUABLE: Adam Glesiner

NEW COMER OF THE YEAR: Harry Becker, Pat Biezscke, Greg Burzinski, Mario Lopez

MOST IMPROVED: Pat Letz, Justin Adams, Chris Mangold

SANDBURG "ALL IN" AWARD: Pat Birk, Zach Butera, Derek Hevel, Kevin O'Flaherty, Jimmy Panozzo, Mitch Rees, Mike Von Borstel

FOUR YEAR RUNNERS: Pat Birk, Colin Fornaris, Joe Faro, Dominic Lifonti, Kevin O'Flaherty, Matt O'Neill, Jimmy Panozzo, Mitch Rees, Mike Sawyers, Mike Von Borstel

F/S ALL-CONFERENCE: Adam Glesiner, Justin Adams, Will Becker, Pat Biezscke, Greg Burzinski, Harry Becker

VARSITY ALL-CONFERENCE: Pat McMahon, Derek Hevel, Mitch Rees, Pat Letz, Mike Von Borstel, Chris Hogan

ALL-REGIONAL: Pat Letz, Jimmy Panozzo, Aaron Graves

ALL-SECTIONAL: Pat McMahon

STATE QUALIFIERS: Pat McMahon, Mitch Rees, Derek Hevel, Jimmy Panozzo, Mike Von Borstel, Pat Letz, Kevin O'Flaherty, Chris Hogan

State Meet Qualifying Teams:

1976, 1977, 1980, 1981, 1994, 1995, 1996, 1998, 1999, 2000, 2001, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011

Top Ten State Finishes:

1977—8th
1981—4th
2005—8th
2006—4th
2010—10th
2011—7th

IHSA Individual All-Staters:

Reed Williams: 22nd (1957), 16th (1958)
Bob Hicks: 13th (1975), 12th (1976)
Tom Graves: 3rd (1975), 1st (1976), 1st (1977)
Dan Hahn: 13th (1982)
Steve Kaye: 24th (1982)
Andy Homoly: 22nd (1986), 13th (1987)
Aaron Borling: 22nd (1994)
Jeremy Borling: 18th (1997)
Brian Glaza: 23rd (2003)
Justin Smith: 19th (2005)
Kevin Adamowski: 19th (2006)
Zach Dahleen: 7th (2008)
Lukas Verzbicas: 1st (2009), 1st (2010)

IHSA Regional Titles:

1976, 1981, 1994, 1995, 1996, 1999, 2000, 2001, 2002, 2004, 2005, 2006, 2007, 2008, 2009, 2011

IHSA Sectional Titles:

1976, 1994, 2001, 2005, 2006, 2007

Conference Titles:

1974, 1975, 1976, 1977, 1978, 1979, 1981, 1991, 1993, 1994, 2000, 2004, 2005, 2006, 2007, 2008, 2010, 2011

Varsity Individual Conference Champions:

Hicks/Graves	1975	Aaron Borling	1994
Bob Hicks	1976	Kevin Adamowski	2004
Tom Graves	1977	Kevin Adamowski	2005
Mike Keane	1978	Kevin Adamowski	2006
Dan Hahn	1982	Zach Dahleen	2007
Andy Homoly	1987	Zach Dahleen	2008
Mike Sommer	1991	Lukas Verzbicas	2009
Brian Breen	1992	Lukas Verzbicas	2010
Steve Rains	1993	Pat McMahan	2011

Sub 15:30 Club—Sandburg All Time Detweiller Park Performances

1. Lukas Verzbicas	13:53	2010 state meet
2. Tom Graves	13:56.6	1977 state meet
3. Lukas Verzbicas	14:07	2009 state meet
4. Tom Graves	14:08.5	1976 state meet
5. Tom Graves	14:18	1975 state meet
6. Bob Hicks	14:30	1976 state meet
7. Zach Dahleen	14:33	2008 state meet
8. Bob Hicks	14:38	1975 state meet
9. Zach Dahleen	14:39	2007 PND
10. Kevin Adamowski	14:43.4	2006 state meet
11. Zach Dahleen	14:44	2008 PND
12. Justin Smith	14:46	2005 state meet
13. Kevin Adamowski	14:47	2005 PND
14. Andy Homoly	14:48	1987 state meet
15. Dan Hahn	14:50	1982 state meet
16. Mike Marbach	14:51	2007 PND
17. Tim Close	14:51	1973 state meet
18. Tom Sideras	14:54.0	2006 state meet
19. Andy Homoly	14:54	1986 state meet
20. Jeremy Borling	14:55	1997 state meet
21. Pat McMahon	14:57	2011 PCI
22. Brian Glaza	14:57	2003 state meet
23. Jeremy Borling	14:57	1997 PND
24. Mitch Rees	15:00	2010 state meet
25. Pat McMahon	15:02	2011 PND
26. Mike Marbach	15:02	2007 state meet
27. Steve Kaye	15:02	1981 state meet
28. Brad LaRocque	15:05	2005 state meet
29. Tim Kelly	15:05	2001 PND
30. Pat McMahon	15:05	2011 state meet
31. Dan Hahn	15:06	1981 state meet
32. Mike Choffin	15:06	1977 state meet)
33. Justin Smith	15:08.4	2006 state meet
34. Brad LaRocque	15:08.4	2006 state meet
35. Kevin Adamowski	15:08	2005 state meet
36. George Close	15:10	1981 state meet
37. Brad LaRocque	15:11	2005 PND
38. Kevin Adamowski	15:12	2004 PND
39. Dave Laird	15:12	2000 state meet
40. Bob Patchak	15:12	1997 state meet
41. Mike Keane	15:13	1977 state meet
42. Derek Hevel	15:15	2010 PND
43. Tom Sideras	15:15	2006 PND
44. Jeff Parker	15:16	1980 state meet
45. Tim Kelly	15:16	2002 state meet
46. Elliot Hevel	15:19	2008 PND
47. Kyle Meyer	15:19	2009 PND
48. Kevin Adamowski	15:20	2006 PND
49. Tom Sideras	15:21	2005 PND
50. Pat McMahon	15:22	2010 PCI
51. Pat McMahon	15:24	2010 state meet
52. Mike Tortorelli	15:24	2009 PND
53. Mitch Rees	15:25	2010 PND
54. Matt Swiatkowski	15:25	2001 PND
55. Mitch Rees	15:26	2011 state meet
56. Derek Hevel	15:27	2011 state meet
57. Jimmy Panozzo	15:27	2011 state meet
58. Justin Smith	15:27	2006 PND
59. Jeremy Borling	15:27	1996 PND
60. Mike Von Borstel	15:28	2011 state meet
61. Mike Tortorelli	15:28	2010 state meet
62. Bob Patchak	15:28	1997 PND
63. Tim Kelly	15:28	2002 PND
64. Mike Marbach	15:29.1	2006 state meet
65. Zach Dahleen	15:29	2007 state meet
66. Kyle Meyer	15:30	2007 PND

Sandburg State Meet History

1958:

Reed Williams 16th

1967

Bill Reeves

1970

David Gavin 42nd

1971

David Gavin 60th

1975

Tom Graves 3rd 14:18

Bob Hicks 13th 14:38

1976—12th Place (356 points)

Tom Graves 1st 14:08.8

Bob Hicks 12th 14:30

Mike Choffin 134th NT

Mike Keane 139th NT

Tom Smith 151st NT

Dale Michalak 158th NT

Jim Sunta 209th NT

1977—8th Place (286 points)

Tom Graves 1st 13:56.6*

Mike Choffin 47th 15:06

Mike Keane 58th 15:13

Tom Smith 130th 15:42

Jim Hahn 139th 15:46

Roy Hahn 156th NT

Jim Sunta 183rd NT

Composite five runner time: 75:43

1980—21st (487 points)

Jeff Parker 62nd 15:16

George Close 133rd 15:44

Steve Kaye 141st 15:51

Jeff Curtis 145th 15:56

Bob Hahn 157th 16:03

Dan Hahn 170th 16:08

Gary Griesbach 173rd 16:09

Composite five runner time: 78:50

1981—4th (248 points)

Steve Kaye 24th 15:02

Dan Hahn 31st 15:06

George Close 38th 15:10

Mike Murphy 120th 15:45

Jeff Curtis 137th 15:49

Matt Close 177th 16:08

John Sengel 195th 16:23

Composite five runner time: 76:52

1982

Dan Hahn 13th 14:50

1986

Andy Homoly 22nd 14:54

1987

Andy Homoly 13th 14:48

1990

Mike Sommer 70th 15:52

1991

Mike Sommer DNR

1992

Brian Breen 56th 15:42

1994—11th place (304 points)

Aaron Borling 22nd 15:33

Jason Kut 78th 16:12

Jeff Boele 92nd 16:17

Kevin Czerwicz 102nd 16:24

Jesse Torres 141st 16:42

Steve Rains 165th 16:55

Jim O'Malley 187th 17:10

Composite five runner time: 82:27

1995—11th place (338 points)

Jason Kut	64 th	15:33
Jeremy Borling	76 th	15:43
Jeff Boele	79 th	15:45
Rudy Kovachevich	122 nd	16:03
Mike LaMorte	128 th	16:06
Kevin Czerwiec	138 th	16:12
Jesse Torres	157 th	16:18

Composite five runner time: 79:10**1996—13th place (343 points)**

Jeremy Borling	49 th	15:27
Kevin Czerwiec	62 nd	15:36
Bob Patchak	71 st	15:43
Mike O'Malley	132 nd	16:08
Eric Boele	143 rd	16:12
Rudy Kovachevich	158 th	16:20
Mike McCarty	173 rd	16:32

Composite five-runner time: 79:06**1997**

Jeremy Borling	18 th	14:55
Bob Patchak	37 th	15:12

1998—15th place (427 points)

Bob Patchak	79 th	15:38
Jason Pochopien	96 th	15:45
Nick LaPorta	124 th	15:56
Dave Laird	135 th	16:00
Mike O'Malley	146 th	16:07
Derek Breube	188 th	16:28
Ken Kehl	227 th	17:36

Composite five runner time: 79:26**1999—15th place (412 points)**

Dave Laird	56 th	15:31
Nick LaPorta	75 th	15:40
Matt Swiatkowski	112 th	16:01
Ken Kehl	147 th	16:17
Derek Berube	167 th	16:24
Harry O'Halloran	172 nd	16:26
Alan Woodruff	200 th	16:54

Composite five runner time: 81:11**2000—23rd place (412 points)**

Dave Laird	42 nd	15:12
Ken Kehl	125 th	15:57
Dan Hankosky	153 rd	16:11
Mark Gentile	159 th	16:13
Jim Wojcik	176 th	16:27
Tim Kelly	188 th	16:37
Dan Weakley	198 th	16:46

Composite five runner times: 81:18**2001—16th place (392 points)**

Jim Wojcik	56 th	15:31
Tim Kelly	60 th	15:32
Matt Swiatkowski	73 rd	15:41
Kevin O'Malley	178 th	16:21
Dan Hankosky	182 nd	16:22
Pat Crowe	246 th	17:12
Colin Nolan	260 th	17:53

Composite five runner time: 80:44**2002**

Tim Kelly	35 th	15:16
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2003—16th place (413 points)

Brian Glaza	23 rd	14:57
Kevin Adamowski	90 th	15:34
Brad LaRocque	100 th	15:37
Rob Murphy	152 nd	15:57
Colin Nolan	182 nd	16:08
Anthony Girton	210 th	16:25
Jake Gerdes	222 nd	16:39

Composite five runner time: 78:13**2004—19th place (482 points)**

Brad LaRocque	84 th	15:52.3
Kevin Adamowski	85 th	15:52.3
Justin Smith	119 th	16:04.7
Myles Scott-Stirn	162 nd	16:23.0
Anthony Girton	184 th	16:31.5
Chuck Archer	187 th	16:32.8
Mike Young	226 th	16:53.9

Composite five runner time: 80:42

2005—8th place (260 points)

Justin Smith	19 th	14:46
Brad LaRocque	41 st	15:05
Kevin Adamowski	49 th	15:08
Tom Sideras	111 th	15:39
Mike Marbach	155 th	15:58
Mike Young	193 rd	16:13
Chuck Archer	223 rd	16:30

Composite five runner time: 76: 36**2006—4th place (184 points)**

Kevin Adamowski	19 th	14:43.4
Tom Sideras	31 st	14:54.0
Justin Smith	55 th	15:08.4
Brad LaRocque	56 th	15:08.4
Mike Marbach	106 th	15:29.1
Chuck Archer	193 rd	16:06.3
Mike Young	207 th	16:14.0

Composite five runner time: 75:22**2007—12th place (332 points)**

Mike Marbach	33 rd	15:02
Zach Dahleen	68 th	15:29
Kyle Meyer	101 st	15:49
Elliot Hevel	116 th	15:59
Kyle McNicholas	125 th	16:05
Dennis O'Flaherty	157 th	16:43
Corey Puckett	158 th	16:45

Composite five runner time: 78:24**2008—21st place (461 points)**

Zach Dahleen	7 th	14:33
Kyle Meyer	85 th	15:32
Elliot Hevel	143 rd	15:56
Mike Tortorelli	146 th	15:57
Dennis O'Flaherty	196 th	16:31
Chris Koutavas	201 st	16:40
Kyle McNicholas	205 th	16:59

Composite five runner time: 78:28**2009—19th place (414 points)**

Lukas Verzbicas	1 st	14:07
Mike Tortorelli	84 th	15:41
Pat McMahan	128 th	15:56
Mitch Rees	149 th	16:04
Alex Kordas	159 th	16:12
Thomas Kohs	209 th	17:21
Kyle Meyer	DNF	

Composite five runner time: 78:00**2010—10th place (304 points)**

Lukas Verzbicas	1 st	13:53
Mitch Rees	48 th	15:00
Pat McMahan	105 th	15:24
Mike Tortorelli	114 th	15:27
Derek Hevel	132 nd	15:36
Alex Kordas	166 th	15:56
Jimmy Panozzo	174 th	15:59

Composite five runner time: 75:18**2011—7th place (263 points)**

Pat McMahan	32 nd	15:05
Mitch Rees	76 th	15:26
Derek Hevel	79 th	15:27
Jimmy Panozzo	83 rd	15:27
Mike Von Borstel	85 th	15:28
Pat Letz	104 th	15:35
Kevin O'Flaherty	169 th	16:05

Composite five runner time: 76:53

Sandburg
CROSS COUNTRY

CSHS SCHOOL RECORDS

All-Time Fastest Teams (five-runner composite):

1. 2010 (Verzbicas-Rees-McMahon-Tortorelli-D. Hevel)	State	75:18
2. 2006 (Adamowski-Sideras-Smith-LaRocque-Marbach)	State	75:22
3. 1977 (Graves-Choffin-Keane-T. Smith-J. Hahn)	State	75:43
4. 2007 (Dahleen-Marbach-Meyer-McNicholas-Hevel)	PND	76:26
5. 2005 (Smith-LaRocque-Adamowski-Sideras-Marbach)	State	76:36
6. 2005 (Adamowski-LaRocque-Sideras-Smith-Archer)	PND	76:47
7. 1981 (Kaye-D. Hahn-Close-Murphy-Curtis)	State	76:52
8. 2011 (McMahon-Rees-D Hevel-Panozzo-Von Borstel)	State	76:53
9. 2008 (Dahleen-Hevel-McNicholas-Meyer-Tortorelli)	PND	77:16
10. 2011 (McMahon-Hevel-Rees-Von Borstel-Letz)	PCI	77:29
11. 2006 (Sideras-Adamowski-Smith-Archer-Marbach)	PND	77:40
12. 2001 (Kelly-Swiatkowski-K. O'Malley-Wojcik-Hankosky)	PND	77:54
13. 2009 (Verzbicas-Tortorelli-McMahon-Rees-Kordas)	State	78:00
14. 2003 (Glaza-Adamowski-LaRocque-Murphy-Nolan)	State	78:13
15. 2010 (D. Hevel-Rees-McMahon-Kordas-Tortorelli)	PND	78:14
16. 2007 (Marbach-Dahleen-Meyer-Hevel-McNicholas)	State	78:24
17. 1997 (Borling-Patchak-E. Boele-M. O'Malley-Pochopien)	PND	78:27
18. 2008 (Dahleen-Meyer-Hevel-Tortorelli-D. O'Flaherty)	State	78:28
19. 2011 (McMahon-Letz-Hogan-Panozzo-Graves)	PND	78:30
20. 1980 (Parker-Close-Kaye-Curtis-B. Hahn)	State	78:50



SANDBURG
CROSS COUNTRY

Sandburg: Detweiller Park Top 25 All-Time Runners

1. Lukas Verzbicas	13:53	2010 state meet
2. Tom Graves	13:56.6*	1977 state meet
3. Bob Hicks	14:30	1976 state meet
4. Zach Dahleen	14:33	2008 state meet
5. Kevin Adamowski	14:43.4	2006 state meet
6. Justin Smith	14:46	2005 state meet
7. Andy Homoly	14:48	1987 state meet
8. Dan Hahn	14:50	1982 state meet
9. Mike Marbach	14:51	2007 PND
10. Tim Close	14:51	1973 state meet
11. Tom Sideras	14:54.0	2006 state meet
12. Jeremy Borling	14:55	1997 state meet
13. Brian Glaza	14:57	2003 state meet
14. Pat McMahon	14:57	2011 PCI
15. Mitch Rees	15:00	2010 state meet
16. Steve Kaye	15:02	1981 state meet
17. Brad LaRocque	15:05	2005 state meet
18. Tim Kelly	15:05	2001 PND
19. Mike Choffin	15:06	1977 state meet
20. George Close	15:10	1981 state meet
21. Dave Laird	15:12	2000 state meet
22. Bob Patchak	15:12	1997 state meet
23. Mike Keane	15:13	1977 state meet
24. Derek Hevel	15:15	2010 PND
25. Jeff Parker	15:16	1980 state meet

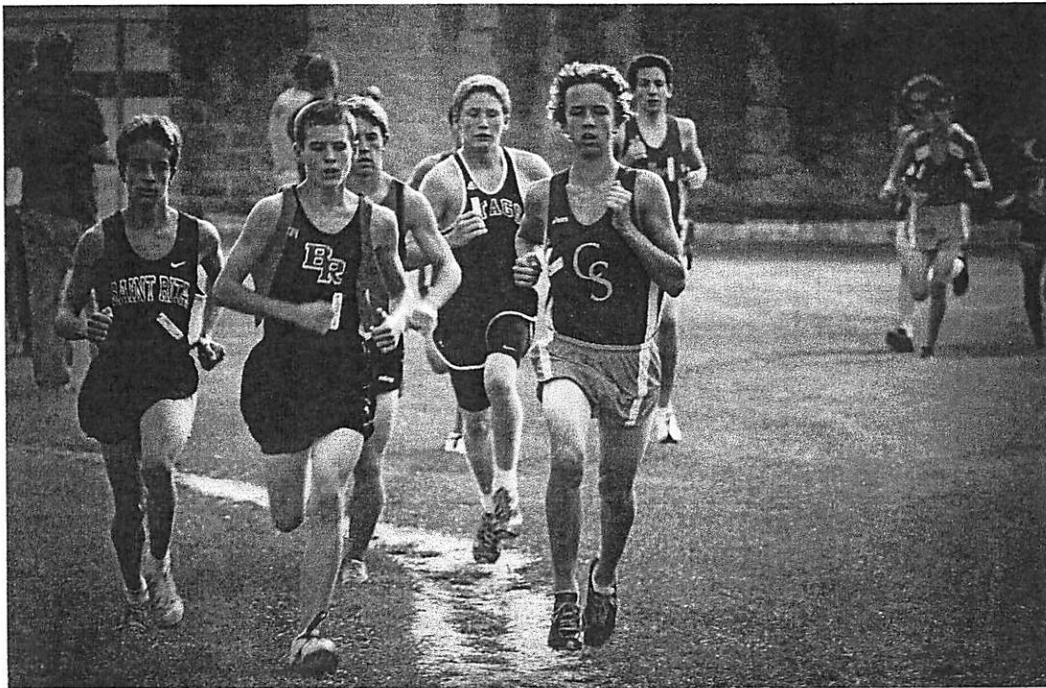
F/S Best Performances—Detweiller Park

Sub 16:30 Club

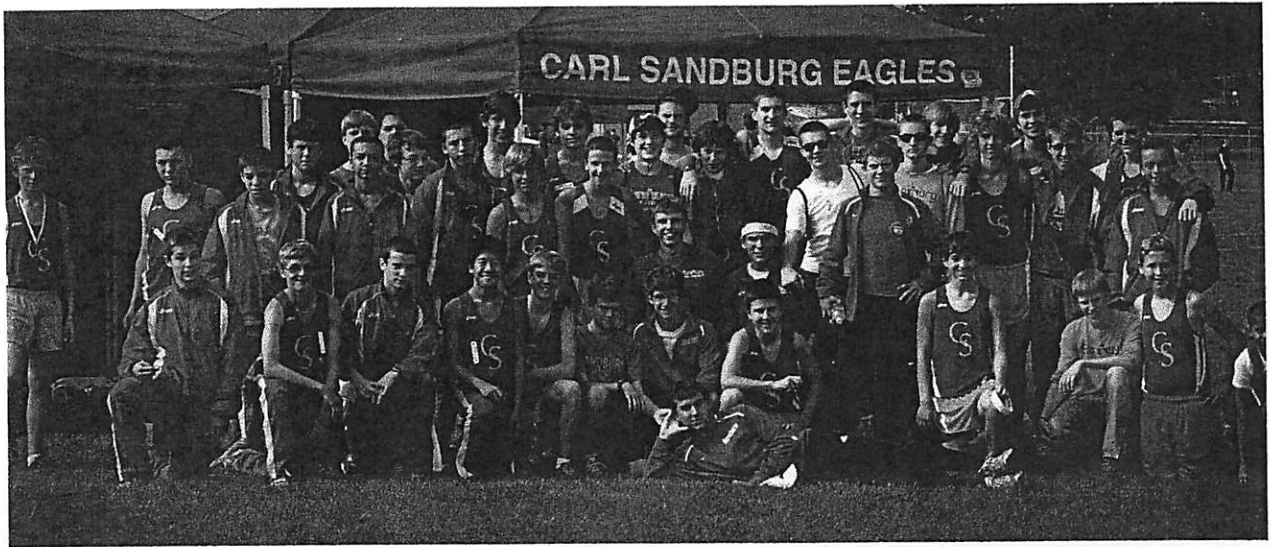
1. Lukas Verzbicas (So.)—14:07 (2009 state meet)
2. Tom Graves (So.)—14:18 (1975 state meet)
3. Kevin Adamowski(So.)—15:12 (2004 PND)
4. Pat McMahon (So.)—15:22 (2010 PCI)
5. Pat McMahon (So.)—15:24 (2010 state meet)
6. Kyle Meyer (So.)—15:30 (2007 PND)
7. Kevin Adamowski (Fr)—15:34 (2003 state meet)
8. Brad LaRocque (Fr.)—15:37 (2003 state meet)
9. Mark Gentile (So.)—15:41 (2000 PND)
10. Jeremy Borling(So.)—15:43 (1995 state meet)
11. Bob Patchak(So.)—15:43 (1996 state meet)
12. Brad LaRocque(So.)—15:52.0 (2004 state meet)
13. Kevin Adamowski (So.)—15:52.0 (2004 state meet)
14. Mike Tortorelli (So.)—15:52 92008 PND)
15. Brad LaRocque (So.)—15:53.0 (2004 PND)
16. Kevin O’Flaherty (So.)—15:54 (2009 PND)
17. Pat McMahon (Fr.)—15:56 (2009 state meet)
18. Nick LaPorta (So.)—15:56 (1998 state meet)
19. Mike Tortorelli (So.)—15:57 (2008 state meet)
20. Mike Marbach (So.)—15:58 (2005 state meet)
21. Justin Smith (So.)—16:00 (2004 PND)
22. Matt Swiatkowski (So.)—16:01 (1999 state meet)
23. Rudy Kovachevich(So.)—16:03 (1995 state meet)
24. Mitch Rees (So.)—16:04 (2009 state meet)
25. Kevin Adamowski (Fr)—16:04 (2003 PND)
26. Zach Dahleen (So)—16:04 (2006 PND)
27. Justin Smith (So.)—16:04.7 (2004 state meet)
28. Mike O’Malley (So.)—16:08 (1996 state meet)
29. Dan Hahn(So.)—16:08 (1980 state meet)
30. Mike O’Malley (So.)—16:09 (1996 PND)
31. Bob Patchak (So.)—16:10 (1996 PND)
32. Myles Scott-Sirn (Fr.)—16:10 (2004 PND)
33. Tim Kelly(So.)—16:10 (2000 PND)
34. Dan Hankosky (So.)—16:11 (2000 state meet)
35. Jimmy Panozzo (So.)—16:11 (2009 PND)
36. Matt Swiatkowski—16:13 (1999 PND)
37. Mark Gentile (So.)—16:13 (2000 state meet)
38. Mike Young (So.)—16:14 (2004 PND)
39. David Laird (Fr.)—16:14 (1997 PND)
40. Brad LaRocque (Fr.)—16:16 (2003 PND)
41. Kyle McNicholas (So.)—16:20 (2006 PND)
42. Dan Hankosky (So.)—16:20 (2000 PND)
43. Nick LaPorta (Fr.)—16:21 (1997 PND)
44. **Adam Gleisner (So)—16:22 (2011 PND)**
45. Chuck Archer (So.)—16:22 (2004 PND)
46. Myles Scott-Stirn (Fr.)—16:23.0 (2004 state meet)
47. Kevin Czerwiec(So.)—16:24 (1994 state meet)
48. Derek Hevel (So.)—16:24 (2009 state meet alt. race)
49. Anthony Girton (Fr.)—16:25 (2003 state meet)
50. Aaron Graves (So.)—16:26 (2010 PND)
51. Ethan Dee (So.)—16:29 (2010 PND)
52. Pat Letz (So.)—16:29 (2010 PND)
53. Jason Pochopien (So.)—16:29 (1996 PND)

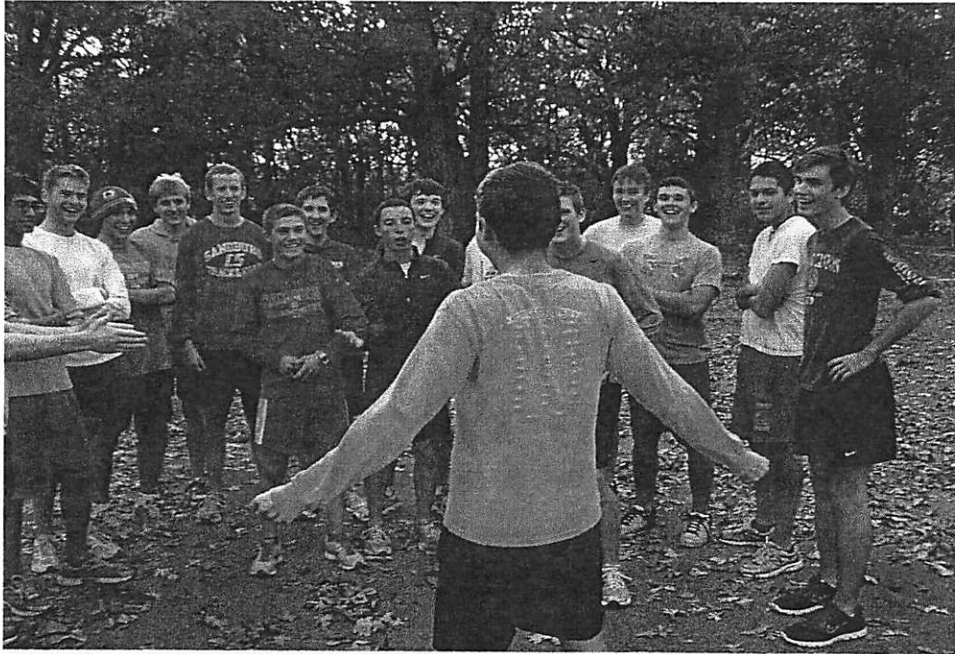
Top Ten Fastest F/S Runners (Detweiller Park):

1. Lukas Verzbicas (So.)—14:07 (2009 state meet)
2. Tom Graves (So.)—14:18 (1975 state meet)
3. Kevin Adamowski (So.)—15:12 (2004 PND)
4. Pat McMahon (So.)—15:22 (2010 PND)
5. Kyle Meyer (So.)—15:30 (2007 PND)
6. Brad LaRocque (Fr.)—15:37 (2003 state meet)
7. Mark Gentile (So.)—15:41 (2000 PND)
8. Jeremy Borling (So.)—15:43 (1995 state meet)
9. Bob Patchak (So.)—15:43 (1996 state meet)
10. Mike Tortorelli (So.)—15:52 (2008 PND)
11. Nick LaPorta (So.)—15:56 (1998 state meet)
12. Mike Marbach (So.)—15:58 (2005 state meet)











NEWS AND NOTES

Time Trial

Saturday, August, 20, 2011

High 70's, dead calm, overcast, humid

COACH'S COMMENTS:

I always say that there is no excuse for lack of improvement, which is why I am so thrilled to see the big time drops from last year. With only a few exceptions we improved significantly. Keep this theme in mind because the way we are training we will only see more and more of this type or improvement in the coming months, right on into the final week of the season. Also, I hope the freshmen take a look at where some of these guys were a year ago and realize that they can make similar improvements if they choose to work hard.

Pat McMahon led the way for the team with (about) the fastest time (Adamowski—15:56) other than Lukas, in time trial history. That is a fine history—Adamowski, Dahleen, Marbach, Smith, etc. Lots of All-Staters and sub 15:00 guys. KO didn't have a great race, but I have a feeling he is going to run much better when he isn't so fatigued from the world class training he is doing right now. NO one in the state is training as hard as he is. Once we allow him to feel good, he is going to go lights out. The pack that followed was as tight as it can be. We needed the video camera review to figure it all out. That's great and we hope out of that group some guys decide that making the top seven is not good enough and that, really, they want to run down KO and Doc. Ethan Dee made me smile at the two-mile mark. While I waited to see who would be leading the group, Ethan emerged from around the bend, I just smiled, knowing how much hard work, passion, and *poise* Ethan has demonstrated in three years. He is as veteran as they come. I'd take him over any senior on any other team than ours. Chris Hogan's improvement continues to be astounding, but what I love is that it is not nearly enough for him. It is exciting what that pack—Graves, Hogan, Dee, Letz, Butera, Altman, Fornaris—will be able to do. Meanwhile, look at Pat Birk—what improvement. But I have a feeling he is going make a top seven impact before too long. (According to The Pack, they took a detour at the top of the hill. Let us assume that it took 6 second to get from the turn to the meeting point on the ridge. PAY ATTENTION!! Know where you are running, your game plan, what you are doing next, etc. Don't EVER let someone else determine your course of action. YOU DECIDE! Be a master of your race.) The Sawyers boys and Lifonti need to get back to work in order to make some improvements happen. We need to see that *hunger* to improve. They are close. Hopefully we'll turn the corner soon. I know those guys are better than that—I see all three of them as sub 16:00 guys and more like mid-15's, but that doesn't matter—what do they see themselves as? The F/S team put together a really strong team with Gleisner leading the way and Justin Adams having one of the best races of the day. With some freshmen—Biezcke, Lopez—filling in to add to Becker's race, it is exciting to see that we have a good shot at defending our SWSC undefeated record (we have *never* lost a SWSC race on the F/S level). Joe Licata showed that he has true potential in this sport. I am hoping to see him put more effort into the early stages of the race and figure out the 3-mile race in the coming weeks. I think he can be one of our very best runners if he has enough desire to be there. Pat Biezcke ran a heck of a race, leading the freshmen to a solid opening race. He has a future in this sport in a big way if he commits to our training fully. I expect a huge future for him. Chris Mangold had an amazing improvement, dropping for certain four minutes from last year. I am so proud of his improvement and I know he had a shot at breaking 20:00 this year!!! Aaron Spengler dropped a full seven minutes from last year!

I'd like to say something about how we handle guys running in meets. First of all, there is no set top 7 or any spot. There will be times we move guys around simply to put them in different situations. I believe strongly in finding and creating opportunities. From those opportunities we learn a great deal about those runners. This is the same philosophy I took in track, moving guys in and out of spots until we felt good about the opportunities that were made for runners. Let me say this: 1. You have to earn that opportunity. I'm not going to give it to someone who hasn't earned it. 2. Once you get the opportunity you better take advantage of it. This brings me to my last point: anyone who has not demonstrated in practice that they are ready, both mentally and physically, to race will not race. While everyone has a different ability level, there is no excuse for lack of improvement, lack of hard work, or lack of competitive toughness. EVERYONE needs to be committed to excellence or they will not put on the jersey. When you put on the jersey, you've earned it. Be honored. It's a privilege.

I couldn't help but leave Turtlehead Saturday excited about the season and the work that lay ahead. We are going to continue to focus on our process goals of achieving our expectations of excellence: family, passion, communication, self-management/attention to detail, leadership, poise/focus/patience, confidence, depth, and accountability/responsibility. If we focus on this stuff, we'll be the best team in the country. In the first two weeks of the season, we've seen that these characteristics were well-chosen—these are the things we need right now. They will be the things we need when we go to Lyons to compete, when we go to Peoria, when we win SWSC and when we win state.

TIDBITS: >>Big Brother begins this week >>Warmups will be handed out at Saturday's practice. >>You are responsible for blow pops. If you lose them, have them stolen, etc. it is still your responsibility. \$75 due by Lyons.

THANK YOU TO THE PARENTS AND RUNNERS FOR THE WONDERFUL PICNIC ON SATURDAY!!!

WHAT'S NEXT: Lyons Invite is our first invite in two weeks (9/3) and we have the Pre-SWSC meet next Tuesday, 8/30.

Results:

Time '10 Time Trial

	<u>Time</u>	<u>'10 Time Trial</u>		<u>Time</u>	<u>'10 Time Trial</u>
1. Pat McMahon	15:57	16:47	33. Greg Burzinski	20:11	NT
2. Kevin O'Flaherty	16:19	NT	34. Alec Altman	20:29	NT
3. Ethan Dee	16:54	17:33	35. Ryan Poe	20:31	23:07
4. Zach Butera	16:55	NT	36. Connor Crouse	20:31	21:21
5. Pat Letz	16:55	17:39	37. John Stefik	20:48	NT
6. Ryan Altman	16:55	18:00	38. John Walls	21:03	25:05
7. Chris Hogan	16:55	18:29	39. Josh Poulos	21:11	NT
8. Aaron Graves	16:55	17:32	40. Will Becker	21:27	21:22
9. Colin Fornaris	16:57	17:26	41. Connor Brown	21:27	NT
10. Pat Birk	17:07	18:12	42. Cory Jehle	21:36	NT
11. Mike Sawyers	17:21	17:20	43. Nick Depesa	22:05	23:11
12. Dominic Lifonti	17:49	17:43	44. Ryan Walsh	22:08	24:13
13. Tim Conwell	17:50	NT	45. David Gleisner	22:29	NT
14. Adam Gleisner	17:53	19:38	46. Joe Faro	22:30	NT
15. Jimmy Panozzo	18:04	16:25	47. Mike Brower II	22:30	NT
16. Matt Sawyers	18:15	17:39	48. Jack Wei	22:54	NT
17. Bill Seizckowski	18:15	18:43	49. Chris Mangold	23:09	26:52*
18. Justin Adams	18:17	22:18	50. Matt Benz-Weeden	23:10	NT
19. Zach Struzik	18:26	19:00	51. Brady Walter	23:33	NT
20. Tom Brennan	18:28	NT	52. Brian DeWolf	23:43	NT
21. Nicholas Prajka	18:44	19:22	53. Joel Sanchez	23:53	NT
22. Sean Torpy	18:54	NT	54. Jacob Kwiatt	23:55	NT
23. Harry Becker	19:14	NT	55. Zach Lacien	24:56	NT
24. Pat Biezcke	19:14	NT	56. Brandon Calderon	25:10	NT
25. Mario Lopez	19:14	NT	57. Kyle Lahucik	25:24	NT
26. Aaron Spengler	19:23	26:14	58. Scott Mooney	25:34	NT
27. Joe Licata	19:25	NT	59. Joe Llereza	27:12	NT
28. Brennen Stenson	19:26	24:11	60. John Marky	27:18	NT
29. Isaac Lopera	19:38	NT	61. Sean Cavanaugh	27:18	NT
30. Pat Lim	19:46	21:08	62. Mark Macak	27:24	NT
31. Matt O'Neall	19:47	20:54	63. Eric Cocanig	27:56	NT
32. Luke Vanderkrabben	19:47	21:36	64. Brian McMahon	29:41	NT

*Missed going around danger sign last year

** Jacob Mackey only two laps

Team Places: 1. Yellow Snow—66 2. Sunburn on a Cloudy Day Pink—82 3. Can't Catch Me Copper—83 4. Gang Green—105 5. Salmon Nilla—108 6. Ebony and Ivory—121 7. Plum Crazy—127





SANDBURG
CROSS COUNTRY

Pre-SWSC

Tuesday, August 30, 2011

Joliet Channahon Park

Beautiful, calm, sunny 78

Varsity:

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>Place</u>	<u>Place</u>	<u>Time</u>	<u>Time</u>
<u>Back</u>						
1	378	Kevin O'Flaherty	5	5	16:38.3	16:38.3
2	376	Patrick McMahon	6	11	16:40.9	33:19.3
3	331	Ryan Altman	35	46	18:00.3	51:19.7
4	385	Matthew Sawyers	36	82	18:00.8	1:09:20.6
5	363	Patrick Letz	37	119	18:01.2	1:27:21.8
6	379	Jimmy Panozzo	38	157	18:01.7	1:45:23.5
7	353	Aaron Graves	39	196	18:02.0	2:03:25.6
8	357	Chris Hogan	More Than	7	18:02.4	2:21:28.1
9	340	Zach Butera	More Than	7	18:02.8	2:39:30.9
10	346	Ethan Dee	More Than	7	18:03.1	2:57:34.1
11	386	Michael Sawyers	More Than	7	18:03.5	3:15:37.7
12	336	Patrick Birk	More Than	7	18:04.3	3:33:42.0
13	351	Colin Fornaris	More Than	7	18:05.1	3:51:47.1
14	388	Bill Sieczkowski	More Than	7	18:05.5	4:09:52.6
15	343	Timothy Conwell	More Than	7	18:05.9	4:27:58.5
16	366	Dominic Lifonti	More Than	7	18:06.7	4:46:05.2
17	396	Michael Von Borstel	More Than	7	18:08.3	5:04:13.6
18	394	Zachary Struzik	More Than	7	19:00.1	5:23:13.8
19	390	Aaron Spengler	More Than	7	19:41.0	5:42:54.8
20	365	Joe Licata	More Than	7	19:41.6	6:02:36.4
21	369	Isaac Lopera	More Than	7	19:42.0	6:22:18.5
22	382	Nicholas Prajka	More Than	7	19:42.5	6:42:01.0
23	393	Brennan Stenson	More Than	7	19:43.0	7:01:44.0
24	358	Cory Jehle	More Than	7	20:08.1	7:21:52.1
25	367	Patrick Lim	More Than	7	20:33.7	7:42:25.8
26	398	Ryan Walsh	More Than	7	21:45.0	8:04:10.8
27	395	Luke Vanderkrabben	More Than	7	22:21.5	8:26:32.4
28	349	Joseph Faro	More Than	7	22:44.8	8:49:17.3
29	360	Zach Lacion	More Than	7	22:45.3	9:12:02.7
30	341	Brandon Calderon	More Than	7	24:02.2	9:36:04.9

Sophomore

<u>Place</u>	<u>Bib No</u>	<u>Name</u>	<u>Place</u>	<u>Place</u>	<u>Time</u>	<u>Time</u>
<u>Back</u>						
1	330	Alec Altman	37	37	18:44.9	18:44.9
2	335	Patrick Bieszke	38	75	18:51.0	37:36.0
3	352	Adam Gleisner	39	114	18:52.7	56:28.7
4	329	Justin Adams	41	155	18:56.4	1:15:25.2
5	339	Greg Burzinski	43	198	19:08.3	1:34:33.6
6	370	Mario Lopez	47	245	19:20.4	1:53:54.0
7	333	Will Becker	61	306	20:12.1	2:14:06.1
8	337	Mike Brower	More Than	7	20:12.8	2:34:19.0
9	373	Chris Mangold	More Than	7	20:14.1	2:54:33.1
10	380	Ryan Poe	More Than	7	20:15.9	3:14:49.1
11	397	John Walls	More Than	7	20:36.5	3:35:25.6
12	391	John Stefik	More Than	7	20:41.5	3:56:07.2
13	347	Nick Depesa	More Than	7	20:42.1	4:16:49.4
14	345	Connor Crouse	More Than	7	20:56.0	4:37:45.4
15	334	Matt Benz-Weeden	More Than	7	20:59.5	4:58:45.0
16	338	Connor Brown	More Than	7	21:02.9	5:19:48.0
17	381	Josh Poulos	More Than	7	21:23.0	5:41:11.1
18	400	Jack Wei	More Than	7	21:42.0	6:02:53.1
19	374	John Markey	More Than	7	22:09.3	6:25:02.5
20	399	Brady Walter	More Than	7	22:13.0	6:47:15.5
21	368	Joe Llereza	More Than	7	22:16.0	7:09:31.6
22	354	Alfonso Cerna	More Than	7	22:31.8	7:32:03.5
23	377	Scott Mooney	More Than	7	23:26.3	7:55:29.8
24	342	David Grimaldel	More Than	7	23:33.6	8:19:03.4
25	384	Joel Sanchez	More Than	7	23:36.3	8:42:39.7
26	362	Kyle Lahucik	More Than	7	24:04.6	9:06:44.3
27	359	Jacob Kwiat	More Than	7	24:48.8	9:31:33.1
28	372	Jacob MacKey	More Than	7	24:54.8	9:56:27.9
29	350	Jimmy Foley	More Than	7	25:48.0	10:22:16.0
30	356	Michael Hoffman	More Than	7	26:18.4	10:48:34.4
31	371	Mark MacAk	More Than	7	26:54.2	11:15:28.7
32	375	Brian McMahon	More Than	7	27:38.5	11:43:07.3
33	348	Geronimo Ruiz	More Than	7	30:20.3	12:13:27.6

Lions Pride Invite 2011 - 9/3/2011

Lyons Township
Rankings

Event 2 Boys 4800 Meter Run CC JV Boys

Name	Year School	Finals	Points
87 Unknown		20:20.86	
158 Unknown		25:15.29	
1 Hauser, Kyle	Marist	16:07.01	1
2 Callahan, Liam	Lyons Township	16:08.07	2
3 Carlson, Zach	Lyons Township	16:20.65	3
4 Smith, Grant	Lyons Township	16:24.91	4
5 Foley, Dan	Lyons Township	16:33.96	5
6 Panozzo, Jimmy	Sandburg	16:37.62	6
7 Sawyers, Matthew	Sandburg	16:41.84	7
8 Hogan, Chris	Sandburg	16:42.38	8
9 Miklosz, Dan	Lyons Township	16:50.09	9
10 Fornaris, Colin	Sandburg	17:01.17	10
11 Von Borstel, Michael	Sandburg	17:06.90	11
12 Sawyers, Michael	Sandburg	17:11.52	12
13 Sieczkowski, Bill	Sandburg	17:14.83	13
14 Para, Christopher	Stagg	17:16.21	
15 Valdes, Gabe	Lyons Township	17:16.59	14
16 Ciucci, Sam	Downers Grove South	17:20.16	15
17 Roberston, Sean	Lyons Township	17:21.02	16
18 White, PJ	Downers Grove South	17:22.26	17
19 Delaney, Connor	Lyons Township	17:24.81	
20 Schmid, Peter	Downers Grove South	17:26.21	18
21 Popper, Matt	Maine South	17:27.81	19
22 Mangan, Jimmy	Maine South	17:30.36	20
23 Struzik, Zachary	Sandburg	17:34.64	
24 Regan, Colin	Lyons Township	17:36.03	
25 Lifonti, Dominic	Sandburg	17:38.05	
26 Conwell, Timothy	Sandburg	17:39.71	
27 Shaskevich, Anthony	Marist	17:43.87	21
28 Licata, Joe	Sandburg	17:45.44	
29 Melerski, Ryan	Maine South	17:46.76	22
30 Ghosh, Amal	Downers Grove South	17:51.94	23
31 Ziolkowski, Luke	Lyons Township	17:52.49	
32 Reeter, Dan	Downers Grove South	17:55.08	24
33 Spengler, Aaron	Sandburg	17:57.73	
34 Mulligan, Quin	Lyons Township	17:59.77	
35 Birk, Patrick	Sandburg	18:02.97	
36 Garner, Ed	Willowbrook	18:05.74	25
37 Schwinger, Jake	Downers Grove South	18:09.20	26
38 Zaug, Alex	Maine South	18:09.68	27
39 Von Kerens, Paxson	Downers Grove South	18:12.30	28
40 Heneghan, Liam	Downers Grove South	18:18.51	
41 Yurek, Tom	Downers Grove South	18:19.44	
42 Brugh, Brett	Downers Grove South	18:22.14	
43 Flynn, Patrick	Maine South	18:25.49	29
44 Kohls, Adam	Downers Grove South	18:26.17	
45 Prajka, Nicholas	Sandburg	18:32.27	
46 Garbacz, Mark	Willowbrook	18:32.83	30
47 Stenson, Brennen	Sandburg	18:33.25	
48 Bondi, Zachary	Conant	18:34.04	31
49 Lopera, Isaac	Sandburg	18:34.40	
50 Lim, Patrick	Sandburg	18:37.11	

Lions Pride Invite 2011 - 9/3/2011

Lyons Township
Rankings

....Event 2 Boys 4800 Meter Run CC JV Boys

51	Mack, Joey	Maine South	18:38.03	32
52	Bowers, Justin	Conant	18:46.06	33
53	Riesterer, Cody	Lyons Township	18:46.37	
54	Allen, Tyler	Lyons Township	18:52.88	
55	Heavey, Matt	Brother Rice	18:53.22	
56	Kenny, Shane	Lyons Township	18:53.71	
57	Hansen, Bob	Riverside Brookf	18:57.40	34
58	Vanderkrabben, Luke	Sandburg	18:59.42	
59	Lizasuan, Alex	Willowbrook	19:07.98	35
60	Tzortzis, Nick	Maine South	19:15.02	36
61	Hamor, Aidan	Lyons Township	19:18.29	
62	Hansen, Mike	Marist	19:20.11	37
63	Jehle, Cory	Sandburg	19:20.60	
64	Br own, Melvin	Downers Grove South	19:27.25	
65	Zavala, Jose	Lincoln Way West	19:28.03	
66	Schweinberg, Alec	Conant	19:29.39	38
67	Andress, Matt	Conant	19:29.92	39
68	McCabe, John	Marist	19:31.13	40
69	Newman, Sean	Lyons Township	19:45.83	
70	Sibug, Manny	Marist	19:50.01	41
71	Rhodes, Shane	Lyons Township	19:50.42	
72	Winner, Nick	Lyons Township	19:50.84	
73	Sweeney, Drew	Maine South	19:52.12	
74	French, David	Lyons Township	19:52.58	
75	Begitschke, Dave	Downers Grove South	19:53.13	
76	Roesslein, Steve	Willowbrook	19:55.26	42
77	Wesley, Sam	Lyons Township	19:56.32	
78	Moran, Colin	Lyons Township	19:56.95	
79	Zidarich, Eric	Downers Grove South	19:57.56	
80	Haskell, Ryan	Downers Grove South	19:59.10	
81	Contarino, Alex	Lyons Township	20:02.51	
82	Vastlik, Kevin	Lincoln Way West	20:04.59	
83	Considine, Peter	Riverside Brookf	20:07.58	43
84	Eilrich, Scott	Conant	20:09.46	44
85	Correa, Oscar	Lyons Township	20:12.61	
86	Tuggle, Spencer	Lyons Township	20:12.96	
87	Pusatera, Anthony	Lyons Township	20:21.37	
88	Turek, Nick	Willowbrook	20:25.67	45
89	Timyan, Jack	Lyons Township	20:27.79	
90	Breit, Jacob	Riverside Brookf	20:30.84	46
91	Pace, Craig	Lyons Township	20:31.61	
92	Harmon, Robert	Conant	20:32.43	47
93	Faro, Joseph	Sandburg	20:37.80	
94	Stables, Nathan	Lyons Township	20:41.48	
95	Baiocchi, Jeremy	Riverside Brookf	20:41.91	48
96	Walsh, Ryan	Sandburg	20:42.33	
97	Wyrick, Tim	Lyons Township	20:57.08	
98	Bruck, Mike	Lyons Township	21:04.53	
99	Monreal, David	Riverside Brookf	21:05.11	49
100	Oltean, Ciprian	Lyons Township	21:05.49	
101	Witek, Michal	Downers Grove South	21:12.84	
102	Rizko, Mark	Nazareth	21:14.78	50
103	Roleowicz, Jeremy	Riverside Brookf	21:15.55	51
104	Steinfels, Sam	Maine South	21:16.22	
105	Crawshaw, Will	Lyons Township	21:18.29	

Lions Pride Invite 2011 - 9/3/2011

Lyons Township

Rankings

....Event 2 Boys 4800 Meter Run CC JV Boys

106	Riccione, John	Lyons Township	21:18.81	
107	Reed, Kevin	Marist	21:20.06	52
108	Moran, Connor	Lyons Township	21:28.86	
109	Momcebaic, Andre	Riverside Brookf	21:35.08	53
110	Wlosek, Robert	Nazareth	21:36.90	54
111	Gembara, Dave	Stagg	21:40.04	
112	Reed, Taylor	Downers Grove South	21:41.46	
113	Cruz, Marcelino	Willowbrook	21:41.89	55
114	Garofalo, Nick	Downers Grove South	21:44.79	
115	Silvovsky, Eric	Lyons Township	21:47.97	
116	Mitchell, Trent	Nazareth	21:49.65	56
117	Walloch, Nathan	Nazareth	21:51.50	57
118	Hill, Ryan	Lyons Township	21:52.12	
119	Khan, Shafin	Lyons Township	21:58.78	
120	Schousen, Dave	Willowbrook	21:59.62	58
121	Scheer, Mike	Lyons Township	22:00.03	
122	Herrera, Jaime	Marist	22:00.73	59
123	Flores, Bobby	Lyons Township	22:08.68	
124	Wareham, Jeremy	Maine South	22:09.07	
125	Hannigan, Jack	Nazareth	22:09.68	60
126	Schraidt, Mark	Riverside Brookf	22:11.09	
127	Sachdena, Aarsh	Conant	22:12.46	61
128	Bowers, Benjamin	Conant	22:19.88	
129	Pudlo, JP	Lyons Township	22:20.94	
130	Punzo, Christian	Stagg	22:22.18	
131	Feng, Matthew	Conant	22:24.27	
132	McCray, Kevin	Nazareth	22:25.99	62
133	Cespedes, Alex	Nazareth	22:27.11	63
134	Schaudt, Elliot	Willowbrook	22:27.64	
135	Mahoney, Pat	Brother Rice	22:36.61	
136	Newton, Sam	Lyons Township	22:37.75	
137	Fox, Brian	Lyons Township	22:54.65	
138	Schuler, Brad	Lyons Township	23:04.23	
139	Lukaszewicz, Peter	Lyons Township	23:05.28	
140	Drent, Kevin	Nazareth	23:18.20	
141	Shelly, Luke	Stagg	23:19.50	
142	Diamond, Seamus	Marist	23:20.99	
143	Ross, Corey	Conant	23:23.84	
144	Umano, Mitch	Willowbrook	23:25.57	
145	Khan, Fahad	Conant	23:30.23	
146	Pandolfi, Nick	Brother Rice	23:33.28	
147	Mulcrone, Kevin	Lyons Township	23:38.45	
148	Calderon, Brandon	Sandburg	23:41.44	
149	O'Connor, Matt	Lyons Township	23:44.98	
150	Drury, Lawson	Lyons Township	23:48.47	
151	Varga, Mike	Lyons Township	23:48.94	
152	Golniewicz, Andrew	Nazareth	23:54.84	
153	Wilson, Ben	Lyons Township	24:05.35	
154	Maike, Mike	Lyons Township	24:19.55	
155	Gambla, Alex	Marist	24:26.13	
156	Tian, Ken	Conant	25:06.58	

Lions Pride Invite 2011 - 9/3/2011

Lyons Township

Rankings

Event 4 Boys 4800 Meter Run CC Varsity

Name	Year School	Finals	Points
85 Unknown		20:25.82	
1 Caddigan, Dan	Brother Rice	15:13.39	1
2 Niyork, Pat	Willowbrook	15:19.57	2
3 Eckhart, Zach	Maine South	15:21.22	3
4 McMahan, Patrick	Sandburg	15:34.38	4
5 Miles, Harry	Downers Grove South	15:46.03	5
6 Carpenter, Jack	Maine South	15:48.28	6
7 Sulentic, Joe	Conant	15:52.22	7
8 Taylor, Robert	Maine South	15:55.15	8
9 Matusiak, Michael	Lyons Township	15:58.98	9
10 Miller, Alexander	Conant	15:59.91	10
11 Butera, Zach	Sandburg	16:00.96	11
12 Rozewicki, Dru	Lincoln Way Central	16:07.19	12
13 Pedziwiatr, Mark	Lincoln Way West	16:08.25	13
14 Maguire, Pat	Brother Rice	16:09.31	14
15 Filipczak, Michal	Maine South	16:12.77	15
16 McCarter, Ed	Lyons Township	16:13.61	16
17 Dolan, Kevin	Maine South	16:16.61	17
18 Haberkorn, Cody	Marist	16:17.28	18
19 Kirk, Nick	Downers Grove South	16:17.62	19
20 Trevizo, Travis	Riverside Brookf	16:18.48	20
21 Kelch, Ryan	Downers Grove South	16:19.08	21
22 Letz, Patrick	Sandburg	16:19.87	22
23 Scheider, Tyler	Conant	16:22.13	23
24 Groya, Ben	Lyons Township	16:23.42	24
25 Kennedy, Ryan	Lincoln Way West	16:24.65	25
26 Dee, Ethan	Sandburg	16:30.54	26
27 Rotunno, Brian	Downers Grove South	16:30.86	27
28 Weaver, James	Conant	16:37.61	28
29 Dombro, Jon	Lyons Township	16:40.50	29
30 Heneghan, Dan	Willowbrook	16:41.08	30
31 O'Flaherty, Kevin	Sandburg	16:41.58	31
32 Zona, Dominic	Lyons Township	16:42.40	32
33 Lefevour, Mark	Lyons Township	16:45.19	33
34 Maciag, Pat	Brother Rice	16:49.45	34
35 McClain, Emmet	Brother Rice	16:53.91	35
36 Altman, Ryan	Sandburg	16:55.45	36
37 Graves, Aaron	Sandburg	16:56.63	37
38 Lavelle, Stephen	Maine South	16:58.45	38
39 Waters, Sean	Brother Rice	17:01.02	39
40 Czyz, Jake	Downers Grove South	17:02.28	40
41 Cira, Tom	Brother Rice	17:02.97	41
42 Para, Mike	Stagg	17:04.63	42
43 Larson, Aaron	Brother Rice	17:12.35	43
44 Haberkorn, Luke	Marist	17:13.12	44
45 Busen, Bill	Stagg	17:13.54	45
46 Massa, Dominic	Conant	17:13.98	46
47 Groenewold, Anthony	Maine South	17:14.75	47
48 Alter, Tom	Downers Grove South	17:16.23	48
49 Crimmins, Billy	Lincoln Way West	17:19.56	49
50 Haberkorn, Kyle	Marist	17:20.17	50
51 Unseth, Will	Willowbrook	17:20.76	51

Lions Pride Invite 2011 - 9/3/2011

Lyons Township

Rankings

....Event 4 Boys 4800 Meter Run CC Varsity

4	Downers Grove South	112	5	19	21	27	40	48	59
	Total Time:	1:21:55.87							
	Average:	16:23.18							
5	Conant	114	7	10	23	28	46	58	68
	Total Time:	1:22:05.85							
	Average:	16:25.17							
6	Brother Rice	123	1	14	34	35	39	41	43
	Total Time:	1:22:07.08							
	Average:	16:25.42							
7	Lincoln Way West	198	13	25	49	55	56	57	78
	Total Time:	1:24:41.96							
	Average:	16:56.40							
8	Willowbrook	210	2	30	51	63	64	73	74
	Total Time:	1:24:49.67							
	Average:	16:57.94							
9	Marist	239	18	44	50	60	67	70	
	Total Time:	1:26:19.90							
	Average:	17:15.98							
10	Riverside Brookfield	271	20	52	62	66	71	72	77
	Total Time:	1:27:36.32							
	Average:	17:31.27							
11	Stagg	280	42	45	53	65	75	80	81
	Total Time:	1:28:28.61							
	Average:	17:41.73							
12	Lincoln Way Central	290	12	54	69	76	79	82	
	Total Time:	1:30:09.46							
	Average:	18:01.90							

Lions Pride Invite 2011 - 9/3/2011

Lyons Township
Rankings

Event 6 Boys 3200 Meter Run CC Frosh

Name	Year School	Finals	Points
27 Unknown		11:55.71	
62 Unknown		12:59.99	
71 Unknown		13:09.84	
125 Unknown		15:04.90	
148 Unknown		19:23.53	
1 Acitelli, Anthony	Willowbrook	10:36.99	1
2 Dale, Zach	Conant	10:45.13	2
3 Walczak, Ben	Lincoln Way East	10:52.85	3
4 Funteas, James	Willowbrook	10:54.76	4
5 Robbins, Andrew	Lincoln Way Central	10:55.17	5
6 Kolacki, Tommy	Lincoln Way Central	11:05.04	6
7 Waters, Jackson	Lincoln Way Central	11:08.98	7
8 Mack, Drew	Marist	11:22.78	
9 Heneghan, Andrew	Downers Grove South	11:26.51	8
10 Lima, James	Lyons Township	11:26.81	9
11 Laschober, John	Lincoln Way Central	11:27.33	10
12 Janczy, James	Conant	11:33.35	11
13 Stripek, Billy	Lincoln Way West	11:33.67	12
14 Olson, Max	Lyons Township	11:34.14	13
15 Burzinski, Greg	Sandburg	11:34.60	14
16 Lejman, Connor	Conant	11:38.96	15
17 Gawthrop, Benjamin	Lyons Township	11:41.54	16
18 Bieszke, Patrick	Sandburg	11:43.40	17
19 Lopez, Mario	Sandburg	11:45.11	18
20 Altman, Alec	Sandburg	11:46.65	19
21 King, Tom	Willowbrook	11:49.28	20
22 D'Ambrosio, Paul	Maine South	11:49.73	21
23 Alvarado, Ben	Lincoln Way Central	11:50.71	22
24 Bareis, Jonathan	Nazareth	11:51.06	23
25 Sanchez, Juan	Lincoln Way West	11:51.57	24
26 Lichtenauer, Andrew	Lyons Township	11:54.33	25
27 Mulligan, Keefe	Lyons Township	11:57.46	26
28 Grazier, Nick	Downers Grove South	12:00.39	27
29 Stefik, John	Sandburg	12:05.26	28
30 Cushing, Thomas	Lyons Township	12:09.73	29
31 Benz-Weeden, Matt	Sandburg	12:10.55	30
32 Heneghan, Ryan	Downers Grove South	12:12.25	31
33 Cortez, Aaron	Maine South	12:13.01	32
34 Hamilton, Tommy	Lincoln Way East	12:17.12	33
35 Davey, Tom	Brother Rice	12:17.72	34
36 Dozier, Dylan	Lincoln Way Central	12:21.15	35
37 Brower, Mike	Sandburg	12:21.61	36
38 Mallon, Connor	Brother Rice	12:22.11	37
39 Crawshaw, Thomas	Lyons Township	12:29.22	38
40 Elvin, Joseph	Lyons Township	12:29.71	
41 Ludwig, Ryan	Brother Rice	12:30.43	39
42 Langan, Jake	Lyons Township	12:34.40	
43 Purcell, Liam	Lyons Township	12:35.92	
44 Krk, Ethan	Downers Grove South	12:36.65	40
45 Fogarty, Michael	Downers Grove South	12:37.37	41
46 Brown, Austin	Nazareth	12:39.60	42
47 Klafta, John	Lyons Township	12:42.33	

Lions Pride Invite 2011 - 9/3/2011

Lyons Township

Rankings

....Event 6 Boys 3200 Meter Run CC Frosh

48	Schneider, Bobby	Nazareth	12:42.82	43
49	Hackbert, Chris	Willowbrook	12:43.18	44
50	Poulos, Josh	Sandburg	12:43.76	
51	Smith, Brendan	Lincoln Way Central	12:44.40	45
52	Young, Garrett	Maine South	12:45.31	46
53	Mulder, David	Lincoln Way West	12:46.01	47
54	Sweeney, Dan	Brother Rice	12:48.26	48
55	Acker, Tim	Lyons Township	12:48.93	
56	Talbot, Brian	Maine South	12:53.84	49
57	Capua, Dan	Brother Rice	12:54.44	50
58	Brom, Charles	Lyons Township	12:56.83	
59	Wei, Jack	Sandburg	12:58.73	
60	Makovetskiy, Eugene	Riverside Brookf	12:59.38	51
61	Sagan, Matt	Riverside Brookf	13:01.12	52
62	Baer, Christian	Maine South	13:01.57	53
63	Tandyk, Joe	Marist	13:01.97	
64	Steffen, Ben	Maine South	13:02.98	54
65	Cerna, Alfonso	Sandburg	13:03.66	
66	Mohan, James	Lyons Township	13:04.11	
67	Wintercorn, Joe	Lincoln Way West	13:04.95	55
68	Pacura, Eddie	Brother Rice	13:08.20	56
69	Klump, Connor	Riverside Brookf	13:10.37	57
70	Annese, Danny	Downers Grove South	13:13.56	58
71	Stamphl, William	Lyons Township	13:16.46	
72	Kulkarni, Kartik	Conant	13:16.79	59
73	Olson, Guy	Maine South	13:17.95	60
74	Rezek, Kevin	Willowbrook	13:18.64	61
75	Wolan, Brendan	Stagg	13:20.77	
76	Bilek, Kevin	Brother Rice	13:21.51	62
77	Reidy, Connor	Brother Rice	13:22.25	
78	Devine, Dan	Lyons Township	13:23.22	
79	Martin, John	Downers Grove South	13:23.66	63
80	McNamee, Danny	Maine South	13:24.29	
81	Hong, Kevin	Conant	13:24.89	64
82	Senese, Chris	Willowbrook	13:25.51	65
83	Gaskin, Aidan	Maine South	13:27.52	
84	Markey, John	Sandburg	13:30.73	
85	Lorenz, Tyler	Lincoln Way West	13:34.30	66
86	Mizwicki, Patrick	Lincoln Way East	13:35.88	67
87	Walter, Brady	Sandburg	13:38.66	
88	Joyce, Mike	Brother Rice	13:41.72	
89	Bier, Daniel	Nazareth	13:42.90	68
90	Kwiat, Jacob	Sandburg	13:44.28	
91	McConell, Jack	Conant	13:45.55	69
92	Farrell, Mike	Lincoln Way Central	13:48.36	
93	Winner, Luke	Lyons Township	13:48.95	
94	Lahucik, Kyle	Sandburg	13:51.73	
95	Sanchez, Joel	Sandburg	13:54.14	
96	Swanson, Peter	Riverside Brookf	13:55.50	70
97	Adams, John	Maine South	13:55.95	
98	Kirchner, Avery	Willowbrook	13:58.76	71
99	Sulek, Alex	Maine South	14:00.09	
100	Szczesniak, Zachary	Lyons Township	14:00.60	
101	Noeth, Tyler	Maine South	14:02.33	
102	Gonzalez, Ruben	Nazareth	14:03.45	72

Lions Pride Invite 2011 - 9/3/2011

Lyons Township

Rankings

.....Event 6 Boys 3200 Meter Run CC Frosh

2 Lyons Township	89	9	13	16	25	26	29	38
Total Time:	58:34.28							
Average:	11:42.86							
3 Sandburg	96	14	17	18	19	28	30	36
Total Time:	58:55.02							
Average:	11:47.01							
4 Willowbrook	130	1	4	20	44	61	65	71
Total Time:	59:22.85							
Average:	11:52.57							
5 Downers Grove South	147	8	27	31	40	41	58	63
Total Time:	1:00:53.17							
Average:	12:10.64							
6 Conant	151	2	11	15	59	64	69	73
Total Time:	1:00:39.12							
Average:	12:07.83							
7 Maine South	201	21	32	46	49	53	54	60
Total Time:	1:02:43.46							
Average:	12:32.70							
8 Lincoln Way West	204	12	24	47	55	66	75	76
Total Time:	1:02:50.50							
Average:	12:34.10							
9 Brother Rice	208	34	37	39	48	50	56	62
Total Time:	1:02:52.96							
Average:	12:34.60							
10 Nazareth	248	23	42	43	68	72	77	79
Total Time:	1:04:59.83							
Average:	12:59.97							
11 Lincoln Way East	261	3	33	67	78	80		
Total Time:	1:09:39.45							
Average:	13:55.89							
12 Riverside Brookfield	304	51	52	57	70	74		
Total Time:	1:07:27.13							
Average:	13:29.43							

Lions Pride Invite 2011 - 9/3/2011

Lyons Township

Rankings

Event 8 Boys 3200 Meter Run CC Soph

Name	Year School	Finals	Points
95 Unknown		16:40.83	
1 Kaminiski, Chris	Lincoln Way Central	10:15.90	1
2 Ryan, James	Lyons Township	10:18.69	2
3 Lupano, Dan	Lyons Township	10:23.19	3
4 Durkin, James	Brother Rice	10:23.85	
5 Layden, Matt	Lyons Township	10:25.62	4
6 Fish, David	Downers Grove South	10:27.15	5
7 Gleisner, Adam	Sandburg	10:30.84	6
8 Edsey, Max	Maine South	10:35.24	7
9 Zibricky, Ben	Lincoln Way Central	10:40.49	8
10 Tobin, Paul	Maine South	10:42.97	9
11 Fabian, Kevin	Lincoln Way Central	10:43.47	10
12 Curtin, Dan	Riverside Brookf	10:45.11	11
13 Faje, Kevin	Riverside Brookf	10:56.30	12
14 Purcell, Spencer	Riverside Brookf	10:58.12	13
15 Hartoonian, Graham	Lyons Township	11:01.05	14
16 Mayer, Joseph	Lyons Township	11:02.04	15
17 Glynn, Martin	Lyons Township	11:03.62	16
18 Smolik, Robert	Conant	11:04.45	
19 Layden, Nick	Lyons Township	11:11.26	17
20 Friesl, Jason	Maine South	11:11.98	18
21 Gruns, Terry	Stagg	11:15.44	19
22 Champlin, Ryan	Lincoln Way Central	11:23.55	20
23 Sweeney, Jimmy	Maine South	11:24.37	21
24 Adams, Justin	Sandburg	11:24.99	22
25 Pesce, James	Conant	11:25.59	
26 Katuala, David	Lincoln Way Central	11:28.30	23
27 Sahajun, Alfonso	Stagg	11:32.93	24
28 Piechalak, Dave	Stagg	11:46.30	25
29 Patterson, Dan	Lyons Township	11:49.85	
30 Blazek, Tim	Maine South	11:54.85	26
31 Wenger, Brian	Lincoln Way Central	11:56.34	27
32 Stork, Andy	Lyons Township	11:57.83	
33 Winter, Nick	Lincoln Way Central	11:59.26	28
34 Meade, Michael	Riverside Brookf	11:59.85	29
35 Leavitt, Ethan	Lyons Township	12:00.93	
36 Polan, Brad	Conant	12:03.49	
37 Tureson, Matt	Downers Grove South	12:06.92	30
38 Weaver, Jeffery	Conant	12:11.09	
39 Davidson, Michael	Marist	12:13.07	31
40 Depesa, Nick	Sandburg	12:14.59	32
41 DelBosque, Ivan	Marist	12:15.86	33
42 Poe, Ryan	Sandburg	12:16.16	34
43 Walls, John	Sandburg	12:19.90	35
44 Conolly, Ryan	Maine South	12:20.89	36
45 O'Neill, CJ	Lyons Township	12:21.38	
46 Arenas, David	Maine South	12:23.46	37
47 Richards, Mike	Lyons Township	12:23.96	
48 Stork, Ryan	Lyons Township	12:29.61	
49 Gay, Mike	Lyons Township	12:31.65	
50 Clark, Ian	Riverside Brookf	12:32.41	38
51 Ofarrell, Luke	Marist	12:33.17	39

Lions Pride Invite 2011 - 9/3/2011

Lyons Township

Rankings

....Event 8 Boys 3200 Meter Run CC Soph

52	Campbell, Steven	Lyons Township	12:33.92	
53	Para, Peter	Stagg	12:34.58	40
54	Stypula, Jacob	Stagg	12:35.13	41
55	Shaughnessy, Jason	Downers Grove South	12:37.51	42
56	Rangal, Anthony	Riverside Brookf	12:37.88	43
57	Donnelly, Ryan	Stagg	12:38.27	44
58	Jamrozik, Dan	Stagg	12:38.73	45
59	Crouse, Connor	Sandburg	12:40.39	46
60	Hunter, Paul	Lyons Township	12:43.08	
61	Kern, Jim	Lyons Township	12:44.69	
62	Becker, Will	Sandburg	12:45.75	47
63	Mangold, Chris	Sandburg	12:48.88	
64	Carabez, Dominic	Riverside Brookf	12:51.77	48
65	Prinz, Zach	Lyons Township	12:52.61	
66	Hartig, Alex	Downers Grove South	12:52.96	49
67	Scales, Charlie	Maine South	12:58.62	
68	Sauer, David	Riverside Brookf	13:01.63	
69	Bone, Jimmy	Lyons Township	13:02.01	
70	Nedza, Mike	Maine South	13:10.84	
71	Enke, Taylor	Downers Grove South	13:11.40	50
72	Molchin, Mike	Lincoln Way Central	13:13.25	
73	Rhode, James	Lyons Township	13:15.77	
74	Rodgers, Joshua	Downers Grove South	13:18.17	51
75	Becker, Hary	Sandburg	13:27.34	
76	Walsh, Michael	Stagg	13:28.52	
77	Kicmal, Will	Maine South	13:33.53	
78	Schulberg, Nick	Maine South	13:36.65	
79	Flanagan, Ethan	Nazareth	13:38.78	
80	O'Keefe, TJ	Downers Grove South	13:43.80	52
81	Fennessy, Joe	Marist	13:48.19	53
82	Falls, Conor	Marist	13:56.37	54
83	Fritz, Tyler	Marist	14:03.00	55
84	Sullivan, Matt	Nazareth	14:08.98	
85	Bico, Jacob	Downers Grove South	14:14.67	
86	Resh, Patrick	Downers Grove South	14:15.46	
87	Dignan, Peter	Downers Grove South	14:15.84	
88	Wlosek, Chris	Nazareth	14:34.99	
89	Clancy, Cole	Maine South	14:48.81	
90	Harris, Devin	Lincoln Way Central	15:00.60	
91	Al-Ahmadi, Sami	Stagg	15:07.82	
92	Trifon, Sam	Lyons Township	15:41.43	
93	Forberg, John	Lyons Township	16:25.94	
94	Pipal, Nick	Lyons Township	16:39.31	

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Lions Pride Invite 2011 - 9/3/2011

Lyons Township
Rankings

...Event 8 Boys 3200 Meter Run CC Soph

1 Lyons Township	38	2	3	4	14	15	16	17
Total Time:	53:10.59							
Average:	10:38.12							
2 Lincoln Way Central	62	1	8	10	20	23	27	28
Total Time:	54:31.71							
Average:	10:54.35							
3 Maine South	81	7	9	18	21	26	36	37
Total Time:	55:49.41							
Average:	11:09.89							
4 Riverside Brookfield	103	11	12	13	29	38	43	48
Total Time:	57:11.79							
Average:	11:26.36							
5 Sandburg	129	6	22	32	34	35	46	47
Total Time:	58:46.48							
Average:	11:45.30							
6 Stagg	149	19	24	25	40	41	44	45
Total Time:	59:44.38							
Average:	11:56.88							
7 Downers Grove South	176	5	30	42	49	50	51	52
Total Time:	1:01:15.94							
Average:	12:15.19							
8 Marist	210	31	33	39	53	54	55	
Total Time:	1:04:46.66							
Average:	12:57.34							



SANDBURG
CROSS COUNTRY

NEWS AND NOTES

RUNNERS OF THE WEEK: Zach Butera, Greg Burzinski

Lyons Invitational

Saturday, Sept. 3, 2011

85-94 degrees, very hot, very humid, sunny

COACH'S COMMENTS: Each of our races serve a purpose for our development this season. They are a part of the process of us reaching our best racing shape—physically and mentally—for our key races: SWSC, Sectionals and State. What this means is that you should not use these races to evaluate how good you are but to understand that it is used to help us get where we want to go. With this in mind, while early races say something about what kind of shape you are in, they do not tell you where you will end up. We have a long way to go, which is exciting.

The open race got us started for the day and we really had a mixed bag. I was excited to see the racing of **Jimmy Panozzo**, **Matt Sawyers**, and **Bill Sieczkowski** but a lot of other guys were unwilling to commit to going for the victory. Mike Sawyers, Colin Fornaris, Chris Hogan and others are capable of being top end varsity runners and I am hoping to see that come out soon. Jimmy really put himself in a position to potentially win the race—something several open runner should have expected to do—but was overwhelmed by the heat to the point that he had to be hospitalized. He certainly earned a varsity slot for the Peoria Notre Dame Inv in two weeks. **Matt Sawyers** showed some greatness on Saturday. I have always believe him to be capable of being one of our best runners—and one of the best in the state—he ran a great, aggressive race. It's what I want to see. Can he do that in the larger, faster pack of a varsity race? I think he can. He'll have to stick out the really tough portion of the race: 2 mile to 2.5 mile, where it's hurting and he needs to keep moving forward and not worry about the finish. **Bill Sieczkowski** also showed some huge improvement and was a racer. Finally, **Ryan Walsh** showed a significant improvement despite the conditions being significantly worse than last year. Our varsity ran next and I really liked a lot of things that I saw from them. They were running with fire, but I hope we get a few more run like **Zach Butera** who is everything we want in a racer. When the gun went off, Butera had every intention on figuring out how we could win that race. He took off on his own and risked. 16:00 in that heat is indicative of 15:15, but more importantly we saw a lot of fire in him. He is tough as nails and showed it once again at Lyons. Meanwhile **Ethan Dee** and **Pat Letz** were running with some guts. Letz kept rolling people up and never let up until he crossed the finish. Dee battled through a tough day on a day we really needed him to keep it together while others were struggling. Altman and Graves had off races. We'll need the guys who are in the 6-7 spots mid race to keep battling even though they are in the 6-7 slots. You never know how the race is going to unfold and how we are going to need you. If you are in those slots and think, "I don't matter anymore," then you are way off. **KO** ended up overwhelmed by the heat and we should have had two guys pick him right up. Speaking of **KO**, I'll bet cash money that if the weather is good in Peoria, he'll break 15:00. The sophomores were a mixed bag. Guys who put in the work and came to summer camp showed dramatic improvement. Guys who chose not to prepare properly didn't take the steps necessary to get us in the hunt for the title. We've made the choice to be average. **Adam Gleisner** ran a tough, tough race. He was in it to win it until the last 400, but he gave himself a fighting chance. He'll get that guy who won and take the conference title in October when we see LWC again. **Justin Adams** displayed his work ethic from the past year and has become a tremendous sophomore runner. **Chris Mangold** had one of the largest margins of improvement and ran a terrific race. Hopefully the Beckers will get healthy and help that group put it together. Finally the freshmen showed some real promise. I would like to point out that Gleisner ran 11:37 last year in perfect conditions. He worked his butt off this year and he has become one of the best sophomores in the state. We have several freshmen at that time and have the same opportunity to do that. **Greg Burzinski** ran one of the races of the day with three other freshmen—**Pat Bieszke**, **Mario Lopez**, and **Alec Altman** coming in closely behind. There is a lot of potential in the freshmen group and it will all come down to how much work they put into the sport.

On Saturday I saw a lot of guys encounter some really tough conditions and endure quite a bit of suffering. I know that we are a team that is comfortable with that. We are a team that responds in those circumstances.

Remember: do not compare yourself to others to determine if you are doing well or not. Our focus this year is on the process and to finish strong. That's what it's all about. Saturday was one day of that process of becoming Conference champs and state qualifiers. We still have a long way to go in order to become totally race sharp. Let's focus on hard work on a daily basis and we'll get to where we want to go

TIDBITS: >>Turn in blow pop money>>Order CSHS CC gear on the internet. It closes on Sept 8 (Thurs). >>DO NOT leave your gear lying around. Your jackets, jerseys, etc. should go into your bags, not just thrown on the tarp or on the grass. This is how things get lost. >>Take HOME pre-meet sheets and results sheets. Do not just throw them away after you look at them. They are for you and your parents.

WHAT'S NEXT: Reavis Inv.

Freshmen Boys:

Team Totals:

1. Lyons--31 2. Maine South--65 3. Willowbrook--116 4. Sandburg--119

Top Individuals:

1. Anthony Acitelli (Willobrook) 10:36
2. Zach Dale (LWE) 10:52
3. James Funteas (Willowbrook) 10:54

Sandburg:

15. Greg Burzinski (6:00) 11:34
18. Pat Bieszcke (5:58) 11:43
19. Mario Lopez (5:57) 11:45
20. Alec Altman (6:07) 11:46
29. John Stefik (6:13) 12:05
31. Matt Benz-Weeden (6:13) 12:10
37. Mike Brower (6:12) 12:21
50. Josh Poulos (6:27) 12:43
59. Jack Wei (6:32) 12:68
65. Alfonso Cerna (6:44) 13:03
84. John Markey (7:15) 13:30
90. Jacob Kwiat (6:52) 13:44
94. Kyle Lahucik (7:09) 13:51
95. Joel Sanchez (7:15) 13:54
105. David Gimaldo 14:08
109. Michael Hoffman 14:21
112. Scott Mooney (7:06) 14:34
116. Jacob Mackey (7:11) 14:51
120. Jimmy Foley (7:34) 14:57
123. Mark Macak (7:48) 15:09
137. Eric Cocanig (8:38) 16:47
139. Brian McMahan (8:39) 16:57
141. Geronimo Ruiz (8:40) 17:18

Sophomore Boys:

1. Lyons—38 2. LWC—62 3. Maine South—81 4. RB—103 5. Sandburg--129

Top Individuals:

1. Chris Kaminski (LWC)—10:15
2. James Ryan (LT)—10:18
Dan Lupano (LT)—10:23

Sandburg Boys:

7. Adam Gleisner (5:22) 10:30 ('10) 11:37
24. Justin Adams (5:47) 11:24 NT
40. Nick DePesa 12:07
42. Ryan Poe (6:16) 12:16 12:40
43. John Walls (6:15) 12:19 13:05
59. Connor Crouse (6:33) 12:40 12:39
62. Will Becker (6:33) 12:45 12:33
63. Chris Mangold (6:38) 12:48 14:58
75. Harry Becker (6:28) 13:27 NT

Varsity:

1. Maine South—49 2. Sandburg—94 3. Lyons—110 4. DGS—112 5. Conant--114

Top Individuals:

1. Dan Caddigan (BR)—15:13
2. Pat Niyork (Willowbrook)—15:19
3. Zach Eckhardt (Maine South)—15:21

'10 (65-70 degrees)

Sandburg Boys:

4. Pat McMahon (2:24-2:36/ 5:00-2:38/7:38-2:43/5:21/ 10:21-2:44/ 13:05-2:29/5:03)	15:34	16:00
11. Zach Butera (2:33-2:41/5:14-2:41/7:55-2:54/ 5:36/ 10:49-2:51/13:40-2:21/ 5:11)	16:00	18:05
22. Pat Letz (2:40-2:46/5:26-2:44/8:10-2:52/5:36/11:02-2:49/13:51-2:29/ 5:18)	16:19	16:52
26. Ethan Dee (2:34-2:49/ 5:23-2:47/ 8:10-2:57/5:44/11:07-2:57/14:03-2:27/ 5:23)	16:30	16:53
31. Kevin O'Flaherty (2:24-2:38/5:02-2:45/7:47-2:56/5:24/10:43-3:02/13:45-2:56/ 5:58)	16:41	NT
36. Ryan Altman (2:37-2:49/5:26-2:47/8:13-2:47/5:54/11:20-3:00/14:20-2:35/5:35)	16:55	17:32
37. Aaron Graves (2:37-2:46/5:23-2:47/8:10-2:59/5:46/11:09-3:01/14:10-2:47/5:47)	16:56	16:51

Open:

Team Totals:

1. Lyons—23 2. Sandburg—42 3. DGS—97 4. Maine South—117 5. Marist—140

Top Finishers:

1. Kyle Hauser—16:07
2. Liam Callahan—16:08
3. Zach Carlson—16:20

Sandburg Boys:

6. Jimmy Panozzo (2:37-2:47/5:24-2:46/8:10-2:50/5:36/11:00-2:50/13:50-2:46/5:36)	16:37	15:57
7. Matt Sawyers (5:25-5:42/11:07-5:34)	16:41	17:04
8. Chris Hogan (2:35-2:46/5:21-2:49/8:10-3:00/5:37/11:10-3:09/14:09-2:33/5:32)	16:42	17:36
10. Colin Fornaris (2:39-2:49/5:28-2:58/8:25-3:00/5:57/11:25-3:00/14:25-2:35/5:35)	17:01	17:13
11. Mike Von Borstel (2:44-2:54/5:38-2:55/8:33-3:00/5:55/11:33-3:00/14:33-2:28/5:32)	17:06	16:55
12. Mike Sawyers (5:42-5:42/11:26-5:44)	17:11	17:19
13. Bill Sieczkowski(5:26-6:02/11:28-5:46)	17:14	18:00
23. Zach Struzik (----11:32-6:01)	17:34	18:40
25. Dominic Lifonti (5:45—6:12/11:57—5:40)	17:38	17:08
26. Tim Conwell (5:31—5:59/11:30—6:09)	17:39	NT
28. Joe Licata (6:00—5:59/11:59—5:46)	17:45	NT
33. Aaron Spengler (5:49—6:11/12:00—5:57)	17:57	NT
35. Pat Birk (2:40-2:59/5:39-2:54/8:33-3:11/6:05/11:44-3:18/15:02-3:00/6:18)	18:02	17:35
45. Nicholas Prajka (-----12:19—6:12)	18:32	17:30
47. Brennan Stenson (6:05—6:22/12:27—6:05)	18:33	NT
49. Isaac Lopera (6:01—6:26/12:27—6:08)	18:34	NT
50. Pat Lim (5:50-6:37/12:27-6:10)	18:37	19:26
58. Luke Vanderkrabben (6:14—6:37/12:51-6:08)	18:59	20:12
63. Cory Jehle (6:05—6:47/12:52—6:28)	19:20	NT
93. Joe Faro (6:29—7:19/13:48-6:49)	20:37	21:16
96. Ryan Walsh (6:24—6:21/13:45—6:56)	20:42	22:03
148. Brandon Calderon (7:50----	23:41	NT

Sandburg
CROSS COUNTRY

FINAL TEAM STANDINGS:

Place	School	Score	Scoring Places							
1	Lyons Township	56	4,	5,	14,	15,	18,	32,	36	
2	Libertyville	85	6,	12,	16,	23,	28,	34,	117	
3	Sandburg	104	3,	9,	22,	33,	37,	40,	49	
4	Stagg	173	19,	26,	31,	44,	53,	56,	84	
5	Homewood-Flossmoor	179	7,	24,	29,	59,	60,	77,	116	
6	Oak Forest	186	8,	27,	30,	47,	74,	87,	99	
7	Richards	229	10,	17,	48,	65,	89,	90		
8	Hinsdale South	229	13,	38,	51,	58,	69,	91,	92	
9	Reavis	243	21,	25,	62,	64,	71,	81,	93	
10	Argo	250	39,	41,	45,	50,	75,	79,	80	
11	St. Rita	253	2,	35,	46,	73,	97,	103,	107	
12	Brother Rice	265	1,	52,	54,	76,	82,	95		
13	Oak Lawn	315	11,	67,	68,	83,	86,	98,	104	
14	Marist	316	20,	43,	57,	94,	102,	114,	115	
15	Eisenhower	357	42,	55,	72,	88,	100,	101,	109	
16	Mount Carmel	408	61,	63,	66,	108,	110,	111,	113	
17	Marian Catholic	485	70,	78,	105,	112,	120			
18	Proviso West	524	85,	96,	106,	118,	119,	121,	122	
19	Bloom Township	No Score	- Had only 2 finishers							
20	Hope Academy	No Score	- Had only 0 finishers							
21	Kennedy	No Score	- Had only 2 finishers							
22	Rich Central	No Score	- Had only 2 finishers							
23	St. Joseph	No Score	- Had only 0 finishers							
24	St. Laurence	No Score	- Had only 0 finishers							
25	Tinley Park	No Score	- Had only 3 finishers							

47th Annual Reavis Rams Invitational

September 10, 2011
Boys Varsity
3.0 Miles

RACE RESULTS

Course record is 0:15:07.7 by Zach Dahleen of Carl Sandburg on Nov. 1, 2008

Place	Ovral Score	School	Name	Time
1	1	Brother Rice	Dan Caddigan (Sr)	0:15:38.2
2	2	Libertyville	Nicholas Korhumel (Jr)	0:15:50.1
3	3	Libertyville	Easton Huch (Sr)	0:16:01.0
4	4	Reavis	Mike Amashta (Sr)	0:16:03.1
5	5	Marist	Cody Haberkorn (Sr)	0:16:05.6
6	6	Marist	Kyle Hauser (Jr)	0:16:12.7
7	7	Brother Rice	Pat Maguire (Jr)	0:16:15.3
8	8	Lyons Township	John Dombro (Jr)	0:16:33.2
9		Bloom Township	Jacob Hernandez (Sr)	0:16:34.9
10	9	Lyons Township	Ryan Speir (Jr)	0:16:43.0
11	10	Tinley Park	Mitch Wood (Jr)	0:16:45.9
12	11	Brother Rice	Aaron Larson (Sr)	0:16:47.7
13	12	Homewood-Flossmoor	Cahron Cross (Sr)	0:16:48.2
14	13	Eisenhower	Richard Wilson (Jr)	0:16:51.0
15	14	Lyons Township	James Ryan (So)	0:16:53.5
16	15	Mount Carmel	Dan O'Keefe (So)	0:16:55.6
17	16	Sandburg	Michael Sawyers (Sr)	0:16:56.8
18	17	Hope Academy	Luke Muzikowski (Jr)	0:16:58.2
19	18	Lyons Township	Mike Accettura (Jr)	0:16:58.5
20	19	Oak Forest	Brandon Ivins (Sr)	0:16:59.3
21	20	Marist	Kyle Haberkorn (So)	0:17:01.9
22	21	Hinsdale South	Matthew Longoria (Jr)	0:17:02.3
23	22	Reavis	David Palac (Jr)	0:17:05.0
24	23	Reavis	Khal Almousa (Sr)	0:17:08.8
25		Bloom Township	Joaquin Silva (Sr)	0:17:10.6
26	24	Lyons Township	Dan Miklosz (Jr)	0:17:13.1
27	25	Libertyville	Wesley Siu (Jr)	0:17:13.6
28	26	Marist	Luke Haberkorn (So)	0:17:14.1
29	27	Brother Rice	Anthony Maciag (Jr)	0:17:17.3
30	28	Richards	Matt Lukens (Sr)	0:17:19.2
31	29	St. Rita	Brendan Rafferty (Jr)	0:17:21.3
32	30	Sandburg	Colin Fornaris (Sr)	0:17:22.2
33	31	Kennedy	Leonardo Flores (Jr)	0:17:22.9
34	32	Libertyville	Evan Bujak (Jr)	0:17:24.2
35	33	Homewood-Flossmoor	Kendall Keller (Sr)	0:17:24.9
36	34	Sandburg	Tim Conwell (Sr)	0:17:25.1
37	35	Marist	Sam Signorelli (Sr)	0:17:25.8
38	36	Brother Rice	Tom Cira (Sr)	0:17:26.3
39	37	Marian Catholic	Noah Brim (Jr)	0:17:28.1
40	38	Hope Academy	Daniel Gonzalez (Sr)	0:17:29.0
41	39	Eisenhower	Milton Estrada (Sr)	0:17:31.4
42	40	Argo	Robert Castillo (Jr)	0:17:31.8
43	41	Lyons Township	Sean Robertson (Jr)	0:17:32.9

44	42	Oak Forest	Adam Pickrum (Sr)	0:17:36.0
45	43	Marian Catholic	Matthew Lamb (Sr)	0:17:38.0
46	44	Marist	Jake Tracy (Jr)	0:17:38.5
47	45	Hinsdale South	John Gieres (Jr)	0:17:40.6
48	46	Eisenhower	Alejandro Montes (Jr)	0:17:45.9
49	47	Marist	Anthony Shaskevich (Jr)	0:17:51.8
50	48	St. Laurence	John Hoffman (Sr)	0:17:52.2
51	49	Libertyville	Daniel LeBlond (Sr)	0:17:55.6
52	50	St. Rita	Albert Alfano (Sr)	0:17:56.0
53	51	Stagg	Mike Toussaint (Sr)	0:17:57.2
54	52	Eisenhower	Mahonri Saldona (Jr)	0:17:57.6
55	53	St. Laurence	Anthony Barrios (So)	0:18:02.9
56	54	Lyons Township	Gabe Valdes (Sr)	0:18:05.7
57	55	Tinley Park	Pat Brueggemann (Jr)	0:18:06.2
58		Rich Central	Marcus Geraldts (Jr)	0:18:09.0
59	56	Sandburg	Dominic Lifonti (Sr)	0:18:11.7
60	57	Libertyville	Forrest Wagner (Jr)	0:18:12.0
61	58	Sandburg	Pat Birk (Sr)	0:18:12.6
62	59	Brother Rice	Sean Waters (Jr)	0:18:15.5
63	60	Eisenhower	Edgar Gonzalez (Jr)	0:18:16.0
64	61	Eisenhower	Jacob Smith (Jr)	0:18:16.4
65	62	Oak Forest	Neal Cunningham (Sr)	0:18:17.8
66	63	Tinley Park	Alex Castro (Jr)	0:18:18.9
67	64	Mount Carmel	Colin Slager (Sr)	0:18:23.5
68		Bloom Township	Dorian Simmons (Jr)	0:18:25.7
69	65	Homewood-Flossmoor	Princewil Ibe (Jr)	0:18:27.4
70	66	St. Rita	Dan Dwyer (Jr)	0:18:27.8
71	67	Sandburg	Bill Sieczkowski (Jr)	0:18:28.2
72	68	Oak Lawn	Anthony Gal (Sr)	0:18:29.0
73		Proviso West	Albert Astorga (Jr)	0:18:30.4
74	69	Hope Academy	Colin Blaydes (Sr)	0:18:30.8
75	70	Stagg	Richie Ferneau (Sr)	0:18:31.6
76	71	Eisenhower	Pedro Santana (Jr)	0:18:35.0
77	72	Libertyville	Jake Rezell (Sr)	0:18:38.7
78	73	Argo	Jose Munoz (Sr)	0:18:39.4
79	74	Kennedy	Christopher Salcedo (Sr)	0:18:40.8
80	75	Oak Lawn	Sal Garcia (Jr)	0:18:41.3
81	76	Tinley Park	David McDonald (So)	0:18:42.6
82	77	Stagg	Sam Hynes (Sr)	0:18:46.7
83	78	Mount Carmel	Nick Gallapo (So)	0:18:53.4
84	79	Reavis	Anthony Calvillo (Jr)	0:18:56.1
85	80	Richards	Xavier Ledesma (Sr)	0:18:57.0
86	81	Oak Forest	Cody Stuart (Jr)	0:19:00.6
87	82	Hinsdale South	Elias Magallanes (Jr)	0:19:01.1
88	83	Marian Catholic	Nathan Holley (Fr)	0:19:02.7
89	84	Reavis	Josh Arnold (Sr)	0:19:06.1
90	85	Mount Carmel	Frank Slabe (Jr)	0:19:08.2
91	86	Richards	Dillon Griffin (Sr)	0:19:10.0
92	87	Sandburg	Zach Struzik (Jr)	0:19:10.4
93	88	Kennedy	Isaias Garcia (Sr)	0:19:10.9
94	89	Mount Carmel	Gunther Voss (Jr)	0:19:14.3
95	90	Stagg	Brandon Houtchens (Sr)	0:19:14.7
96	91	Stagg	Jeff Shelstrom (So)	0:19:17.7
97	92	Marian Catholic	Chris Merriman (Jr)	0:19:21.1
98	93	Tinley Park	Tim Obrien (Sr)	0:19:33.0
99	94	St. Rita	Anton Thauer (Jr)	0:19:34.4
100	95	Kennedy	Harnaldo Reyes (So)	0:19:43.7

FINAL TEAM STANDINGS:

Place	School	Score	Scoring Places							
1	Lyons Township	73	8,	9,	14,	18,	24,	41,	54	
2	Brother Rice	82	1,	7,	11,	27,	36,	59		
3	Marist	92	5,	6,	20,	26,	35,	44,	47	
4	Libertyville	111	2,	3,	25,	32,	49,	57,	72	
5	Sandburg	194	16,	30,	34,	56,	58,	67,	87	
6	Eisenhower	210	13,	39,	46,	52,	60,	61,	71	
7	Reavis	212	4,	22,	23,	79,	84,	96,	121	
8	Tinley Park	297	10,	55,	63,	76,	93			
9	Oak Forest	306	19,	42,	62,	81,	102,	107,	120	
10	Mount Carmel	331	15,	64,	78,	85,	89,	97,	103	
11	St. Rita	339	29,	50,	66,	94,	100,	123,	129	
12	Hope Academy	340	17,	38,	69,	104,	112,	117,	135	
13	Marian Catholic	361	37,	43,	83,	92,	106,	113		
14	Homewood-Flossmoor	361	12,	33,	65,	119,	132			
15	Stagg	379	51,	70,	77,	90,	91,	125		
16	Hinsdale South	384	21,	45,	82,	110,	126,	127		
17	Kennedy	419	31,	74,	88,	95,	131,	133		
18	Argo	431	40,	73,	98,	109,	111,	114,	116	
19	St. Laurence	431	48,	53,	101,	105,	124,	128		
20	Richards	458	28,	80,	86,	130,	134			
21	Oak Lawn	465	68,	75,	99,	108,	115,	118,	122	
22	Bloom Township	No Score	- Had only 4 finishers							
23	Proviso West	No Score	- Had only 4 finishers							
24	Rich Central	No Score	- Had only 2 finishers							
25	St. Joseph	No Score	- Had only 0 finishers							

47th Annual Reavis Rams Invitational

September 10, 2011

Boys Open

3.0 Miles

RACE RESULTS

Course record is 0:16:41.9 by Jim Glavas of Brother Rice on Sept. 9, 2006

Place	School	Name	Time
1	Lyons Township	Connor Delaney (Jr)	0:17:26.9
2	Lyons Township	Luke Ziolkowski (Jr)	0:17:27.4
3	Lyons Township	Cody Reister (Jr)	0:17:34.6
4	Sandburg	Aaron Spengler (Sr)	0:17:55.7
5	Lyons Township	Quinn Mulligan (Jr)	0:17:56.2
6	Libertyville	Kevin Burke (Sr)	0:17:58.7
7	Sandburg	Nicholas Prajka (Jr)	0:18:01.9
8	Sandburg	Pat Lim (Jr)	0:18:12.8
9	Libertyville	Robert Scheuneman (Jr)	0:18:13.2
10	Brother Rice	Brendan Baker (Jr)	0:18:20.1
11	Brother Rice	Matt Heavey (Sr)	0:18:30.7
12	Sandburg	Luke Vanderkrabben (Jr)	0:18:32.1
13	Lyons Township	Brian McDonagh (Jr)	0:18:33.1
14	Libertyville	David Rule (Jr)	0:18:40.2
15	Marist	Larry Austin (Jr)	0:18:43.8
16	Lyons Township	Cj O'Neill (So)	0:18:45.9
17	Eisenhower	Jesus Rojas (Jr)	0:18:48.7
18	Libertyville	Kevin Pfeil (Sr)	0:18:51.6
19	Libertyville	Christian Bako (Sr)	0:18:54.0
20	Lyons Township	Ethan Leavitt (So)	0:18:54.3
21	Sandburg	Harry Becker (So)	0:18:55.0
22	Lyons Township	Mike Dost (Sr)	0:18:55.7
23	Marist	John McCabe (Jr)	0:18:56.1
24	Sandburg	Ryan Poe (So)	0:18:56.6
25	Libertyville	Nicholas Zarling (Sr)	0:18:57.1
26	Libertyville	Kevin Hiller (Sr)	0:18:57.7
27	Lyons Township	Kevin Kundid (Fr)	0:19:00.4
28	Sandburg	Will Becker (So)	0:19:06.3
29	Sandburg	Corey Jehle (Jr)	0:19:09.3
30	Lyons Township	Dan Foley (Sr)	0:19:13.8
31	Lyons Township	Max Olson (Fr)	0:19:15.0
32	Sandburg	Chris Mangold (So)	0:19:15.9
33	Libertyville	Thomas Grunert (Jr)	0:19:19.1
34	Libertyville	Thomas Anderson (Jr)	0:19:22.2
35	Libertyville	Carl Remler (Jr)	0:19:24.0
36	Lyons Township	Mike Richards (So)	0:19:26.5
37	Lyons Township	Andy Stork (So)	0:19:26.8
38	Libertyville	Adam Grabowski (Jr)	0:19:29.5
39	Lyons Township	Oscar Correa (Sr)	0:19:30.0
40	Lyons Township	Jake Langan (Fr)	0:19:30.6
41	Libertyville	Mike Babowice (Sr)	0:19:31.8
42	Libertyville	Jonathan Wong (Jr)	0:19:32.4
43	Sandburg	John Walls (So)	0:19:35.8
44	Lyons Township	Nick Winner (Jr)	0:19:38.2

45	Lyons Township	Vincent Arata (Fr)	0:19:38.6
46	Lyons Township	David French (Jr)	0:19:40.9
47	St. Rita	Jake Barcelona (So)	0:19:41.4
48	Libertyville	Nicholas Seneczko (Fr)	0:19:43.0
49	Lyons Township	Matt Smith (Sr)	0:19:43.5
50	Lyons Township	Ben Gawthrop (Fr)	0:19:44.0
51	Libertyville	Jacob Smith (Sr)	0:19:44.5
52	Libertyville	Jayce Nall (Jr)	0:19:46.4
53	Lyons Township	Shane Rhodes (Jr)	0:19:47.4
54	Sandburg	Mike Brower (Fr)	0:19:49.3
55	Lyons Township	Ben Hewett (Fr)	0:19:49.6
56	Libertyville	Hakan Stanis (Fr)	0:19:49.9
57	Libertyville	Chris Aksland (Jr)	0:19:50.3
58	Libertyville	Connor McCauley (So)	0:19:51.1
59	St. Joseph	Unknown Athlete	0:19:57.8
60	Lyons Township	Thomas Cushing (Fr)	0:19:58.8
61	Lyons Township	Sam Wesley (Jr)	0:20:00.4
62	Lyons Township	Paul Hunter (So)	0:20:00.8
63	Marist	Manny Sibug (Jr)	0:20:03.3
64	Lyons Township	Ryan Stork (So)	0:20:03.9
65	Lyons Township	Michael Flahery (Fr)	0:20:07.6
66	Lyons Township	Kyle Robinson (Jr)	0:20:08.2
67	Libertyville	Anthony Gurovski (Fr)	0:20:09.5
68	Lyons Township	?????? Anthony	0:20:13.2
69	Lyons Township	Aidan Hamor (Jr)	0:20:16.3
70	Libertyville	Scott Scheuneman (Fr)	0:20:18.5
71	Libertyville	Matthew Ward (Jr)	0:20:20.6
72	Lyons Township	Colin Moran (Jr)	0:20:23.4
73	Lyons Township	Tim Wyrick (Sr)	0:20:23.8
74	Sandburg	Connor Brown (Fr)	0:20:24.2
75	Sandburg	Jack Wei (Fr)	0:20:28.1
76	Sandburg	Connor Crouse (So)	0:20:29.9
77	Lyons Township	Dan Patterson (So)	0:20:30.8
78	Eisenhower	Jesus Magallanez (Sr)	0:20:31.7
79	Lyons Township	Jack Timyan (Sr)	0:20:32.1
80	Lyons Township	Ross Leavitt (Fr)	0:20:32.5
81	Lyons Township	Alex Contarino (Jr)	0:20:32.9
82	Lyons Township	Brad Schuler (Jr)	0:20:34.8
83	Lyons Township	John Klaufa (Fr)	0:20:35.2
84	Lyons Township	Liam Purcell (Fr)	0:20:35.5
85	Marist	Kevin Reed (Sr)	0:20:36.0
86	Lyons Township	Steve Campbell (So)	0:20:36.4
87	Lyons Township	Ciprian Oltean (Jr)	0:20:36.7
88	Sandburg	Ryan Walsh (Jr)	0:20:37.1
89	Lyons Township	Thomas Crawshaw (Fr)	0:20:37.5
90	Lyons Township	John Riccione (Jr)	0:20:37.9
91	Lyons Township	Jim Kern (So)	0:20:38.2
92	Lyons Township	Tim Acker (Fr)	0:20:39.3
93	Lyons Township	Charles Brom (Fr)	0:20:43.3
94	Argo	Alejandro Bahena (Sr)	0:20:44.5
95	Lyons Township	Nathan Stables (Sr)	0:20:47.3
96	St. Joseph	Unknown Athlete	0:20:48.2
97	Lyons Township	James Mohan (Fr)	0:20:48.5
98	Lyons Township	Zach Prinz (So)	0:20:49.7
99	Hinsdale South	Tyler Davids (Jr)	0:20:52.7
100	Brother Rice	Pat Mahoney (Sr)	0:20:54.6
101	Lyons Township	Connor Moran (Sr)	0:20:55.2

102	Sandburg	Josh Poulos (Fr)	0:20:56.3
103	Libertyville	Andrew Nader (Jr)	0:20:58.5
104	Libertyville	Nick Konigseder (Fr)	0:20:59.0
105	Marist	Kyle Doidge (Sr)	0:21:00.0
106	Eisenhower	Aaron Stockton (Jr)	0:21:00.9
107	Argo	Pablo Lopez (Fr)	0:21:01.8
108	Oak Lawn	Travis Zeilenga (Jr)	0:21:02.2
109	Sandburg	Joe Faro (Sr)	0:21:04.5
110	Sandburg	Alfonso Cerna (Fr)	0:21:06.9
111	Reavis	Elmer Carrillo (Jr)	0:21:07.4
112	Reavis	Zach Carlson (Sr)	0:21:07.9
113	Sandburg	Joel Sanchez (Fr)	0:21:08.5
114	Lyons Township	Eric Slivovsky (Jr)	0:21:08.8
115	Libertyville	Aaron Houser (So)	0:21:09.7
116	Libertyville	Lionello Bardina (So)	0:21:14.2
117	Libertyville	Mike Delismon (Jr)	0:21:14.7
118	Libertyville	David Black (Fr)	0:21:15.3
119	Lyons Township	Joeseeph Elvin (Fr)	0:21:18.0
120	Lyons Township	Ryan Hill (Jr)	0:21:20.0
121	Lyons Township	Dan Devine (Fr)	0:21:21.4
122	Libertyville	Steven Milazzo (Sr)	0:21:22.5
123	Reavis	Rafal Rembis (Jr)	0:21:23.1
124	Libertyville	Zach Sickand (So)	0:21:24.4
125	Libertyville	Jimmy Althoff (So)	0:21:24.8
126	Libertyville	Jack Donofrio (So)	0:21:25.2
127	Libertyville	Kyle Beres (Sr)	0:21:27.9
128	Libertyville	Robert Seneczko (Fr)	0:21:29.1
129	Lyons Township	James Rhode (So)	0:21:29.6
130	Libertyville	Zachery Hoeksel (Fr)	0:21:30.1
131	Brother Rice	Nick Pandolfi (Jr)	0:21:30.9
132	Libertyville	Peter Feely (Fr)	0:21:31.2
133	Lyons Township	Will Crawshaw (Sr)	0:21:34.0
134	Lyons Township	Luke Winner (Fr)	0:21:35.5
135	Libertyville	Thomas Peterson (Fr)	0:21:37.7
136	Reavis	Jigar Naik (Sr)	0:21:38.9
137	Libertyville	Michael Gasick (Fr)	0:21:39.5
138	Lyons Township	Jimmy Bone (So)	0:21:40.2
139	Brother Rice	Eddie Pacura (Fr)	0:21:40.8
140	Mount Carmel	Nick Toppel (Jr)	0:21:43.7
141	Libertyville	John McInerney (Fr)	0:21:50.2
142	Libertyville	Albert Cowsky (Sr)	0:21:52.2
143	Reavis	Mutaz Matariyeh (Sr)	0:21:54.6
144	Libertyville	Alex Kratcoski (Fr)	0:21:55.2
145	Kennedy	Justin Santiago (So)	0:21:55.6
146	Libertyville	Patrick Quinn (Fr)	0:21:56.4
147	Libertyville	Thomas Ackerman (Fr)	0:21:57.8
148	Argo	Juan Cervantes (Fr)	0:21:58.1
149	Lyons Township	Shafin Khan (Jr)	0:21:58.9
150	Oak Lawn	Luis Garcia (Fr)	0:21:59.4
151	Libertyville	James Broughton (Jr)	0:21:59.9
152	Libertyville	Brendan Quinn (Jr)	0:22:01.2
153	Reavis	Abe Rodriguez (Jr)	0:22:03.9
154	Marist	Jack Keaney (Sr)	0:22:06.1
155	Eisenhower	Noah Cavazos (Jr)	0:22:06.8
156	St. Rita	Chris Calderon (Fr)	0:22:09.2
157	Reavis	Braulio Castellanos (So)	0:22:11.7
158	Sandburg	John Makry (Fr)	0:22:12.8

159	Oak Forest	Gio Losito (So)	0:22:13.3
160	St. Rita	Bobby Fiedler (Fr)	0:22:14.1
161	Sandburg	David Hemaldo (Fr)	0:22:15.8
162	Libertyville	Sam Leonard (Fr)	0:22:16.2
163	Reavis	Bill Sliwinski (Jr)	0:22:18.9
164	Libertyville	Eric Petersen (Sr)	0:22:20.2
165	Libertyville	John Maher (Jr)	0:22:22.1
166	Eisenhower	Jonathan Perlota (Jr)	0:22:23.3
167	St. Joseph	Unknown Athlete	0:22:23.7
168	St. Rita	Ray Foster (So)	0:22:24.2
169	Lyons Township	Jose Montelongo (Fr)	0:22:27.4
170	Reavis	Eli Munoz (So)	0:22:28.1
171	Oak Forest	Paul Burghard (Fr)	0:22:29.5
172	Sandburg	Jacob Kwiatt (Fr)	0:22:33.4
173	Sandburg	Kyle Lahucik (Fr)	0:22:37.2
174	Reavis	Joey Pauletic (Sr)	0:22:38.2
175	Reavis	Sri Vadrevu (Jr)	0:22:38.6
176	Oak Forest	Josh Hernandez (Fr)	0:22:39.0
177	Hinsdale South	Dominic Colant (So)	0:22:40.5
178	Lyons Township	Peter Lukaszewicz (Jr)	0:22:41.4
179	Lyons Township	Mike Varga (Jr)	0:22:42.5
180	Libertyville	Jeremy Lenz (Sr)	0:22:43.0
181	Homewood-Flossmoor	Aaron Catledge (So)	0:22:43.7
182	Libertyville	Nicholas Ackerman (Sr)	0:22:44.1
183	Sandburg	Scott Mooney (Fr)	0:22:46.0
184	Lyons Township	Alex Torres (So)	0:22:46.3
185	Reavis	Eduardo Flores (Jr)	0:22:47.5
186	Reavis	Jesus Sanchez (Sr)	0:22:47.8
187	Libertyville	Samuel Marlinga (So)	0:22:48.2
188	Oak Lawn	David Le (So)	0:22:50.0
189	Reavis	Ruben Ramirez (Jr)	0:22:50.7
190	Libertyville	Robert McCormick (So)	0:22:50.9
191	Argo	Alexis Munoz (Sr)	0:22:53.5
192	Libertyville	Timothy Pawlicki (Sr)	0:22:53.9
193	Lyons Township	Sam Newton (Jr)	0:22:55.2
194	Homewood-Flossmoor	Sila Tulani (Sr)	0:22:58.5
195	Lyons Township	Bobby Flores (Sr)	0:23:00.1
196	Oak Lawn	Paul Stochowicz (Jr)	0:23:00.6
197	Libertyville	Jack Burrows (Fr)	0:23:01.0
198	Homewood-Flossmoor	Kendall Tribble (So)	0:23:02.1
199	Mount Carmel	Marssel Sweiss (Jr)	0:23:02.6
200	St. Joseph	Unknown Athlete	0:23:04.3
201	Lyons Township	Brian Krueger (Jr)	0:23:05.3
202	Argo	Brian Diaz (Fr)	0:23:07.3
203	Brother Rice	Cody Colturi (Fr)	0:23:07.8
204	Mount Carmel	Tom Swenson (Fr)	0:23:08.2
205	Libertyville	Steve Polakowski (So)	0:23:11.3
206	Hinsdale South	Chris Urquhart (So)	0:23:12.9
207	Argo	Roberto Rosales (Sr)	0:23:14.3
208	Libertyville	Jordan Newman (So)	0:23:14.8
209	Oak Forest	Jt Melvan (Fr)	0:23:15.0
210	Libertyville	Charles Burnett (Jr)	0:23:16.3
211	Reavis	Cody Akin (Jr)	0:23:17.0
212	Lyons Township	Conor Wiegmann (Fr)	0:23:17.3
213	Argo	Ernie Hernandez (Sr)	0:23:18.0
214	Lyons Township	William Stampfl (Fr)	0:23:18.7
215	Lyons Township	Connor Kriha (Jr)	0:23:19.3

216	Hinsdale South	Ethan Waterman (Fr)	0:23:19.6
217	Sandburg	Brandon Calderon (Jr)	0:23:19.9
218	Homewood-Flossmoor	Josh Lewis (So)	0:23:21.6
219	Eisenhower	Ramon Rodriguez (Fr)	0:23:23.0
220	Hinsdale South	Philip Vadakara (Fr)	0:23:24.7
221	Sandburg	Jimmy Foley (Fr)	0:23:25.0
222	Stagg	Dave Gaidas (Fr)	0:23:25.4
223	Lyons Township	Lawrence Pettrone (Fr)	0:23:26.6
224	Lyons Township	Zachary Szczesniak (Fr)	0:23:28.3
225	Brother Rice	Liam Millerick (Fr)	0:23:28.7
226	Argo	Harold Diaz (Jr)	0:23:31.2
227	Lyons Township	Brian Fox (Sr)	0:23:31.5
228	Libertyville	Samuel Gold (Fr)	0:23:33.6
229	Libertyville	Peter Zemeske (Fr)	0:23:38.4
230	Lyons Township	Harrison Turkes (Fr)	0:23:39.3
231	Libertyville	Steven Zheng (So)	0:23:39.7
232	Marist	Alex Gambla (Sr)	0:23:41.7
233	Oak Lawn	Erik Abrahamson (So)	0:23:42.9
234	Lyons Township	Will Most (Fr)	0:23:43.4
235	Lyons Township	Matt O'Connor (Jr)	0:23:49.1
236	Libertyville	Rob Delismon (Sr)	0:23:49.4
237	Lyons Township	Kevin Mulcrone (Jr)	0:23:52.0
238	Mount Carmel	Imani Jasper-Baker (Sr)	0:23:52.3
239	St. Laurence	Dom DelFavera (Fr)	0:23:52.9
240	Libertyville	Ayobami Akinlade (Jr)	0:23:55.7
241	Oak Forest	Leandro Bernabe (Jr)	0:23:56.4
242	Mount Carmel	Dennis Toppel (Jr)	0:23:58.0
243	Stagg	Luke Shelly (Sr)	0:24:04.1
244	Lyons Township	Timothy Sam (Fr)	0:24:04.4
245	Oak Forest	Jack Neylon (Fr)	0:24:07.0
246	Hinsdale South	Michael Heard (Fr)	0:24:08.1
247	Libertyville	Grant Dean (Fr)	0:24:09.4
248	Lyons Township	Craig Pace (Jr)	0:24:11.2
249	Sandburg	Jacob Mackey (Fr)	0:24:13.0
250	Lyons Township	Mike Sheer (Jr)	0:24:14.4
251	Sandburg	Mark Macak (Fr)	0:24:14.9
252	Lyons Township	Ben Wilson (Jr)	0:24:23.2
253	Lyons Township	Mike Maike (Jr)	0:24:26.8
254	Kennedy	Steven Luna (Jr)	0:24:30.2
255	Mount Carmel	Jim Pytel (So)	0:24:34.5
256	Libertyville	Billy Bonebrake (Fr)	0:24:39.5
257	Eisenhower	Eduardo Montoya (Jr)	0:24:40.5
258	Eisenhower	Rigoberto Calderon (Fr)	0:24:41.8
259	Eisenhower	Zack Fernandez (So)	0:24:42.2
260	Argo	Joel Munoz (Sr)	0:24:45.4
261	Libertyville	Matthew McGrath (Fr)	0:24:48.7
262	Lyons Township	Charles Floyd (Fr)	0:24:49.3
263	Argo	Bobby Mozier (Fr)	0:24:50.5
264	Argo	Kevin Walsh (Fr)	0:24:53.1
265	Oak Lawn	Belal Sulieyman (Fr)	0:24:54.7
266	Reavis	Isaiah Aguirre (Jr)	0:24:55.2
267	St. Rita	Jose Hernandez (Jr)	0:24:55.7
268	Lyons Township	Sam Trifon (So)	0:24:56.0
269	Reavis	Raul Gonzalez (Jr)	0:24:56.6
270	St. Laurence	Justin Walowski (Jr)	0:24:58.3
271	Libertyville	Andrew Mudd (Fr)	0:24:58.8
272	Oak Forest	Mike Zamiar (Fr)	0:25:00.5

273	Argo	Jc Santamaria (Jr)	0:25:00.9
274	Brother Rice	Dan Sweeney (Fr)	0:25:02.7
275	Lyons Township	Adam Espinosa (Fr)	0:25:06.3
276	Libertyville	Jesse Moore (Sr)	0:25:07.3
277	Reavis	Patrick Walsh (So)	0:25:12.5
278	Kennedy	Horacio Ramirez (Jr)	0:25:13.9
279	Lyons Township	Mike Forberg (So)	0:25:18.7
280	Reavis	Tyler Woody (Fr)	0:25:27.6
281	Sandburg	Brian McMahon (Fr)	0:25:29.7
282	Argo	Jose Rodriguez (Jr)	0:25:50.2
283	Stagg	Richard Walsh (Sr)	0:25:50.7
284	Libertyville	Kennedy Abington (Fr)	0:25:51.5
285	Reavis	Julio Brito (Jr)	0:25:54.4
286	Reavis	Alex Rojas (Sr)	0:25:58.4
287	Reavis	Gabe Wijtyk (Fr)	0:26:09.7
288	Argo	Freddie Benitez (Sr)	0:26:13.3
289	St. Joseph	Unknown Athlete	0:26:15.8
290	Mount Carmel	Garrett Smith (Fr)	0:26:59.5
291	Argo	Rolando Cruz (Sr)	0:27:01.9
292	Argo	Luis Rosales (Jr)	0:27:12.7
293	Oak Lawn	Murad Suleiman (Fr)	0:27:13.3
294	Reavis	Jesus Solorzano (Jr)	0:27:16.8
295	St. Joseph	Unknown Athlete	0:27:18.5
296	Reavis	Mahmoud Othman (Sr)	0:27:53.9
297	St. Joseph	Unknown Athlete	0:28:00.7
298	Richards	Josh Kamba (Fr)	0:28:01.6
299	Reavis	Caelan McLernon (Fr)	0:28:11.0
300	Oak Forest	Mark Burghard (Fr)	0:28:20.6

47th Annual Reavis Rams Invitational

September 10, 2011

Boys Fr/So

3.0 Miles

RACE RESULTS

Course record is 0:15:54.2 by Kevin Adamowski of Carl Sandburg on Sept. 11, 2004

Place	Ovral Score	School	Name	Time
1	1	Brother Rice	James Durkin (So)	0:16:43.2
2	2	St. Rita	Peter Schaible (So)	0:16:49.4
3	3	Sandburg	Adam Gleisner (So)	0:16:51.5
4	4	Lyons Township	Dan Lupano (So)	0:16:59.6
5	5	Lyons Township	Matt Layden (So)	0:17:00.7
6	6	Libertyville	Maxwell Roberts (Fr)	0:17:12.3
7	7	Homewood-Flossmoor	Kevin Anderson (So)	0:17:12.7
8	8	Oak Forest	Peter Boyajian (So)	0:17:14.6
9	9	Sandburg	Justin Adams (So)	0:17:22.8
10	10	Richards	Dan Krasich (So)	0:17:25.7
11	11	Oak Lawn	Nick Minnella (Fr)	0:17:26.4
12	12	Libertyville	Atticus Rush (So)	0:17:27.2
13	13	Hinsdale South	Ryan Cusick (So)	0:17:27.6
14	14	Lyons Township	Martin Glynn (So)	0:17:28.0
15	15	Lyons Township	Graham Hartoonian (So)	0:17:29.3
16	16	Libertyville	Alexander Zoellick (Fr)	0:17:29.8
17	17	Richards	Griffin Forberg (So)	0:17:33.2
18	18	Lyons Township	Joseph Mayer (So)	0:17:41.3
19	19	Stagg	Terry Gruns (So)	0:17:47.7
20	20	Marist	Drew Mack (Fr)	0:17:53.7
21	21	Reavis	David Kasprzak (So)	0:17:55.1
22	22	Sandburg	Greg Burzinski (Fr)	0:17:59.0
23	23	Libertyville	Tyler Chen (So)	0:17:59.5
24	24	Homewood-Flossmoor	Christian Hoover (Fr)	0:18:02.3
25	25	Reavis	Sam Almousa (So)	0:18:02.7
26	26	Stagg	Alfonso Sahagun (So)	0:18:03.3
27	27	Oak Forest	Tabin Vrba (So)	0:18:11.1
28	28	Libertyville	Evan Mazurek (So)	0:18:11.9
29	29	Homewood-Flossmoor	Jameson Lamb (So)	0:18:12.5
30	30	Oak Forest	Terry Zalud (So)	0:18:16.4
31	31	Stagg	Dave Piechalak (So)	0:18:19.6
32	32	Lyons Township	Alex Lima (Fr)	0:18:23.9
33	33	Sandburg	Alec Altman (Fr)	0:18:26.1
34	34	Libertyville	Austin Fuller (Fr)	0:18:34.9
35	35	St. Rita	Brendan Schmit (Jr)	0:18:35.3
36	36	Lyons Township	Andrew Lichtenauer (Fr)	0:18:36.0
37	37	Sandburg	Matt Benz-Weeden (Fr)	0:18:45.0
38	38	Hinsdale South	Joe Eilbert (Fr)	0:18:48.3
39	39	Argo	Jimmy Dimer (Fr)	0:18:49.4
40	40	Sandburg	Patrick Bieszcke (Fr)	0:18:51.0
41	41	Argo	Luis Ramirez (Fr)	0:18:53.2
42	42	Eisenhower	Joshua Medel (So)	0:19:02.2

43	43	Marist	Anthony Herrera (So)	0:19:15.4
44		Bloom Township	Daniel Perez (Fr)	0:19:18.0
45	44	Stagg	Dan Jamrozik (So)	0:19:24.8
46	45	Argo	Alexis Caballero (So)	0:19:29.0
47	46	St. Rita	Mark Radavic (So)	0:19:31.4
48	47	Oak Forest	Casey Gallagher (So)	0:19:33.3
49	48	Richards	Jarrett Hogan (So)	0:19:33.7
50	49	Sandburg	John Stefik (Fr)	0:19:34.3
51	50	Argo	Ramiro Jimenez (Fr)	0:19:41.5
52	51	Hinsdale South	Jason Arendt (So)	0:19:45.0
53	52	Brother Rice	Tom Davey (Fr)	0:19:45.4
54	53	Stagg	Ryan Donnelly (So)	0:19:48.9
55	54	Brother Rice	Tim O'Connor (So)	0:19:51.5
56	55	Eisenhower	Eduardo Martinez (So)	0:19:55.8
57	56	Stagg	Jake Stypula (So)	0:19:56.2
58	57	Marist	Joe Tandyk (Fr)	0:19:57.3
59	58	Hinsdale South	Freddy Magallanes (So)	0:19:58.7
60	59	Homewood-Flossmoor	Matt Maas (So)	0:20:00.9
61	60	Homewood-Flossmoor	Miles Newson (So)	0:20:03.7
62	61	Mount Carmel	Dan Luchsinger (Fr)	0:20:08.2
63	62	Reavis	Johnny Almanza (So)	0:20:08.7
64	63	Mount Carmel	Shane Hickey (Fr)	0:20:10.3
65	64	Reavis	Mo Sbitan (So)	0:20:10.7
66	65	Richards	Eric Quinlan (So)	0:20:11.2
67	66	Mount Carmel	Alex Khong (So)	0:20:27.7
68	67	Oak Lawn	Nathan Jones (Fr)	0:20:31.5
69	68	Oak Lawn	Enrique Miranda (Fr)	0:20:32.0
70	69	Hinsdale South	Daniel Cepeda (So)	0:20:34.4
71		Bloom Township	Timothy Pasco (So)	0:20:37.9
72	70	Marian Catholic	Alonzo Carr (So)	0:20:44.2
73	71	Reavis	Edwin Trujillo (Fr)	0:20:44.6
74	72	Eisenhower	Rudy Salazar (So)	0:20:46.7
75	73	St. Rita	Stanton Zaczek (So)	0:20:48.8
76	74	Oak Forest	Ricky Ontiveras (Fr)	0:20:49.9
77	75	Argo	Uzziel Guzman (Fr)	0:20:52.0
78		Tinley Park	Tyrell Berry (Fr)	0:20:52.6
79	76	Brother Rice	Connor Reidy (Fr)	0:20:53.2
80	77	Homewood-Flossmoor	Zach Smith (So)	0:20:54.9
81	78	Marian Catholic	Kevin Kwok (So)	0:20:55.5
82	79	Argo	Ramazan Xheha (Fr)	0:20:59.2
83	80	Argo	Cesar Cruz (So)	0:21:03.4
84	81	Reavis	John Gil (Fr)	0:21:06.3
85	82	Brother Rice	Dan Capua (Fr)	0:21:06.7
86		Kennedy	Omar X. Lara (Fr)	0:21:10.7
87	83	Oak Lawn	Nick Paluck (Fr)	0:21:11.2
88	84	Stagg	Chris Kladis (So)	0:21:15.9
89	85	Proviso West	Ryan Ruiz (So)	0:21:16.8
90	86	Oak Lawn	Nick Sauerwein (Fr)	0:21:17.5
91	87	Oak Forest	Ian Armstrong (So)	0:21:18.0
92	88	Eisenhower	Frank Zuniga (So)	0:21:18.5
93	89	Richards	Sal Alvarado (Fr)	0:21:19.3
94	90	Richards	Ryan Walt (Fr)	0:21:20.3
95	91	Hinsdale South	Szymon Borowski (So)	0:21:21.5
96	92	Hinsdale South	Tom Mihalkanin (Fr)	0:21:22.0
97	93	Reavis	Tomas Villa (Fr)	0:21:22.7
98	94	Marist	Joe Fennessy (So)	0:21:23.7
99	95	Brother Rice	Mike Joyce (Fr)	0:21:24.1

NEWS AND NOTES

RUNNERS OF THE WEEK: Tim Conwell, Justin Adams, Aaron Spengler

SPLIT TAKERS OF THE WEEK: Brian Dewolf, Matt O'Neil, Mike Stefik

BEST PEOPLE AT GETTING SICK: Mike Stefik, Mitch Rees, Derek Hevel, Matt O'Neil

Reavis Invitational

Saturday, September 3, 2011

65-75 degrees, Humid, Partly Sunny

Stefik's Comments: You learn something about yourself in every race you run. Saturday's race was a perfect example of that. I saw every guy run their race and every single one was battling. Many of you guys realized that you could push yourself further than you would have thought only a month ago. On the other hand, I saw some guys having tough days. Now you can learn a lot about yourself from a well run race, but in my opinion you will learn a lot more about yourself from your races that maybe you don't run so well. Now is the time you are going to find out what kind of person you really are. Are you going to just roll over and give up? Are you going to settle with the time you ran? Or are you going to get mad, determined and turn your race around into something spectacular? Peoria is next week, and there is your chance to really show everyone what you're made of. So if you had a tough race then go out and turn that around, but if you had an awesome race then go out and go out there with that confidence you have gained from this race!

The day began with our sophomore race and I can't think of one guy who didn't run really tough in that race. Adam Gleisner, ran a race that he should be really proud of. He went to the race with a very strong mentality and a will to win and it clearly showed in his racing. He really is turning into a varsity caliber runner and it will be really fun to see what he can do in the upcoming races. Another guy that stuck out in the sophomore race was Justin Adams. Justin is turning into one of our top guys and it is starting to show in the races. He has overcome so much to get to where he is today. He had battled injuries all last year (and he had a bee sting in his mouth... I guess he got hungry on a run or something) and you could see it in his eyes how badly he wanted to be up there helping the team win races. He is the perfect example of how hard work pays off. All in all the sophomores are really coming along and are progressing very nicely. John Stefik, Matt Benz-Weeden and Burzinski, had very solid races as well and are going to keep progressing very well if they keep up the training. Our Varsity ran tough on Saturday. The guy that impressed me the most was Tim Conwell. He is another guy that has overcome so much to get to where he is today. He has had injury after injury and it can be very hard to hunker down and get back up and try again with the constant setbacks. However, he hasn't given up and is proving that he can be a big player on our varsity by the end of the year. I can't wait to see what he does at the end of the year at conference because he is defiantly on track to do something very special by the end of the year. The other guys on the varsity had somewhat of a tough time Saturday though. A bad race isn't something you should forget but at the same time a bad race isn't something you should worry about all the way up until the next race. Guys like Birk, Stuzik, Siczkowski, and Colin, I'm sure will go and use their race as their fire for their next race. I'm so excited to see these guys run some huge times at Peoria. The open race in my opinion was probably the most exciting of the day! So many guys were running with determination. Aaron Spengler, has come an unbelievably long way to get to where he is today and it is really inspiring to watch him run. He runs with such determination it's scary! (Almost as scary as the "Caterpillar" we put on Dominic's shoulder on the pre-meet)... He is on track to go out with a bang and every time he races I know it is going to be one heck of a race. He wants to break 17:00 minutes by the end of the year and with his mentality anything is possible. Nick Prajka, also had a very good race on Saturday. He ran really tough and finished up behind Spengler with a really solid time. He is going to have a chance to really run some great times by the end of the year if he keeps working really hard and eating almonds. Brian McMahon, is also showing some huge improvement. He has already dropped a big chunk of time off his last PR, which is great to see. Chris Mangold is also becoming one heck of a runner. He works really hard in practice and he is another guy who is dropping a lot of very impressive times this season. I want to thank the Varsity who did a workout at the trails for getting me a donut "NOOOOOTTTTT". I was happy to hear that their workout went really well and it was really good to see that they came out to the race to cheer everyone on. You guys owe me a donut..... Chocolate Custard if you're wondering. Saturday was, in my opinion a very successful meet. There were a lot of great times run and there was a lot of tough racing being done. Today's race is just another stepping stone as we go on to the bigger races though. Peoria is a really fast course and will be a very good race to see where you are at in your training. Remember to take something good away from the race Saturday and incorporate it into the upcoming races. By adding things that work into each race, you will soon have a race plan that will turn you into a champion.

TIDBITS:>> Turn in blow pop money..... otherwise.... Well let's put it this way, you don't want to find out>> Start thanking coach for making these sheets because my fingers are about to fall off>> Make sure that you don't leave your gear and warm-ups laying around because we only have so many and we can't afford to lose them>> Any Jokes I made wasn't to offend anyone, just so you know

WHAT'S NEXT: Peoria Invitational

Fresh/Soph:

Team Totals: 1. Lyons-56 2. Libertyville- 85 3. Sandburg- 104

Top Individuals:

1. James Durkin(Brother Rice) 16:43
2. Peter Schaible(St. Rita) 16:49
3. Adam Gleisner(Carl Sandburg) 16:51

Sandburg:

3. Adam Gleisner 5:24(5:46)11:10(5:40)	16:51	<u>'10 (high 60's, rain)</u>
9. Justin Adams 5:31(5:56)11:27(5:55)	17:22	NT
22. Greg Burzinski 5:44(6:09)11:53(6:06)	17:59	NT
33. Alec Altman 5:52(6:26)12:18(6:07)	18:25	NT
37. Matt Benz- Weeden 5:52(6:26)12:18(6:26)	18:44	NT
40. Pat Bieszcke- 5:56(6:14)12:10(6:40)	18:50	NT
49. John Stefik- 6:05(6:50)12:55(6:38)	19:33	NT

Varsity:

Team Totals: 1. Lyons- 73 2. Brother Rice-82 3. Marist- 92 5. Sandburg-194

Top Individuals:

1. Dan Caddigan(Brother rice) 15:38
2. Nicholas Korhumel(Libertyville) 15:50

Sandburg:

16. Mike Sawyers 5:12(5:50)11:02(5:54)	16:56	<u>'10 (high 60's, rain)</u>
30. Colin Fornaris 5:17(6:05)11:22(5:59)	17:21	17:00
34. Tim Conwell 5:25(5:58)11:23(6:01)	17:24	16:56
56. Dominic Lifonti 5:33(6:24)11:57(6:14)	18:11	NT
58. Pat Birk 5:23(6:22)11:45(6:27)	18:12	17:03
67. Bill Sieczkoski 5:30(6:41)12:11(6:16)	18:27	17:32
87. Zach Struzik 5:26(6:53)12:19(6:51)	19:10	17:30
		18:40

Open:**Sandburg:**

4. Aaron Spengler 5:30(6:10)11:40(6:15)	17:55	<u>'10 (high 60's, rain)</u>
7. Nick Prajka 5:32(6:20)11:52(6:09)	18:01	NT
8. Pat Lim 5:40(6:26)12:06(6:06)	18:12	17:40
12. Luke Vanderkrabben 5:56(6:27)12:23(6:08)	18:31	19:14
21. Harry Becker 5:56(6:36)12:32(6:23)	18:55	20:17
24. Ryan Poe 5:58(6:34)12:32(6:24)	18:56	NT
28. Will Becker 5:57(6:41)12:38(6:28)	19:06	21:15
29. Corey Jehle 5:44(6:39)12:23(6:46)	19:09	19:58
32. Chris Mangold 5:59(6:44)12:43(6:33)	19:15	NT
43. John Walls 6:10(6:33)12:43(6:52)	19:35	23:33
54. Mike Brower 6:10(6:52)13:02(6:47)	19:49	21:20
74. Connor Brown 6:20(7:02)13:22(7:01)	20:23	NT
75. Jack Wei 6:29(6:59)13:28(6:59)	20:27	NT
76. Connor Crouse 6:36(7:21)13:57(6:31)	20:29	NT
88. Ryan Walsh 6:21(7:07)13:28(7:09)	20:37	20:50
102. Josh Poulos 6:30(7:00)13:30(7:26)	20:56	22:20
109. Joe Faro 6:36(7:21)13:57(7:07)	21:04	NT
110. Alfonso Cerna 6:54(7:07)14:01(7:05)	21:06	21:42
113. Joel Sanchez 6:54(7:07)14:01(7:06)	21:07	NT
158. John Marky 6:57(7:46)14:43(7:29)	22:12	NT
161. David Grimaldo 7:20(7:39)14:59(7:16)	22:15	NT
172. Jacob Kwiat 7:15(7:49)15:04(7:29)	22:33	NT
173. Kyle Lahucik 7:14(7:50)15:04(7:32)	22:36	NT
183. Scott Mooney 7:20(7:44)15:04(7:41)	22:45	NT
221. Jim Foley- 7:30(7:47)15:17(8:07)	23:24	NT
217. Brandon Calderon 7:32(7:44)15:16(8:08)	23:24	28:18
249. Jacob Macky 7:41(7:54)15:35(8:48)	24:13	NT
251. Mark Macak 7:31(8:05)15:36(8:38)	24:14	NT
281. Brian McMahon 8:00(8:29)16:29(9:00)	25:29	NT

Richard Spring PND Frosh Soph Boys Team

Place Score SCHOOL (Total, Average, Pack Times)

- =====
1. 129 Palatine (1:21:35, 16:18.89, 0:52)
3 17 29 38 42 (64) (146)
Brown, Kozakiewicz, Bailon, Graham, Brauer, Kolar, Seeberger
 2. 130 York High School (1:20:59, 16:11.79, 1:26)
1 6 30 40 53 (56) (76)
Mroz, Plowman, Gutierrez, Bruns, York, Schlemmel, Stevenson
 3. 186 Lyons Township (1:22:39, 16:31.75, 0:53)
20 21 25 34 86 (152) (172)
Lupano, Zona, Ryan, Layden, Mayer, Glynn, Layden
 4. 208 O'Fallon Township HS (1:22:58, 16:35.51, 0:43)
23 28 39 45 73 (83) (120)
Gordon, Koester, Wesslund, Chorma, Becker, Scagliarini, Amenn
 5. 224 Wheaton Warrenville South (1:23:08, 16:37.55, 1:04)
10 22 35 72 85 (107) (126)
Dillon, Discher, O'Malley, Kania, Reinhart, Dungan, Austin
 6. 231 Pleasant Valley HS (1:23:09, 16:37.61, 1:13)
5 19 63 67 77 (78) (151)
Zimmer, Stelk, Moss, Rodriguez, Schuler, Klauer, Gates
 7. 248 Loyola Academy (1:23:21, 16:40.08, 1:13)
4 49 59 62 74 (89) (95)
Brombach, Swenson, Randolph, Kelly, Dowdle, Krueger, Scherer
 8. 272 Plainfield South (1:23:09, 16:37.70, 2:00)
2 15 18 105 132 (155) (231)
Lathrop, Tobias, Meyer, Silva, Zink, Homecgoy, Beck
 9. 279 Oak Park and River Forest (1:23:33, 16:42.46, 1:43)
7 14 31 92 135 (192) (205)
Sheehan, Demaree, Hodes, Parrish, Gawne, Skubish, Matesanz
 10. 307 Downers Grove North (1:24:15, 16:50.88, 1:07)
12 37 70 91 97 (114) (144)
Spilky, Mathy, Ronan, Diamond, Clevenger, Carter, McGinnis
 11. 317 Wheaton North (1:24:12, 16:50.37, 1:15)
9 24 90 94 100 (104) (128)
Emmanuel, Stopka, Dowell, Askin, Brenc, Steeno, Murray
 12. 371 Hersey (1:25:04, 17:00.71, 0:58)
32 54 68 108 109
Von Der Lippe, Cunningham, Dini, Stadnicki, Komenda
 13. 439 St Charles East (1:25:42, 17:08.34, 1:14)
36 57 99 102 145
Rowland, Werner, Meyer, Mende, Muckian

14. 461 Belvidere North (1:25:45, 17:08.91, 2:06)
8 52 110 118 173 (191) (220)
Lyons, Howe, Graff, Oldani, Champion, Menge, Luckow
15. 500 Carl Sandburg HS (1:26:13, 17:14.49, 1:29)
27 48 130 141 154 (161) (171)
Gleisner, Adams, Bieszcke, Altman, Lopez, Becker, Becker
16. 525 Lake Zurich HS (1:26:53, 17:22.43, 0:37)
79 88 93 122 143 (158) (163)
Williams, Shim, Kuehr, Reninger, Herman, MacDonald, Griffin
17. 526 Springfield High School (1:26:38, 17:19.44, 2:29)
16 26 84 181 219 (244)
Luebke, Wise, Rasmussen, Moore, Farley, Neposchlan
18. 532 Normal University (1:26:36, 17:19.20, 1:48)
13 66 129 156 168 (238) (273)
Lafayette, Hill, Walch, Cummings, Su, Gillam, Burton
19. 538 Normal Community (1:26:57, 17:23.40, 0:55)
71 81 87 142 157 (167) (211)
Peters, Rink, Peters, Bates, Zimmerman, Donahue, Everly
20. 545 Oswego HS (1:27:02, 17:24.21, 1:49)
47 55 60 188 195 (214) (222)
Hall, Cepeda, Mereness, Jones, Fay, Kammerer, Radakovich
21. 552 Shepard H.S. (1:27:06, 17:25.10, 1:16)
58 80 101 139 174 (175) (259)
Maier, Cook, Morales, Heidinger, Zuiker, Gibson, Sneddon
22. 592 Maine South HS (1:27:30, 17:29.97, 1:39)
50 65 123 164 190 (194) (200)
Edsey, Friesl, Sweeney, McDill, Tobin, Dyball, Armstrong
23. 607 St. Joseph-Ogden HS (1:27:35, 17:30.84, 1:03)
61 103 134 147 162 (166) (232)
Thompson, Poff, Anderson, Housenga, Crozier, Carmichael, Knipfer
24. 611 Hononegah (1:27:43, 17:32.50, 1:44)
43 115 124 140 189 (216) (223)
Christiansen, Brandt, Wittmus, Houde, Madura, Rosales, Enkbayar
25. 619 Sacred Heart Griffin (1:27:46, 17:33.15, 0:43)
98 116 117 119 169 (179)
Bluhm, Derhake, Negro, Zanger, Decastro, Luker

Frosh Soph Boys

Place Plc Name School Name Time Pace

- =====
1. 1 Nathan Mroz York High School 15:19 5:07
 2. 2 Dan Lathrop Plainfield South 15:38 5:13
 3. 3 Graham Brown Palatine 15:45 5:15
 4. 4 Teddy Brombach Loyola Academy 15:52 5:18
 5. 5 David Zimmer Pleasant Valley HS 15:53 5:18
 6. 6 Matt Plowman York High School 15:57 5:19
 7. 7 Pierce Sheehan Oak Park and River Forest 15:59 5:20
 8. 8 Zack Lyons Belvidere North 16:00 5:20
 9. 9 Joseph Emmanuel Wheaton North 16:04 5:22
 10. 10 David Dillon Wheaton Warrenville South 16:07 5:23
 11. 11 Jon Vara Lane Tech College Prep 16:08 5:23
 12. 12 Jared Spilky Downers Grove North 16:10 5:24
 13. 13 Jd Lafayette Normal University 16:11 5:24
 14. 14 Samuel Demaree Oak Park and River Forest 16:11 5:24
 15. 15 Misael Tobias Plainfield South 16:14 5:25
 16. 16 Grant Luebemann Springfield High School 16:15 5:25
 17. 17 Emil Kozakiewicz Palatine 16:17 5:26
 18. 18 Andrew Meyer Plainfield South 16:18 5:26
 19. 19 Ben Stelk Pleasant Valley HS 16:19 5:27
 20. 20 Dan Lupano Lyons Township 16:19 5:27
 21. 21 Dominic Zona Lyons Township 16:20 5:27
 22. 22 Carson Discher Wheaton Warrenville South 16:20 5:27
 23. 23 Dorrian Gordon O'Fallon Township HS 16:21 5:27
 24. 24 Chris Stopka Wheaton North 16:21 5:27
 25. 25 James Ryan Lyons Township 16:22 5:28
 26. 26 Eric Wise Springfield High School 16:22 5:28
 27. 27 Adam Gleisner Carl Sandburg HS 16:23 5:28
 28. 28 Brennan Koester O'Fallon Township HS 16:24 5:28
 29. 29 Argeni Bailon Palatine 16:24 5:28
 30. 30 Julio Gutierrez York High School 16:25 5:29
 31. 31 Ryan Hodes Oak Park and River Forest 16:27 5:29
 32. 32 Grant Von Der Lippe Hersey 16:29 5:30
 33. 33 Ryan Vandyke Stanford Olympia 16:29 5:30
 34. 34 Matt Layden Lyons Township 16:30 5:30
 35. 35 Scott O'Malley Wheaton Warrenville South 16:31 5:31
 36. 36 Max Rowland St Charles East 16:32 5:31
 37. 37 Marc Mathy Downers Grove North 16:34 5:32
 38. 38 Eddie Graham Palatine 16:34 5:32
 39. 39 Evan Wesslund O'Fallon Township HS 16:35 5:32
 40. 40 Alec Bruns York High School 16:35 5:32
 41. 41 Connor Stine Stanford Olympia 16:36 5:32
 42. 42 Adam Brauer Palatine 16:36 5:32
 43. 43 Jared Christiansen Hononegah 16:37 5:33
 44. 44 Dan Treasure Joliet West HS 16:37 5:33
 45. 45 Steven Chorma O'Fallon Township HS 16:37 5:33
 46. 46 Ryan Frow Peoria Notre Dame 16:38 5:33
 47. 47 Chase Hall Oswego HS 16:39 5:33
 48. 48 Justin Adams Carl Sandburg HS 16:39 5:33
 49. 49 Christian Swenson Loyola Academy 16:40 5:34
 50. 50 Max Edsey Maine South HS 16:42 5:34
 51. 51 Chris Carlton Mahomet-Seymour HS 16:43 5:35

52. 52 Jacob Howe Belvidere North 16:44 5:35
53. 53 Connor York York High School 16:45 5:35
54. 54 Brendan Cunningham Hersey 16:45 5:35
55. 55 Alec Cepeda Oswego HS 16:45 5:35
56. 56 Will Schlemmel York High School 16:45 5:35
57. 57 Lucas Werner St Charles East 16:49 5:37
58. 58 Josh Maier Shepard H.S. 16:51 5:37
59. 59 Matt Randolph Loyola Academy 16:52 5:38
60. 60 Tom Mereness Oswego HS 16:53 5:38
61. 61 Corey Thompsen St. Joseph-Ogden HS 16:54 5:38
62. 62 Spencer Kelly Loyola Academy 16:54 5:38
63. 63 Jack Moss Pleasant Valley HS 16:55 5:39
64. 64 Dean Kolar Palatine 16:56 5:39
65. 65 Jason Friesl Maine South HS 16:57 5:39
66. 66 Eli Hill Normal University 16:57 5:39
67. 67 Daniel Rodriguez Pleasant Valley HS 16:58 5:40
68. 68 Matt Dini Hersey 16:59 5:40
69. 69 Chris Fortin Peoria Notre Dame 17:00 5:40
70. 70 Jack Ronan Downers Grove North 17:00 5:40
71. 71 Austin Peters Normal Community 17:00 5:40
72. 72 Pete Kania Wheaton Warrenville South 17:02 5:41
73. 73 Adam Becker O'Fallon Township HS 17:03 5:41
74. 74 Nick Dowdle Loyola Academy 17:04 5:42
75. 75 Andrew Paplaczyc Berwyn/Cicero Morton 17:05 5:42
76. 76 Matt Stevenson York High School 17:05 5:42
77. 77 Joey Schuler Pleasant Valley HS 17:06 5:42
78. 78 Elliott Klauer Pleasant Valley HS 17:06 5:42
79. 79 Gerrit Williams Lake Zurich HS 17:08 5:43
80. 80 Khahari Cook Shepard H.S. 17:09 5:43
81. 81 Colin Rink Normal Community 17:09 5:43
82. 82 Ricky Wojcik Elmwood Park 17:10 5:44
83. 83 Romeo Scagliarini O'Fallon Township HS 17:10 5:44
84. 84 Amir Rasmussen Springfield High School 17:10 5:44
85. 85 Jonah Reinhart Wheaton Warrenville South 17:10 5:44
86. 86 Mike Mayer Lyons Township 17:11 5:44
87. 87 Jared Peters Normal Community 17:12 5:44
88. 88 Justin Shim Lake Zurich HS 17:13 5:45
89. 89 Gavin Krueger Loyola Academy 17:14 5:45
90. 90 Bradley Dowell Wheaton North 17:14 5:45
91. 91 Jack Diamond Downers Grove North 17:15 5:45
92. 92 Johnathon Parrish Oak Park and River Forest 17:16 5:46
93. 93 Austin Kuehr Lake Zurich HS 17:16 5:46
94. 94 Kilty Askin Wheaton North 17:16 5:46
95. 95 Matt Scherer Loyola Academy 17:16 5:46
96. 96 Austin Tillema Elmwood Park 17:17 5:46
97. 97 Ryan Clevenger Downers Grove North 17:17 5:46
98. 98 Ethan Bluhm Sacred Heart Griffin 17:17 5:46
99. 99 Mike Meyer St Charles East 17:18 5:46
100. 100 Josh Brenc Wheaton North 17:19 5:47
101. 101 Jose Morales Shepard H.S. 17:20 5:47
102. 102 Jake Mende St Charles East 17:21 5:47
103. 103 Nick Poff St. Joseph-Ogden HS 17:21 5:47
104. 104 Danny Steeno Wheaton North 17:21 5:47
105. 105 Miguel Silva Plainfield South 17:22 5:48
106. 106 Nick Connor Peoria Notre Dame 17:23 5:48

107. 107 Matthew Dungan Wheaton Warrenville South 17:24 5:48
108. 108 Matt Stadnicki Hersey 17:26 5:49
109. 109 Jacob Komenda Hersey 17:27 5:49
110. 110 Kyle Graff Belvidere North 17:27 5:49
111. 111 Drew Mack Marist High School 17:29 5:50
112. 112 Luis Sanchez West Chicago 17:29 5:50
113. 113 Dhrumil Shah Schaumburg HS 17:29 5:50
114. 114 Joe Carter Downers Grove North 17:30 5:50
115. 115 Cole Brandt Hononegah 17:30 5:50
116. 116 Mark Derhake Sacred Heart Griffin 17:30 5:50
117. 117 Tommy Negro Sacred Heart Griffin 17:30 5:50
118. 118 Anthony Oldani Belvidere North 17:31 5:51
119. 119 Justin Zanger Sacred Heart Griffin 17:31 5:51
120. 120 Tyler Amenn O'Fallon Township HS 17:31 5:51
121. Lucas Goldschmidt O'Fallon Township HS 17:32 5:51
122. 121 Terry Gruns Stagg HS 17:33 5:51
123. 122 Matt Reninger Lake Zurich HS 17:34 5:52
124. 123 Jimmy Sweeney Maine South HS 17:35 5:52
125. 124 Jeremy Wittmus Hononegah 17:35 5:52
126. 125 Jeremy Adams Joliet Catholic Academy 17:35 5:52
127. 126 Luke Austin Wheaton Warrenville South 17:36 5:52
128. 127 Kyle Appelquist Mahomet-Seymour HS 17:37 5:53
129. 128 Liam Murray Wheaton North 17:37 5:53
130. 129 Andrew Walch Normal University 17:37 5:53
131. 130 Patrick Bieszcke Carl Sandburg HS 17:37 5:53
132. 131 Theo Prieboy Joliet West HS 17:37 5:53
133. 132 Bailey Zink Plainfield South 17:38 5:53
134. 133 Alfonso Sahagun Stagg HS 17:38 5:53
135. 134 Bryant Anderson St. Joseph-Ogden HS 17:39 5:53
136. Benjamin Eickmeier O'Fallon Township HS 17:40 5:54
137. 135 Luke Gawne Oak Park and River Forest 17:41 5:54
138. 136 Reid Henry Normal West 17:41 5:54
139. 137 Francisco Sotelo Berwyn/Cicero Morton 17:41 5:54
140. 138 Tom Evlesizer Stanford Olympia 17:42 5:54
141. Matt Lloyd O'Fallon Township HS 17:42 5:54
142. 139 Nick Heidinger Shepard H.S. 17:42 5:54
143. 140 Dylan Houde Hononegah 17:43 5:55
144. 141 Alec Altman Carl Sandburg HS 17:44 5:55
145. 142 Andrew Bates Normal Community 17:44 5:55
146. 143 Jack Herman Lake Zurich HS 17:44 5:55
147. 144 Jack McGinnis Downers Grove North 17:44 5:55
148. 145 Will Muckian St Charles East 17:45 5:55
149. 146 Patrick Seeberger Palatine 17:45 5:55
150. Donald Rowe Wheaton North 17:46 5:56
151. 147 Rylan Housenga St. Joseph-Ogden HS 17:47 5:56
152. 148 Dhairav Vakil Mahomet-Seymour HS 17:47 5:56
153. 149 Brock Wagehoft Normal West 17:47 5:56
154. 150 Jacob Seibert Chatham-Glenwood 17:49 5:57
155. 151 Mike Gates Pleasant Valley HS 17:50 5:57
156. 152 Marty Glynn Lyons Township 17:51 5:57
157. 153 Johnny Bareis Nazareth Academy 17:52 5:58
158. 154 Mario Lopez Carl Sandburg HS 17:52 5:58
159. 155 Steven Homecgoy Plainfield South 17:53 5:58
160. 156 Jared Cummings Normal University 17:54 5:58
161. 157 David Zimmerman Normal Community 17:55 5:59

162. 158 Pat MacDonald Lake Zurich HS 17:55 5:59
163. 159 Connor McDermott Lane Tech College Prep 17:55 5:59
164. Mitchell Lee Loyola Academy 17:56 5:59
165. 160 Dave Piechalak Stagg HS 17:56 5:59
166. 161 Will Becker Carl Sandburg HS 17:56 5:59
167. 162 Braydon Crozier St. Joseph-Ogden HS 17:56 5:59
168. 163 Brian Griffin Lake Zurich HS 17:57 5:59
169. 164 Dan McDill Maine South HS 17:57 5:59
170. 165 Billy Stripek Lincoln-Way West HS 17:57 5:59
171. Brad Kane Wheaton Warrenville South 17:57 5:59
172. Dean Roehrborn Palatine 17:57 5:59
173. 166 Zach Carmichael St. Joseph-Ogden HS 17:58 6:00
174. 167 Connor Donahue Normal Community 17:58 6:00
175. Phillip Kane Wheaton Warrenville South 17:59 6:00
176. 168 Alexander Su Normal University 17:59 6:00
177. 169 Jesse Decastro Sacred Heart Griffin 17:59 6:00
178. 170 Aj Vetter Schaumburg HS 18:01 6:01
179. Matt Conway Pleasant Valley HS 18:01 6:01
180. 171 Harry Becker Carl Sandburg HS 18:03 6:01
181. Greg Burzinski Carl Sandburg HS 18:03 6:01
182. 172 Nick Layden Lyons Township 18:04 6:02
183. 173 Alan Champion Belvidere North 18:05 6:02
184. Ryan Kissane Palatine 18:05 6:02
185. Andrew Adams Downers Grove North 18:07 6:03
186. 174 Nick Zuiker Shepard H.S. 18:07 6:03
187. 175 Nate Gibson Shepard H.S. 18:07 6:03
188. 176 Robert Loris Berwyn/Cicero Morton 18:08 6:03
189. 177 Luke Chlosiy Lane Tech College Prep 18:10 6:04
190. 178 Adalberto Avilles Lane Tech College Prep 18:10 6:04
191. 179 Ted Luker Sacred Heart Griffin 18:10 6:04
192. 180 Ryan Loris Berwyn/Cicero Morton 18:10 6:04
193. 181 Joey Moore Springfield High School 18:11 6:04
194. Buchandara Ros Wheaton North 18:11 6:04
195. John Carroll Loyola Academy 18:13 6:05
196. 182 Sebastian Arroyo Joliet West HS 18:13 6:05
197. Will Thomas Wheaton North 18:14 6:05
198. 183 Matt Haak Lane Tech College Prep 18:15 6:05
199. Matt Benz-Weeden Carl Sandburg HS 18:17 6:06
200. Ryan Poe Carl Sandburg HS 18:17 6:06
201. 184 Mark Johnson Chatham-Glenwood 18:18 6:06
202. 185 Zack Whiting Chatham-Glenwood 18:19 6:07
203. 186 Sean McRae Chatham-Glenwood 18:20 6:07
204. Dan Patterson Lyons Township 18:20 6:07
205. 187 Rocco Lepore Elmwood Park 18:20 6:07
206. 188 Jake Jones Oswego HS 18:20 6:07
207. 189 Andy Madura Hononegah 18:20 6:07
208. 190 Paul Tobin Maine South HS 18:21 6:07
209. 191 Jon Menge Belvidere North 18:21 6:07
210. Nick McMillan Pleasant Valley HS 18:22 6:08
211. 192 Jacob Skubish Oak Park and River Forest 18:22 6:08
212. Andrew Dixon Pleasant Valley HS 18:22 6:08
213. Jeremy Craven Downers Grove North 18:24 6:08
214. 193 Luke Kieffer Elmwood Park 18:24 6:08
215. Will Llanos Lake Zurich HS 18:25 6:09
216. 194 Derek Dyball Maine South HS 18:25 6:09

217. Alex Lima Lyons Township 18:27 6:09
218. 195 Chrsitian Fay Oswego HS 18:27 6:09
219. 196 Curt Kupferschmid Mahomet-Seymour HS 18:27 6:09
220. 197 Alex Moore Chatham-Glenwood 18:28 6:10
221. 198 Christian Badillo Lane Tech College Prep 18:28 6:10
222. 199 Danny Burchard Lakes Community 18:28 6:10
223. 200 Chris Armstrong Maine South HS 18:28 6:10
224. Jon Berggren Lake Zurich HS 18:28 6:10
225. 201 David Schmiegl Lane Tech College Prep 18:28 6:10
226. 202 William Wolf Mahomet-Seymour HS 18:29 6:10
227. 203 Jason Olson Chatham-Glenwood 18:30 6:10
228. 204 Nick Pippenger Joliet West HS 18:30 6:10
229. 205 Gabriel Matesanz Oak Park and River Forest 18:31 6:11
230. 206 Jonathan Durr Chatham-Glenwood 18:31 6:11
231. Tyler Bell Chatham-Glenwood 18:31 6:11
232. Paul D'Ambrosio Maine South HS 18:32 6:11
233. 207 Mathieu Berube Stanford Olympia 18:33 6:11
234. 208 Alan Hernandez Normal West 18:33 6:11
235. 209 Jose Aguilera Joliet Central 18:34 6:12
236. Michael Fitch Oak Park and River Forest 18:34 6:12
237. 210 Raul Arias Joliet Central 18:36 6:12
238. 211 Josh Everly Normal Community 18:36 6:12
239. 212 Omar Alhayek Schaumburg HS 18:37 6:12
240. 213 Sean Youell Joliet West HS 18:37 6:13
241. 214 Lucas Kammerer Oswego HS 18:38 6:13
242. Forst Anderson Dee-Mack HS 18:38 6:13
243. 215 Seth Wescom Harlem HS 18:38 6:13
244. Jack Havey Wheaton Warrenville South 18:39 6:13
245. 216 Rodrigo Rosales Hononegah 18:41 6:14
246. 217 Michael Davidson Marist High School 18:41 6:14
247. 218 Joe Skipor West Chicago 18:42 6:14
248. 219 Nick Farley Springfield High School 18:43 6:15
249. 220 Dustin Luckow Belvidere North 18:43 6:15

Richard Spring PND Varsity Boys Team

Place Score SCHOOL (Total, Average, Pack Times)

- =====
1. 113 Palatine (1:14:38, 14:55.49, 0:57)
5 8 13 23 64 (87) (114)
Gregorio, Tomkiewicz, Garcia, Johnson, Meincke, Zambrano, Stella
 2. 174 Belvidere North (1:15:11, 15:02.12, 1:15)
6 9 14 17 128 (140) (152)
Yunk, Menard, Crocker, Lee, Considine, Hill, Gustafson
 3. 182 York High School (1:16:02, 15:12.27, 0:38)
11 38 39 42 52 (61) (74)
Milling, May, Libert, Mimlitz, Glaubke, Vega, Clink
 4. 212 O'Fallon Township HS (1:15:56, 15:11.09, 1:06)
7 21 27 50 107 (253) (302)
Riba, Perrier, Sarpy, Becker, Lapp, Rowe, Goertzen
 5. 236 Maine South HS (1:16:37, 15:19.21, 0:29)
26 30 49 60 71 (204) (219)
Eckhart, Vaccaro, Taylor, Dolan, Carpenter, Filipczak, Lavelle
 6. 243 Schaumburg HS (1:16:24, 15:16.61, 1:01)
10 29 47 51 106 (175) (276)
Prizy, Anderson, Barajas, Swiech, Flight, Tibebu, Rauch
 7. 262 Oak Park and River Forest (1:16:14, 15:14.79, 1:18)
1 18 79 80 84 (99) (211)
Schrobilgen, Reyes, Wood, Drumm, Decker, Gardner, Filosa
 8. 311 Barrington HS (1:16:38, 15:19.57, 1:29)
2 31 69 86 123 (136) (181)
Peterson, Burgoon, Rappleye, Wojtowicz, Frank, Skelly, Eiring
 9. 314 Loyola Academy (1:16:12, 15:14.39, 1:46)
3 4 56 95 156 (176) (225)
Ford, Hague, Kelly, Donohue, Podbielski, Morales, Kilian
 10. 366 Wheaton Warrenville South (1:17:35, 15:30.82, 0:47)
19 48 93 97 109 (148) (163)
Schroer, McKenna, Worley, Andersen, Farley, Krob, Smith
 11. 393 Lake Park (1:17:45, 15:32.91, 0:57)
16 75 76 96 130 (167) (173)
Jorgenson, Lozano, Dade, Moralas, Strachan, Rodrigues, Peck
 12. 395 Wheaton North (1:17:34, 15:30.79, 0:53)
22 24 108 115 126 (131) (138)
Steen, Askin, Spivey, Hoffman, Ewoldt, Didier, Ryan
 13. 424 Lake Zurich HS (1:18:05, 15:36.90, 0:42)
35 83 85 92 129 (134) (234)

Smith, McPartlan, Smith, Ripoli, Kuehr, Milner, Ramirez

14. 493 Mahomet-Seymour HS (1:18:41, 15:44.17, 0:50)
44 72 81 137 159 (191) (200)

Prather, Butcher, Schaap, Smoes, Johnson, McCormick, Russell

15. 519 Carl Sandburg HS (1:18:40, 15:43.96, 1:03)
25 112 116 120 146 (157) (168)

McMahon, Letz, Hogan, Panozzo, Graves, Dee, Altman

16. 545 Lyons Township (1:19:01, 15:48.15, 0:47)
41 89 132 141 142 (147) (160)

Matusiak, McCarter, Dombro, Carlson, Groya, Speir, Smith

17. 547 Hersey (1:19:10, 15:49.80, 0:42)
67 78 88 150 164 (165) (337)

Rodriguez, Philipose, Somary, O'Neil, Deloera, Kearns,
Fredrick

18. 548 Plainfield East HS (1:19:00, 15:47.89, 1:06)
32 94 98 155 169 (190) (221)

Suarez, Runnion, Warke, Hughes, Petrusich, Llanes, Quiroz

19. 550 Downers Grove North (1:19:03, 15:48.45, 1:06)
37 63 104 161 185 (202) (209)

Proffitt, Eaton, Smith, McBride, Grogan, Meinhart, Zemel

20. 561 Harlem HS (1:18:56, 15:47.02, 1:30)
12 91 121 149 188 (235) (251)

Miller, Beaupre, Miller, Reed, Poppen, Perkins, Alms

21. 571 Normal University (1:19:06, 15:49.11, 1:20)
34 66 70 193 208 (210) (313)

Ward, Hoskins, Bruno, Butorac, Chavez, Gorsuch, Hulett

22. 578 Deerfield High School (1:19:16, 15:51.07, 1:11)
45 59 77 183 214 (233) (244)

Bowering, Farhi, Gold, Schraiber, Pierce, Fosco, Rosenberg

23. 581 Oswego HS (1:19:10, 15:49.81, 1:38)
28 53 90 171 239 (247) (268)

Beck, Kingsbury, Konrardy, Lowry, Borchelt, Rogalla, Johnsrud

24. 639 Lane Tech College Prep (1:19:35, 15:54.80, 1:33)
20 65 154 184 216 (238) (273)

Timlin, Beltran, Zimny-Schmitt, Soeleman, Haji, Perez, Mythen

25. 665 Br. Rice (1:19:48, 15:57.56, 1:17)
33 101 145 189 197 (241) (259)

Caddigan, Maguire, Durkin, Larson, McClain, Cira, Maciag

26. 743 St. Thomas More (1:20:28, 16:05.55, 0:58)
55 143 174 177 194 (256) (344)

Hess, Kelley, Helfrich, Powers, Koerner, Remington, Bolger

Varsity Boys

Place Plc Name School Time Pace

-
1. 1 Malachy Schrobilgen Oak Park and River Forest 14:21 4:47
 2. 2 Erik Peterson Barrington HS 14:25 4:49
 3. 3 Todd Ford Loyola Academy 14:26 4:49
 4. 4 William Hague Loyola Academy 14:29 4:50
 5. 5 Anthony Gregorio Palatine 14:34 4:52
 6. 6 Tyler Yunk Belvidere North 14:40 4:54
 7. 7 Alex Riba O'Fallon Township HS 14:41 4:54
 8. 8 Peter Tomkiewicz Palatine 14:42 4:54
 9. 9 Paxson Menard Belvidere North 14:45 4:55
 10. 10 Evan Prizy Schaumburg HS 14:46 4:56
 11. 11 Scott Milling York High School 14:46 4:56
 12. 12 Nick Miller Harlem HS 14:52 4:58
 13. 13 Marcus Garcia Palatine 14:53 4:58
 14. 14 Will Crocker Belvidere North 14:54 4:58
 15. 15 Tyler Morse Limestone 14:55 4:59
 16. 16 Kevin Jorgenson Lake Park 14:58 5:00
 17. 17 Garrett Lee Belvidere North 14:59 5:00
 18. 18 Nicholas Reyes Oak Park and River Forest 15:00 5:00
 19. 19 Luke Schroer Wheaton Warrenville South 15:01 5:01
 20. 20 David Timlin Lane Tech College Prep 15:01 5:01
 21. 21 Patrick Perrier O'Fallon Township HS 15:01 5:01
 22. 22 Paul Steeno Wheaton North 15:02 5:01
 23. 23 Tim Johnson Palatine 15:02 5:01
 24. 24 Aidan Askin Wheaton North 15:04 5:02
 25. 25 Pat McMahon Carl Sandburg HS 15:05 5:02
 26. 26 Zach Eckhart Maine South HS 15:05 5:02
 27. 27 Nicholai Sarpy O'Fallon Township HS 15:05 5:02
 28. 28 Caleb Beck Oswego HS 15:06 5:02
 29. 29 Tyler Anderson Schaumburg HS 15:07 5:03
 30. 30 Jon Vaccaro Maine South HS 15:09 5:03
 31. 31 Ryan Burgoon Barrington HS 15:10 5:04
 32. 32 Joseph Suarez Plainfield East HS 15:10 5:04
 33. 33 Dan Caddigan Br. Rice 15:10 5:04
 34. Simon Thorpe Dixon 15:11 5:04
 35. 34 Wesley Ward Normal University 15:11 5:04
 36. 35 Jon Smith Lake Zurich HS 15:13 5:05
 37. 36 Caleb Drake Pleasant Valley HS 15:14 5:05
 38. 37 Kevin Proffitt Downers Grove North 15:15 5:05
 39. 38 Chis May York High School 15:16 5:06
 40. 39 Jack Libert York High School 15:17 5:06
 41. 40 Marc Maton Chatham-Glenwood 15:17 5:06
 42. 41 Michael Matusiak Lyons Township 15:19 5:07
 43. 42 Alex Mimitz York High School 15:21 5:07
 44. 43 Zeke Elkins St. Joseph-Ogden HS 15:21 5:07
 45. 44 Lucas Prather Mahomet-Seymour HS 15:21 5:07
 46. 45 Makoto Bowering Deerfield High School 15:22 5:08
 47. 46 Michael Kouri Peoria Notre Dame 15:22 5:08
 48. 47 Juan Barajas Schaumburg HS 15:23 5:08
 49. 48 Nolan McKenna Wheaton Warrenville South 15:23 5:08
 50. 49 Robert Taylor Maine South HS 15:23 5:08
 51. 50 Jacob Becker O'Fallon Township HS 15:23 5:08

52. 51 Pat Swiech Schaumburg HS 15:24 5:08
53. 52 Eric Glaubke York High School 15:24 5:08
54. 53 Zack Kingsbury Oswego HS 15:25 5:09
55. 54 Alex Goldberg Stevenson HS 15:25 5:09
56. 55 Nick Hess St. Thomas More 15:26 5:09
57. 56 Chris Kelly Loyola Academy 15:26 5:09
58. 57 Tyler Ryan Plainfield South 15:26 5:09
59. 58 Ryan Prais Lakes Community 15:26 5:09
60. 59 Shai Farhi Deerfield High School 15:27 5:09
61. 60 Kevin Dolan Maine South HS 15:28 5:10
62. 61 Carlos Vega York High School 15:29 5:10
63. 62 Kyle Hauser Marist High School 15:30 5:10
64. 63 Ben Eaton Downers Grove North 15:30 5:10
65. 64 Tim Meincke Palatine 15:30 5:10
66. 65 Lucas Beltran Lane Tech College Prep 15:31 5:11
67. 66 Brendan Hoskins Normal University 15:31 5:11
68. 67 David Rodriguez Hersey 15:32 5:11
69. 68 Cody Medler Ladue HS 15:32 5:11
70. 69 Mike Rappleye Barrington HS 15:33 5:11
71. 70 Adam Bruno Normal University 15:33 5:11
72. 71 Jack Carpenter Maine South HS 15:33 5:11
73. 72 John Butcher Mahomet-Seymour HS 15:34 5:12
74. 73 Sam Cross Springfield High School 15:35 5:12
75. 74 Bill Clink York High School 15:35 5:12
76. 75 Jeremy Lozano Lake Park 15:36 5:12
77. 76 Eric Dade Lake Park 15:36 5:12
78. 77 Alex Gold Deerfield High School 15:36 5:12
79. 78 Andy Philipose Hersey 15:36 5:12
80. 79 Adam Wood Oak Park and River Forest 15:37 5:13
81. 80 Andrew Drumm Oak Park and River Forest 15:38 5:13
82. 81 Jonathan Schaap Mahomet-Seymour HS 15:39 5:13
83. 82 Cody Haberkorn Marist High School 15:39 5:13
84. 83 Pat McPartlan Lake Zurich HS 15:39 5:13
85. 84 Jacob Decker Oak Park and River Forest 15:39 5:13
86. 85 David Smith Lake Zurich HS 15:39 5:13
87. 86 Nolan Wojtowicz Barrington HS 15:41 5:14
88. 87 Christian Zambrano Palatine 15:41 5:14
89. 88 Robert Somary Hersey 15:41 5:14
90. 89 Ed McCarter Lyons Township 15:41 5:14
91. 90 Jared Konrardy Oswego HS 15:41 5:14
92. 91 Chris Beaupre Harlem HS 15:42 5:14
93. 92 Jared Ripoli Lake Zurich HS 15:42 5:14
94. 93 Daryle Worley Wheaton Warrenville South 15:42 5:14
95. 94 Jake Runnion Plainfield East HS 15:42 5:14
96. 95 Kevin Donohue Loyola Academy 15:43 5:15
97. 96 Dakota Morales Lake Park 15:43 5:15
98. 97 Derek Andersen Wheaton Warrenville South 15:44 5:15
99. 98 Collin Warke Plainfield East HS 15:44 5:15
100. 99 Michael Gardner Oak Park and River Forest 15:44 5:15
101. 100 Cody Dyer Plainfield South 15:44 5:15
102. 101 Pat Maguire Br. Rice 15:45 5:15
103. 102 Ryan O'Leary Normal Community 15:45 5:15
104. 103 Josh Harp Hononegah 15:46 5:16
105. 104 Zack Smith Downers Grove North 15:46 5:16
106. 105 Eric Deguevara Berwyn/Cicero Morton 15:46 5:16

107. 106 Brian Flight Schaumburg HS 15:47 5:16
108. 107 Kevin Lapp O'Fallon Township HS 15:47 5:16
109. 108 Sammy Spivey Wheaton North 15:47 5:16
110. 109 Quinn Farley Wheaton Warrenville South 15:47 5:16
111. 110 Omero Montalvo Berwyn/Cicero Morton 15:48 5:16
112. 111 Mark Pedziwiatr Lincoln-Way West HS 15:48 5:16
113. 112 Pat Letz Carl Sandburg HS 15:48 5:16
114. 113 Nathan Hoffman Springfield High School 15:48 5:16
115. 114 Zach Stella Palatine 15:50 5:17
116. 115 Sam Hoffman Wheaton North 15:50 5:17
117. 116 Chris Hogan Carl Sandburg HS 15:50 5:17
118. 117 Joey Salatino Bartlett 15:51 5:17
119. 118 Abel Hernandez Shepard H.S. 15:52 5:18
120. Daniel Plunkett Pleasant Plains HS 15:52 5:18
121. 119 Jon Hernandez West Chicago 15:52 5:18
122. 120 Jimmy Panozzo Carl Sandburg HS 15:52 5:18
123. 121 Luke Miller Harlem HS 15:52 5:18
124. 122 Thomas Russell Stevenson HS 15:52 5:18
125. 123 Kerry Frank Barrington HS 15:53 5:18
126. 124 Travis Trevizo Riverside Brookfield 15:53 5:18
127. 125 Alex Gasca Maine West 15:54 5:18
128. 126 Zach Ewoldt Wheaton North 15:54 5:18
129. 127 Ryan Kennedy Lincoln-Way West HS 15:54 5:18
130. 128 Cole Considine Belvidere North 15:54 5:18
131. 129 Trevor Kuehr Lake Zurich HS 15:54 5:18
132. Noah Brown Palatine 15:54 5:18
133. 130 Mike Strachan Lake Park 15:54 5:18
134. 131 Wyatt Didier Wheaton North 15:55 5:19
135. 132 John Dombro Lyons Township 15:55 5:19
136. 133 Josh Camp Lakes Community 15:56 5:19
137. 134 Alex Milner Lake Zurich HS 15:56 5:19
138. 135 Hugo Hernandez Joliet West HS 15:57 5:19
139. 136 Ryan Skelly Barrington HS 15:57 5:19
140. 137 Forrest Smoes Mahomet-Seymour HS 15:58 5:20
141. 138 Alex Ryan Wheaton North 16:01 5:21
142. 139 Connor Rachford Bartlett 16:02 5:21
143. 140 Chase Hill Belvidere North 16:03 5:21
144. 141 Zach Carlson Lyons Township 16:03 5:21
145. 142 Ben Groya Lyons Township 16:05 5:22
146. 143 Sean Kelley St. Thomas More 16:06 5:22
147. 144 Colin Cernik Ladue HS 16:06 5:22
148. 145 James Durkin Br. Rice 16:07 5:23
149. 146 Aaron Graves Carl Sandburg HS 16:07 5:23
150. 147 Ryan Speir Lyons Township 16:08 5:23
151. 148 Dan Krob Wheaton Warrenville South 16:08 5:23
152. 149 Cameron Reed Harlem HS 16:09 5:23
153. 150 Jack O'Neil Hersey 16:09 5:23
154. 151 Alan Guzman Berwyn/Cicero Morton 16:10 5:24
155. 152 Kaleb Gustafson Belvidere North 16:10 5:24
156. 153 Drew Hutchens Ladue HS 16:10 5:24
157. 154 Danny Zimny-Schmitt Lane Tech College Prep 16:10 5:24
158. 155 Cody Hughes Plainfield East HS 16:11 5:24
159. 156 Logan Podbielski Loyola Academy 16:11 5:24
160. 157 Ethan Dee Carl Sandburg HS 16:11 5:24
161. 158 Dan Cotton Bartlett 16:11 5:24

162. 159 Elijah Johnson Mahomet-Seymour HS 16:11 5:24
163. 160 Grant Smith Lyons Township 16:12 5:24
164. 161 Brendan McBride Downers Grove North 16:12 5:24
165. 162 Jon Bluhm Sacred Heart Griffin 16:12 5:24
166. Liam Callahan Lyons Township 16:13 5:25
167. 163 Andrew Smith Wheaton Warrenville South 16:13 5:25
168. 164 Erick Deloera Hersey 16:13 5:25
169. 165 Ryan Kearns Hersey 16:14 5:25
170. 166 Traxton Taylor Marion 16:15 5:25
171. 167 Gilberto Rodrigues Lake Park 16:15 5:25
172. 168 Ryan Altman Carl Sandburg HS 16:15 5:25
173. 169 Niko Petrusich Plainfield East HS 16:15 5:25
174. 170 Sam Clinton Joliet Central 16:16 5:26
175. 171 Adam Lowry Oswego HS 16:16 5:26
176. 172 Brice Welton Limestone 16:16 5:26
177. 173 Conner Peck Lake Park 16:17 5:26
178. 174 Jacob Helfrich St. Thomas More 16:17 5:26
179. 175 Mikias Tibebu Schaumburg HS 16:17 5:26
180. 176 Byron Morales Loyola Academy 16:18 5:26
181. 177 Sam Powers St. Thomas More 16:18 5:26
182. 178 Wil Butler Springfield High School 16:19 5:27
183. 179 Marcus Delatorre West Chicago 16:19 5:27
184. 180 Chas Cox St. Joseph-Ogden HS 16:19 5:27
185. 181 Konrad Eiring Barrington HS 16:20 5:27
186. 182 Jackson Wells Hononegah 16:20 5:27
187. 183 Michael Schraiber Deerfield High School 16:20 5:27
188. 184 Mansur Soeleman Lane Tech College Prep 16:20 5:27
189. Jesse Laseman Belvidere North 16:20 5:27
190. 185 Pat Grogan Downers Grove North 16:21 5:27
191. 186 Jonathan Kersky Stevenson HS 16:21 5:27
192. 187 Widi Moestopo Wheaton Academy 16:22 5:28
193. 188 Chandler Poppen Harlem HS 16:22 5:28
194. 189 Aaron Larson Br. Rice 16:22 5:28
195. Mike Accetura Lyons Township 16:22 5:28
196. 190 Sergio Llanes Plainfield East HS 16:22 5:28
197. 191 Cale McCormick Mahomet-Seymour HS 16:23 5:28
198. Skylar Mitchell Dixon 16:23 5:28
199. 192 Alejandro Hernandez Bartlett 16:23 5:28
200. 193 Austin Butorac Normal University 16:23 5:28
201. 194 Jarred Koerner St. Thomas More 16:23 5:28
202. 195 Dan Curtin Riverside Brookfield 16:24 5:28
203. 196 Joe Weis Plainfield South 16:25 5:29
204. Brian Smith Palatine 16:26 5:29
205. Mark Lefevour Lyons Township 16:26 5:29
206. 197 Emmet McClain Br. Rice 16:26 5:29
207. 198 Caleb Augspurger Normal West 16:27 5:29
208. 199 Drew Knipfer St. Joseph-Ogden HS 16:27 5:29
209. 200 Ethan Russell Mahomet-Seymour HS 16:27 5:29
210. 201 Frank Pasqua Plainfield South 16:28 5:30
211. 202 Dan Meinhart Downers Grove North 16:28 5:30
212. 203 Tyler Becker Normal West 16:28 5:30
213. Kevin O'Flaherty Carl Sandburg HS 16:28 5:30
214. 204 Michal Filipczak Maine South HS 16:29 5:30
215. 205 Nathan Schiavone Maine West 16:29 5:30
216. 206 Peyton Scheuermann Normal West 16:30 5:30



SANDBURG CROSS COUNTRY

NEWS AND NOTES

RUNNERS OF THE WEEK: Adam Gleisner, Chris Hogan

Peoria Notre Dame Invitational

Saturday, Sept. 17, 2011

70, sunny, calm, beautiful

COACH'S COMMENTS:

The Peoria Notre Dame Invitational is always a tough race—there are over 20 high quality schools there, there are over 70 total teams, and the race is always way too aggressive early on, which puts you in a tough situation—go out hard so you aren't buried, but not too hard so that you throw away your race. We run the race so that we can gain experience in a challenging environment that mimics the state race on the state course. We need to learn how to race where we focus on ourselves and not others around us. Use the 10 people in front of you to race and pull you, but you focus on your execution of time, not place. When you do that, ultimately things find a way to order and you run the place you hoped for. If not, it is out of your control. One thing we need to focus on is “controlling the controllables,” and everything else is out of our hands. Times at Detweiller Park tell you where you are at—they are concrete indicators as good as a race on a track. At the same time, we are completely unconcerned about what place we take at the race, instead we are focusing on taking a strong step toward being ready for our big race at the end of the season or seasons in your future. We always want to focus on our progress toward our ultimate goals.

Some of us took the opening of the race as an opportunity to practice an aggressive start that will be needed for state. Others went out way too hard—letting the competition decide the pace, not us. We will need to find that balance as a team.

In the sophomore race **Adam Gleisner** got the ball rolling really well with a sub 16:22 to enter the illustrious Sub 16:30 Club that is available to our F/S runners. He is turning into a varsity runner indeed, running one of our best times of the day. If he can close out the race a little better in the last 400, he'll be strong enough to compete for a SWSC title and a spot on the varsity. **Justin Adams** continues to do amazing things. Every time Gleisner came by Adams was right behind. Once again, hard work pays off. His time was one of our best of the day and puts him in the upper echelon of all-time CSHS sophomores. Our freshmen continue to make strides but are going to need to take the next step and close the gap on Adams in order to bring us home the SWSC title. It is possible as long as we continue to train hard and run with Adams in practice. **All of our freshmen should look at the times of our varsity runners in their freshmen year—look at their improvement and know that it is possible with hard work year round.** Improvement, however, is not handed to you. You need to go out there and earn it. In the varsity race we were overly aggressive (for the most part) early in the race. **Doc McMahon**, for instance, was out in a 2:11 which is about as fast as Lukas went out last year at *state*, and I thought *Lukas* was out too fast last year at state. He proceeded to blast through the mile in 4:40, which would have put him in second place at the mile in state last year! Obviously that was a bit too quick. We need to manage that and run our race. In any event, he hung on for a strong 15:03. In the end, the opening and close of his race will need to be improved. Both are fixed with more focus and confidence. Meanwhile we had quite a gap to our next group. **Pat Letz** ran a nice time, but the race he put together will not work for the state meet. He needs to be a part of the race early on. **Chris Hogan** ran a strong race that was aggressive and strong in the north loop—our two big focuses of the race, so I am really happy with that big improvement. He will be able to finish that race with a few more weeks of training. **Jimmy** closed out well, but he is behind where he should be right now and will need to prove that he can handle the big meet situations in order to help us out. **Graves** and **Dee** cut some time from last year, but we still need to take another step toward the mid 15's. The open race was our best performance of the day with **Derek Hevel**, **Mitch Rees**, and **Otto Von Borstel** taking big steps forward. In DH and Rees' first race of the season (not even a time trial) they managed to run two strong times good enough to be scoring for us and helped them kick the rust off. I know it would be great to be able to throw the spikes on and run PR's, but it will take a few races and a few more weeks of specific training. Otto broke 16:00 for the first time. I think all three of them will be hitting around and under 15:00 for sure in November! Some of our Reavis guys who were disappointed

with their races managed their confidence and came back strong, let by Colin Fornaris, Bill Siezckowski and Pat Birk. We certainly showcased our depth.

It's now time for us to get super fit and super race sharp—that is what this time of year is for. We've accomplished some great aerobic strength, neuromuscular and lactate work, now is the time for race-specific sharpness and speed. It is exciting to know where we are heading. The pieces are there, now we need to take the step. The biggest step will need to come from your head—confidence, belief and the toughness that a champion needs, not just an “also ran.”

TIDBITS: >>THANK YOU for the BBQ!!!

WHAT'S NEXT: A good week of training. Next week we have a big week with our F/S hitting the Andrew F/S Invitational. Next Monday should be the conference meet for junior high school. We will be sending our fresh/soph out there to “talk” with the junior high runners—wear CSHS warm-ups NEXT Monday!

Sophomores

1. Palatine--129 2. York—130 3. Lyons—186 15. Sandburg--500

SANDBURG:

			<u>'10 (high 70's, rain)</u>
27. Gleisner	2:31-2:43/5:14—2:46/8:00-2:48/5:34/10:48-2:49/13:37-2:45/5:34	16:22	18:14 (-1:54)
48. Adams	2:35-2:42/5:17-2:49/8:06-2:51/5:40/10:57-2:52/13:49-2:48/5:40	16:37	NT
131. Bieszcke	2:45-2:59/5:44-3:02/8:46-2:55/5:57/11:41-3:00/14:41-2:55/5:55	17:36	
144. A Altman	2:50-2:54/5:44-3:02/8:46-3:02/6:04/11:48-----	17:42	
158. Lopez	2:43-3:00/5:43-3:03/8:46-3:02/6:05/11:48-3:04/14:52-2:57/6:01	17:49	
166. W Becker	2:45-2:58/5:43-2:57/8:46-3:05/6:02/11:51-3:09/15:00-2:54/6:03	17:54	19:37 (-1:43)
180. H Becker	2:45-2:57/5:42-3:03/8:45-3:03/6:06/11:48-3:09/14:57-3:03/6:12	18:00	
181. Burzinski	2:45-2:59/5:44-3:02/8:46-3:02/6:04/11:48-3:06/14:54-3:06/6:12	18:00	
199. Benz-Weeden	2:47-2:57/5:44-3:02/8:46-3:15/6:17/12:01-3:04/15:05-3:09/6:12	18:14	
200. Poe	2:45-3:02/5:47-3:03/8:50-2:58/6:01/11:48-3:25/15:13-3:02/6:27	18:15	20:25 (-2:10)

Varsity:

1. Palatine—113 2. Belvidere No—174 3. York—182 4. O'Fallon—212 15. Sandburg--519

			<u>'10 PND</u>
25. McMahon	2:11-2:31/4:42-2:28/7:10-2:35/5:03/9:45-2:39/12:24-2:38/5:17	15:02	15:36 (-:34)
113. Letz	5:14-2:35/7:49----13:10-2.5—2:37	15:47	16:29 (-:42)
117. Hogan	2:30-2:33/5:03-2:42/7:45-2:42/5:24/10:27-2:42/13:09-2:39/5:21	15:48	17:00 (-1:12)
122. Panozzo	2:24-2:42/5:06-2:39/7:45-2:44/5:23/10:29-2:45/13:14-2:33/5:20	15:49	16:22 (-:33)
149. Graves	2:30-2:35/5:05-2:40/7:45-2:44/5:24/10:29-2:47/13:16-2:48/5:35	16:04	16:26 (-:22)
160. Dee	2:30-2:39/5:09-2:40/7:49-2:51/5:31/10:40-2:51/13:31-2:36/5:27	16:07	16:29 (-:22)
172. Altman	2:25-2:39/5:04-2:36/7:40-2:48/5:24/10:28-2:56/13:24-2:48/5:44	16:12	17:11 (-:59)
213. O'Flaherty	2:16-2:35/4:51-2:35/7:26-2:38/10:14-2:54/13:10-3:17/6:11	16:27	NT
233. Butera	2:23-2:44/5:07-2:38/7:45-2:55/5:33/10:40-3:02/13:42-2:51/5:53	16:33	17:41 (-1:08)
349. Ma Sawyers	5:09-2:46/7:55-3:08/5:53/11:03-3:16/14:19-3:03/6:20	17:22	17:46 (-:22)

OPEN:

SANDBURG:

			<u>'10</u>
Rees	2:26-2:41/5:07-2:39/7:46-2:46/5:25/10:32-2:43/13:15-2:35/5:18	15:50	15:25 (+:25)
Hevel	2:26-2:40/5:06-2:39/7:45-2:44/5:23/10:29-2:42/13:11-2:40/5:22	15:51	15:15 (+:36)
Von Borstel	2:26-2:41/5:07-2:38/7:45-2:44/5:22/10:29-2:49/13:18-2:42/5:30	15:59	16:23 (-:24)
Fornaris	2:26-2:41/5:07-2:41/7:48-3:00/5:41/10:48-2:57/13:45-2:44/5:41	16:29	17:00 (-:31)
Siezckowski	2:31-2:43/5:14-2:51/8:05-2:55/5:46/11:00-2:55/13:55-2:46/5:41	16:41	17:21 (-:40)
Birk	2:31-2:43/5:14-2:54/8:08-2:50/5:44/10:58-2:57/13:55-2:49/5:46	16:46	17:16 (-:30)
Lifonti	2:31-2:47/5:18-2:48/8:06-3:00/5:48/11:06-2:55/14:01-2:47/5:42	16:48	17:01 (-:13)
Prajka	5:30—2:47/8:17-2:59/5:46/11:16-2:57/14:13-2:48/5:45	17:01	17:17 (-:16)
Licata	5:33—2:42/8:15	17:10	NT

Struzik 5:22-2:42/8:09-2:58/5:40/11:02-3:10/14:12-3:01/6:11	17:13	18:14 (-1:01)
Mi Sawyers 2:26-2:48/5:14-2:56/8:09-3:04/6:00/11:13-3:00/14:13-3:00/6:00	17:13	16:10 (+1:13)
Lim 11:46—6:08	17:54	19:03 (-1:09)
Jehle	18:19	NT
Depesa 2:48-2:55/5:43-3:12/8:55-3:10/6:22/12:05-3:17/15:22-2:58/6:15	18:20	21:04 (-2:44)
Vanderkrabben 2:56-3:05/6:01-3:09/9:10-	18:23	20:18 (-1:55)
Lopera 5:52	18:23	NT
Walls	19:02	20:45 (-1:43)
J Stefik	19:12	NT
Jubaer 5:57	19:25	20:01 (-:36)
Brower	19:25	NT
Mangold 6:01-3:25/9:26	19:33	NT
Wei	20:20	NT
Faro	20:27	NT
Lacien 6:30	21:24	NT
Brown (16:12—2.5 miles)	NT	NT

Sub 16:30 Club:

- Adam Gleisner

Sub 15:30 Club:

- Pat McMahon (repeat)

Freshman Year Times (sample of varsity runners):

Kevin O’Flahery—16:50
Pat McMahon—16:28
Mitch Rees—19:28
Jimmy Panozzo—17:38
Pat Letz—17:28
Ethan Dee—17:41
Aaron Graves—17:39
Chris Hogan—19:39
Otto Von Borstel—20:45
Colin Fornaris—18:24

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FROSH/SOPH BOYS TEAM RESULTS

1. NEW TRIER
1 3 8 9 11 (18) (25) = 32
3741 CONNOR TRAPP M, 3737 JACK MYERS M, 3740 CHASE SILVERMAN M,
3738 AUSTIN SANTACRUZ M, 3733 CHARLIE KUPETS M, 3730 BARR
ISERLOTH M, 3735 CHARLIE MAHER M
2. LOYOLA ACADEMY
4 12 13 27 35 (80) (91) = 91
3581 MATT RANDOLPH M, 3592 CHRISTIAN SWENSON M, 3559 SPENCER
KELLY M, 3587 MATT SCHERER M, 3534 JOHN CARROLL M, 3584 CALLEN
RUIZ M, 3567 MITCHELL LEE M
3. SANDBURG
5 6 29 32 34 (36) (41) = 106
3910 ADAM GLEISNER M, 3890 JUSTIN ADAMS M, 3895 PATRICK BIESZCKE
M, 3893 HARRY BECKER M, 3924 MARIO LOPEZ M, 3899 GREG BURZINSKI M,
1313 WILL BECKER M
4. LYONS
14 17 23 28 38 (42) (69) = 120
3614 MATT LAYDEN M, 3636 DOMINIC ZONA M, 3610 MARTY GLYNN M,
3621 JOE MAYER M, 3618 ALEX LIMA M, 3612 GRAHAM HARTOONIAN M,
3617 ANDREW LICHTENAUER M
5. GLENBARD WEST
26 39 43 44 46 (76) (79) = 198
3306 BEN SHAVER M, 3261 JACK BARKER M, 3289 RJ MAGANINI M, 3274
DAN HARMAN M, 3265 RYAN BURGESS M, 3269 NATHAN CRAIL M, 3304 ADAM
ROZAK M
6. MINOOKA
15 37 50 51 60 (65) (72) = 213
3672 MALCOHM HILL M, 3657 GABRIEL CEBALLOS M, 3707 KYLE SWANSON M,
3673 ETHAN HOBBS M, 3710 JOEY TERESI M, 3709 MATTHEW SZYMEL M,
3655 KYLE BROWN M
7. BOLINGBROOK
22 24 45 62 63 (64) (97) = 216
2966 TIM PAPE M, 2954 JEROME DAVIS M, 2968 KOKEITH PERRY M, 2951
PEYTON CHAPMAN M, 2948 ISAAC CAMACHO M, 2952 JOHNATHAN COOK M,
2965 JESSE PAPE M
8. AURORA EAST
10 30 31 94 104 (155)(160) = 269
2928 FELIPE NINO M, 2935 ISAAC SORIANO M, 2936 FRANCISCO
VALTIERREZ M, 2917 CHRISTIAN CASTRO M, 2924 JOVANY MORENO M, 2920
DIEGO GUTIERREZ M, 2921 GILBERTO LEON M
9. DEERFIELD
40 54 55 74 77 (87) (98) = 300
3166 RILEY GRANT M, 3185 GARETT RAM M, 3167 ETHAN GUTSTEIN M,
3154 BILLY ANDERSON M, 3181 JEREMY LATRONICA M, 3159 JUSTIN COHAN
M, 3197 SAM WEINER M
10. HOMEWOOD-FLOSSMOOR
16 19 88 107 110 (130)(141) = 340
3344 CHRISTIAN HOOVER M, 3336 KEVIN ANDERSON M, 3347 JAMESON LAMB
M, 3350 MILES NEWSON M, 3351 ZACH SMITH M, 3355 CHARLIE
VANDENBURGH M, 3352 KENNETH THIGPEN M
11. CONANT

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FROSH/SOPH BOYS OVERALL RESULTS

Place	TmPl	No.	Name	S Time	School
1	1	3741	CONNOR TRAPP	M 17:05	NEW TRIER
2	2	3000	JAMES DURKIN	M 17:13	BROTHER RICE
3	3	3737	JACK MYERS	M 17:15	NEW TRIER
4	4	3581	MATT RANDOLPH	M 17:20	LOYOLA ACADEMY
5	5	3910	ADAM GLEISNER	M 17:23	SANDBURG
6	6	3890	JUSTIN ADAMS	M 17:25	SANDBURG
7	7	3252	JOE MEADE	M 17:28	GLENBARD SOUTH
8	8	3740	CHASE SILVERMAN	M 17:33	NEW TRIER
9	9	3738	AUSTIN SANTACRUZ	M 17:38	NEW TRIER
10	10	2928	FELIPE NINO	M 17:39	AURORA EAST
11	11	3733	CHARLIE KUPETS	M 17:40	NEW TRIER
12	12	3592	CHRISTIAN SWENSON	M 17:41	LOYOLA ACADEMY
13	13	3559	SPENCER KELLY	M 17:42	LOYOLA ACADEMY
14	14	3614	MATT LAYDEN	M 17:44	LYONS
15	15	3672	MALCOHM HILL	M 17:45	MINOOKA
16	16	3344	CHRISTIAN HOOVER	M 17:45	HOMWOOD-FLOSSMOOR
17	17	3636	DOMINIC ZONA	M 17:48	LYONS
18	18	3730	BARR ISERLOTH	M 17:51	NEW TRIER
19	19	3336	KEVIN ANDERSON	M 17:51	HOMWOOD-FLOSSMOOR
20	20	3396	LUIS GOMEZ	M 17:54	LAKE VIEW
21	21	4137	JOE CELIS	M 17:56	WAUKEGAN
22	22	2966	TIM PAPE	M 17:58	BOLINGBROOK
23	23	3610	MARTY GLYNN	M 17:59	LYONS
24	24	2954	JEROME DAVIS	M 18:02	BOLINGBROOK
25	25	3735	CHARLIE MAHER	M 18:05	NEW TRIER
26	26	3306	BEN SHAVER	M 18:05	GLENBARD WEST
27	27	3587	MATT SCHERER	M 18:07	LOYOLA ACADEMY
28	28	3621	JOE MAYER	M 18:11	LYONS
29	29	3895	PATRICK BIESZCKE	M 18:14	SANDBURG
30	30	2935	ISAAC SORIANO	M 18:17	AURORA EAST
31	31	2936	FRANCISCO VALTIERREZ	M 18:17	AURORA EAST
32	32	3893	HARRY BECKER	M 18:18	SANDBURG
33	33	3058	JOSH HERNANDEZ	M 18:18	CHICAGO BULLS COLLEGE PREP
34	34	3924	MARIO LOPEZ	M 18:19	SANDBURG
35	35	3534	JOHN CARROLL	M 18:23	LOYOLA ACADEMY
36	36	3899	GREG BURZINSKI	M 18:24	SANDBURG
37	37	3657	GABRIEL CEBALLOS	M 18:26	MINOOKA
38	38	3618	ALEX LIMA	M 18:28	LYONS
39	39	3261	JACK BARKER	M 18:28	GLENBARD WEST
40	40	3166	RILEY GRANT	M 18:28	DEERFIELD
41	41	1313	WILL BECKER	M 18:28	SANDBURG
42	42	3612	GRAHAM HARTOONIAN	M 18:29	LYONS
43	43	3289	RJ MAGANINI	M 18:29	GLENBARD WEST
44	44	3274	DAN HARMAN	M 18:30	GLENBARD WEST
45	45	2968	KOKEITH PERRY	M 18:31	BOLINGBROOK
46	46	3265	RYAN BURGESS	M 18:31	GLENBARD WEST
47	47	4067	KEVIN MA	M 18:32	YOUNG
48	48	3251	COLIN MEADE	M 18:34	GLENBARD SOUTH
49	49	3754	MICHAEL EL GHOUL	M 18:36	NILES NORTH

50	50	3707	KYLE SWANSON	M 18:36	MINOOKA
51	51	3673	ETHAN HOBBS	M 18:37	MINOOKA
52	52	3132	ROBERT SMOLIK	M 18:38	CONANT
53	53	3228	RICKY WOJCIK	M 18:39	ELMWOOD PARK
54	54	3185	GARETT RAM	M 18:40	DEERFIELD
55	55	3167	ETHAN GUTSTEIN	M 18:40	DEERFIELD
56	56	3113	JAMES JANCZY	M 18:40	CONANT
57	57	3122	JAMES PESCE	M 18:41	CONANT
58	58	3248	IBRAHIM JAWAD	M 18:43	GLENBARD SOUTH
59	59	3384	DANNY AYALA	M 18:45	LAKE VIEW
60	60	3710	JOEY TERESI	M 18:45	MINOOKA
61	61	3225	AUSTIN TILLEMA	M 18:46	ELMWOOD PARK
62	62	2951	PEYTON CHAPMAN	M 18:47	BOLINGBROOK
63	63	2948	ISAAC CAMACHO	M 18:47	BOLINGBROOK
64	64	2952	JOHNATHAN COOK	M 18:52	BOLINGBROOK
65	65	3709	MATTHEW SZYMEL	M 18:55	MINOOKA
66		3894	MATT BENZ-WEEDEN	M 18:55	SANDBURG
67	66	4006	BRIAN LIN	M 18:57	STEVENSON
68	67	3409	CHRISTIAN BADILLO	M 18:59	LANE TECH
69	68	3447	DAVID SCHMIEG	M 18:59	LANE TECH
70		3241	ANTHONY RIZZI	M 19:00	FENWICK
71	69	3617	ANDREW LICHTENAUER	M 19:02	LYONS
72	70	3416	LUKE CHLOISY	M 19:04	LANE TECH
73	71	3408	ADALBERTO AVILLES	M 19:04	LANE TECH
74	72	3655	KYLE BROWN	M 19:07	MINOOKA
75	73	4092	JAYSON WONG	M 19:08	YOUNG
76	74	3154	BILLY ANDERSON	M 19:10	DEERFIELD
77	75	3779	RAMON SEBASTIAN	M 19:12	NILES NORTH
78	76	3269	NATHAN CRAIL	M 19:13	GLENBARD WEST
79	77	3181	JEREMY LATRONICA	M 19:13	DEERFIELD
80		3686	KJ MINOR	M 19:13	MINOOKA
81		3625	KEEFE MULLIGAN	M 19:14	LYONS
82		3627	MAX OLSON	M 19:14	LYONS
83	78	4073	ADEN O'CARROLL	M 19:14	YOUNG
84		3891	ALEC ALTMAN	M 19:15	SANDBURG
85	79	3304	ADAM ROZAK	M 19:16	GLENBARD WEST
86	80	3584	CALLEN RUIZ	M 19:16	LOYOLA ACADEMY
87		1297	BRUCE MCCAFFTEY	M 19:16	TAFT HIGH SCHOOL
88		3667	ANDY GELDEAN	M 19:17	MINOOKA
89		3262	JACK BILLINGS	M 19:17	GLENBARD WEST
90		3277	JAKE JASKOWIAK	M 19:19	GLENBARD WEST
91	81	4019	RYAN SCHWARTZ	M 19:20	STEVENSON
92	82	3423	MATTHEW HAAK	M 19:21	LANE TECH
93	83	3772	BEN POPERNIK	M 19:21	NILES NORTH
94	84	3774	JORDAN RAYAS	M 19:21	NILES NORTH
95	85	3118	CONNOR LEJMAN	M 19:22	CONANT
96		3674	CALE HOPMAN	M 19:23	MINOOKA
97		3280	MARTY KEANE	M 19:23	GLENBARD WEST
98	86	3992	JEREMY FRENCH	M 19:24	STEVENSON
99	87	3159	JUSTIN COHAN	M 19:25	DEERFIELD
100		3716	RYAN WENIGER	M 19:26	MINOOKA
101	88	3347	JAMESON LAMB	M 19:29	HOMEWOOD-FLOSSMOOR
102		3606	TOM CUSHING	M 19:31	LYONS
103	89	3499	JAKE BEINART	M 19:32	LINDBERGH
104	90	3756	DAVID GOODWIN	M 19:32	NILES NORTH
105		3905	NICK DEPESA	M 19:33	SANDBURG
106	91	3567	MITCHELL LEE	M 19:35	LOYOLA ACADEMY
107	92	3638	CORTNEY BRATTON	M 19:35	MANLEY

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VARSITY BOYS TEAM RESULTS

1. NEW TRIER
1 13 14 49 51 (55) (68) = 128
3734 LELAND LATER M, 3739 CHIP SCHAFF M, 3731 ETHAN KAPLAN M,
3732 CARTER KOFMAN M, 3742 ERIC UNDERWOOD M, 3736 ANDREW MURDOCH
M, 3729 DOMINIC GATTUSO M
2. NILES NORTH
10 15 34 38 54 (67) (76) = 151
3780 ARON SEBHAT M, 3748 MICAH BELLER M, 3773 CARLITOS RANGEL M,
3785 TIM VAZQUEZ M, 3782 JUSTIN SUH M, 3767 DAN NOBOA M, 3746
EMMETT BARR M
3. GLENBARD WEST
12 18 42 50 57 (113)(122) = 179
3263 BRANDON BONIFER M, 3285 MIKE LEDERHOUSE M, 3284 KEN LEAF M,
3283 ALEC LARSEN M, 3288 WILL LINDSTROM M, 3300 NICK POSEGAY M,
3279 KYLE JOHNSON M
4. LYONS
24 26 40 48 56 (65) (69) = 194
3620 MICHAEL MATUSIAK M, 3631 JAMES RYAN M, 3622 ED MCCARTER M,
3633 RYAN SPEIR M, 3632 GRANT SMITH M, 3608 JOHN DOMBRO M, 3611
BEN GROYA M
5. MINOOKA
6 35 39 45 73 (102)(118) = 198
3698 JOEY SANTILLO M, 3704 KYLE SMITH M, 3693 ALEX PIERCE M,
3703 EVAN SLABAUGH M, 3682 CODY MART M, 3680 KODY LEWAN M, 3653
BEN BOLAND M
6. LOYOLA ACADEMY
3 5 44 66 82 (84) (86) = 200
3544 TODD FORD M, 3552 WILLIAM HAGUE M, 3558 CHRIS KELLY M, 3539
KEVIN DONOHUE M, 3566 SEAN LAMBLE M, 3580 LOGAN PODBIELSKI M,
3570 BYRON MORALES M
7. LEE'S SUMMIT NORTH
19 37 41 47 58 (98)(110) = 202
3482 KOLTON SHELDON M, 3487 CORY WHEATON-WERLE M, 3486 WESLEY
TURNER M, 3485 WILL THOMAS M, 3483 DEREK SOMOGYE M, 3480 BRIAN
GREEN M, 3481 ZACH HALL M
8. CONANT
17 28 30 79 94 (104)(137) = 248
3129 TYLER SCHNEIDER M, 3121 ALEX MILLER M, 3133 JOE SULENTIC M,
3136 JAMES WEAVER M, 3104 ZACH DALE M, 3119 DOMINIK MASSA M,
3128 STEVE SARVER M
9. LANE TECH
11 23 64 75 78 (142)(148) = 251
3454 DAVID TIMLIN M, 3410 LUCAS BELTRAN M, 3459 DANNY
ZIMNY-SCHMITT M, 3455 JONATHAN VARA M, 3441 KEVIN PEREZ M, 3451
MANSUR SOELEMEN M, 3437 SEAN MYTHEN M
10. DUBLIN JEROME
9 16 43 103 125 (139)(141) = 296
3207 JAKE MANDEL M, 3206 MITCHELL LEITCH M, 3210 CHASE STEWART M,
3204 STEPHEN GABER M, 3202 RYAN BURKHOLDER M, 3201 DANIEL BENSON
M, 3205 BRIAN KING M
11. SHOREWOOD

20 33 61 90 109 (111)(133) = 313
 3976 PETER MORRIS M, 3979 CHARLES STAHL M, 3973 JACOB GOLDBERG M,
 3978 JOHN PAPKE M, 3971 MICHAEL DELLUTRI M, 3974 SAM KUHLMANN M,
 3972 MAYAN ESSAKS M

12. LINDBERGH
 25 46 60 80 106 (130)(135) = 317
 3523 TOMMY SKOSKY M, 3516 JACOB LUCIANI M, 3521 KYLE PIEPER M,
 3510 TYLER GLOSS M, 3496 SAM BANKHEAD M, 3497 SPENCER BANKHEAD M,
 3524 JORDAN WATT M

13. GLENBARD SOUTH
 4 8 87 96 123 (151)(192) = 318
 3257 JOHN WOLD M, 3255 JOE SINGLETON M, 3245 ERIK GREENWELL M,
 3256 TOM STOFFELS M, 3247 PETER JAEGER M, 3249 ANDREW KLADIVA M,
 3246 FRED JAEGER M

13. DEERFIELD
 22 27 59 93 117 (145)(152) = 318
 3164 ALEX GOLD M, 3156 MAKOTO BOWERING M, 3192 MICHAEL SCHRAIBER
 M, 3161 SHAI FARHI M, 3153 JORDAN ABOSCH M, 3189 BRYAN ROSENBERG
 M, 3196 JACK UMLAUF M

15. BROTHER RICE
 7 36 52 127 128 (129)(156) = 350
 2990 DAN CADDIGAN M, 3014 PAT MAGUIRE M, 3006 AARON LARSON M,
 2995 TOM CIRA M, 3010 ANTHONY MACAIG M, 3020 EMMET MCCLAIN M,
 3038 SEAN WATERS M

16. SHAWNEE MISSION EAST
 21 70 91 105 121 (132)(144) = 408
 3968 ADAM SIMMONS M, 3952 MITCH DANIEL M, 3970 IAN WISEMAN M,
 3962 GAVIN JORNS M, 3950 JOE BAHR M, 3966 EVAN NICHOLS M, 3955
 REID FRYE M

17. SANDBURG
 53 88 89 92 95 (112)(120) = 417
 3913 CHRIS HOGAN M, 3911 AARON GRAVES M, 3904 ETHAN DEE M, 3909
 COLIN FORNARIS M, 3932 JIMMY PANOZZO M, 3940 BILL SIECZKOWSKI M,
 3896 PAT BIRK M

18. YOUNG
 32 74 83 107 198 (229)(246) = 494
 4086 ERIC SHAN M, 4082 TARO SALINAS M, 4069 LOGAN MEANS M, 4053
 NATHAN BELTRAN M, 4062 LEONADRO JIMENEZ M, 4068 GILBERT MAMMEN M,
 4070 HARRISON MILNE M

19. PARKWAY SOUTH
 77 81 100 116 131 (146)(163) = 505
 3819 DUSTIN STUMPHF M, 3790 PATRICK ANDREW M, 3815 WILLIAM
 ROHRKASTE M, 3804 BRIAN HERNAN M, 3822 SCOTT TIPTON M, 3799 JEFF
 DEVEYDT M, 3805 MATTHEW HIGHSMITH M

20. GLENWOOD
 29 115 158 159 165 (166)(170) = 626
 3315 MARC MATON M, 3312 GRANT KAISER M, 3313 WHITT KINLEY M,
 3314 BRANDON KUCHAR M, 3319 LUCAS TAYLOR M, 3310 COLE HARPER M,
 3316 LUKE PERKO M

21. BEECHER
 2 108 150 190 215 (219)(226) = 665
 2943 GRANT NYKAZA M, 2940 AARON BORGMAN M, 2944 MIKE POLZIN M,
 2942 AUSTIN KING M, 2945 GARRET TOOHEY M, 2939 PATRICK BARTON M,
 2938 MATT BARTON M

22. LATIN SCHOOL
 71 72 160 182 183 (187)(188) = 668
 3476 ANDREW NADLER M, 3470 BRITT HENDERSON M, 3473 ETHAN LEE M,
 3477 AIDAN SARAZEN M, 3469 MICHAEL GROSSMAN M, 3472 JACOB

39th Annual Sean Earl Loyola Lakefront Invitational
Chicago, IL
October 1, 2011

VARSITY BOYS OVERALL RESULTS

Place	TmPl	No.	Name	S Time	School
1	1	3734	LELAND LATER	M 15:20	NEW TRIER
2	2	2943	GRANT NYKAZA	M 15:23	BEECHER
3	3	3544	TODD FORD	M 15:28	LOYOLA ACADEMY
4	4	3257	JOHN WOLD	M 15:28	GLENBARD SOUTH
5	5	3552	WILLIAM HAGUE	M 15:30	LOYOLA ACADEMY
6	6	3698	JOEY SANTILLO	M 15:51	MINOOKA
7	7	2990	DAN CADDIGAN	M 16:00	BROTHER RICE
8	8	3255	JOE SINGLETON	M 16:02	GLENBARD SOUTH
9	9	3207	JAKE MANDEL	M 16:02	DUBLIN JEROME
10	10	3780	ARON SEBHAT	M 16:05	NILES NORTH
11	11	3454	DAVID TIMLIN	M 16:06	LANE TECH
12	12	3263	BRANDON BONIFER	M 16:06	GLENBARD WEST
13	13	3739	CHIP SCHAFF	M 16:09	NEW TRIER
14	14	3731	ETHAN KAPLAN	M 16:10	NEW TRIER
15	15	3748	MICAH BELLER	M 16:11	NILES NORTH
16	16	3206	MITCHELL LEITCH	M 16:12	DUBLIN JEROME
17	17	3129	TYLER SCHNEIDER	M 16:15	CONANT
18	18	3285	MIKE LEDERHOUSE	M 16:18	GLENBARD WEST
19	19	3482	KOLTON SHELDON	M 16:18	LEE'S SUMMIT NORTH
20	20	3976	PETER MORRIS	M 16:20	SHOREWOOD
21	21	3968	ADAM SIMMONS	M 16:21	SHAWNEE MISSION EAST
22	22	3164	ALEX GOLD	M 16:22	DEERFIELD
23	23	3410	LUCAS BELTRAN	M 16:24	LANE TECH
24	24	3620	MICHAEL MATUSIAK	M 16:24	LYONS
25	25	3523	TOMMY SKOSKY	M 16:24	LINDBERGH
26	26	3631	JAMES RYAN	M 16:25	LYONS
27	27	3156	MAKOTO BOWERING	M 16:28	DEERFIELD
28	28	3121	ALEX MILLER	M 16:31	CONANT
29	29	3315	MARC MATON	M 16:31	GLENWOOD
30	30	3133	JOE SULENTIC	M 16:32	CONANT
31	31	2956	STEVEN GARRETT	M 16:33	BOLINGBROOK
32	32	4086	ERIC SHAN	M 16:33	YOUNG
33	33	3979	CHARLES STAHL	M 16:33	SHOREWOOD
34	34	3773	CARLITOS RANGEL	M 16:35	NILES NORTH
35	35	3704	KYLE SMITH	M 16:37	MINOOKA
36	36	3014	PAT MAGUIRE	M 16:38	BROTHER RICE
37	37	3487	CORY WHEATON-WERLE	M 16:38	LEE'S SUMMIT NORTH
38	38	3785	TIM VAZQUEZ	M 16:39	NILES NORTH
39	39	3693	ALEX PIERCE	M 16:39	MINOOKA
40	40	3622	ED MCCARTER	M 16:39	LYONS
41	41	3486	WESLEY TURNER	M 16:41	LEE'S SUMMIT NORTH
42	42	3284	KEN LEAF	M 16:43	GLENBARD WEST
43	43	3210	CHASE STEWART	M 16:43	DUBLIN JEROME
44	44	3558	CHRIS KELLY	M 16:44	LOYOLA ACADEMY
45	45	3703	EVAN SLABAUGH	M 16:44	MINOOKA
46	46	3516	JACOB LUCIANI	M 16:45	LINDBERGH
47	47	3485	WILL THOMAS	M 16:48	LEE'S SUMMIT NORTH
48	48	3633	RYAN SPEIR	M 16:48	LYONS
49	49	3732	CARTER KOFMAN	M 16:49	NEW TRIER

50	50	3283	ALEC LARSEN	M 16:51	GLENBARD WEST
51	51	3742	ERIC UNDERWOOD	M 16:51	NEW TRIER
52	52	3006	AARON LARSON	M 16:51	BROTHER RICE
53	53	3913	CHRIS HOGAN	M 16:51	SANDBURG
54	54	3782	JUSTIN SUH	M 16:52	NILES NORTH
55	55	3736	ANDREW MURDOCH	M 16:52	NEW TRIER
56	56	3632	GRANT SMITH	M 16:52	LYONS
57	57	3288	WILL LINDSTROM	M 16:53	GLENBARD WEST
58	58	3483	DEREK SOMOGYE	M 16:54	LEE'S SUMMIT NORTH
59	59	3192	MICHAEL SCHRAIBER	M 16:54	DEERFIELD
60	60	3521	KYLE PIEPER	M 16:55	LINDBERGH
61	61	3973	JACOB GOLDBERG	M 16:55	SHOREWOOD
62	62	4190	LUKE MUZIKOWSKI	M 16:56	CHICAGO HOPE ACADEMY
63	63	4017	THOMAS RUSSELL	M 16:57	STEVENSON
64	64	3459	DANNY ZIMNY-SCHMITT	M 16:57	LANE TECH
65	65	3608	JOHN DOMBRO	M 16:59	LYONS
66	66	3539	KEVIN DONOHUE	M 16:59	LOYOLA ACADEMY
67	67	3767	DAN NOBOA	M 16:59	NILES NORTH
68	68	3729	DOMINIC GATTUSO	M 16:59	NEW TRIER
69	69	3611	BEN GROYA	M 16:59	LYONS
70	70	3952	MITCH DANIEL	M 17:01	SHAWNEE MISSION EAST
71	71	3476	ANDREW NADLER	M 17:01	LATIN SCHOOL
72	72	3470	BRITT HENDERSON	M 17:02	LATIN SCHOOL
73	73	3682	CODY MART	M 17:03	MINOOKA
74	74	4082	TARO SALINAS	M 17:03	YOUNG
75	75	3455	JONATHAN VARA	M 17:03	LANE TECH
76	76	3746	EMMETT BARR	M 17:05	NILES NORTH
77	77	3819	DUSTIN STUMPHF	M 17:06	PARKWAY SOUTH
78		3600	MICHAEL ACCETTURA	M 17:06	LYONS
79	78	3441	KEVIN PEREZ	M 17:08	LANE TECH
80	79	3136	JAMES WEAVER	M 17:09	CONANT
81	80	3510	TYLER GLOSS	M 17:12	LINDBERGH
82	81	3790	PATRICK ANDREW	M 17:12	PARKWAY SOUTH
83		3604	LIAM CALLAHAN	M 17:12	LYONS
84		3619	DANIEL LUPANO	M 17:12	LYONS
85		3616	MARK LEFEVOUR	M 17:13	LYONS
86	82	3566	SEAN LAMBLE	M 17:13	LOYOLA ACADEMY
87	83	4069	LOGAN MEANS	M 17:13	YOUNG
88	84	3580	LOGAN PODBIELSKI	M 17:13	LOYOLA ACADEMY
89	85	3341	CAHRON CROSS	M 17:14	HOMWOOD-FLOSSMOOR
90	86	3570	BYRON MORALES	M 17:14	LOYOLA ACADEMY
91	87	3245	ERIK GREENWELL	M 17:14	GLENBARD SOUTH
92	88	3911	AARON GRAVES	M 17:15	SANDBURG
93	89	3904	ETHAN DEE	M 17:15	SANDBURG
94	90	3978	JOHN PAPKE	M 17:16	SHOREWOOD
95	91	3970	IAN WISEMAN	M 17:17	SHAWNEE MISSION EAST
96		3605	ZACH CARLSON	M 17:18	LYONS
97	92	3909	COLIN FORNARIS	M 17:18	SANDBURG
98	93	3161	SHAI FARHI	M 17:18	DEERFIELD
99	94	3104	ZACH DALE	M 17:18	CONANT
100	95	3932	JIMMY PANOZZO	M 17:19	SANDBURG
101	96	3256	TOM STOFFELS	M 17:19	GLENBARD SOUTH
102	97	3494	ROBERT ROSE	M 17:20	LINCOLN PARK
103	98	3480	BRIAN GREEN	M 17:21	LEE'S SUMMIT NORTH
104	99	3837	PORTER TRUAX	M 17:21	PAYTON PREP
105	100	3815	WILLIAM ROHRKASTE	M 17:21	PARKWAY SOUTH
106		3550	JAQUAN GRIER	M 17:22	LOYOLA ACADEMY
107	101	3829	JONATHAN KAMEL	M 17:23	PAYTON PREP

108	102	3680	KODY LEWAN	M 17:23	MINOOKA
109	103	3204	STEPHEN GABER	M 17:24	DUBLIN JEROME
110	104	3119	DOMINIK MASSA	M 17:25	CONANT
111	105	3962	GAVIN JORNS	M 17:25	SHAWNEE MISSION EAST
112	106	3496	SAM BANKHEAD	M 17:26	LINDBERGH
113	107	4053	NATHAN BELTRAN	M 17:26	YOUNG
114	108	2940	AARON BORGMAN	M 17:26	BEECHER
115		3766	RANDALL MORTELL	M 17:26	NILES NORTH
116	109	3971	MICHAEL DELLUTRI	M 17:26	SHOREWOOD
117	110	3481	ZACH HALL	M 17:26	LEE'S SUMMIT NORTH
118		3484	SAM STOCKMAN	M 17:27	LEE'S SUMMIT NORTH
119	111	3974	SAM KUHLMANN	M 17:27	SHOREWOOD
120	112	3940	BILL SIECZKOWSKI	M 17:29	SANDBURG
121	113	3300	NICK POSEGAY	M 17:29	GLENBARD WEST
122	114	2925	ABEL MOSQUEDO	M 17:31	AURORA EAST
123	115	3312	GRANT KAISER	M 17:31	GLENWOOD
124	116	3804	BRIAN HERNAN	M 17:31	PARKWAY SOUTH
125	117	3153	JORDAN ABOSCH	M 17:31	DEERFIELD
126	118	3653	BEN BOLAND	M 17:31	MINOOKA
127	119	2916	RICKY BARAJAS	M 17:31	AURORA EAST
128	120	3896	PAT BIRK	M 17:31	SANDBURG
129	121	3950	JOE BAHR	M 17:32	SHAWNEE MISSION EAST
130	122	3279	KYLE JOHNSON	M 17:32	GLENBARD WEST
131	123	3247	PETER JAEGER	M 17:33	GLENBARD SOUTH
132		3479	JOSEPH GASSER	M 17:33	LEE'S SUMMIT NORTH
133	124	3085	DAN O'KEEFE	M 17:33	CHICAGO MT. CARMEL
134	125	3202	RYAN BURKHOLDER	M 17:34	DUBLIN JEROME
135	126	4012	SAM OH	M 17:34	STEVENSON
136		3654	ERIK BRICK	M 17:34	MINOOKA
137	127	2995	TOM CIRA	M 17:35	BROTHER RICE
138	128	3010	ANTHONY MACAIG	M 17:36	BROTHER RICE
139	129	3020	EMMET MCCLAIN	M 17:37	BROTHER RICE
140	130	3497	SPENCER BANKHEAD	M 17:37	LINDBERGH
141	131	3822	SCOTT TIPTON	M 17:37	PARKWAY SOUTH
142		3689	WILL O'CONNELL	M 17:40	MINOOKA
143	132	3966	EVAN NICHOLS	M 17:40	SHAWNEE MISSION EAST
144	133	3972	MAYAN ESSAKS	M 17:40	SHOREWOOD
145	134	3346	KENDALL KELLER	M 17:41	HOMEWOOD-FLOSSMOOR
146		3751	IAN CRANE	M 17:41	NILES NORTH
147		3980	JOHN TRAUDT	M 17:41	SHOREWOOD
148	135	3524	JORDAN WATT	M 17:42	LINDBERGH
149	136	3495	MICHAEL STUBNA	M 17:42	LINCOLN PARK
150	137	3128	STEVE SARVER	M 17:43	CONANT
151	138	2957	EVAN GUTIERREZ	M 17:43	BOLINGBROOK
152		3659	TOMMY COYLE	M 17:43	MINOOKA
153		3301	JACK PRESCOTT	M 17:43	GLENBARD WEST
154	139	3201	DANIEL BENSON	M 17:44	DUBLIN JEROME
155	140	3835	JEREMY RAINEY-BROWN	M 17:44	PAYTON PREP
156	141	3205	BRIAN KING	M 17:44	DUBLIN JEROME
157	142	3451	MANSUR SOELEMEN	M 17:44	LANE TECH
158		3589	JOE SOMMERS	M 17:44	LOYOLA ACADEMY
159	143	4195	ALEJANDRO GARCIA	M 17:44	WAUKEGAN
160		3666	SAM FROEMEL	M 17:45	MINOOKA
161	144	3955	REID FRYE	M 17:45	SHAWNEE MISSION EAST
162		3982	DAN VROBEL	M 17:46	SHOREWOOD
163	145	3189	BRYAN ROSENBERG	M 17:46	DEERFIELD
164	146	3799	JEFF DEVEYDT	M 17:47	PARKWAY SOUTH
165	147	2980	MITCH GALLOWAY	M 17:48	BRADLEY-BOURBONNAIS

166	148	3437	SEAN MYTHEN	M 17:49	LANE TECH
167		3424	SULTAN HAJI	M 17:50	LANE TECH
168		3527	JACK BALL	M 17:51	LOYOLA ACADEMY
169	149	3216	NICK GONZALEZ	M 17:53	ELMWOOD PARK
170	150	2944	MIKE POLZIN	M 17:53	BEECHER
171		3967	BEN RANDOLPH	M 17:56	SHAWNEE MISSION EAST
172		3670	ALEX HARDENBROOK	M 17:57	MINOOKA
173	151	3249	ANDREW KLADIVA	M 17:58	GLENBARD SOUTH
174	152	3196	JACK UMLAUF	M 17:58	DEERFIELD
175	153	2982	CODY HARPER	M 17:58	BRADLEY-BOURBONNAIS
176	154	2981	COLIN HANSON	M 17:58	BRADLEY-BOURBONNAIS
177	155	3488	JASPER ACOSTA	M 17:59	LINCOLN PARK
178	156	3038	SEAN WATERS	M 18:00	BROTHER RICE
179	157	4014	JON RICE	M 18:00	STEVENSON
180	158	3313	WHITT KINLEY	M 18:01	GLENWOOD
181	159	3314	BRANDON KUCHAR	M 18:02	GLENWOOD
182		3576	SEAN O'BRIEN	M 18:03	LOYOLA ACADEMY
183	160	3473	ETHAN LEE	M 18:03	LATIN SCHOOL
184		3297	NEEL PATEL	M 18:03	GLENBARD WEST
185	161	4184	DANIEL GONZALEZ	M 18:04	CHICAGO HOPE ACADEMY
186	162	3356	RASHAUN WARNER	M 18:05	HOMEWOOD-FLOSSMOOR
187		3961	JACK HOWLAND	M 18:05	SHAWNEE MISSION EAST
188		3203	LUIS ERANA	M 18:07	DUBLIN JEROME
189	163	3805	MATTHEW HIGHSMITH	M 18:09	PARKWAY SOUTH
190	164	4198	EDGAR OLAYO	M 18:10	WAUKEGAN
191		3975	JACK MAUER	M 18:10	SHOREWOOD
192	165	3319	LUCAS TAYLOR	M 18:11	GLENWOOD
193	166	3310	COLE HARPER	M 18:12	GLENWOOD
194	167	3987	DAVID BREDIN	M 18:12	STEVENSON
195		3965	JAKE MCCOY	M 18:13	SHAWNEE MISSION EAST
196	168	2984	MITCHELL KAHL	M 18:17	BRADLEY-BOURBONNAIS
197	169	3492	ARSENIY MINALOV	M 18:17	LINCOLN PARK
198		3977	JOHNNIE PAPINEAU	M 18:18	SHOREWOOD
199	170	3316	LUKE PERKO	M 18:19	GLENWOOD
200		3964	JOE LEWIS	M 18:20	SHAWNEE MISSION EAST
201		4034	ADAM GRAY	M 18:20	UNIVERSITY (CHICAGO)
202		3309	CONNOR BRUNSMAN	M 18:20	GLENWOOD
203	171	3490	MICHAEL LALLY	M 18:21	LINCOLN PARK
204		3311	TYLER JONES	M 18:21	GLENWOOD
205		3209	ZACH SHERMAN	M 18:23	DUBLIN JEROME
206	172	3051	ZACH SIEGFRIED	M 18:30	CATHOLIC ACADEMY
207		3956	MATT GANNON	M 18:33	SHAWNEE MISSION EAST
208		3184	TRISTAN NUNEZ	M 18:33	DEERFIELD
209	173	3377	SAUL SALINAS	M 18:35	HUBBARD
210	174	3986	JEREMY BLOOMFIELD	M 18:39	STEVENSON
211		3157	PATRICK BRUNK	M 18:39	DEERFIELD
212		2988	BRENDAN BAKER	M 18:39	BROTHER RICE
213		3434	PEDRO MEDRANO	M 18:39	LANE TECH
214		3163	SAM FRIEDLAND	M 18:41	DEERFIELD
215	175	3089	COLIN SLAGER	M 18:42	CHICAGO MT. CARMEL
216		3422	MATHEW GRYGO	M 18:43	LANE TECH
217		3443	CHRIS REINKE	M 18:44	LANE TECH
218	176	3075	NICK GALLPO	M 18:49	CHICAGO MT. CARMEL
219	177	2933	SALVADOR RODRIGUEZ	M 18:49	AURORA EAST
220		3238	BLAZEJ KOCON	M 18:51	FENWICK
221	178	3069	ALEX ASTA	M 18:52	CHICAGO MT. CARMEL
222	179	3040	JEREMY ADAMS	M 18:52	CATHOLIC ACADEMY
223		3229	ELOY BLEIFUSS-PRADOS	M 18:53	F.W. PARKER

224		3981 THOMAS TREACY	M 18:55 SHOREWOOD
225		3317 GABE POWELL	M 18:55 GLENWOOD
226	180	2969 ALEX RAMIREZ	M 19:00 BOLINGBROOK
227		3892 RYAN ALTMAN	M 19:00 SANDBURG
228	181	3831 SAM LEARNER	M 19:00 PAYTON PREP
229		3318 JACOB SIEBERT	M 19:02 GLENWOOD
230	182	3477 AIDAN SARAZEN	M 19:03 LATIN SCHOOL
231	183	3469 MICHAEL GROSSMAN	M 19:04 LATIN SCHOOL
232	184	4016 STEPHEN ROYS	M 19:05 STEVENSON
233	185	3041 RILEY CARLSON	M 19:06 CATHOLIC ACADEMY
234	186	3994 DANNY GARDINER	M 19:07 STEVENSON
235		3281 JACK KEEFE	M 19:07 GLENBARD WEST
236	187	3472 JACOB LANDSBERG	M 19:08 LATIN SCHOOL
237	188	3465 GRAHAM FERGUSON	M 19:11 LATIN SCHOOL
238	189	3345 PRINCEWIL ILB	M 19:12 HOMEWOOD-FLOSSMOOR
239	190	2942 AUSTIN KING	M 19:16 BEECHER
240	191	1347 GERARDO CABRERA	M 19:17 KELVYN PARK HS
241	192	3246 FRED JAEGER	M 19:17 GLENBARD SOUTH
242		3462 MAX BUCKSBAUM	M 19:20 LATIN SCHOOL
243		3171 ERIC HERNANDEZ	M 19:23 DEERFIELD
244	193	4201 RODRIGO ROGEL-PEREZ	M 19:24 WAUKEGAN
245	194	2955 JAMES DOERING	M 19:28 BOLINGBROOK
246		3208 NICK SCHLETER	M 19:30 DUBLIN JEROME
247		4037 BEN MEYER	M 19:30 UNIVERSITY (CHICAGO)
248	195	1342 HUGO TOLEDO	M 19:30 KELVYN PARK HS
249	196	4196 BRADLEY LUDOWISE	M 19:31 WAUKEGAN
250	197	3215 DANNY FOREST	M 19:31 ELMWOOD PARK
251	198	4062 LEONADRO JIMENEZ	M 19:33 YOUNG
252	199	2934 MIGUEL SANCHEZ	M 19:33 AURORA EAST
253		3800 DOMINIC FABRIZIO	M 19:34 PARKWAY SOUTH
254	200	4181 COLIN BLAYDES	M 19:34 CHICAGO HOPE ACADEMY
255	201	3491 ROGER MEI	M 19:35 LINCOLN PARK
256		4117 VAIRON CARLIN	M 19:37 SOLORIO ACADEMY
257		3276 ANDRES HERRERA	M 19:38 GLENBARD WEST
258	202	2979 DREW CRUMP	M 19:38 BRADLEY-BOURBONNAIS
259	203	3050 ANTHONY SALATA	M 19:42 CATHOLIC ACADEMY
260	204	2973 PAUL STROMQUIST	M 19:43 BOLINGBROOK
261	205	4200 IVAN RAMIREZ	M 19:43 WAUKEGAN
262	206	2976 BRENDON WEDDINGTON	M 19:43 BOLINGBROOK
263	207	3373 LUIS REYES	M 19:46 HUBBARD
264	208	3723 CARLOS OMANA	M 19:48 MUCHIN COLLEGE PREP
265	209	4186 TEYVON HOLLOWAY	M 19:48 CHICAGO HOPE ACADEMY
266	210	3087 FRANK SLABE	M 19:51 CHICAGO MT. CARMEL
267	211	4049 LAJUAN MILLER	M 19:52 URBAN PREP
268	212	3728 DAVID YANEZ	M 19:53 MUCHIN COLLEGE PREP
269	213	3330 FOREST DECALUWE	M 19:53 GORDON TECH
270	214	3361 ADRIAN BARRIENTOS	M 19:54 HUBBARD
271	215	2945 GARRET TOOHEY	M 19:56 BEECHER
272	216	3826 PRESTON BEJABENG	M 20:00 PAYTON PREP
273		3231 NICK ANTON	M 20:01 FENWICK
274	217	3052 LUKE WARPINSKI	M 20:04 CATHOLIC ACADEMY
275	218	3718 XAVIER CAMACHO	M 20:05 MUCHIN COLLEGE PREP
276	219	2939 PATRICK BARTON	M 20:12 BEECHER
277	220	3095 GUNTHER VOSS	M 20:15 CHICAGO MT. CARMEL
278	221	4199 STEPHEN PALACIOS	M 20:18 WAUKEGAN
279		3467 ERIC GOFEN	M 20:19 LATIN SCHOOL
280	222	1348 LUIS BAEZ	M 20:20 KELVYN PARK HS
281	223	3374 RICARDO ROBLES	M 20:23 HUBBARD

39th Annual Sean Earl Loyola Lakefront Invitational
Chicago, IL
October 1, 2011

JV BOYS OVERALL RESULTS

Place	TmPl	No.	Name	S Time	School
1	1	3939	MICHAEL SAWYERS	M 17:23	SANDBURG
2	2	3629	CODY RIESTERER	M 17:30	LYONS
3	3	3630	SEAN ROBERSTSON	M 17:36	LYONS
4	4	3607	CONNOR DELANEY	M 17:41	LYONS
5	5	3938	MATT SAWYERS	M 17:44	SANDBURG
6	6	3624	DANNY MIKLOSZ	M 17:45	LYONS
7	7	3635	LUKE ZIOLKOWSKI	M 17:46	LYONS
8	8	3921	DOMINIC LIFONTI	M 18:01	SANDBURG
9	9	3676	ELLIOT JOHNSON	M 18:03	MINOOKA
10	10	3517	IAN MARINO	M 18:06	LINDBERGH
11	11	3677	ERIC KARWAT	M 18:08	MINOOKA
12	12	3705	CODY STERKOWITZ	M 18:09	MINOOKA
13	13	3941	AARON SPENGLER	M 18:10	SANDBURG
14	14	3935	NICHOLAS PRAJKA	M 18:11	SANDBURG
15	15	3436	MICHAEL MORIN	M 18:22	LANE TECH
16	16	3634	GABRIEL VALDES	M 18:24	LYONS
17	17	3623	BRIAN MCDONOUGH	M 18:25	LYONS
18	18	3292	LIAM MCGEE	M 18:26	GLENBARD WEST
19	19	3852	ALBERT ASTORGA	M 18:36	PROVISO WEST
20		3626	QUINN MULLIGAN	M 18:38	LYONS
21		3628	COLIN REAGAN	M 18:39	LYONS
22	20	3100	MATT ANDRESS	M 18:39	CONANT
23	21	3502	RYAN CLANCY	M 18:41	LINDBERGH
24	22	3665	ALEX FORGUE	M 18:43	MINOOKA
25	23	3515	JACK KORENACK	M 18:45	LINDBERGH
26	24	3500	BEN BERRY	M 18:45	LINDBERGH
27	25	3573	CONNOR MULHALL	M 18:47	LOYOLA ACADEMY
28	26	3650	COLIN ARMSTRONG	M 18:48	MINOOKA
29	27	3590	GAVIN SULLIVAN	M 18:48	LOYOLA ACADEMY
30	28	3944	ZACH STRUZIK	M 18:53	SANDBURG
31	29	3922	PAT LIM	M 18:53	SANDBURG
32	30	3760	NICHOLAS IVERSON	M 18:53	NILES NORTH
33	31	3658	DAKOTA COLOFELLO	M 18:54	MINOOKA
34	32	3708	STEVE SZYMANSKI	M 18:54	MINOOKA
35	33	3435	GABRIEL MENDOZA	M 18:55	LANE TECH
36	34	3775	EDDIE REINFRANCK	M 18:55	NILES NORTH
37	35	3106	NANDISH DESAI	M 18:55	CONANT
38		3931	MATT O'NEAL	M 18:57	SANDBURG
39		3688	COLIN NIELSEN	M 19:00	MINOOKA
40	36	3194	MATT TRESHANSKY	M 19:02	DEERFIELD
41	37	3588	CHARLIE SCHUFREIDER	M 19:05	LOYOLA ACADEMY
42		3914	CORY JEHL	M 19:05	SANDBURG
43	38	3791	ERIC BARR	M 19:09	PARKWAY SOUTH
44		3664	ANDREW FINNEY	M 19:11	MINOOKA
45	39	3414	FREDY CAM-KOO	M 19:12	LANE TECH
46	40	3458	BRANDON ZIMNY-SCHMITT	M 19:13	LANE TECH
47		3601	TYLER ALLEN	M 19:14	LYONS
48	41	3293	DAN MOTZ	M 19:16	GLENBARD WEST
49	42	3102	JUSTIN BOWERS	M 19:21	CONANT

50		3933 RYAN POE	M 19:29 SANDBURG
51		3714 NICK VERTIN	M 19:29 MINOOKA
52		3613 JAKE LANGAN	M 19:29 LYONS
53		3684 BRENDAN MCGRATH	M 19:31 MINOOKA
54	43	3182 EVAN LINTON	M 19:33 DEERFIELD
55		3923 ISAAC LOPERA	M 19:33 SANDBURG
56		3679 CHASE KOHLMEYER	M 19:33 MINOOKA
57	44	3520 KYLE MROTEK	M 19:34 LINDBERGH
58	45	3743 AQUIB ABOBAKER	M 19:35 NILES NORTH
59		3602 VINCE ARRATA	M 19:35 LYONS
60	46	3303 ALEJANDRO ROSALES	M 19:37 GLENBARD WEST
61	47	3296 SAM NEVINS	M 19:37 GLENBARD WEST
62	48	3807 ANDREW MARK	M 19:38 PARKWAY SOUTH
63	49	3788 JEFF WEISSMAN	M 19:40 NILES NORTH
64	50	3429 MATT KOSCIUK	M 19:42 LANE TECH
65		3943 MIKE STEFIK	M 19:42 SANDBURG
66		3946 JOHN WALLS	M 19:45 SANDBURG
67		3897 MIKE BROWER	M 19:46 SANDBURG
68	51	3271 KYLE FREILER	M 19:46 GLENBARD WEST
69	52	3761 JUSTIN KOO	M 19:47 NILES NORTH
70	53	3810 SCOTT MCEACHERN	M 19:48 PARKWAY SOUTH
71	54	3797 IAN CUNNINGHAM	M 19:48 PARKWAY SOUTH
72	55	3855 NATHIAN CERDA	M 19:52 PROVISO WEST
73	56	4164 URIEL MANDUJANO	M 19:54 WAUKEGAN
74		3945 LUKE VANDERKRABBen	M 19:55 SANDBURG
75	57	3802 BRANDON RUEHL	M 19:55 PARKWAY SOUTH
76	58	3457 JOSE VILLALOBOS	M 19:56 LANE TECH
77		3927 CHRIS MANGOLD	M 19:56 SANDBURG
78	59	3260 ETHAN BAKER	M 19:58 GLENBARD WEST
79	60	3428 RONAN KING	M 19:58 LANE TECH
80	61	3870 JJ SUVA	M 19:59 PROVISO WEST
81		3453 MILES STRONG-AUSTIN	M 19:59 LANE TECH
82	62	3138 NOAH WOJDAK	M 20:01 CONANT
83	63	3186 DAN RICH	M 20:02 DEERFIELD
84		3712 CHARLES TIERNEY	M 20:02 MINOOKA
85	64	3177 GREG KLEIN	M 20:05 DEERFIELD
86	65	3130 ALEC SCHWEINBERG	M 20:07 CONANT
87		3699 SAM SANTILLO	M 20:09 MINOOKA
88	66	3270 ETHAN ELLIS	M 20:10 GLENBARD WEST
89	67	3745 CHRISTIAN ARRIAGA	M 20:10 NILES NORTH
90		3687 MARK MULLANE	M 20:11 MINOOKA
91	68	3960 HENRY HOFFMAN	M 20:12 SHAWNEE MISSION EAST
92		3444 ALEJANDRO REYES	M 20:18 LANE TECH
93	69	3823 LUKE TRAVIS	M 20:19 PARKWAY SOUTH
94	70	3538 STEPHEN DISILVESTRO	M 20:21 LOYOLA ACADEMY
95		3406 JORGE ALVARDO	M 20:21 LANE TECH
96	71	3574 DEVIN O'BRIEN	M 20:24 LOYOLA ACADEMY
97		3603 CHARLES BROM	M 20:24 LYONS
98		3942 JOHN STEFIK	M 20:25 SANDBURG
99	72	3963 IAN KAISER	M 20:25 SHAWNEE MISSION EAST
100	73	3595 JOE VAN HORN	M 20:26 LOYOLA ACADEMY
101	74	3187 MAX RICH	M 20:27 DEERFIELD
102		3690 BRENNAN PAGEL	M 20:28 MINOOKA
103	75	3546 PATRICK FULLER	M 20:28 LOYOLA ACADEMY
104	76	3165 ANDREW GORDON	M 20:29 DEERFIELD
105	77	3503 CALEB CODDING	M 20:29 LINDBERGH
106		3898 CONNOR BROWN	M 20:30 SANDBURG
107		3649 JOHN ANIANS	M 20:32 MINOOKA

108		3286	JEFF LEMENAGER	M 20:35	GLENBARD WEST
109		3948	JACK WEI	M 20:35	SANDBURG
110	78	3518	CJ MOSS	M 20:39	LINDBERGH
111	79	3959	MARK HARKEN	M 20:40	SHAWNEE MISSION EAST
112		3702	JACOB SIPLA	M 20:40	MINOOKA
113	80	3784	MICHIO TSUKAMOTO	M 20:40	NILES NORTH
114		3562	CONNOR KREB	M 20:41	LOYOLA ACADEMY
115		3290	ARLYN MANNING	M 20:42	GLENBARD WEST
116	81	3949	JOEL ANDERSON	M 20:43	SHAWNEE MISSION EAST
117		3543	CHARLIE EISINGER	M 20:43	LOYOLA ACADEMY
118	82	3957	TYLER GERMANN	M 20:44	SHAWNEE MISSION EAST
119	83	3183	TJ MIDDLEBROOK	M 20:44	DEERFIELD
120		3557	DAVID KELLEY	M 20:44	LOYOLA ACADEMY
121		2987	FELEO TRAUZON	M 20:45	BRADLEY-BOURBONNAIS
122		3259	MORGAN ADAMS	M 20:46	GLENBARD WEST
123		3180	NICK LAPORTE	M 20:48	DEERFIELD
124		3417	COLEMAN CONNOLY	M 20:50	LANE TECH
125		3168	GEOFF HACKETT	M 20:50	DEERFIELD
126	84	3792	SHEA BOLT	M 20:50	PARKWAY SOUTH
127	85	3108	JAMES FISHER	M 20:51	CONANT
128	86	4242	SCOTT EILRICH	M 20:51	CONANT
129		3656	JOSE CABRERA	M 20:52	MINOOKA
130		3146	ISAAC MORENO	M 20:53	CRISTO REY JESUIT
131		1314	RYAN WALSH	M 20:53	SANDBURG
132		3548	JOHN GEORGE	M 20:55	LOYOLA ACADEMY
133	87	4167	HECTOR URIOSTEGUI	M 20:55	WAUKEGAN
134		3593	GREG SWENSON	M 20:56	LOYOLA ACADEMY
135		3651	KYLE BAILEY	M 20:57	MINOOKA
136		3816	MICHAEL SCHALLOM	M 20:58	PARKWAY SOUTH
137		3750	BRANDON CHAN	M 20:58	NILES NORTH
138		3305	BRIAN SETZKE	M 21:00	GLENBARD WEST
139	88	3843	JUAN FLORES	M 21:02	PRITZKER COLLEGE PREP
140		3551	ZACH GRUBER	M 21:03	LOYOLA ACADEMY
141		3661	DOMINIC DALUGA	M 21:03	MINOOKA
142		3713	BEN UBERT	M 21:05	MINOOKA
143	89	4163	ROBERTO LOPEZ- CRUZ	M 21:06	WAUKEGAN
144		3919	KYLE LAHUCIK	M 21:06	SANDBURG
145		3530	DANIEL BRICHETTO	M 21:07	LOYOLA ACADEMY
146		3660	ELIJAH CRAWLEY	M 21:10	MINOOKA
147		3282	PATRICK KELLY	M 21:12	GLENBARD WEST
148		3801	DAN FLOOD	M 21:14	PARKWAY SOUTH
149		3507	TONY DIPOLA	M 21:15	LINDBERGH
150	90	3954	ANDREW FISCHER	M 21:15	SHAWNEE MISSION EAST
151		3820	WILLIAM SU	M 21:16	PARKWAY SOUTH
152	91	3326	JAMIE SINGLETON	M 21:20	GOLDER COLLEGE PREP
153	92	3983	EVAN APPELE	M 21:21	STEVENSON
154		3407	ANDREW ARCINIEGA	M 21:23	LANE TECH
155		3513	SCOTT KARCHER	M 21:23	LINDBERGH
156		3413	PATRICK BUZZO	M 21:23	LANE TECH
157		3526	JOHN BAKER	M 21:25	LOYOLA ACADEMY
158	93	3848	CHRISTOPHER SUAREZ	M 21:26	PRITZKER COLLEGE PREP
159	94	3399	ANTHONY MAI	M 21:27	LAKE VIEW
160		3906	BRIAN DEWOLF	M 21:28	SANDBURG
161		3547	JOHN GALLAGHER	M 21:31	LOYOLA ACADEMY
162	95	2970	MARK RIVERA	M 21:32	BOLINGBROOK
163		3586	ROBERT SCHAUPP	M 21:33	LOYOLA ACADEMY
164		3907	JOE FARO	M 21:35	SANDBURG
165	96	3383	JORGE ALMAZAN	M 21:36	LAKE VIEW

166		3445 JAVIER REYES	M 21:36	LANE TECH
167		3652 JACOB BEAUDIN	M 21:39	MINOOKA
168		3308 MAC THOMPSON	M 21:39	GLENBARD WEST
169	97	4166 DENNIS URIOSTEGUI	M 21:40	WAUKEGAN
170		3662 BRAD EARL	M 21:41	MINOOKA
171	98	2967 CHARLIE PEREGOY	M 21:43	BOLINGBROOK
172	99	3368 MANUAL LULE	M 21:43	HUBBARD
173		3560 STRAT KENNEDY	M 21:44	LOYOLA ACADEMY
174	100	3358 OLIVER ABURTO	M 21:45	HUBBARD
175	101	2949 BRANDON CARLSON	M 21:46	BOLINGBROOK
176		3597 CONNOR WATSON	M 21:49	LOYOLA ACADEMY
177		3529 CORY BRAXTON	M 21:49	LOYOLA ACADEMY
178		3127 AARSH SACHDNA	M 21:51	CONANT
179		3575 JOHN O'BRIEN	M 21:51	LOYOLA ACADEMY
180		3803 SAM GUNNING	M 21:53	PARKWAY SOUTH
181		3536 MATT CORMIER	M 21:56	LOYOLA ACADEMY
182		3752 DOMO DEROSENA	M 21:59	NILES NORTH
183		3549 PATRICK GORDON	M 22:00	LOYOLA ACADEMY
184		3302 BRIAN RITTER	M 22:01	GLENBARD WEST
185		3787 THEO WARD	M 22:03	NILES NORTH
186		3537 JACK DAFFADA	M 22:03	LOYOLA ACADEMY
187		3789 JASON WOO	M 22:03	NILES NORTH
188	102	4025 UBALDO TERCERO	M 22:06	STEVENSON
189	103	2915 CHARLIE ARRIOLA	M 22:06	AURORA EAST
190	104	3861 NEAL KREEGIER	M 22:07	PROVISO WEST
191		3267 NICK COLE	M 22:08	GLENBARD WEST
192		3747 SAM BEARMAN	M 22:08	NILES NORTH
193	105	2960 JACOB KRONEMANN	M 22:08	BOLINGBROOK
194		3426 KENDALL HILL	M 22:12	LANE TECH
195		3555 JACKSON HUETTL	M 22:12	LOYOLA ACADEMY
196		3717 JACOB WIETTING	M 22:12	MINOOKA
197		3711 DANIEL TERRAZAS	M 22:12	MINOOKA
198		3172 CHRIS HINCKER	M 22:15	DEERFIELD
199		3947 BRADY WALTER	M 22:16	SANDBURG
200	106	3372 JOSE REYES	M 22:16	HUBBARD
201		3912 DAVID GRIMALDO	M 22:17	SANDBURG
202	107	4029 CHRIS YAO	M 22:17	STEVENSON
203		3442 LUIS RAMIREZ	M 22:18	LANE TECH
204		3675 OWEN JARMON	M 22:20	MINOOKA
205		3275 IAN HARRIS	M 22:20	GLENBARD WEST
206		3683 SHANE MART	M 22:21	MINOOKA
207		3928 JOHN MARKEY	M 22:26	SANDBURG
208		3917 JACOB KWIATT	M 22:27	SANDBURG
209	108	3999 JOSH KATZ	M 22:29	STEVENSON
210		3110 ROBERT HARMON	M 22:29	CONANT
211		3583 DAN ROMAN	M 22:37	LOYOLA ACADEMY
212		3758 MATT GRONER	M 22:39	NILES NORTH
213		3900 BRANDON CALDERON	M 22:42	SANDBURG
214		3508 ROBERT EICH	M 22:45	LINDBERGH
215	109	4022 JEREMY SINGER	M 22:46	STEVENSON
216		3126 COREY ROSS	M 22:48	CONANT
217		3291 NICK MARKUNAS	M 22:48	GLENBARD WEST
218		3114 FAHAD KHAN	M 22:51	CONANT
219		3272 JOE FRY	M 22:54	GLENBARD WEST
220		1310 WILL RIORDAN	M 22:55	CICS NORTHTOWN HS
221		3273 JACOB GATHOF	M 22:55	GLENBARD WEST
222		3930 SCOTT MOONEY	M 22:57	SANDBURG
223	110	3328 RAFAEL VALENCIA	M 22:58	GOLDER COLLEGE PREP

224		3763 JESS LIPKA	M 22:58 NILES NORTH
225		3135 VASIL VASILEV	M 22:58 CONANT
226	111	3953 MORGAN DENTON	M 23:03 SHAWNEE MISSION EAST
227		3195 HENRY UMLAUF	M 23:04 DEERFIELD
228		3440 GIOVANNI PALACIOS	M 23:05 LANE TECH
229		3522 CHRIS REZABEK	M 23:06 LINDBERGH
230		3777 ROSS SCHNEIDER	M 23:07 NILES NORTH
231		3596 MICAH VENTURA	M 23:10 LOYOLA ACADEMY
232		3160 ELAN FARHI	M 23:13 DEERFIELD
233		3582 TIM REYNOLDS	M 23:15 LOYOLA ACADEMY
234		3452 DAVID STARR	M 23:16 LANE TECH
235		3057 EMMANUEL GUZMAN	M 23:17 CHICAGO BULLS COLLEGE PREP
236		3287 ANDREW LINDSTROM	M 23:18 GLENBARD WEST
237	112	3400 ERICK OVALLE	M 23:18 LAKE VIEW
238		3794 LUKE BRANHAM	M 23:19 PARKWAY SOUTH
239	113	3985 LARRY BLAHNIK	M 23:20 STEVENSON
240	114	3845 EDGAR LOPEZ	M 23:20 PRITZKER COLLEGE PREP
241		3112 GLENN HUANG	M 23:20 CONANT
242	115	3320 EMILIO ARROYO	M 23:21 GOLDER COLLEGE PREP
243		2978 COREY CAMPBELL	M 23:22 BRADLEY-BOURBONNAIS
244		3415 VINCENT CAPPELLO	M 23:23 LANE TECH
245		3099 SAAD ALTAF	M 23:23 CONANT
246		3065 RUDOLF TORRES	M 23:24 CHICAGO BULLS COLLEGE PREP
247		3695 LUCAS ROBERTS	M 23:24 MINOOKA
248	116	4158 LUIS CUEVAS	M 23:24 WAUKEGAN
249		3420 ANDREW FOGELIS	M 23:26 LANE TECH
250	117	3990 TONY CHUNG	M 23:26 STEVENSON
251	118	4157 ALISON BUENO	M 23:27 WAUKEGAN
252		1311 BRYAN PALACIOS	M 23:28 CICS NORTHTOWN HS
253		3307 DAVID TEWS	M 23:31 GLENBARD WEST
254		3190 JAMES SANFORD	M 23:31 DEERFIELD
255		3568 JOHN LYONS	M 23:34 LOYOLA ACADEMY
256		3715 MARCO VILLALOBOS	M 23:34 MINOOKA
257	119	2947 HECTOR CAMACHO	M 23:35 BOLINGBROOK
258		3055 JOSE DE LA TORRE	M 23:40 CHICAGO BULLS COLLEGE PREP
259		3908 JIMMY FOLEY	M 23:40 SANDBURG
260		3762 MITUL LAKHA	M 23:47 NILES NORTH
261		3722 SAM MUNETON	M 23:48 MUCHIN COLLEGE PREP
262		3124 FARAZ RASHID	M 23:48 CONANT
263		3533 JOE CARINI	M 23:51 LOYOLA ACADEMY
264		1309 WILLIAM CABREARAS	M 23:52 CICS NORTHTOWN HS
265		3554 DAN HOFFMANN	M 23:52 LOYOLA ACADEMY
266	120	3363 ANDRES CASIMIRO	M 23:53 HUBBARD
267	121	2932 ELVIS REYES	M 23:57 AURORA EAST
268		3926 JACOB MACKEY	M 24:02 SANDBURG
269		3724 ELI PENATE	M 24:04 MUCHIN COLLEGE PREP
270		3765 ERIC MONTERO	M 24:05 NILES NORTH
271		3700 JAKE SAUNDERS	M 24:10 MINOOKA
272	122	4155 OSCAR ARIAS	M 24:10 WAUKEGAN
273	123	3392 JERIC DEDALICIA	M 24:11 LAKE VIEW
274		3696 WILLIAM ROBERTS	M 24:14 MINOOKA
275		3594 ANDREW TREIBER	M 24:15 LOYOLA ACADEMY
276	124	3359 AARON AGUILAR	M 24:17 HUBBARD
277		3418 JULIAN DIMAIO	M 24:19 LANE TECH
278		3692 ERIC PFEIFFER	M 24:22 MINOOKA
279		3925 MARK MACAK	M 24:23 SANDBURG
280		3448 JOEL SEGOVIA	M 24:34 LANE TECH
281	125	3321 PATRICK CAPALAD	M 24:39 GOLDER COLLEGE PREP

282		3125 HERO ROBLES	M 24:42 CONANT
283		3569 SEAN MCTAGUE	M 24:45 LOYOLA ACADEMY
284		3193 DANIEL TOPOREK	M 24:49 DEERFIELD
285		3199 JULIAN WHITT	M 24:50 DEERFIELD
286		4011 DANIEL NOVAK	M 25:00 STEVENSON
287	126	3856 MICHAEL FAMAKINWA	M 25:01 PROVISO WEST
288		3131 VIKAS SINGH	M 25:06 CONANT
289		3874 VINNY DISTEFANO	M 25:06 RAUNER COLLEGE PREP
290		3727 JOSH VASQUEZ	M 25:18 MUCHIN COLLEGE PREP
291	127	2929 TONY OCHOA	M 25:24 AURORA EAST
292		3116 JOE KIM	M 25:31 CONANT
293		3880 DIEGO MARTINEZ	M 25:36 RAUNER COLLEGE PREP
294	128	2958 WILLIAM HAUFF	M 25:37 BOLINGBROOK
295	129	3850 JOSE TORRES	M 25:42 PRITZKER COLLEGE PREP
296		4159 RIGIL GENTOLEO	M 25:42 WAUKEGAN
297		3571 MICHAEL MORIARITY	M 25:56 LOYOLA ACADEMY
298		3929 BRIAN MCMAHON	M 26:00 SANDBURG
299		3759 JOHNNY GROSSMAN	M 26:05 NILES NORTH
300		3795 SHAUN MCMANUS	M 26:06 PARKWAY SOUTH
301	130	3357 HUGO ABAD	M 26:10 HUBBARD
302		3598 KEVIN WOODROW	M 26:17 LOYOLA ACADEMY
303		3585 KEENAN RYAN	M 26:21 LOYOLA ACADEMY
304		3169 PETER HANES	M 26:29 DEERFIELD
305	131	2961 DAN MARTINEZ	M 26:38 BOLINGBROOK
306	132	3851 SAUL ALARCON	M 26:45 PROVISO WEST
307	133	3840 ERIC BANOS	M 26:46 PRITZKER COLLEGE PREP
308		3671 SAM HILKE	M 26:53 MINOOKA
309		4030 JOWIN YIEN	M 26:53 STEVENSON
310		3145 VISMAR JUAREZ	M 26:55 CRISTO REY JESUIT
311	134	3394 AUGUSTINE GALINDO	M 26:56 LAKE VIEW
312		3872 JUAN CORONA	M 26:57 RAUNER COLLEGE PREP
313		3295 ELLIOTT MURPHY	M 27:04 GLENBARD WEST
314		3298 PARTH PATEL	M 27:05 GLENBARD WEST
315		3268 GRANT COLLIANDER	M 27:38 GLENBARD WEST
316	135	3324 DAVID REYES	M 27:49 GOLDER COLLEGE PREP
317		3578 COLIN O'SHEA	M 28:02 LOYOLA ACADEMY
318	136	2913 HOMERO ACOSTA	M 28:03 AURORA EAST
319		3439 PAUL PAGOS	M 29:43 LANE TECH
320		3878 MATTHEW LEMUS	M 29:49 RAUNER COLLEGE PREP
321	137	2922 JOSE LOPEZ	M 29:54 AURORA EAST
322		3565 JOE KUMMERER	M 30:31 LOYOLA ACADEMY
323		3139 SEAN WOODCOCK	M 31:36 CONANT
324	138	2918 JUAN CIELO	M 31:37 AURORA EAST

PEORIA HIGH SCHOOL

Cross Country Invitational - October 1, 2011

BOYS Varsity Team Results

Place Score SCHOOL (Total, Average, Pack Times)

1. 117 ELMHURST YORK DUKES (1:16:27, 15:17.33, 0:39)

6 14 19 31 47 (60) (94)

Nathan Mroz, Kyle Mattas, Michael Kirby, Alex Mimlitz, Matt Plowman,

Brett Obrien, Alex Krumrey

2. 158 MCHENRY HS (1:17:07, 15:25.33, 0:26)

16 27 32 33 50 (97) (131)

Calvin Quarterman, Cody Wallstrom, Tay Tomal, Jesse Reiser, Bryan Wyszynski,

Nick Shawler, Kyle Mindick

3. 188 ROLLING MEADOWS HS (1:17:28, 15:29.51, 0:39)

13 15 43 55 62 (98) (134)

Jeanpaul Manzanarez, Brendan Thielsen, Brian Rooney, Alex Duman, Eric Ure,

Josh Smith, Aaron Sanchez

4. 200 SANDBURG HS (1:17:33, 15:30.48, 0:49)

4 40 42 53 61 (92) (150)

Pat McMahon, Derek Hevel, Mitch Rees, Mike Vonborstel, Pat Letz, Zach Butera,

Kevin Oflaherty

5. 211 PROSPECT (1:17:40, 15:31.89, 0:31)

21 29 34 63 64 (87)

Quentin Shaffer, Mike Thill, Josh Campos, Ethan Koch, Blake Hallman,

Thomas Paczko

6. 213 EDWARDSVILLE (1:16:55, 15:22.83, 1:31)

2 12 56 68 75 (89) (192)

Garrett Sweatt, Chad Maxwell, Brydon Groves-scott, Joel Burroughs,

Ryker Frohock, Caden Cramsey, Brendan Colligan

7. 304 SPRINGFIELD HS (1:18:36, 15:43.12, 0:54)

24 37 39 96 108 (130) (161)

Sam Cross, Michael Simon, Nathan Hoffman, William Butler, Grant Luebkeermann,

Jim Moore, Eric Wise

8. 341 MT ZION (1:18:37, 15:43.36, 1:28)

3 17 76 102 143 (146) (194)

Jake Brown, Joe Fritzsche, Patrick Tharp, Tim Mcelroy, Nick Toothman,

Mohammad Hosseini, Sean Moore

9. 365 BENET ACADEMY (1:18:56, 15:47.07, 1:15)

11 28 83 119 124 (149) (172)

Matt Rurka, Anton Vershay, Tom Berg, Ryan Krouse, Rory Johnson,

John Stoppelman, Tom Gannon

10. 413 GLENBARD EAST (1:19:48, 15:57.45, 0:37)

51 66 80 93 123 (151) (156)

Bill Booth, Evan Schiewe, Vince Booth, Brad Busching, Jack Peters,

Teddy Sullivan, Tim Swanson

11. 422 GLENBROOK SOUTH (1:19:47, 15:57.29, 0:45)

44 48 79 125 126 (218) (246)

David Ogara, Sam Stanek, Brad Berg, Casey Henrickson, Peter Westerfield,

Alex Jackman, Luke Brown

12. 482 FENWICK HS (1:19:48, 15:57.52, 1:47)

5 49 67 175 186 (219) (266)

Ryan Clardy, Pat Yerkes, Brixton Rill, Ed Egan, Jack Jacobs, Matt Dumon,

Ryan Elsey

13. 509 SPARTA HS (1:20:19, 16:03.75, 1:35)

18 54 109 129 199 (348) (351)

Wes Bradshaw, Jon Hill, Trevor Morgan, Kenny Heaton, Dylan Heuther,

Aaron Rushing, Tommy Martienez

14. 514 TREMONT (1:20:00, 15:59.85, 1:35)

10 30 147 157 170 (243) (267)

Cole Dill, Connor Ehnle, Sam Stuber, Wilson Pflederer, Taylor Schweigert,

Colton Dailey, Caleb Imig

15. 548 HOFFMAN ESTATES HS (1:20:43, 16:08.41, 1:26)

38 81 86 135 208 (285)

PEORIA HIGH SCHOOL

Cross Country Invitational - October 1, 2011

BOYS Varsity Individual Results

Place TmPI FIRST YR SCHOOL TIME Pace

1. 1 Michael Clevenger 12 MACARTHUR HS DECATUR 14:18.16 4:47
2. 2 Garrett Sweatt 12 EDWARDSVILLE 14:21.64 4:48
3. 3 Jake Brown 11 MT ZION 14:56.67 4:59
4. 4 Pat McMahan 11 SANDBURG HS 14:57.74 5:00
5. 5 Ryan Clardy 12 FENWICK HS 14:58.04 5:00
6. 6 Nathan Mroz 10 ELMHURST YORK DUKES 14:58.51 5:00
7. 7 Ethan Adlfinger 11 ALLEMAN HS 14:59.44 5:00
8. 8 KJ Matuszak 12 CARMEL CATHOLIC HS 15:00.62 5:01
9. 9 Johnny Leverenz 10 DANVILLE HS 15:02.56 5:01
10. 10 Cole Dill 12 TREMONT 15:03.06 5:02
11. 11 Matt Rurka 12 BENET ACADEMY 15:04.40 5:02
12. 12 Chad Maxwell 11 EDWARDSVILLE 15:08.32 5:03
13. 13 Jeanpaul Manzanarez 12 ROLLING MEADOWS HS 15:08.36 5:03
14. 14 Kyle Mattas 10 ELMHURST YORK DUKES 15:13.74 5:05
15. 15 Brendan Thielsen 12 ROLLING MEADOWS HS 15:13.95 5:05
16. 16 Calvin Quarterman 11 MCHENRY HS 15:13.98 5:05
17. 17 Joe Fritzsche 12 MT ZION 15:14.42 5:05
18. 18 Wes Bradshaw 12 SPARTA HS 15:14.45 5:05
19. 19 Michael Kirby 11 ELMHURST YORK DUKES 15:15.54 5:06
20. 20 Alex Goldberg 12 STEVENSON 15:16.32 5:06
21. 21 Quentin Shaffer 11 PROSPECT 15:17.08 5:06
22. 22 Michael Kouri 12 PEORIA NOTRE DAME 15:17.54 5:06
23. 23 Eric Gordon 12 NORMAL WEST 15:17.56 5:06
24. 24 Sam Cross 12 SPRINGFIELD HS 15:17.59 5:06
25. 25 Simon Thorpe 10 DIXON 15:18.04 5:07
26. 26 Fabiel Urzua 11 FENTON HS 15:18.07 5:07
27. 27 Cody Wallstrom 12 MCHENRY HS 15:18.28 5:07
28. 28 Anton Vershay 11 BENET ACADEMY 15:18.54 5:07
29. 29 Mike Thill 12 PROSPECT 15:19.14 5:07
30. 30 Connor Ehle 10 TREMONT 15:19.65 5:07
31. 31 Alex Mimlitz 11 ELMHURST YORK DUKES 15:22.04 5:08
32. 32 Tay Tomal 12 MCHENRY HS 15:26.80 5:09
33. 33 Jesse Reiser 9 MCHENRY HS 15:27.70 5:10

34. 34 Josh Campos 12 PROSPECT 15:28.07 5:10
35. 35 Kevin Eades 12 EAST PEORIA RAIDERS 15:29.55 5:10
36. 36 Dustin Throw 11 CARY-GROVE 15:29.61 5:10
37. 37 Michael Simon 12 SPRINGFIELD HS 15:29.68 5:10
38. 38 Billy Thomas 10 HOFFMAN ESTATES HS 15:30.45 5:11
39. 39 Nathan Hoffman 11 SPRINGFIELD HS 15:31.12 5:11
40. 40 Derek Hevel 12 SANDBURG HS 15:31.50 5:11
41. 41 David Modert 10 MT VERNON 15:33.39 5:12
42. 42 Mitch Rees 12 SANDBURG HS 15:34.64 5:12
43. 43 Brian Rooney 12 ROLLING MEADOWS HS 15:34.78 5:12
44. 44 David Ogara 10 GLENBROOK SOUTH 15:35.35 5:12
45. 45 Coleman Mullenix 12 BLOOMINGTON HS 15:36.08 5:13
46. 46 Elijah Green 9 HUNTLEY 15:36.63 5:13
47. 47 Matt Plowman 9 ELMHURST YORK DUKES 15:36.84 5:13
48. 48 Sam Stanek 12 GLENBROOK SOUTH 15:37.56 5:13
49. 49 Pat Yerkes 11 FENWICK HS 15:37.72 5:13
50. 50 Bryan Wyszynski 11 MCHENRY HS 15:39.92 5:14
51. 51 Bill Booth 12 GLENBARD EAST 15:41.11 5:14
52. 52 Jacob Heser 12 SALEM COMMUNITY HS 15:41.94 5:14
53. 53 Mike Vonborstel 12 SANDBURG HS 15:42.38 5:15
54. 54 Jon Hill 12 SPARTA HS 15:43.02 5:15
55. 55 Alex Duman 11 ROLLING MEADOWS HS 15:43.57 5:15
56. 56 Brydon Groves-scott 9 EDWARDSVILLE 15:43.62 5:15
57. 57 Brad Anderson 12 PLAINFIELD CENTRAL HS 15:44.32 5:15
58. 58 Sam Marcuccelli 11 HUNTLEY 15:44.42 5:15
59. 59 Alex Warkenthien 11 CARMEL CATHOLIC HS 15:45.57 5:16
60. 60 Brett Obrien 11 ELMHURST YORK DUKES 15:46.15 5:16
61. 61 Pat Letz 11 SANDBURG HS 15:46.18 5:16
62. 62 Eric Ure 12 ROLLING MEADOWS HS 15:46.89 5:16
63. 63 Ethan Koch 12 PROSPECT 15:47.29 5:16
64. 64 Blake Hallman 10 PROSPECT 15:47.90 5:16
65. 65 Greg Rogers 11 GRANITE CITY 15:47.92 5:16
66. 66 Evan Schiewe 12 GLENBARD EAST 15:48.05 5:17
67. 67 Brixton Rill 10 FENWICK HS 15:48.55 5:17
68. 68 Joel Burroughs 12 EDWARDSVILLE 15:48.62 5:17
69. 69 Ryan Oleary 12 NORMAL COMMUNITY 15:48.95 5:17
70. 70 Keith Meyer 11 BLOOMINGTON HS 15:48.97 5:17
71. 71 Adam Bollinger 12 PEKIN HS 15:49.60 5:17
72. 72 Matthew Longoria 11 HINSDALE SOUTH 15:50.17 5:17

73. 73 Beau Salsman 12 GALESBURG HS 15:50.63 5:17
74. 74 Kyle Whitney 10 VERNON HILLS HS 15:51.69 5:18
75. 75 Ryker Frohock 11 EDWARDSVILLE 15:51.95 5:18
76. 76 Patrick Tharp 12 MT ZION 15:53.03 5:18
77. 77 Joe Cheatham 12 BELLEVILLE EAST HS 15:53.33 5:18
78. 78 Chris Third 12 MATTOON 15:54.25 5:19
79. 79 Brad Berg 12 GLENBROOK SOUTH 15:54.34 5:19
80. 80 Vince Booth 10 GLENBARD EAST 15:54.78 5:19
81. 81 Michael Goers 12 HOFFMAN ESTATES HS 15:55.58 5:19
82. 82 Adam Fell 12 MUNDELEIN HS 15:55.67 5:19
83. 83 Tom Berg 11 BENET ACADEMY 15:56.23 5:19
84. 84 Tj Rodgers 11 CENTRALIA 15:57.02 5:19
85. 85 Caleb Hummer 9 DANVILLE HS 15:57.95 5:20
86. 86 Connor Dressler 11 HOFFMAN ESTATES HS 15:58.85 5:20
87. 87 Thomas Paczko 11 PROSPECT 15:59.00 5:20
88. 88 Cameron Smith 10 ROCKFORD GUILFORD 15:59.44 5:20
89. 89 Caden Cramsey 12 EDWARDSVILLE 16:03.40 5:22
90. 90 Kris Clark 10 PEKIN HS 16:03.56 5:22
91. 91 Nathan Mefford 11 PEKIN HS 16:03.73 5:22
92. 92 Zach Butera 12 SANDBURG HS 16:04.69 5:22
93. 93 Brad Busching 11 GLENBARD EAST 16:05.38 5:22
94. 94 Alex Krumrey 11 ELMHURST YORK DUKES 16:05.76 5:22
95. 95 John Righter 11 MATTOON 16:05.76 5:22
96. 96 William Butler 11 SPRINGFIELD HS 16:06.45 5:23
97. 97 Nick Shawler 11 MCHENRY HS 16:06.62 5:23
98. 98 Josh Smith 11 ROLLING MEADOWS HS 16:07.40 5:23
99. 99 Trevor Obecny 11 HUNTLEY 16:07.41 5:23
100. 100 Danny Wiggin 10 FENTON HS 16:07.54 5:23
101. 101 Saul Lopez 11 MAINE EAST 16:07.96 5:23
102. 102 Tim Mcelroy 11 MT ZION 16:08.22 5:23
103. 103 Ben Mohrdieck 10 VERNON HILLS HS 16:09.55 5:24
104. 104 Jacob Vangunten 11 EAST PEORIA RAIDERS 16:09.92 5:24
105. 105 Dillan Laaker 12 ALTON HS 16:09.96 5:24
106. 106 Sam Doud 10 BLOOMINGTON HS 16:10.05 5:24
107. 107 Cooper Lohr 11 MUNDELEIN HS 16:10.29 5:24
108. 108 Grant Luebkekmann 9 SPRINGFIELD HS 16:10.78 5:24
109. 109 Trevor Morgan 12 SPARTA HS 16:11.63 5:24
110. 110 John Principato 10 PLAINFIELD CENTRAL HS 16:12.19 5:25
111. 111 Skylar Mitchell 10 DIXON 16:12.80 5:25

112. 112 Anthony Misiak 9 MAINE EAST 16:13.16 5:25
113. 113 Daniel Sikora 11 CARY-GROVE 16:13.22 5:25
114. 114 Ben Coyer 12 PEORIA NOTRE DAME 16:13.92 5:25
115. 115 Nate Allyn 11 MACARTHUR HS DECATUR 16:14.93 5:25
116. 116 Dylan Harkness 12 STERLING HS 16:15.94 5:26
117. 117 Liam Mellon 10 MUNDELEIN HS 16:16.10 5:26
118. 118 Joel Anglin 10 METAMORA 16:16.56 5:26
119. 119 Ryan Krouse 12 BENET ACADEMY 16:16.90 5:26
120. 120 Rodrigo Estrada 10 FENTON HS 16:17.22 5:26
121. 121 Nathan Scheirer 11 METAMORA 16:17.30 5:26
122. 122 Caleb Augspurger 12 NORMAL WEST 16:17.95 5:26
123. 123 Jack Peters 10 GLENBARD EAST 16:17.97 5:26
124. 124 Rory Johnson 11 BENET ACADEMY 16:19.29 5:27
125. 125 Casey Henrickson 10 GLENBROOK SOUTH 16:19.42 5:27
126. 126 Peter Westerfield 11 GLENBROOK SOUTH 16:19.82 5:27
127. 127 Matthew Schlenker 12 CENTRAL CATHOLIC HS 16:19.87 5:27
128. 128 Austin Bradford 12 MORTON HS 16:20.01 5:27
129. 129 Kenny Heaton 10 SPARTA HS 16:20.25 5:27
130. 130 Jim Moore 12 SPRINGFIELD HS 16:20.35 5:27
131. 131 Kyle Mindick 10 MCHENRY HS 16:20.38 5:27
132. 132 Dan Cheung 11 GLENBROOK NORTH HS 16:20.70 5:27
133. 133 Zach Hird 10 ALLEMAN HS 16:20.73 5:27
134. 134 Aaron Sanchez 10 ROLLING MEADOWS HS 16:21.31 5:28
135. 135 Brian Gonzales 12 HOFFMAN ESTATES HS 16:21.46 5:28
136. 136 Alex Goodlad 12 CHAMPAIGN CENTRAL 16:21.69 5:28
137. 137 Tyler Franciscovich 11 PEORIA NOTRE DAME 16:22.10 5:28
138. 138 Brady Carius 9 MORTON HS 16:22.80 5:28
139. 139 Luke Gordon 12 NORMAL COMMUNITY 16:23.00 5:28
140. 140 Bryce Richards 9 MUNDELEIN HS 16:23.13 5:28
141. 141 Nate Gonzalez 12 BELLEVILLE WEST 16:23.49 5:28
142. 142 Mitchell Parker 12 DANVILLE HS 16:24.11 5:29
143. 143 Nick Toothman 12 MT ZION 16:24.46 5:29
144. 144 Peyton Scheuermann 11 NORMAL WEST 16:24.51 5:29
145. 145 Zach Holmbeck 12 PRINCETON 16:26.35 5:29
146. 146 Mohammad Hosseini 9 MT ZION 16:26.61 5:29
147. 147 Sam Stuber 12 TREMONT 16:26.84 5:29
148. 148 Aayush Shah 11 MAINE EAST 16:27.36 5:30
149. 149 John Stoppelman 10 BENET ACADEMY 16:28.41 5:30
150. 150 Kevin Oflaherty 12 SANDBURG HS 16:28.60 5:30



SANDBURG CROSS COUNTRY

NEWS AND NOTES

RUNNERS OF THE WEEK: Chris Mangold, Mike Stefik, Pat McMahon

Andrew/Loyola/Peoria Inv

Thurs. Sept 29, Sat. Oct 1, 2011

Low-60's, calm

COACH'S COMMENTS: The Andrew meet is one of the highlights of the year for me. This year was no different. It is so much fun watching the future of the team run, and while I watch them I think about the possibilities of the future. Meanwhile, the juniors and seniors are realizing those goals and dreams that we set two years earlier. While we didn't manage to bring home the Grand Champion trophy, I am excited about the freshmen progress we've made and the sophomores who are realizing the benefits of hard work. Adam Gleisner had two spectacular races in three days and has put himself in a position to contend for the SWSC title in two weeks. It will take a huge effort and a lot of guts in the second half of the race to pull it off. Meanwhile, Justin Adams continues a phenomenal sophomore year and has also put himself in a position to contend for the conference title. That two-headed monster is going to be a key for us—if they can jump in front of LWC's frontrunners, we are going to be in a good position for the freshmen to follow up. Justin was able to come back from a race on Thursday to run a tremendous race on Saturday—that shows a great deal of strength and fitness. Perhaps one of the most exciting developments has been the freshmen. Starting off the season a little unfocused, the freshmen have found the passion for the sport and a drive to succeed. They've worked hard and it's shown up in the races. They approached their races this weekend with a great deal of toughness and poise. According to Coach Novak's count, the freshmen were 20 points back at the mile mark and ended up winning by over 20 points at the finish. That is a huge point swing for our scoring runners. That is toughness on the second half. Patrick Bieszcke, Mario Lopez, Greg Burzinski, Alec Altman and Matt Benz-Weeden have really stepped up their game and lead the freshmen to victory. To follow that up with a third place at the big Loyola Inv. was a major display of toughness and strength. Meanwhile, our varsity struggled at Loyola and did not execute the race plan or run with the passion that we spoke about on Friday. Everyone was buried early in the race; some closed shop and bagged their race, letting the toughness of the situation get the better of them. Others continued to battle and did their best to move up. Chris Hogan separated himself in this race and showed that he is one tough runner who is capable of maintaining his poise and focus. He beat every team's fifth runner, which includes three top 10-ranked teams. This indicates that if we can get our 2-3 runners to move up and off set other team's 2-3 runners, then we'll be pretty tough to beat. Hogan likely earned himself a spot in our very prestigious SWSC Varsity lineup. I look forward to seeing him come down the straightaway at Channahon tearing people up with the passion that he did last year. I also loved the passion of Pat Birk, who was given the choice between the more challenging varsity race and the open race in which he could "look good," so to speak up front. Birk chose to challenge himself. He always has. That is what makes him special.

At Peoria, we made some good progress. Everyone had some significant improvement. Pat McMahon broke 15:00 at Detweiller Park—this is the ultimate barrier of greatness. Most years a sub 15:00 will guarantee an All-State honor. His 14:57 ranks him 13th all-time, tying with Brian Glaza who ran that time in the 2003 state meet and placed 21st place. If he drops 10 seconds he will make the most prestigious record board in the entire country—the Sandburg Top 7 times in the Eagle Gym. Derek Hevel and Mitch Rees executed the plan fairly well. We will need a quicker opening, but they reached their 1.5, 2, 2.5 and 3 mile check-in points well. That is a race that needed concentration and guts. Otto also made some huge progress, dropping :18 in two weeks. Pat Letz continues to have a great season, PR-ing in the 3200 en route to a new 3-mile PR. He has been a solid scoring runner in every race he's run this season.

Additionally, I am thrilled with how we executed the game plan for Homecoming. After weeks of training and endless practice time, we went into the East Gym at 7:00 on October 1st and dominated. Chris Mangold opened the door and got flowers, and we all looked sharp. Chris is one of our Runners of the Week this week. At Loyola, he dropped four minutes from last year. That is the result of amazing hard work. But I want to point this out: Chris' goal this year was to break 20:00 for three miles. On Saturday, not only did he break 20:00, but it was for a 5k, hilly and windy course!! That is easily worth a sub 19:00 on a flat, three mile course. But that is just the start of Chris' fantastic Saturday. He then went to Homecoming and dominated—I've seen the pictures, with his blue tie— sorry guys, Chris stole the show. Courage comes in many forms and Chris has no shortage. Similarly, Mike Stefik has demonstrated some real class and guts this season. We all know how high Stefik's goals are and I am sure that if he was healthy he would be competing on the varsity level. With all that he's been through, he's managed to be one of the biggest contributing team members we have. My biggest regret in not being at Loyola is not getting to see Stefik run. He has a passion for

the sport and he finally got his chance to race. I am sure that he raced the way he tackles everything else—with passion and toughness.

"If I had eight hours to chop down a tree, I'd spend six hours sharpening my axe." This mentality is one in which we know what we are doing, believe in what we are doing, and when others are running around trying to accomplish big things, we are preparing the right way. And when the time comes, we'll be ready to run people down. This is what we are all about. This is who we are. It's not about where we are at the beginning, because so many of you had humble beginnings. It's not about where we are in the middle, because so many of you have so many goals to realize. It's about how we finish. How we finish races. How we finish as seniors. How we finish after we leave Sandburg. It's about our ability to Finish Strong.

As we continue with our training and begin to hit some serious training weeks, you will need to keep a positive frame of mind. The biggest trouble runners run into in the final weeks of training is that they start to overanalyze how they are feeling. It almost as if they need to prove to themselves on a daily basis that they are as good as they hope they are. Here is what you need to do: keep confident. We are going to be ready at Conference, Sectionals, and State. When it's time to dance, we'll be ready. The question is: will your head be ready? I don't see the belief out of everyone. I see guys who are constantly expecting to get mono. I see guys who are finding things wrong. I see guys who have something go wrong and they don't respond to it; they don't break down the barrier that stands in the way. Now, this isn't everyone. It seems that the four guys on the team with mono have the most determination and the most belief right now. I see the fresh-soph team coming together with some real confidence and vision. You have to decide who you are. Just remember: we set out on this journey because we knew it would be hard. In fact, the difficulty of the task was the appeal. I can guarantee that every person who has done anything special had to encounter barriers but refused the let them stay in the way. It's time to bust through.

While we were all over the place this week, separating on more than one occasion, we are all doing it for each other. We find strength in each other's support and competitiveness. As we approach conference, we will come together to bring the title home to Sandburg.

TIDBITS: >>Warm clothes required for practice >>Wash your hands, get enough sleep. >>We will be deciding a limited post season roster and will invite people to continue running by the end of the day at conference.

WHAT'S NEXT: A good week of training and the Chicago Marathon Race on Sunday.

Loyola Lakefront Invitational

Sophomores:

1. New Trier—32	2. Loyola—91	3. Sandburg—106	4. Lyons—120
	2010		
5. Gleisner 17:23	18:48		
6. Adams 17:25	21:30		
29. Bieszcke 18:14			
32. H Becker 18:18			
34. Lopez 18:19			
36. Burzinski 18:24			
41. W Becker 18:28	20:25		
66. Benz-Weeden 18:55			
84. A Altman 19:15			
105. Depesa 19:33	22:12		

Varsity:

1. New Trier—128	2. Niles North—151	3. Glenbard W—179	17. Sandburg—417
	2010		
53. Hogan 16:51	17:38		
92. Graves 17:15	17:18		
93. Dee 17:15	17:59		
97. Fornaris 17:18	17:34		
100. Panozzo 17:19			
120. Siezckowski 17:29	17:59		
128. Birk 17:31			
227. R Altman 19:00	18:43		

Open:

1. Lyons—22 2. Sandburg—41 3. Minooka—80

2010

1. Mi Sawyers	17:23	
5. Ma Sawyers	17:44	18:14
8. Lifonti	18:01	17:52
13. Spengler	18:10	
14. Prajka	18:11	18:05
30. Struzik	18:53	19:23
31. Lim	18:53	19:56
38. O'Neal	18:57	18:22
50. Poe	19:29	20:15
55. Lopera	19:33	
65. M. Stefik	19:42	17:43
66. Walls	19:42	21:29
67. Brower	19:46	
74. Vanderkrabben	19:55	21:24
77. Mangold	19:56	23:47
98. J Stefik	20:25	
106. Brown	20:30	
109. Wei	20:35	
131. Walsh	20:53	21:58
144. Lahucik	21:06	
160. Dewolf	21:28	
164. Faro	21:35	22:14
199. Walter	22:16	
201. Grimaldo	22:17	
207. Markey	22:26	
208. Kwiatt	22:27	
213. Calderon	22:42	27:53
22. Mooney	22:57	
259. Foley	23:40	
268. Mackey	24:02	
279. Macak	24:23	
298. B McMahon	26:00	

Peoria Invitational:

1. York—117 2. McHenry—158 3. Rolling Meadows—188 4. Sandburg—200

4. McMahon	2:20-2:32/4:52-2:29/7:21-2:33/5:02/9:54-2:36/12:30-2:27/5:08	14:57
40. Hevel	2:27-2:39/5:06-2:33/7:39-2:39/5:12/10:18-2:42/13:00-2:31/5:13	15:31
42. Rees	2:27-2:39/5:06-2:34/7:40-2:38/5:12/10:18-2:44/13:02-2:#4/5:16	15:34
53. Von Borstel	2:27-2:40/5:07-2:33/7:40-2:41/5:14/10:21-2:45/13:06-2:35/5:20	15:41
61. Letz	2:27-2:39/5:06-2:34/7:40-2:38/5:12/10:18-2:43/13:01-2:45/5:30	15:46
92. Butera	2:27-2:40/5:07-2:33/7:40-2:51/5:24/10:31-2:50/13:21-2:45/5:42	16:04
150. O'Flaherty	2:27-2:39/5:06-2:33/7:39-2:39/5:12/10:18-2:42/13:00-3:30/6:12	16:28

NIKE NORTHSIDE/SOUTHSIDE CHALLENGE
2.62 MILES
SUNDAY, OCTOBER 9, 2011

BOYS TEAM AWARDS

1. 36 NEUQUA VALLEY HIGH SCHOOL (13:11 65:51 0:53)

1	1	252 MARK DERRICK	12:38
2	3	256 TAYLOR SOLTYS	13:01
3	7	255 DREW SMITH	13:17
4	12	253 XANDER JACOBSON	13:24
5	13	254 STEVEN KRAUKLIS	13:31
6	(14)	251 SHELTON BOCLAIR	13:33

2. 62 CARL SANDBURG HIGH SCHOOL (13:27 67:11 0:29)

1	5	113 KEVIN O'FLAHERTY	13:11
2	6	112 PAT MCMAHON	13:11
3	15	116 MIKE VON BORSTEL	13:33
4	17	111 DEREK HEVEL	13:36
5	19	115 MITCH REES	13:40
6	(20)	110 ZACH BUTERA	13:41
7	(21)	114 JIMMY PANOZZO	13:42

3. 83 GENEVA HIGH SCHOOL (13:31 67:35 1:32)

1	2	152 MICHAEL BIANCHINA	12:48
2	10	150 PETER ARCHIBALD	13:20
3	11	153 DAN HERRERA	13:20
4	23	155 RYAN RASMUSSEN	13:47
5	37	151 BLAINE BARTEL	14:20
6	(41)	154 JORDAN MIDGLEY	14:25
7	(57)	156 BLAKE PEIK	14:56

NIKE NORTHSIDE/SOUTHSIDE CHALLENGE
2.62 MILES
SUNDAY, OCTOBER 9, 2011

BOYS INDIVIDUAL RESULTS

Place	TmPl	No.	Name	Div	Yr	School	Time	Pace
1	1	252	MARK DERRICK	SOUTH	12	NEUQUA VALLEY HIGH SCHOOL	12:38	4:50
2	2	152	MICHAEL BIANCHINA	NORTH	11	GENEVA HIGH SCHOOL	12:48	4:53
3	3	256	TAYLOR SOLTYS	SOUTH	12	NEUQUA VALLEY HIGH SCHOOL	13:01	4:58
4	4	190	LUCAS BELTRAN	NORTH	12	LANE TECHNICAL HIGH SCHOOL	13:07	5:01
5	5	113	KEVIN O'FLAHERTY	SOUTH	12	CARL SANDBURG HIGH SCHOOL	13:11	5:02
6	6	112	PAT MCMAHON	SOUTH	11	CARL SANDBURG HIGH SCHOOL	13:11	5:02
7	7	255	DREW SMITH	SOUTH	12	NEUQUA VALLEY HIGH SCHOOL	13:17	5:05
8	8	214	DRU ROZEWICKI	SOUTH	11	LINCOLN-WAY CENTRAL HIGH SCHOOL	13:19	5:05
9	9	285	BRENDAN THIELSEN	NORTH	12	ROLLING MEADOWS HIGH SCHOOL	13:19	5:05
10	10	150	PETER ARCHIBALD	NORTH	12	GENEVA HIGH SCHOOL	13:20	5:06
11	11	153	DAN HERRERA	NORTH	11	GENEVA HIGH SCHOOL	13:20	5:06
12	12	253	XANDER JACOBSON	SOUTH	12	NEUQUA VALLEY HIGH SCHOOL	13:24	5:07
13	13	254	STEVEN KRAUKLIS	SOUTH	12	NEUQUA VALLEY HIGH SCHOOL	13:31	5:10
14	14	251	SHELTON BOCLAIR	SOUTH	12	NEUQUA VALLEY HIGH SCHOOL	13:33	5:11
15	15	116	MIKE VON BORSTEL	SOUTH	12	CARL SANDBURG HIGH SCHOOL	13:33	5:11
16	16	282	J.P. MANZANARE	NORTH	12	ROLLING MEADOWS HIGH SCHOOL	13:35	5:11
17	17	111	DEREK HEVEL	SOUTH	12	CARL SANDBURG HIGH SCHOOL	13:36	5:12
18	18	286	ERIC URE	NORTH	12	ROLLING MEADOWS HIGH SCHOOL	13:38	5:12
19	19	115	MITCH REES	SOUTH	12	CARL SANDBURG HIGH SCHOOL	13:40	5:13
20	20	110	ZACH BUTERA	SOUTH	12	CARL SANDBURG HIGH SCHOOL	13:41	5:14
21	21	114	JIMMY PANOZZO	SOUTH	12	CARL SANDBURG HIGH SCHOOL	13:42	5:14
22	22	196	DANNY ZIMNY-SCHMITT	NORTH	12	LANE TECHNICAL HIGH SCHOOL	13:42	5:14
23	23	155	RYAN RASMUSSEN	NORTH	11	GENEVA HIGH SCHOOL	13:47	5:16
24	24	195	JON VARA	NORTH	11	LANE TECHNICAL HIGH SCHOOL	13:49	5:17
25	25	211	CHRIS KAMINSKI	SOUTH	10	LINCOLN-WAY CENTRAL HIGH SCHOOL	13:52	5:18
26	26	126	LUKE MUZIKOWSKI	SOUTH	11	CHICAGO HOPE ACADEMY	13:57	5:20
27	27	300	SAM BARDER	SOUTH	12	WHITNEY YOUNG MAGNET HIGH SCHOOL	13:58	5:20
28	28	205	ANDREW NADLER	NORTH	11	LATIN SCHOOL OF CHICAGO	14:09	5:24
29	29	192	KEVIN PEREZ	NORTH	12	LANE TECHNICAL HIGH SCHOOL	14:11	5:25
30	30	193	MANSUR SOELEMEN	NORTH	11	LANE TECHNICAL HIGH SCHOOL	14:12	5:26
31	31	270	GABE CALVILLO	SOUTH	11	PLAINFIELD SOUTH HIGH SCHOOL	14:14	5:26
32	32	275	TYLER RYAN	SOUTH	12	PLAINFIELD SOUTH HIGH SCHOOL	14:15	5:27
33	33	216	BEN ZIBRICKY	SOUTH	10	LINCOLN-WAY CENTRAL HIGH SCHOOL	14:15	5:27
34	34	210	KEVIN FABIAN	SOUTH	10	LINCOLN-WAY CENTRAL HIGH SCHOOL	14:15	5:27
35	35	284	JOSH SMITH	NORTH	11	ROLLING MEADOWS HIGH SCHOOL	14:17	5:27
36	36	281	ALEX DUMAN	NORTH	11	ROLLING MEADOWS HIGH SCHOOL	14:19	5:28
37	37	151	BLAINE BARTEL	NORTH	10	GENEVA HIGH SCHOOL	14:20	5:29
38	38	202	BRITT HENDERSON	NORTH	12	LATIN SCHOOL OF CHICAGO	14:23	5:30
39	39	276	JOE WEIS	SOUTH	12	PLAINFIELD SOUTH HIGH SCHOOL	14:24	5:30
40	40	215	JACKSON WATERS	SOUTH	9	LINCOLN-WAY CENTRAL HIGH SCHOOL	14:25	5:30
41	41	154	JORDAN MIDGLEY	NORTH	11	GENEVA HIGH SCHOOL	14:25	5:31
42	42	212	TOMMY KOLACKI	SOUTH	9	LINCOLN-WAY CENTRAL HIGH SCHOOL	14:27	5:31
43	43	296	RAFAEL RAZO	SOUTH	10	CURIE METRO HIGH SCHOOL	14:27	5:31
44	44	280	JAMES DOHN	NORTH	12	ROLLING MEADOWS HIGH SCHOOL	14:28	5:32
45	45	203	ETHAN LEE	NORTH	12	LATIN SCHOOL OF CHICAGO	14:32	5:33
46	46	200	TOMMY COX	NORTH	12	LATIN SCHOOL OF CHICAGO	14:33	5:34
47	47	272	FRANK PASQUA	SOUTH	11	PLAINFIELD SOUTH HIGH SCHOOL	14:33	5:34
48	48	232	TYLER KESNER	NORTH	10	LUTHER HIGH SCHOOL NORTH	14:34	5:34
49	49	278	SINTAYEHU REGASSA	NORTH	9	RICKOVER NAVAL ACADEMY	14:35	5:34
50	50	213	ANDREW ROBBINS	SOUTH	9	LINCOLN-WAY CENTRAL HIGH SCHOOL	14:38	5:36

BOYS INDIVIDUAL RESULTS

Place	TmPl	No.	Name	Div	Yr	School	Time	Pace
51	51	274	KYLE RYAN	SOUTH	12	PLAINFIELD SOUTH HIGH SCHOOL	14:41	5:37



SANDBURG CROSS COUNTRY

NEWS AND NOTES

Northside/Southside Nike Chicago Marathon Challenge

RUNNERS OF THE WEEK: Kevin O'Flaherty, Mike Von Borstel

Sunday, Oct. 9, 2011

Mid 60's, calm

COACH'S COMMENTS:

The Nike Northside/Southside Challenge provided seven of our guys an unforgettable experience. To be able to race down Michigan Avenue and into the Chicago Marathon finish line was something special. We had some strong performances most notably **Kevin O'Flaherty** and **Mike Von Borstel**. Otto keeps improving week after week. Every indication is that Otto is going to finish out his senior year the way I hope all seniors finish—with determination, passion, and reliability. It is our seniors who need to be the most stable forces on our team and this year we've had juniors who have acted a lot like seniors and it's good see that Otto is fulfilling his role and then some. I know that he is going to run his final races the way he has run the past four years. KO has underperformed in his three races this season but we all knew KO was way better than he was showing. On Sunday we saw just a glimpse of his greatness, coming in as our number 1 runner and running nine seconds faster than Rees did last year, and we all know where Rees ended four weeks later at Detweiller. KO has decided not to let his setbacks define him, and he has plowed through the challenges that he has faced. Some people get setbacks and pack it in or lose their enthusiasm. Most lose their confidence and belief. For KO to have ended races the scary way he has and then to go on and say, "I don't care, I'm not going to back off or run conservatively," only shows his toughness. Doc McMahon had an off day. He is going to need to close out much better or else we are going to lose 40 places in the final mile like last year at the state meet. I want to see him finish like he did last week at Peoria again and if he does that he will have a shot at winning SWSC. The bottom line is if we want to win state we are going need DH and Rees to come up and join McMahon the way KO did and we'll need Otto and two others to keep progressing toward a 15:10-15:15 range. After all of our hard work and ups and downs, it boils down to those simple things.

Everyone has a job. Next week's varsity race will be similar to this race in that it will be a low scoring meet and we will need to close the door and get the job done or else we'll be a couple points out of the running. There are two places for us next week: the half mile after the mile mark and heading into the woods with 1k to go and rolling through. Emerging from the woods is 300 meters to go. Remember: every pass of a Lockport or LWC guy is a 2 point swing, so let's get after them and get it done.

Wow, it's hard to believe that we have reached the Conference week already. This serves, once again, to remind us how brief our time is and how we are obligated to take advantage of opportunities while they are in front of us. Talk to the seniors this week and you will realize how quickly your time goes by in high school. The greatest accomplishment you can have in this sport is to finish your senior year with no regrets. If you can run your final race and believe that you worked as hard as you could, treated others with care, decency and class, acted as a leader, contributed positively in every way possible, then you can leave with the greatest award possible: the feeling that you did the best you could with the time you had. You will be a champion.

As we run our final race(s) of the season, I ask that you make sure that you give it your best shot and run with confidence. It is an endless belief in yourself that will be your greatest asset in your final race(s). Going to the starting line with a doubt is essentially guaranteeing a poor performance. Believe in yourself and be bold.

TIDBITS: >>

- ✓ Turn in gear next Monday. We'll do Runners of the Week, etc. and collect gear. You will not receive any awards or patches at Awards Night if you do not attend next Monday's practice. You will also be fined. This meeting is mandatory. You MUST bring your gear unless you are competing at Regionals. Anyone who turns in gear late will be the last people to get their gear in 2012.
- ✓ We will be taking around 12 runners to the state series. Alternates will be the coaches' decision. Alternates are based on times, attitude, and probability to run state in the future. They are based on the team's best interests. We always want to look to the future and get runners experience.
- ✓ We DO NOT have the varsity Top Seven already decided. Don't assume that you don't have a chance to make the varsity if you haven't yet. We have a month until State. We want people who run better when the stakes are higher and have enthusiasm.
- ✓ Congratulations to the seniors. Thank you for your hard work and commitment to the team. Savor your last moments of high school cross country. You will be missed!!

WHAT'S NEXT: Conference at Joliet/Channahon Park on Saturday. Goals: win all levels including taking the top 10 spots in the open race. All 14 non-open runners need to have this year's warm ups.

SWSC lineup:

Varsity: McMahon, O'Flaherty, Hevel, Von Borstel, Hogan, Letz, ?

Soph: Gleisner, Adams, W Becker, H Becker, Burzinski, Bieszcke, Lopez

1. Neuqua Valley—36 2. **Sandburg—62** 3. Geneva—83

2010

5. O'Flaherty	13:11 (5:02)	
6. McMahon	13:11 (5:02)	13:27
15. Von Borstel	13:33 (5:11)	
17. Hevel	13:36 (5:12)	
19. Rees	13:40 (5:13)	13:20
20. Butera	13:41 (5:14)	
21. Panozzo	13:42 (5:14)	13:47

Sandburg
CROSS COUNTRY

SWSC BLUE CHAMPIONSHIP XX MEET

October 15, 2011

Race held in Channahon, IL. Results By Race Time, Inc.

Team Summary Report - Boys VARSITY BOYS

<u>Place</u>	<u>Team</u>	Top 5 Places	---- Finishers ----						
			<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6*</u>	<u>7*</u>
1	SANDBURG <i>Top 5 Times: 1:19:08.5</i>	20	1	2	4	5	8	10	26
2	LOCKPORT <i>Top 5 Times: 1:21:58.7</i>	62	3	6	11	19	23	33	34
3	LINCOLN-WAY EAST <i>Top 5 Times: 1:22:39.5</i>	77	9	15	16	17	20	21	38
4	JOLIET WEST <i>Top 5 Times: 1:26:36.4</i>	131	13	22	29	32	35	39	44
5	BOLINGBROOK <i>Top 5 Times: 1:27:41.9</i>	148	7	24	30	41	46	49	50
6	LINCOLN-WAY CENTRAL <i>Top 5 Times: 1:28:01.4</i>	152	12	28	31	36	45		
7	JOLIET CENTRAL <i>Top 5 Times: 1:28:36.9</i>	164	14	25	40	42	43	47	48
8	HOMEWOOD-FLOSSMOOR <i>Top 5 Times: 1:32:40.8</i>	185	18	27	37	51	52		

SWSC BLUE CHAMPIONSHIP XX MEET VARSITY BOYS

Overall Finish List

October 15, 2011

Race held in Channahon, IL. Results By Race Time, Inc.

<u>Place*</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gender</u>	<u>Age Group</u>	<u>Total Time</u>	<u>Pace</u>
1	Patrick McMahon	SANDBURG	157	0	M	1 0-99	15:31.1	5:10
2	Derek Hevel	SANDBURG	138	0	M	2 0-99	15:46.3	5:15
3	Thomas Razo	LOCKPORT	371	0	M	3 0-99	15:47.7	5:16
4	Mitch Rees	SANDBURG	165	0	M	4 0-99	15:52.9	5:17
5	Patrick Letz	SANDBURG	146	0	M	5 0-99	15:57.3	5:19
6	Will Giroux	LOCKPORT	361	0	M	6 0-99	15:59.0	5:20
7	Stephen Garrett	BOLINGBROOK	427	0	M	7 0-99	15:59.4	5:20
8	Michael Von Borstel	SANDBURG	176	0	M	8 0-99	16:00.8	5:20
9	Tom Rotondi	LINCOLN-WAY EAST	46	0	M	9 0-99	16:10.1	5:23
10	Chris Hogan	SANDBURG	139	0	M	10 0-99	16:10.9	5:23
11	J.t. Orban	LOCKPORT	370	0	M	11 0-99	16:17.3	5:26
12	Dru Rozewicki	LINCOLN-WAY CENTRAL	508	0	M	12 0-99	16:18.3	5:26
13	Dan Treasure	JOLIET WEST	570	0	M	13 0-99	16:21.9	5:27
14	Sam Clinton	JOLIET CENTRAL	271	0	M	14 0-99	16:25.9	5:28
15	Eamonn Hughes	LINCOLN-WAY EAST	32	0	M	15 0-99	16:28.8	5:29
16	Luke Johnston	LINCOLN-WAY EAST	33	0	M	16 0-99	16:30.3	5:30
17	Ben Hedges	LINCOLN-WAY EAST	31	0	M	17 0-99	16:32.9	5:31
18	Cahron Cross	HOMEWOOD- FLOSSMOOR	206	0	M	18 0-99	16:44.5	5:35
19	Gabriel Davalos	LOCKPORT	357	0	M	19 0-99	16:50.9	5:37
20	Eric Padgett	LINCOLN-WAY EAST	43	0	M	20 0-99	16:57.2	5:39
21	Alex Gilmore	LINCOLN-WAY EAST	28	0	M	21 0-99	16:58.0	5:39
22	Hugo Hernandez	JOLIET WEST	555	0	M	22 0-99	17:01.0	5:40
23	Kristian Hernandez	LOCKPORT	364	0	M	23 0-99	17:03.6	5:41
24	Evan Gutierrez	BOLINGBROOK	428	0	M	24 0-99	17:06.4	5:42
25	Angel Rosas	JOLIET CENTRAL	297	0	M	25 0-99	17:10.5	5:43
26	Kevin O'Flaherty	SANDBURG	159	0	M	26 0-99	17:12.7	5:44
27	Kendall Keller	HOMEWOOD- FLOSSMOOR LINCOLN-WAY	211	0	M	27 0-99	17:16.0	5:45

28	Tyler Matulis	CENTRAL	501	0	M	28 0-99	17:32.8	5:51
29	Sean Youell	JOLIET WEST	571	0	M	29 0-99	17:38.2	5:53
30	Brian Ruiz	BOLINGBROOK	442	0	M	30 0-99	17:40.2	5:53
31	Erich Eichwald	LINCOLN-WAY CENTRAL	492	0	M	31 0-99	17:42.2	5:54
32	Sebastian Arroyo	JOLIET WEST	550	0	M	32 0-99	17:45.5	5:55
33	Brendan Wallace	LOCKPORT	376	0	M	33 0-99	17:46.1	5:55
34	Mitchell Zaplatosch	LOCKPORT	378	0	M	34 0-99	17:47.2	5:56
35	Angel Rosario	JOLIET WEST	564	0	M	35 0-99	17:49.7	5:56
36	Matt Kacor	LINCOLN-WAY CENTRAL	496	0	M	36 0-99	17:51.7	5:57
37	Rashaun Warner	HOMEWOOD- FLOSSMOOR	222	0	M	37 0-99	17:54.2	5:58
38	John Mizwicki	LINCOLN-WAY EAST	40	0	M	38 0-99	17:59.0	6:00
39	Theo Prieboy	JOLIET WEST	563	0	M	39 0-99	18:04.9	6:01
40	Caine Cimino	JOLIET CENTRAL	269	0	M	40 0-99	18:11.0	6:04
41	Alex Ramirez	BOLINGBROOK	439	0	M	41 0-99	18:13.3	6:04
42	Nate Ortega	JOLIET CENTRAL	291	0	M	42 0-99	18:21.5	6:07
43	Caleb Hasselbring	JOLIET CENTRAL	284	0	M	43 0-99	18:27.8	6:09
44	Jake Godlewski	JOLIET WEST	554	0	M	44 0-99	18:35.4	6:12
45	Joe Carroll	LINCOLN-WAY CENTRAL	489	0	M	45 0-99	18:36.2	6:12
46	James Doering	BOLINGBROOK	426	0	M	46 0-99	18:42.4	6:14
47	Matthew Shunk	JOLIET CENTRAL	299	0	M	47 0-99	18:49.8	6:16
48	John Laswell	JOLIET CENTRAL	289	0	M	48 0-99	18:57.7	6:19
49	Paul Stromquist	BOLINGBROOK	443	0	M	49 0-99	19:02.0	6:21
50	Jeison Rosado	BOLINGBROOK	441	0	M	50 0-99	19:06.8	6:22
51	Michael Calloway	HOMEWOOD- FLOSSMOOR	205	0	M	51 0-99	20:22.0	6:47
52	Sila Tulani	HOMEWOOD- FLOSSMOOR	220	0	M	52 0-99	20:23.9	6:48

*Overall place among males only

SWSC BLUE CHAMPIONSHIP XX MEET OPEN BOYS

Overall Finish List

October 15, 2011

Race held in Channahon, IL. Results By Race Time, Inc.

<u>Place*</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gender</u>	<u>Age Group</u>	<u>Total Time</u>	<u>Pace</u>
1	Jimmy Panozzo	SANDBURG	161	0	M	1 0-99	16:07.2	5:22
2	Aaron Graves	SANDBURG	136	0	M	2 0-99	16:28.6	5:29
3	Matthew Sawyers	SANDBURG	168	0	M	3 0-99	16:41.2	5:34
4	Michael Sawyers	SANDBURG	169	0	M	4 0-99	16:41.8	5:34
5	Ethan Dee	SANDBURG	129	0	M	5 0-99	16:50.9	5:37
6	Colin Fornaris	SANDBURG	134	0	M	6 0-99	16:52.6	5:37
7	Zach Butera	SANDBURG	124	0	M	7 0-99	17:03.3	5:41
8	Ryan Altman	SANDBURG	115	0	M	8 0-99	17:16.6	5:45
9	Dominic Lifonti	SANDBURG	148	0	M	9 0-99	17:17.8	5:46
10	Patrick Birk	SANDBURG	120	0	M	10 0-99	17:19.6	5:46
11	Joe Licata	SANDBURG	147	0	M	11 0-99	17:27.1	5:49
12	Bill Siezckowski	SANDBURG	170	0	M	12 0-99	17:30.1	5:50
13	Jacob Voltarel	LOCKPORT	375	0	M	13 0-99	17:31.8	5:50
14	Aaron Spengler	SANDBURG	171	0	M	14 0-99	17:33.4	5:51
15	Konrad Goc	LINCOLN-WAY EAST	29	0	M	15 0-99	17:50.0	5:57
16	Dan Sapato	LINCOLN-WAY EAST	47	0	M	16 0-99	17:57.6	5:59
17	Nicholas Prajka	SANDBURG	164	0	M	17 0-99	18:00.5	6:00
18	Ryan Poe	SANDBURG	162	0	M	18 0-99	18:00.9	6:00
19	Cory Jehle	SANDBURG	140	0	M	19 0-99	18:03.6	6:01
20	Alec Altman	SANDBURG	114	0	M	20 0-99	18:10.6	6:03
21	Ryan Billig	LOCKPORT	353	0	M	21 0-99	18:11.8	6:04
22	Isaac Lopera	SANDBURG	150	0	M	22 0-99	18:12.1	6:04
23	Matthew O'Neall	SANDBURG	160	0	M	23 0-99	18:13.1	6:04
24	David Katula	LW-CENTRAL	498	0	M	24 0-99	18:18.8	6:06
25	Matt Benz-Weeden	SANDBURG	118	0	M	25 0-99	18:19.2	6:06
26	Nick Depesa	SANDBURG	130	0	M	26 0-99	18:19.9	6:06
27	Tyler MacKay	LINCOLN-WAY EAST	36	0	M	27 0-99	18:26.6	6:09
28	Zachary Struzik	SANDBURG	174	0	M	28 0-99	18:32.9	6:11
29	Chris Mangold	SANDBURG	154	0	M	29 0-99	18:40.8	6:13
30	John Stefik	SANDBURG	172	0	M	30 0-99	18:41.3	6:14
31	Timothy Conwell	SANDBURG	128	0	M	31 0-99	18:43.2	6:14
32	Patrick Lim	SANDBURG	149	0	M	32 0-99	18:47.0	6:16
33	Jack Stanley	LOCKPORT	374	0	M	33 0-99	18:48.5	6:16
34	Joel Sanchez	SANDBURG	167	0	M	34 0-99	18:49.1	6:16
35	Steven Weathersby	BOLINGBROOK	445	0	M	35 0-99	18:52.2	6:17

36	Luke Vanderkrabben	SANDBURG	175	0	M	36 0-99	18:53.7	6:18
37	Tom Gilman	LINCOLN-WAY EAST	27	0	M	37 0-99	18:58.1	6:19
38	Drew Cate	BOLINGBROOK	421	0	M	38 0-99	18:59.1	6:20
39	Nick Winter	LW-CENTRAL	513	0	M	39 0-99	19:00.1	6:20
40	Connor Brown	SANDBURG	122	0	M	40 0-99	19:09.7	6:23
41	Alex Karl	LINCOLN-WAY EAST	34	0	M	41 0-99	19:12.0	6:24
42	Mike Brower	SANDBURG	121	0	M	42 0-99	19:12.9	6:24
43	Jack Wei	SANDBURG	180	0	M	43 0-99	19:14.4	6:25
44	Max Gawenda	JOLIET CENTRAL	279	0	M	44 0-99	19:17.3	6:26
45	Tom Bochenczak	LW-CENTRAL	488	0	M	45 0-99	19:23.8	6:28
46	D.j. Sobczak	LINCOLN-WAY EAST	50	0	M	46 0-99	19:29.3	6:30
47	John Beverly	HOMEWOOD- FLOSSMOOR	204	0	M	47 0-99	19:30.7	6:30
48	Tommy Hamilton	LINCOLN-WAY EAST	30	0	M	48 0-99	19:31.6	6:30
49	Apolonio Garcia	JOLIET CENTRAL	278	0	M	49 0-99	19:32.5	6:31
50	Paul Koerner	JOLIET WEST	557	0	M	50 0-99	19:35.4	6:32
51	Eliya Prieboy	JOLIET WEST	562	0	M	51 0-99	19:37.0	6:32
52	David Grimaldo	SANDBURG	137	0	M	52 0-99	19:40.5	6:33
53	Michael Stefik	SANDBURG	173	0	M	53 0-99	19:44.1	6:35
54	Matt Ryan	JOLIET WEST	565	0	M	54 0-99	19:44.9	6:35
55	Charlie Peregoy	BOLINGBROOK	437	0	M	55 0-99	19:46.0	6:35
56	Julian Cruz	BOLINGBROOK	424	0	M	56 0-99	19:51.0	6:37
57	Charlie Vandenburg	HOMEWOOD- FLOSSMOOR	221	0	M	57 0-99	19:52.3	6:37
58	Alfonso Cerna	SANDBURG	126	0	M	58 0-99	19:54.6	6:38
59	Mark Rivera	BOLINGBROOK	440	0	M	59 0-99	19:55.8	6:38
60	Chance Paluga	JOLIET CENTRAL	292	0	M	60 0-99	19:56.6	6:39
61	Ben Alvarado	LW-CENTRAL	487	0	M	61 0-99	19:58.3	6:39
62	Alejandro Zavala	JOLIET CENTRAL	307	0	M	62 0-99	20:02.9	6:41
63	Orlando Hidalgo	BOLINGBROOK	430	0	M	63 0-99	20:10.2	6:43
64	Mike Molchin	LW-CENTRAL	502	0	M	64 0-99	20:17.8	6:46
65	Rigoberto Pito	JOLIET CENTRAL	294	0	M	65 0-99	20:21.0	6:47
66	Joseph Faro	SANDBURG	132	0	M	66 0-99	20:23.2	6:48
67	Jacob Kwiat	SANDBURG	143	0	M	67 0-99	20:25.1	6:48
68	Brian Dewolf	SANDBURG	131	0	M	68 0-99	20:26.3	6:49
69	Jake Murawski	LOCKPORT	369	0	M	69 0-99	20:31.0	6:50
70	Kenny Schultz	LINCOLN-WAY EAST	48	0	M	70 0-99	20:33.3	6:51
71	Brendan Smith	LW-CENTRAL	509	0	M	71 0-99	20:34.2	6:51
72	Brandon Carlson	BOLINGBROOK	420	0	M	72 0-99	20:35.4	6:52
73	Ryan Walsh	SANDBURG	178	0	M	73 0-99	20:42.7	6:54
74	John Markey	SANDBURG	155	0	M	74 0-99	20:44.3	6:55
75	Matt Vilutis	LINCOLN-WAY EAST	54	0	M	75 0-99	20:50.5	6:57
76	Erik Gerstenkorn	JOLIET CENTRAL	280	0	M	76 0-99	20:59.0	7:00

77	Nathan Stifter	JOLIET CENTRAL	301	0	M	77 0-99	21:00.5	7:00
78	Jacob Kronemann	BOLINGBROOK	431	0	M	78 0-99	21:05.4	7:02
79	Dan Hernandez	JOLIET CENTRAL	285	0	M	79 0-99	21:07.4	7:02
80	Mycauley Scott-Stirn	LINCOLN-WAY EAST	49	0	M	80 0-99	21:08.2	7:03
81	Kasper Borys	LINCOLN-WAY EAST	25	0	M	81 0-99	21:10.1	7:03
82	Brandon Hazlett	LOCKPORT	363	0	M	82 0-99	21:12.4	7:04
83	Royce Chandler	JOLIET CENTRAL	268	0	M	83 0-99	21:13.6	7:04
84	Kyle Kirkwood	HOMEWOOD- FLOSSMOOR	212	0	M	84 0-99	21:19.1	7:06
85	Brady Walter	SANDBURG	179	0	M	85 0-99	21:19.8	7:06
86	Ronaldo Rodriguez	JOLIET CENTRAL	295	0	M	86 0-99	21:20.5	7:07
87	Stefan Creal	JOLIET CENTRAL	273	0	M	87 0-99	21:22.7	7:07
88	Wes Opyt	LW-CENTRAL	504	0	M	88 0-99	21:23.7	7:08
89	Brandon Standish	LOCKPORT	373	0	M	89 0-99	21:25.0	7:08
90	Hector Camacho	BOLINGBROOK	418	0	M	90 0-99	21:27.1	7:09
91	Dan Vanderpool	LINCOLN-WAY EAST	53	0	M	91 0-99	21:30.7	7:10
92	David Martinez	JOLIET WEST	558	0	M	92 0-99	21:31.0	7:10
93	Scott Mooney	SANDBURG	158	0	M	93 0-99	21:33.1	7:11
94	Anthony Glaum	JOLIET CENTRAL	281	0	M	94 0-99	21:33.5	7:11
95	Austin Hughes	JOLIET CENTRAL	287	0	M	95 0-99	21:34.9	7:11
96	Jimmy Foley	SANDBURG	133	0	M	96 0-99	21:37.0	7:12
97	Aaron Johnson	JOLIET CENTRAL	288	0	M	97 0-99	21:38.2	7:13
98	Patrick Dirks	LINCOLN-WAY EAST	26	0	M	98 0-99	21:40.7	7:13
99	Christian Stewack	JOLIET CENTRAL	300	0	M	99 0-99	21:46.2	7:15
100	Josh Wojnarowski	JOLIET CENTRAL	306	0	M	100 0-99	21:49.6	7:16

<u>Place*</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gender</u>	<u>Age Group</u>	<u>Total Time</u>	<u>Pace</u>
101	Mark MacAk	SANDBURG	152	0	M	101 0-99	21:51.1	7:17
102	Harrison Pederson	JOLIET CENTRAL	293	0	M	102 0-99	22:13.2	7:24
103	Cole Moss	LW-CENTRAL	503	0	M	103 0-99	22:21.9	7:27
104	Guillermo Islas	LOCKPORT	365	0	M	104 0-99	22:28.0	7:29
105	Jacob MacKey	SANDBURG	153	0	M	105 0-99	22:35.1	7:32
106	Rob Renkor	LOCKPORT	372	0	M	106 0-99	22:37.7	7:32
107	Kevin Gannon	LW-CENTRAL	495	0	M	107 0-99	22:43.1	7:34
108	Eric Mueller	LINCOLN-WAY EAST	42	0	M	108 0-99	22:50.8	7:37
109	Jermy Kwit	LOCKPORT	368	0	M	109 0-99	22:51.4	7:37
110	Jacob Foster	LOCKPORT	360	0	M	110 0-99	22:53.1	7:38
111	Eric Cocanig	SANDBURG	127	0	M	111 0-99	23:00.0	7:40

112	Brian McMahon	SANDBURG	156	0	M	112 0-99	23:01.4	7:40
113	Brandon Calderon	SANDBURG	125	0	M	113 0-99	23:03.6	7:41
114	Jose Vital	JOLIET CENTRAL	303	0	M	114 0-99	23:08.1	7:43
115	Lorenzo Brown	BOLINGBROOK	417	0	M	115 0-99	23:16.9	7:45
116	Brian Bandurski	LINCOLN-WAY EAST	24	0	M	116 0-99	23:18.1	7:46
117	Josh Pearson	JOLIET WEST	560	0	M	117 0-99	23:24.5	7:48
118	Dan Martinez	BOLINGBROOK	432	0	M	118 0-99	23:25.7	7:48
119	William Hauff	BOLINGBROOK	429	0	M	119 0-99	23:26.4	7:49
120	Juan Alvarado	JOLIET CENTRAL	262	0	M	120 0-99	23:30.5	7:50
121	Guillermo Contreras	JOLIET CENTRAL	272	0	M	121 0-99	23:31.3	7:50
122	Christian Arroyo	JOLIET CENTRAL	265	0	M	122 0-99	23:47.9	7:56
123	Jeff Matejovsky	LINCOLN-WAY EAST	37	0	M	123 0-99	23:49.4	7:56
124	Isaac Animashaun	HOMEWOOD- FLOSSMOOR	202	0	M	124 0-99	24:42.0	8:14
125	Trevor Wimberly	JOLIET CENTRAL	305	0	M	125 0-99	24:50.0	8:17
126	Kevin Casey	JOLIET CENTRAL	267	0	M	126 0-99	25:08.0	8:23
127	Steven Ferreyra	JOLIET CENTRAL	274	0	M	127 0-99	25:21.6	8:27
128	Miracle Diala	HOMEWOOD- FLOSSMOOR	207	0	M	128 0-99	25:39.3	8:33
129	Blake Anderson	LINCOLN-WAY EAST	22	0	M	129 0-99	25:44.5	8:35
130	Geronimo Ruiz	SANDBURG	166	0	M	130 0-99	27:11.2	9:04
131	Jared Vaughn	JOLIET CENTRAL	302	0	M	131 0-99	28:33.0	9:31
132	Ivan Flores	JOLIET CENTRAL	275	0	M	132 0-99	28:39.8	9:33

*Overall place among males only

SWSC BLUE CHAMPIONSHIP XX MEET

October 15, 2011

Race held in Channahon, IL. Results By Race Time, Inc.

Team Summary Report - Boys FRESH/SOPH BOYS

Place	Team	Top 5 Places	---- Finishers ----						
			<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6*</u>	<u>7*</u>
1	LINCOLN-WAY CENTRAL <i>Top 5 Times: 1:24:28.4</i>	34	1	4	5	10	14	26	31
2	SANDBURG <i>Top 5 Times: 1:25:17.7</i>	49	3	6	12	13	15	16	17
3	BOLINGBROOK <i>Top 5 Times: 1:28:21.1</i>	95	8	9	23	27	28	29	38
4	LINCOLN-WAY EAST <i>Top 5 Times: 1:28:42.1</i>	106	7	11	24	30	34	35	36
5	HOMWOOD-FLOSSMOOR <i>Top 5 Times: 1:30:15.2</i>	132	2	20	21	44	45	46	49
6	LOCKPORT <i>Top 5 Times: 1:30:09.4</i>	135	19	22	25	32	37	48	52
7	JOLIET WEST <i>Top 5 Times: 1:33:44.2</i>	193	18	39	42	43	51	54	56
8	JOLIET CENTRAL <i>Top 5 Times: 1:34:43.2</i>	211	33	40	41	47	50	53	55

SWSC BLUE CHAMPIONSHIP XX MEET FRESH/SOPH BOYS

Overall Finish List

October 15, 2011

Race held in Channahon, IL. Results By Race Time, Inc.

<u>Place*</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Age</u>	<u>Gender</u>	<u>Age Group</u>	<u>Total Time</u>	<u>Pace</u>
1	Chris Kaminski	LINCOLN-WAY CENTRAL	497	0	M	1 0-99	16:16.2	5:25
2	Matt Anyiwo	HOMEWOOD- FLOSSMOOR	203	0	M	2 0-99	16:29.0	5:30
3	Adam Gleisner	SANDBURG	135	0	M	3 0-99	16:29.9	5:30
4	Ben Zibricky	LINCOLN-WAY CENTRAL	514	0	M	4 0-99	16:48.7	5:36
5	Andrew Robbins	LINCOLN-WAY CENTRAL	507	0	M	5 0-99	16:52.6	5:37
6	Justin Adams	SANDBURG	113	0	M	6 0-99	16:54.0	5:38
7	Matt August	LINCOLN-WAY EAST	23	0	M	7 0-99	17:00.1	5:40
8	Jerome Davis	BOLINGBROOK	425	0	M	8 0-99	17:07.0	5:42
9	Tim Pape	BOLINGBROOK	436	0	M	9 0-99	17:09.0	5:43
10	Kevin Fabian	LINCOLN-WAY CENTRAL	493	0	M	10 0-99	17:13.2	5:44
11	Ben Walczak	LINCOLN-WAY EAST	55	0	M	11 0-99	17:14.0	5:45
12	Will Becker	SANDBURG	117	0	M	12 0-99	17:14.6	5:45
13	Patrick Biezcke	SANDBURG	119	0	M	13 0-99	17:15.7	5:45
14	Jackson Waters	LINCOLN-WAY CENTRAL	511	0	M	14 0-99	17:17.5	5:46
15	Harry Becker	SANDBURG	116	0	M	15 0-99	17:23.4	5:48
16	Greg Burzinski	SANDBURG	123	0	M	16 0-99	17:29.0	5:50
17	Mario Lopez	SANDBURG	151	0	M	17 0-99	17:35.0	5:52
18	Nick Pippenger	JOLIET WEST	561	0	M	18 0-99	17:39.1	5:53
19	Chris Fojtik	LOCKPORT	359	0	M	19 0-99	17:42.9	5:54
20	Christian Hoover	HOMEWOOD- FLOSSMOOR	209	0	M	20 0-99	17:47.4	5:56
21	Jameson Lamb	HOMEWOOD- FLOSSMOOR	213	0	M	21 0-99	17:48.0	5:56
22	Jared Bitters	LOCKPORT	354	0	M	22 0-99	17:52.3	5:57
23	Jesse Pape	BOLINGBROOK	435	0	M	23 0-99	17:56.5	5:59
24	Grant Whitman	LINCOLN-WAY EAST	56	0	M	24 0-99	17:57.5	5:59
25	Mark Diamond	LOCKPORT	358	0	M	25 0-99	17:58.7	5:59
26	Ryan Champlin	LINCOLN-WAY CENTRAL	490	0	M	26 0-99	18:02.0	6:01
27	Kokeith Perry	BOLINGBROOK	438	0	M	27 0-99	18:02.4	6:01

28	Isaac Camacho	BOLINGBROOK	419	0	M	28 0-99	18:06.0	6:02
29	Johnathan Cook	BOLINGBROOK	423	0	M	29 0-99	18:09.7	6:03
30	Chris Kocur	LINCOLN-WAY EAST	35	0	M	30 0-99	18:11.3	6:04
31	John Laschober	LINCOLN-WAY CENTRAL	500	0	M	31 0-99	18:11.8	6:04
32	Vincent Ceropski	LOCKPORT	355	0	M	32 0-99	18:12.3	6:04
33	Jose Aguilera	JOLIET CENTRAL	260	0	M	33 0-99	18:14.6	6:05
34	Reed Templin	LINCOLN-WAY EAST	52	0	M	34 0-99	18:18.9	6:06
35	Austin Szubryt	LINCOLN-WAY EAST	51	0	M	35 0-99	18:20.6	6:07
36	Robert McIntyre	LINCOLN-WAY EAST	39	0	M	36 0-99	18:20.9	6:07
37	Cole Bellair	LOCKPORT	351	0	M	37 0-99	18:23.0	6:08
38	Peyton Chapman	BOLINGBROOK	422	0	M	38 0-99	18:29.0	6:10
39	Patrick O'Connell	JOLIET WEST	559	0	M	39 0-99	18:35.3	6:12
40	Raul Arias	JOLIET CENTRAL	264	0	M	40 0-99	18:36.7	6:12
41	Joel Alvarado	JOLIET CENTRAL	261	0	M	41 0-99	18:37.9	6:12
42	Mike Skora	JOLIET WEST	568	0	M	42 0-99	18:41.2	6:14
43	Stephen Downen	JOLIET WEST	553	0	M	43 0-99	18:58.0	6:19
44	Miles Newson	HOMEWOOD- FLOSSMOOR	216	0	M	44 0-99	19:01.8	6:20
45	Zach Smith	HOMEWOOD- FLOSSMOOR	217	0	M	45 0-99	19:08.8	6:23
46	Matt Maass	HOMEWOOD- FLOSSMOOR	215	0	M	46 0-99	19:19.2	6:26
47	Javier Rojas	JOLIET CENTRAL	296	0	M	47 0-99	19:23.9	6:28
48	Matt Klotz	LOCKPORT	366	0	M	48 0-99	19:33.4	6:31
49	Kevin Anderson	HOMEWOOD- FLOSSMOOR	201	0	M	49 0-99	19:36.4	6:32
50	Hernan Martinez	JOLIET CENTRAL	290	0	M	50 0-99	19:49.9	6:36
51	Matt Sova	JOLIET WEST	569	0	M	51 0-99	19:50.5	6:37
52	Joe Bielanski	LOCKPORT	352	0	M	52 0-99	19:54.3	6:38
53	Jose Saenz	JOLIET CENTRAL	298	0	M	53 0-99	20:35.0	6:52
54	Trevor Kloberdanz	JOLIET WEST	556	0	M	54 0-99	20:42.8	6:54
55	Freddy Hernandez	JOLIET CENTRAL	286	0	M	55 0-99	21:02.5	7:01
56	Maverick Donaldson- Curry	JOLIET WEST	552	0	M	56 0-99	22:22.8	7:27

*Overall place among males only



SANDBURG CROSS COUNTRY

NEWS AND NOTES

*RUNNERS OF THE WEEK: Pat Letz, Will Becker, Pat Biezcske, Jimmy Panozzo,
Derek Hevel, Mitch Rees*

SWSC

Saturday, Oct. 15, 2011

Mid 60's, Sunny, Extremely Windy

COACH'S COMMENTS:

Wonderful job this season. Hopefully as you reflect on the season you will be filled with a sense of pride, knowing that you did everything you could as a runner and a teammate to contribute. If you do reflect on the season and can think of the ways in which you contributed in different meaningful ways, then you really do have a lot to be proud of. Congratulations to Pat McMahon and Jimmy Panozzo who were conference champions. Congrats, also to our All-Conference runners listed below. McMahon joined Kevin Adamowski, Zach Dahleen, and Lukas Verzbicas to contribute to 8 consecutive SWSC individual titles (2003 was the last year we didn't win the individual title). Not bad company.

I was really proud of the way the F/S group ran. They waged a battle out there and were a bunch of competitors. What I really like about that group is how much they love to compete and battle. Most people are afraid of a challenge, but these guys *love* it. Adam Gleisner led the boys and fought hard out there. He executed well and maintained contact with the lead group and was tougher than they were in the last two miles. He ran a time that would win SWSC just about any year (and this year was the worst conditions in the history of the meet), and his time would have been the second best time in SWSC history. In addition to being one of our all-time greatest Sandburg Sophomores, he earned a spot on the state roster and will be running in the Regional meet next Saturday. Meanwhile, Justin Adams concluded an amazing sophomore season. His improvement is mind-blowing when you consider that he didn't even finish in the top 100 at the Andrew Invitational as a freshman and this year he not only became an All-Conference runner, he not only etched his name in CSHS F/S history, but he also is a part of our state team. I couldn't be more excited about his future knowing his competitive fire and work ethic are unstoppable. After our first two came through in the top six, we had a strong group of freshmen and sophomores mixed in together. The Becker Boys no doubt finished the season well after struggling early on. They raced their hearts out and both became All-Conference. There is no telling how good they could be with a full summer of training next year! Either way, I love their determination. Finally, we had a really strong group of freshmen run really well this year, with a trio in the sophomore race. Biezcske, Burzinski, and Lopez went right after the core of the conference and definitely made a statement about the future of CSHS Cross Country.

I hope the sophomores all realize what they are capable of and the amount of hard work and commitment it will take to get there. It will take people running year round. And to the freshmen: it is going to take a huge commitment to defend the conference title next year. Something to keep in mind: there was not one runner who ran the Sophomore race who ran it last year. They all ran the open race as freshmen and decided to make themselves great. You can do the same thing this year. It will take commitment from now until then to do it.

Our varsity race was so much fun to watch. After Pat McMahon executed well and took home the title, his wearing out of Razo opened the door for Derek Hevel to come home and clean him up. It turned into a 1-2 combo and a dispatching of a guy who ran 15:02 over five weeks ago! DH is definitely on schedule to run under 15:00 at state and looked fantastic finishing as good as I've ever seen him. He is looking really strong as of late. Mitch Rees also battled throughout the race and was a huge reason our pack came storming through the 1.5-2 mile mark. After Chris Hogan pushed guys after the mile, Rees took over duties for a while and was rallying the group to roll. Our guys grabbed on to his back and swept through the pack. It was more than apparent at the halfway point that we had the thing wrapped up. Rees ran about as fast as he did last year at SWSC, which is incredible when you consider the wind at play on Saturday. Pat Letz continues to be a force this year. He was only :05 back from Rees and as I just said, Rees and DH are

looking like sub 15:00 guys again! With Otto rolling right behind and considering how well Otto ran at N/S, it is perfectly feasible for us to have our whole top five under 15:15 at state and possibly even quicker! Otto looks fantastic and as long as he takes care of that Achilles, he is going to be amazing in the final weeks. Chris Hogan ran with the competitive fire that I love seeing in him. He took off mid race and struggled to close it out a little, but really went after it, which is what we wanted to see. He ran a great time on a terrible day. Finally, our open race showed exactly how deep we are. We set a goal early in the week to grab the top 10 spots in that race and we exceeded that, completing a sweep of the top 12, and we took 17 of the top 20 spots! The commitment of every guy was showcased in the open race. Just to show you how deep we are, our toughest conference opponent, Lockport, finished 2nd for the second straight year. We had 15 guys clock times better than their fifth scoring varsity runner! Furthermore, we would have 27 guys who would make their Varsity top 7!! And Lockport is a contender for a state qualifying position. With Butera being sick, Jimmy and Graves took over the leading duties and swept through 2 miles that would have put them right in our varsity pack. Jimmy finished strong and looked great in the final straightaway. We had a number of other great performances in this race. The Sawyers Brothers finished out an up and down season really well and Mike really stepped out and risked big. I loved it. Chris Mangold achieved yet another goal by breaking 19:00 easily. Joe Licata had another strong race and continues to progress. He could make a bid for a varsity spot next year if he runs distance and our summer camp. Ryan Poe had a strong race and could be a varsity runner if he commits to the year round training. Matt O'Neall battled back from mono and completed his senior campaign with a determined and winning spirit. Nick Depesa made me proud throughout this season as a really dedicated and hard working runner. He made some huge progress and I am excited to see that continue. Matt Benz-Weeden and Alec Altman are another exciting pair of runners who I am sure will be making noise in the future. They just missed making the SWSC lineup. We have some other exciting freshmen out there and I love their attitudes. Sanchez, Stefik Brown, Wei, Grimaldo, Brower, Cerna, Walter all came in with great finishes and we have some other great attitudes on the team behind them. Tim Conwell was handed a bad break this season, but he maintained his determination and fought through his injury to finish the way all seniors should finish—giving everything they've got, running with no regrets, and being a great teammate and person.

You all start earning that trip to Wisconsin over the summer *now*

All Conference Runners: Pat McMahon, Derek Hevel, Mitch Rees, Pat Letz, Mike Von Borstel, Chris Hogan

F/S All Conference: Adam Gleisner, Justin Adams, Will Becker, Pat Bieszcke, Harry Becker, Greg Burzinski

Regionals: We will see how the week goes, but everyone should be ready to run. Right now we are going to run: Pat Letz, Chris Hogan, Jimmy Panozzo, Zach Butera, Aaron Graves, Adam Gleisner, Ethan Dee

TIDBITS: >>Turn in Gear. >>Run Polar Bear, Join Track, Run CC Summer Camp!!! >>Craft Fair Help >>Come to the Regional, Sectional and State meets>>Cold weather gear required for the remainder of the season.

WHAT'S NEXT: IHSA Regional starts at 10:00—girls, 11:00—boys, Midlothian Meadows Forest Preserve 153rd and Pulaski. Team bus—9:00. IHSA Sectional at Lockport/Dellwood Park on Oct 29th. To get to Dellwood, take 159th to State Street, turn left/south on State and the park will be a mile south on State on the east side of the street. Team bus—10:00 a.m. IHSA State Meet at Detweiller Park, Peoria Saturday Nov. 5th Race at 2:15

Sophomore:

1. LWC—34 2. Sandburg—49 3. Bolingbrook—95 4. LWE—106 5. H-F—132

1. Kaminski (LWC)—16:16

3. Gleisner 5:22—5:43/11:05—5:24 16:29

6. Adams 5:26—5:52/11:18—5:35 16:53

12. W Becker 5:41—5:50/11:31—5:43 17:14

13. Bieszcke 5:40—5:51/11:31—5:44 17:15

15. H Becker 5:37—5:34/11:31—5:52 17:23

16. Burzinski 5:45—5:58/11:43—5:45 17:28

17. Lopez 5:40—6:02/11:42—5:52 17:34

Varsity:

1. Sandburg—20 2. Lockport—62 3. LWE—77 4. Joliet W—131 5. Bolingbrook—148

1. McMahon 5:09—5:13/10:22—5:09 15:31

2. Hevel 5:19—5:24/10:43—5:03 15:46

4. Rees 5:18—5:19/10:37—5:15 15:52

5. Letz 5:19—5:24/10:43—5:14 15:57

8. Von Borstel 5:18—5:25/10:43—5:18 16:00

10. Hogan 5:18—5:25/10:43—5:27 16:10

26. O'Flaherty 5:16—5:39/10:55—6:18 17:13

Open:

1. Panozzo	5:12—5:23/10:44—5:24	16:07
2. Graves	5:10—5:34/10:44—5:24	16:28
3. Ma Sawyers		16:41
4. Mi Sawyers		16:41
5. Dee	5:15—5:45/11:00—5:51	16:50
6. Fornaris	5:22—5:43/11:05—5:48	16:52
7. Butera	5:15—5:50/11:05—5:59	17:03
8. R Altman	5:22—6:04/11:26—5:51	17:16
9. Lifonti		17:17
10. Birk	5:22—6:01/11:23—5:57	17:19
11. Licata	17:27	
12. Siezckowski	17:30	
14. Spengler	17:33	
17. Prajka	18:00	
18. Poe	18:00	
19. Jehle	18:03	
20. A Altman	18:10	
22. Lopera	18:12	
23. O'Neill	18:13	
25. Benz-Weeden	18:19	
26. Depesa	18:19	
28. Struzik	18:32	
29. Mangold	18:40	
30. J Stefik	18:41	
31. Conwell	18:43	
32. Lim	18:47	
34. Sanchez	18:49	
36. Vanderkrabben	18:53	
40. Brown	19:12	
42. Brower	19:12	
43. Wei	19:14	
52. Grimaldo	19:40	
53. M Stefik	19:44	
58. Cerna	19:54	
66. Faro	20:23	
67. Kwiatt	20:25	
68. DeWolf	20:26	
73. Walsh	20:42	
74. Markey	20:44	
85. Walter	21:19	
93. Mooney	21:33	
96. Foley	21:37	
101. Macak	21:51	
105. Mackey	22:28	
111. Cocanig	23:00	
112. B McMahan	23:01	
113. Calderon	23:03	
130. Ruiz	27:11	

IHSA Boys Cross-Country

Team Results

Varsity Boys (2.97 Miles)

Regional Championships - Chicago (Marist)
at Midlothian Meadows, Midlothian, IL

Saturday, October 22, 2011

Place	Team Name								Total
1	Orland Park (Sandburg)								
		8	9	10	11	18	(20)	(32)	= 56
2	Chicago (Brother Rice)								
		1	5	15	17	19	(25)	(30)	= 57
3	Chicago (Marist)								
		3	6	22	23	29	(31)	(40)	= 83
4	Palos Heights (Shephard)								
		4	14	16	21	28	(37)	(42)	= 83
5	Oak Lawn (Community)								
		2	13	33	38	44	(48)	(49)	= 130
6	Blue Island (Eisenhower)								
		12	27	39	41	45	(47)	(53)	= 164
7	Oak Lawn (Richards)								
		7	34	36	46	54	(55)	(56)	= 177
8	Palos Hills (Stagg)								
		24	26	35	43	50	(51)	(52)	= 178

IHSA Boys Cross-Country

Race Results

Varsity Boys (2.97 Miles)

Regional Championships - Chicago (Marist)
at Midlothian Meadows, Midlothian, IL

Saturday, October 22, 2011

Place	Pts	Name	Bib#	Team Name	Finish	Pace
1	1	Dan Caddigan (Sr)	178	Chicago (Brother Rice)	15:16	5:08.4
2	2	Eric Lindelsee (Sr)	122	Oak Lawn (Community)	15:17	5:08.8
3	3	Cody Haberkorn (Sr)	194	Chicago (Marist)	15:24	5:11.1
4	4	Abel Hernandez (Jr)	151	Palos Heights (Shephard)	15:33	5:14.1
5	5	Pat Maguire (Jr)	175	Chicago (Brother Rice)	15:33	5:14.1
6	6	Kyle Hauser (Jr)	185	Chicago (Marist)	15:37	5:15.5
7	7	Tim Geraghty (Sr)	131	Oak Lawn (Richards)	15:39	5:16.2
8	8	Pat Letz (Jr)	140	Orland Park (Sandburg)	15:41	5:16.8
9	9	Jimmy Panozzo (Sr)	146	Orland Park (Sandburg)	15:50	5:19.9
10	10	Aaron Graves (Jr)	138	Orland Park (Sandburg)	15:53	5:20.9
11	11	Chris Hogan (Jr)	139	Orland Park (Sandburg)	16:03	5:24.2
12	12	Richard Wilson (Jr)	108	Blue Island (Eisenhower)	16:06	5:25.3
13	13	Nick Minnella (Fr)	113	Oak Lawn (Community)	16:11	5:26.9
14	14	Mike Evancich (So)	154	Palos Heights (Shephard)	16:15	5:28.3
15	15	James Durkin (So)	177	Chicago (Brother Rice)	16:17	5:29.0
16	16	Mike Busch (Sr)	158	Palos Heights (Shephard)	16:17	5:29.0
17	17	Anthony Maciag (Jr)	174	Chicago (Brother Rice)	16:19	5:29.6
18	18	Ethan Dee (Jr)	137	Orland Park (Sandburg)	16:20	5:30.0
19	19	Aaron Larson (Sr)	181	Chicago (Brother Rice)	16:24	5:31.3
20	20	Adam Gleisner (So)	142	Orland Park (Sandburg)	16:25	5:31.7
21	21	Josh Maier (So)	156	Palos Heights (Shephard)	16:25	5:31.7
22	22	Jake Tracy (Jr)	187	Chicago (Marist)	16:28	5:32.7
23	23	Kyle Haberkorn (So)	190	Chicago (Marist)	16:34	5:34.7
24	24	Chris Para (Sr)	170	Palos Hills (Stagg)	16:35	5:35.0
25	25	Tom Cira (Sr)	179	Chicago (Brother Rice)	16:35	5:35.0
26	26	Billy Busen (Sr)	166	Palos Hills (Stagg)	16:38	5:36.0
27	27	Alejandro Montes (Jr)	103	Blue Island (Eisenhower)	16:39	5:36.4
28	28	Rick Braasch (Jr)	149	Palos Heights (Shephard)	16:39	5:36.4
29	29	Luke Haberkorn (So)	191	Chicago (Marist)	16:40	5:36.7
30	30	Sean Waters (Jr)	176	Chicago (Brother Rice)	16:41	5:37.0
31	31	Kevin Falls (Sr)	193	Chicago (Marist)	16:42	5:37.4
32	32	Zach Butera (Sr)	143	Orland Park (Sandburg)	16:43	5:37.7
33	33	Joe Probst (So)	120	Oak Lawn (Community)	16:44	5:38.0
34	34	Matt Lukens (Sr)	135	Oak Lawn (Richards)	16:47	5:39.1
35	35	Mike Para (Sr)	171	Palos Hills (Stagg)	16:48	5:39.4
36	36	Griffin Forberg (So)	127	Oak Lawn (Richards)	16:52	5:40.7
37	37	Matt Cabel (Jr)	150	Palos Heights (Shephard)	16:54	5:41.4
38	38	T.J. Michaels (Sr)	123	Oak Lawn (Community)	16:56	5:42.1
39	39	Milton Estrada (Sr)	111	Blue Island (Eisenhower)	16:56	5:42.1
40	40	Drew Mack (Fr)	183	Chicago (Marist)	17:05	5:45.1
41	41	Eugene Rivera (Sr)	112	Blue Island (Eisenhower)	17:07	5:45.8
42	42	Nick Ebert (Sr)	159	Palos Heights (Shephard)	17:09	5:46.5
43	43	Terry Gruns (So)	163	Palos Hills (Stagg)	17:13	5:47.8
44	44	Dan Powers (Sr)	124	Oak Lawn (Community)	17:17	5:49.2
45	45	Jacob Smith (Jr)	107	Blue Island (Eisenhower)	17:21	5:50.5



SANDBURG CROSS COUNTRY NEWS AND NOTES

RUNNERS OF THE WEEK: Aaron Graves

IHSA Regional @Midlothian Meadows
Saturday, Oct. 22, 2011
Mid 60's, sunny, calm

COACH'S COMMENTS: Congratulations on another title on Saturday. Winning the Regional is something that goes into our history books. You guys showed exactly how powerful this team is—any combination of runners will find a way to win at the championship level. This is big time. Sandburg Cross Country is a powerhouse to be reckoned with.

Outside of getting the job done and bringing home a Regional Championship, one significant lesson that we can take away from the Regional is how important it is for us to battle and find those few points that we always need. We need to be tougher than anyone else in the final half mile and the last straightaway. That is a matter of making the tough decision to suffer and go. The last two minutes of the race have nothing to do with sprinting ability. It's guts. That's the bottom line—it comes down to the decision to be gutsy. It's easier said than done, but it is the decision we need to make. The Sectional will be a perfect example of this. It's going to be a very tough race and the second half of the race is going to be exceptionally difficult. We are going to need our runners to make those decisions. We all need to make those four or five passes and it racks us really quickly—15-30 points can be turned over in the last 800 meters and it is simply a matter of guts. If you don't believe me, take a look at what happened at Sectionals two years ago. If the coaches are yelling at you that we need another point or two and you don't respond, then you are making the choice to let your teammates down in favor of feeling less pain. There is no other way of looking at it. One thing we'll need to improve on is what happens in the final 400 meters because while the title was very much ours to secure, we failed to make a lot of passes in the final 400 meters. To be sure, it took a lot of guts just to secure the spot that you already had, but we needed a pass or two to lock it in. As it was, we left ourselves vulnerable. If we do that next week, we'll be ending our season a week early for the first time since 2002. Perhaps the most exciting race of the day came from Aaron Graves who displayed the most competitive hunger in his racing. He had a solid race at conference but it was a little disappointed. He responded with an aggressive confidence. Pat Letz continues to be as tough as nails. Regionals wasn't his best race of the season, but he figures ways out to grind out races and finish well for us. We are going to need him to continue to be the strong, reliable runner that he has been for the final two races of the season. We are counting on his middle of the race toughness and ability to run through pressure, tough conditions, packs of runners, or whatever may be thrown his direction. Jimmy finished strong, and is clearly capable of being a 15:30 runner, but we are going to need to see the SENIOR in him now. It's time for action. Hogan was a little off on Saturday but has had a strong junior season so far. I am confident he is much better than he showed on Saturday. He just needs to finish those races that he puts together for 1.5-2 miles. Dee ran an admirable race and fought hard enough to get us the win. In that fifth spot, Dee was in the midst of a battle and didn't let himself get dropped in the final 800. Gleisner ran really well in his first ever varsity race and really went after the Brother Rice #5 in the final straightaway and just missed the pass.

TIDBITS: >> Buca Di Beppo on Friday, 5:30. Bring \$15. >>ALL 12 GUYS NEED TO BE READY TO RACE NEXT SATURDAY. THAT MEANS LITTLE THINGS (BRING UNIFORM/SPIKES) AND BIG THINGS (MENTALLY READY TO RIP AND STEP IN).

WHAT'S NEXT: IHSA Sectional at Lockport/Dellwood Park at 11:45.

Results:

- | | | | | |
|---|--------------------|---------------|----------------|------------------|
| 1. Sandburg—56 | 2. Brother Rice—57 | 3. Marist--83 | 4. Shepard--83 | 5. Oak Lawn--130 |
| 8. Letz 2:28—2:37/5:05—5:37/10:42—4:58 | 15:40 | | | |
| 9. Panozzo 2:28—2:40/5:08—5:45/10:53—4:57 | 15:50 | | | |
| 10. Graves 2:27—2:38/5:05—5:37/10:42—5:11 | 15:53 | | | |
| 11. Hogan 2:28—2:37/5:05—5:43/10:48—5:15 | 16:03 | | | |
| 18. Dee 2:28—2:43/5:11—5:53/11:04—5:16 | 16:20 | | | |
| 20. Gleisner 2:29-2:43/5:12—5:53/11:05—5:20 | 16:25 | | | |
| 32. Butera 2:28—2:43/5:11—6:02/11:13—5:30 | 16:43 | | | |

The Week Ahead:

Monday's workout—Race Pace with shorter recover than we've had. This workout simulates the exact demands of our target race—the state meet. This is the toughest workout of the season. We continue to get better every week and this workout will give our bodies a huge stress that will provoke significant improvement.

Notes: get yourself recovered as best as possible this evening. A good meal with carbs and protein and not a lot of fat or grease will be great. Drink lots of water and get a great night of sleep. You recover best while you sleep. Also, please consult the Dellwood course map and notes. We should start to visualize our race on Saturday and make sure we run the race better than anyone else.

Tuesday—30 minute a.m. run. 45-60 minutes p.m. at Lockport's Dellwood. We have potential rain. Bring a jacket and let's match. Take the morning run easy and get some fresh oxygen delivered to your legs. We'll preview the course. We can only take the top 12 for this because we'll need to get on the mini-bus so we get back in time.

Wednesday—30 a.m run is optional. You need to decide if you respond well to morning runs and if they help you recover and balance that with how much sleep you need. If the morning run will help you feel better in the afternoon, do it. We'll be doing two different secondary workouts in the afternoon. It will either be 6-8 x 200 or a 12-15 min. Threshold and 2 x 200.

Thursday—5-6 miles easy, strides or time trial

Friday—easy 30 and dynamics. Buca di beppo at 5:30. Bring \$15.

Saturday—bus time forthcoming. Race starts at 11:45. Be ready to roll.

2010 IHSA Sectional at Lockport
Progression of Places—CSHS

Name	1200	1.5 miles	About 2.5 miles	Finish	Total Passes from 1200 to Finish
Lukas Verzbicas	1	1	1	1	0
Kyle Meyer	47	38	25	18	29
Mike Tortorelli	58	52	35	29	29
Thomas Kohs	57	59	42	31	26
Alex Kordas	68	60	43	36	32
Mitch Rees	77	72	54	41	36
Pat McMahan	76	65	47	52	24

Top Five Total Passes: 116

Top Seven Total Passes: 176

Total Passes in Last 800 (top five): 31

Total Passes in Last 800 (top seven): 39

Sandburg
CROSS COUNTRY

ILLINOIS HIGH SCHOOL ASSOCIATION

Cross Country Sectional

Host: Lockport High School, Location: Dellwood Park

Boys Team Scores

Place	Score	SCHOOL	Boys Team Scores							(Total, Average, Pack Times)
1.	56	Naperville (Neuqua Valley)	1	2	13	14	26	(45)	(77)	(1:20:33, 16:06.46, 1:05)
			Mark Derrick, Taylor Soltys, Alekh Meka, Nick Bushelle, Drew Smith, Xander Jacobson, Steven Krauklis							
2.	106	Hinsdale (Central)	3	15	21	27	40	(41)	(43)	(1:22:15, 16:26.88, 0:39)
			Jack Feldman, Tom Lyons, Ryan Somerfield, Arjun Reddy, Ted Owens, Neil Pedersen, Kevin Huang							
3.	129	Plainfield (South)	9	17	18	30	55	(75)	(96)	(1:22:50, 16:33.86, 0:52)
			Dan Lathrop, Joey Weis, Tyler Ryan, Cody Dyer, Frank Pasqua, Misael Tobias, Gabe Calvillo							
4.	148	Orland Park (Sandburg)	6	31	32	35	44	(52)	(86)	(1:22:48, 16:33.59, 0:41)
			Pat McMahon, Pat Letz, Jimmy Panozzo, Mike Von Borstel, Derek Hevel, Chris Hogan, Mitch Rees							
5.	163	Plainfield (East)	22	23	28	42	48	(51)	(79)	(1:23:11, 16:38.13, 0:25)
			Collin Warke, Joseph Suarez, Jake Runnion, Niko Petrusich, Cody Hughes, Sergio Llanes, Nick Quiroz							
5.	163	LaGrange (Lyons)	20	25	34	38	46	(66)	(76)	(1:23:11, 16:38.05, 0:22)
			Michael Matusiak, James Ryan, Ryan Speir, Dan Lupano, Grant Smith, John Dombro, Ed McCarter							
7.	185	Downers Grove (South)	4	7	53	59	62	(83)	(95)	(1:23:34, 16:42.80, 1:07)
			Harrison Miles, Nicholas Kirk, Ryan Kelch, Jake Czyz, David Fish, Brian Rotunno, P.J. White							
8.	192	Downers Grove (North)	8	24	39	56	65	(72)	(85)	(1:23:45, 16:44.91, 1:00)
			Zack Smith, Ben Eaton, Kevin Proffitt, Jared Spilky, Pat Grogan, Brendan McBride, Ryan Zemel							
9.	211	Chicago (Brother Rice)	10	19	47	57	78	(108)		(1:24:13, 16:50.43, 1:14)
			Dan Caddigan, Pat Maguire, Aaron Larson, James Durkin, Anthony Maciag, Tom Cira							
10.	267	Lockport (Twp.)	16	50	58	70	73	(112)	(121)	(1:25:16, 17:03.18, 0:57)
			Will Giroux, Thomas Razo, Kristian Hernandez, Gabriel Davalos, J.T. Orban, Jake Voltarel, Chris Fojtik							
11.	273	Oswego (H.S.)	5	49	60	71	88	(110)	(117)	(1:25:15, 17:02.96, 1:38)
			Caleb Beck, Jared Konrardy, Peter Johnsrud, Adam Lowry, Zack Kingsbury, Peter Rogalla, Brandon Ramsey							
12.	286	Oswego (East)	29	54	61	68	74	(82)	(91)	(1:25:31, 17:06.16, 0:50)

Andrew Holm, Andrew Patsch, Turner Kelly, Charles Thornton, Elijah Page,
Ryan Fluke, Mason Miller

13. 348 Palos Heights (Shepard) (1:26:40, 17:19.86, 1:07)
36 63 64 92 93 (94) (98)
Abel Hernandez, Mike Busch, Josh Maier, Matt Cabel, Rick Braasch, Nick Ebert,
Mike Evancich
14. 351 Chicago (Marist) (1:26:46, 17:21.16, 1:24)
33 37 80 99 102 (111) (137)
Cody Haberkorn, Kyle Hauser, Jake Tracy, Luke Haberkorn, Kyle Haberkorn,
Kevin Falls, Larry Austin
15. 397 Oak Lawn (Community) (1:27:48, 17:33.47, 1:53)
11 69 101 107 109 (119) (136)
Eric Lindelsee, Nick Minnella, T.J. Michaels, Dan Powers, Joe Probst,
Farid Khatib, Calvin Demski
16. 439 Bolingbrook (1:29:08, 17:49.51, 2:31)
12 84 87 127 129 (134) (142)
Stephen Garrett, Evan Gutierrez, Tim Pape, Kokeith Perry, Johnathan Cook,
Jerome Davis, Isaac Camacho
17. 511 Blue Island (Eisenhower) (1:30:09, 18:01.74, 1:09)
67 105 106 115 118 (120) (146)
Richard Wilson, Alejandro Montes, Jacob Smith, Eugene Rivera, Milton Estrada,
Mahonri Saldona, Eduardo Martinez
18. 517 Palos Hills (Stagg) (1:30:22, 18:04.22, 1:07)
81 97 104 113 122
Chris Para, Billy Busen, Mike Para, Terry Gruns, Jeff Shelstrom
19. 561 Darien (Hinsdale South) (1:31:34, 18:18.72, 1:05)
89 103 114 124 131 (133) (139)
Ryan Cusick, Matt Longoria, Joe Eilbert, Elias Magallanes, John Gieres,
Martin Schmitt, Mickale Lamba
20. 593 Oak Lawn (Richards) (1:32:27, 18:29.30, 1:05)
90 116 125 130 132 (147) (150)
Tim Geraghty, Danny Krasich, Griffin Forberg, Matt Lukens, Dillon Griffin,
Xavier Ledesma, Ryan Walt
21. 642 Chicago (Curie) (1:34:12, 18:50.22, 1:24)
100 128 135 138 141 (143) (145)
Erik Diaz, Jorge Rodriguez, Juan Gonzalez, Ernesto Torres, Rafael Razo,
Jesse Villanueva, Esteban Perez
22. 681 Summit (Argo) (1:37:22, 19:28.30, 2:10)
123 126 140 144 148 (149)
Pablo Lopez, Jimmy Dimer, Luis Ramirez, Rene Barajas, Luis Gonzalez,
Ramiro Jimenez

ILLINOIS HIGH SCHOOL ASSOCIATION

Cross Country Sectional

Host: Lockport High School, Location: Dellwood Park

Boys Individual Results

Place	TmPI	YR	NAME	SCHOOL	TIME	Pace
1.	1	SR	Mark Derrick	Naperville (Neuqua Valley)	15:28	5:10
2.	2	SR	Taylor Soltys	Naperville (Neuqua Valley)	15:47	5:16
3.	3	SR	Jack Feldman	Hinsdale (Central)	16:05	5:22
4.	4	SR	Harrison Miles	Downers Grove (South)	16:06	5:22
5.	5	JR	Caleb Beck	Oswego (H.S.)	16:07	5:23
6.	6	JR	Pat McMahon	Orland Park (Sandburg)	16:08	5:23
7.	7	SR	Nicholas Kirk	Downers Grove (South)	16:10	5:24
8.	8	SO	Zack Smith	Downers Grove (North)	16:14	5:25
9.	9	SO	Dan Lathrop	Plainfield (South)	16:15	5:25
10.	10	SR	Dan Caddigan	Chicago (Brother Rice)	16:16	5:26
11.	11	SR	Eric Lindelsee	Oak Lawn (Community)	16:16	5:26
12.	12	SR	Stephen Garrett	Bolingbrook	16:17	5:26
13.	13	JR	Alekh Meka	Naperville (Neuqua Valley)	16:23	5:28
14.	14	SO	Nick Bushelle	Naperville (Neuqua Valley)	16:24	5:28
15.	15	SR	Tom Lyons	Hinsdale (Central)	16:27	5:29
16.	16	SO	Will Giroux	Lockport (Twp.)	16:27	5:29
17.	17	SR	Joey Weis	Plainfield (South)	16:28	5:30
18.	18	SR	Tyler Ryan	Plainfield (South)	16:28	5:30
19.	19	JR	Pat Maguire	Chicago (Brother Rice)	16:29	5:30
20.	20	JR	Michael Matusiak	LaGrange (Lyons)	16:29	5:30
21.	21	JR	Ryan Somerfield	Hinsdale (Central)	16:29	5:30
22.	22	JR	Collin Warke	Plainfield (East)	16:29	5:30
23.	23	FR	Joseph Suarez	Plainfield (East)	16:31	5:31
24.	24	JR	Ben Eaton	Downers Grove (North)	16:32	5:31
25.	25	SO	James Ryan	LaGrange (Lyons)	16:32	5:31
26.	26	SR	Drew Smith	Naperville (Neuqua Valley)	16:33	5:31
27.	27	SR	Arjun Reddy	Hinsdale (Central)	16:33	5:31
28.	28	JR	Jake Runnion	Plainfield (East)	16:34	5:32
29.	29	JR	Andrew Holm	Oswego (East)	16:35	5:32
30.	30	JR	Cody Dyer	Plainfield (South)	16:35	5:32
31.	31	JR	Pat Letz	Orland Park (Sandburg)	16:36	5:32
32.	32	SR	Jimmy Panozzo	Orland Park (Sandburg)	16:37	5:33
33.	33	SR	Cody Haberkorn	Chicago (Marist)	16:38	5:33
34.		SR	Brad Anderson	Plainfield (Central)	16:38	5:33
35.	34	JR	Ryan Speir	LaGrange (Lyons)	16:38	5:33
36.	35	SR	Mike Von Borstel	Orland Park (Sandburg)	16:40	5:34
37.	36	JR	Abel Hernandez	Palos Heights (Shepard)	16:41	5:34
38.	37	JR	Kyle Hauser	Chicago (Marist)	16:42	5:34
39.	38	SO	Dan Lupano	LaGrange (Lyons)	16:43	5:35
40.	39	SR	Kevin Proffitt	Downers Grove (North)	16:43	5:35
41.	40	SR	Ted Owens	Hinsdale (Central)	16:43	5:35
42.	41	SR	Neil Pedersen	Hinsdale (Central)	16:45	5:35
43.	42	SR	Niko Petrusich	Plainfield (East)	16:45	5:35
44.	43	SO	Kevin Huang	Hinsdale (Central)	16:47	5:36
45.	44	SR	Derek Hevel	Orland Park (Sandburg)	16:49	5:37
46.	45	SR	Xander Jacobson	Naperville (Neuqua Valley)	16:50	5:37
47.	46	SR	Grant Smith	LaGrange (Lyons)	16:51	5:37
48.	47	SR	Aaron Larson	Chicago (Brother Rice)	16:53	5:38
49.	48	SO	Cody Hughes	Plainfield (East)	16:54	5:38
50.	49	SR	Jared Konrardy	Oswego (H.S.)	16:55	5:39

ILLINOIS HIGH SCHOOL ASSOCIATION

Cross Country Sectional

Host: Lockport High School, Location: Dellwood Park

Boys Individual Results

Place	TmPI	YR	NAME	SCHOOL	TIME	Pace
51.	50	SR	Thomas Razo	Lockport (Twp.)	16:57	5:39
52.		SR	Dan Wooldridge	Plainfield (North)	16:57	5:39
53.	51	FR	Sergio Llanes	Plainfield (East)	16:58	5:40
54.	52	JR	Chris Hogan	Orland Park (Sandburg)	16:58	5:40
55.	53	SR	Ryan Kelch	Downers Grove (South)	16:59	5:40
56.	54	JR	Andrew Patsch	Oswego (East)	17:04	5:42
57.	55	SO	Frank Pasqua	Plainfield (South)	17:06	5:42
58.	56	SO	Jared Spilky	Downers Grove (North)	17:06	5:42
59.	57	SO	James Durkin	Chicago (Brother Rice)	17:08	5:43
60.	58	SO	Kristian Hernandez	Lockport (Twp.)	17:09	5:43
61.	59	SR	Jake Czyz	Downers Grove (South)	17:09	5:43
62.	60	FR	Peter Johnsrud	Oswego (H.S.)	17:10	5:44
63.	61	FR	Turner Kelly	Oswego (East)	17:11	5:44
64.	62	SO	David Fish	Downers Grove (South)	17:12	5:44
65.	63	SR	Mike Busch	Palos Heights (Shepard)	17:12	5:44
66.	64	SO	Josh Maier	Palos Heights (Shepard)	17:13	5:45
67.	65	SR	Pat Grogan	Downers Grove (North)	17:13	5:45
68.	66	JR	John Dombro	LaGrange (Lyons)	17:16	5:46
69.	67	JR	Richard Wilson	Blue Island (Eisenhower)	17:17	5:46
70.	68	SO	Charles Thornton	Oswego (East)	17:18	5:46
71.	69	FR	Nick Minnella	Oak Lawn (Community)	17:21	5:47
72.	70	JR	Gabriel Davalos	Lockport (Twp.)	17:22	5:48
73.	71	SR	Adam Lowry	Oswego (H.S.)	17:22	5:48
74.	72	SR	Brendan McBride	Downers Grove (North)	17:22	5:48
75.	73	JR	J.T. Orban	Lockport (Twp.)	17:23	5:48
76.	74	SO	Elijah Page	Oswego (East)	17:25	5:49
77.	75	SO	Misael Tobias	Plainfield (South)	17:27	5:49
78.	76	SO	Ed McCarter	LaGrange (Lyons)	17:27	5:49
79.	77	SR	Steven Krauklis	Naperville (Neuqua Valley)	17:28	5:50
80.	78	JR	Anthony Maciag	Chicago (Brother Rice)	17:30	5:50
81.	79	SR	Nick Quiroz	Plainfield (East)	17:30	5:50
82.	80	JR	Jake Tracy	Chicago (Marist)	17:32	5:51
83.	81	SR	Chris Para	Palos Hills (Stagg)	17:32	5:51
84.	82	FR	Ryan Fluke	Oswego (East)	17:32	5:51
85.	83	JR	Brian Rotunno	Downers Grove (South)	17:32	5:51
86.	84	JR	Evan Gutierrez	Bolingbrook	17:37	5:53
87.	85	JR	Ryan Zemel	Downers Grove (North)	17:39	5:53
88.	86	SR	Mitch Rees	Orland Park (Sandburg)	17:41	5:54
89.	87	SO	Tim Pape	Bolingbrook	17:41	5:54
90.	88	SR	Zack Kingsbury	Oswego (H.S.)	17:44	5:55
91.	89	SO	Ryan Cusick	Darien (Hinsdale South)	17:45	5:55
92.	90	SR	Tim Geraghty	Oak Lawn (Richards)	17:45	5:55
93.		JR	Dawid Palac	Burbank (Reavis)	17:47	5:56
94.	91	SO	Mason Miller	Oswego (East)	17:47	5:56
95.	92	JR	Matt Cabel	Palos Heights (Shepard)	17:48	5:56
96.	93	JR	Rick Braasch	Palos Heights (Shepard)	17:48	5:56
97.	94	SR	Nick Ebert	Palos Heights (Shepard)	17:50	5:57
98.	95	JR	P.J. White	Downers Grove (South)	17:50	5:57
99.		SO	Mike Delaney	Plainfield (North)	17:50	5:57
100.	96	JR	Gabe Calvillo	Plainfield (South)	17:52	5:58

ILLINOIS HIGH SCHOOL ASSOCIATION

Cross Country Sectional

Host: Lockport High School, Location: Dellwood Park

Boys Individual Results

Place	TmPI	YR	NAME	SCHOOL	TIME	Pace
101.	97	SR	Billy Busen	Palos Hills (Stagg)	17:53	5:58
102.	98	SO	Mike Evancich	Palos Heights (Shepard)	17:54	5:58
103.	99	SO	Luke Haberkorn	Chicago (Marist)	17:56	5:59
104.	100	JR	Erik Diaz	Chicago (Curie)	17:57	5:59
105.	101	SR	T.J. Michaels	Oak Lawn (Community)	17:59	6:00
106.	102	SO	Kyle Haberkorn	Chicago (Marist)	18:02	6:01
107.	103	JR	Matt Longoria	Darien (Hinsdale South)	18:02	6:01
108.	104	SR	Mike Para	Palos Hills (Stagg)	18:02	6:01
109.	105	JR	Alejandro Montes	Blue Island (Eisenhower)	18:04	6:02
110.	106	JR	Jacob Smith	Blue Island (Eisenhower)	18:04	6:02
111.	107	SR	Dan Powers	Oak Lawn (Community)	18:05	6:02
112.	108	SR	Tom Cira	Chicago (Brother Rice)	18:05	6:02
113.	109	SO	Joe Probst	Oak Lawn (Community)	18:09	6:03
114.	110	JR	Peter Rogalla	Oswego (H.S.)	18:10	6:04
115.		SR	Mario Miguel	Plainfield (Central)	18:14	6:05
116.	111	SR	Kevin Falls	Chicago (Marist)	18:16	6:06
117.	112	JR	Jake Voltarel	Lockport (Twp.)	18:16	6:06
118.	113	SO	Terry Gruns	Palos Hills (Stagg)	18:17	6:06
119.	114	FR	Joe Eilbert	Darien (Hinsdale South)	18:19	6:07
120.		SR	Aron Nava	Romeoville (H.S.)	18:20	6:07
121.	115	SR	Eugene Rivera	Blue Island (Eisenhower)	18:21	6:07
122.	116	SO	Danny Krasich	Oak Lawn (Richards)	18:22	6:08
123.	117	JR	Brandon Ramsey	Oswego (H.S.)	18:23	6:08
124.	118	SR	Milton Estrada	Blue Island (Eisenhower)	18:25	6:09
125.		SR	Saul Salinas	Chicago (Hubbard)	18:26	6:09
126.	119	SO	Farid Khatib	Oak Lawn (Community)	18:27	6:09
127.	120	JR	Mahonri Saldona	Blue Island (Eisenhower)	18:29	6:10
128.	121	SO	Chris Fojtik	Lockport (Twp.)	18:31	6:11
129.	122	JR	Jeff Shelstrom	Palos Hills (Stagg)	18:39	6:13
130.	123	FR	Pablo Lopez	Summit (Argo)	18:40	6:14
131.	124	JR	Elias Magallanes	Darien (Hinsdale South)	18:40	6:14
132.	125	SO	Griffin Forberg	Oak Lawn (Richards)	18:43	6:15
133.	126	FR	Jimmy Dimer	Summit (Argo)	18:46	6:16
134.	127	SO	Kokeith Perry	Bolingbrook	18:47	6:16
135.	128	SO	Jorge Rodriguez	Chicago (Curie)	18:48	6:16
136.	129	FR	Johnathan Cook	Bolingbrook	18:48	6:16
137.	130	SR	Matt Lukens	Oak Lawn (Richards)	18:49	6:17
138.	131	JR	John Gieres	Darien (Hinsdale South)	18:50	6:17
139.	132	SR	Dillon Griffin	Oak Lawn (Richards)	18:50	6:17
140.	133	SR	Martin Schmitt	Darien (Hinsdale South)	18:50	6:17
141.	134	SO	Jerome Davis	Bolingbrook	18:54	6:18
142.	135	SR	Juan Gonzalez	Chicago (Curie)	18:55	6:18
143.	136	SO	Calvin Demski	Oak Lawn (Community)	18:56	6:19
144.		SR	Joshua Arnold	Burbank (Reavis)	18:57	6:19
145.		SO	Sameh Almousa	Burbank (Reavis)	18:57	6:19
146.	137	JR	Larry Austin	Chicago (Marist)	19:03	6:21
147.	138	JR	Ernesto Torres	Chicago (Curie)	19:14	6:25
148.	139	SR	Mickale Lamba	Darien (Hinsdale South)	19:18	6:26
149.	140	FR	Luis Ramirez	Summit (Argo)	19:18	6:26
150.	141	SO	Rafael Razo	Chicago (Curie)	19:20	6:27



SANDBURG
CROSS COUNTRY
NEWS AND NOTES

RUNNERS OF THE WEEK: Jimmy Panozzo, Coach Tarjan

IHSA Sectional @Lockport

Saturday, Oct. 29, 2011

Low to mid 50's, calm, sunny

COACH'S COMMENTS: Saturday was a tough course and tough competition. We didn't have a great day, but we got out of the Sectional, qualifying for state for the 9th straight year for a total of 20 state qualifying teams. We had some great races from **Pat McMahon, Pat Letz, and Jimmy Panozzo. Mike Von Borstel** also covered his spot and got the job done for us. McMahon is a good kick away from being All-State. He has put himself in a strong position to be in the top 25 next week but he'll have to finish the final straightaway better next week to seal the deal. The final straightaway is a mental matter. It takes focus, passion and poise to finish well. How bad do you want it? Focus on your form, don't allow yourself to freak out or lose control of your emotions. Finally, be willing to hurt more than anyone else. Letz has been so reliable for us this season you'd think he was a senior. Every time, he figures a way to run well. He has been a scoring runner in every race and Saturday was his first Sectional meet, and he ran with real toughness and confidence. Jimmy finally ran the race I've been hoping to see all season. What a great time to have it! He saved our rear-ends when we had DH and Rees drop back. His time comes in just :07 behind Doc's from last year and Doc went on to run 15:22 at state. Our goal for Jimmy will be to try to run 15:30 this week. I'm looking forward to seeing him race with the same intensity and reliability in his last race. Otto ran a solid race, but we know he has more in the tank and I suspect that he is better on Detweiller than Dellwood. DH had another tough race at Dellwood, which has not been his best course. His best course has been Detweiller as well. He hung on at the end to give us just enough space in that fifth spot for us to qualify. Hogan ran a strong race with a time as good as Torts from last year (who went on to run under 15:30 last year the following week). Rees had an off day, no doubt about it. One thing I've never seen from Rees before was what he did in the third mile, which was give up from 2-2.5. I've never seen that before and I don't expect to ever see that again. Rees is one of the toughest racers I've ever seen, so Saturday was an anomaly. Let's make sure that we run our best race next Saturday

What we are looking for is for everyone to put together their best race. This has been the goal the entire way. We have reviewed Detweiller extensively, will do it more this week, and have raced there twice. We know what we want to do: most of you will run off and attempt to secure a strong spot without running too fast in the first 800 (watch it Doc!), hold our positions up the hill and hammer the north loop to the top of the course after the two mile. Also, no "it went by in a blur." Get out there and roll and be aware of what you are doing. Don't betray all of your preparation by letting the race happen to you. You should happen to the race. We know how we want to run, we know what to expect with crowds and circus. Be okay with all of that stuff. We are ready to go. Now all that is left is your confidence, focus, and effort. In the mean time, you need to focus on accomplishing what we need to accomplish each day. Your preparations are not done. Don't let go of the process. **HOW HUNGRY ARE YOU? We've been ALL IN, now it's time to go ALL OUT.**

TIDBITS: >>Be sure you get enough rest

WHAT'S NEXT: IHSA State Meet at Detweiller Park at 2:00 p.m.

Results:

- 1. Neuqua Valley—56 2. Hinsdale Central—106 3. Plainfield SO—129 4. Sandburg—148 5-T. Plainfield East—163
- 5-T. Lyons—163

Sandburg—	800—1600—1.5 mile—3200—2.5 mi—3.0 mile	5k
6. McMahon	2:24-2:31/4:55-2:34-2:33/5:07/10:02—3:00—2:34/5:34/15:36	16:08
31. Letz	2:32-2:37/5:06-2:45-2:38/5:22/10:28—3:09—2:29/5:38/16:06	16:36
32. Panozzo	2:32-2:37/5:06-2:45-2:38/ 5:23/10:29—3:08—2:31/5:39/16:08	16:37
36. Von Borstel	2:32-2:36/5:05-2:46-2:37/5:23/10:28—3:09—2:30/5:39/16:07	16:40
45. Hevel	2:27-2:32/4:59-2:39-2:36/5:25/10:24—3:14—2:37/5:51/16:49	16:49
54. Hogan	2:32-2:36/5:05-2:36-2:48/5:24/10:29—3:18—2:40/5:58/16:27	16:58
88. Rees	2:29-2:33/5:02-2:47-2:47/5:34/10:36—3:49—2:44/6:33/17:09	17:41

“It's not until after the fact that you realize what a fine line that really is. The state is filled with reasonably talented runners, and the real good ones are the ones that make a very basic (but difficult!!!) decision in the middle of the race to not be scared and to run offensively rather than defensively. I know your guys can make the right decision and have a HUGE day. Almost everyone is running scared out there at most races, especially the state meet. If you're in on the secret, and you can stand on the line and not feel fear, you've won the battle. Much easier said, but it can be done.”

-Jeremy Borling

"I was giving up. I would have given up--if a voice hadn't made itself heard in my heart. The voice said, "I will not die. I refuse it. I will make it through this nightmare. I will beat the odds, as great as they are. I have survived so far, miraculously. Now I will turn miracle in routine. The amazing will be seen every day. I will put in all the hard work necessary...I discovered at that moment that I have a fierce will to live...Some of us give up on life with only a resigned sigh. Others fight a little, then lose hope. Still others--and I am one of those--never give up. We fight and fight and fight. We fight no matter the cost of battle, the losses we take, the improbability of success. We fight to the very end. It's not a question of courage. It's something constitutional, an inability to let go..."

--Life of Pi, Yann Martel

“When the morning’s freshness has been replaced by the weariness of midday, when the leg muscles quiver under the strain, the climb seems endless, and, suddenly, nothing will go quite as you wish—it is then that you must not hesitate.”

--Dag Hammarskjold

“The most important thing, when I think of who the sixth and seventh runners are going to be is that they're on the same page with our team. More times than not, the top five at whatever meet during the season can change, and it can change the most at the national meet. I think if you were to examine any team at the national meet, you realize how many of the sixth and seventh runners were actually in those teams' top fives at the National Championships. I bet you'd see that maybe 75 percent of the teams have a sixth or seventh runner that's running in their top five. Don't think of yourself as a sixth and seventh runner, first of all. You have to go there with a purpose and a job to do, and that job isn't to be the sixth runner, that job is to run the best race that you possibly can and contribute to the team's performance. That's what we try to get across to the sixth and seventh runners, so-to-speak the sixth and seventh runners, that you have a very important role on the team and you can't just go there for the ride.”

—Jerry Schumacher, University of Wisconsin Head Coach, 2005 NCAA National Champions

Sandburg
CROSS COUNTRY

ILLINOIS HIGH SCHOOL ASSOCIATION

State Cross Country Championships

Boys AAA - November 5, 2011

Team Scores

Place	Score	SCHOOL					(Total, Average, Pack Times)
1.	114	Palatine (H.S.)					(1:15:07, 15:01.26, 0:40)
	10	14	21	22	47	(103) (150)	
	Tomkiewicz, Gregorio, Johnson, Garcia, Meincke, Zambrano, Brown						
2.	120	O'Fallon (H.S.)					(1:15:05, 15:00.98, 0:58)
	2	17	25	27	49	(72) (153)	
	Riba, Perrier, Becker, Sarpy, Lapp, Gordon, Koester						
3.	144	Naperville (Neuqua Valley)					(1:15:16, 15:03.18, 0:51)
	8	9	34	37	56	(123) (151)	
	Derrick, Soltys, Meka, Bushelle, Smith, Jacobson, Stowers.						
4.	151	Elmhurst (York)					(1:15:33, 15:06.50, 0:43)
	11	16	23	42	59	(99) (118)	
	Milling, Mroz, Mattes, Libert, May, Vega, Clink						
5.	191	Buffalo Grove					(1:15:47, 15:09.23, 1:20)
	4	19	26	35	107	(149) (165)	
	Atchison, Didenko, Roe, Salvano, Degelmann, Hinkle, Krutikov						
6.	242	Mt. Prospect (Prospect)					(1:16:41, 15:20.15, 0:43)
	15	33	54	57	83	(95) (100)	
	Leet, Shaffer, Thill, Campos, Koch, Fitzgerald, Hallman						
7.	263	Orland Park (Sandburg)					(1:16:56, 15:23.08, 0:24)
	24	55	58	62	64	(77) (136)	
	McMahon, Rees, Hevel, Panozzo, Von Borstel, Letz, O'Flaherty						
8.	295	Barrington					(1:16:40, 15:19.88, 1:25)
	7	18	61	85	124	(126) (137)	
	Peterson, Burgoon, Wojtowicz, Rappleye, Eiring, Phillips, Skelly						
9.	300	St. Charles (North)					(1:17:18, 15:27.45, 0:30)
	29	30	70	80	91	(131) (135)	
	Heuer, Duggan, Gray, Markowicz, Borger, Klair, Davis						
10.	310	Naperville (North)					(1:17:19, 15:27.64, 0:41)
	20	48	71	75	96	(122) (157)	
	Haugen, Qiao, Emrie, Pecorin, Ceruti, Gschwendtner, Drendel						
11.	329	Winnetka (New Trier)					(1:16:51, 15:22.06, 1:39)
	1	32	74	106	116	(120) (141)	
	Later, Schaff, Kaplan, Underwood, Trapp, Gattuso, Murdoch						
12.	330	Lake Zurich					(1:17:02, 15:24.37, 1:13)
	6	53	79	94	98	(115) (147)	
	Juras, Smith, Kuehr, Milner, Smith, Ripoli, Ramirez						
13.	347	Minooka					(1:17:21, 15:28.18, 0:59)
	12	65	82	86	102	(144) (152)	
	Santillo, Smith, Pierce, Popek, Slabaugh, Mart, Froemel						
14.	347	Aurora (West)					(1:17:44, 15:32.62, 0:46)
	39	43	52	81	132	(154) (162)	
	Robinson, Gomez, Robinson, Herrera, Pealstrom, Chavez, Truckenbrod						

15. 374 LaGrange (Lyons) (1:17:54, 15:34.65, 0:28)
40 67 76 90 101 (109) (113)
McCarter, Matusiak, Lupano, Dombro, Speir, Smith, Ryan
16. 378 Hinsdale (Central) (1:17:57, 15:35.34, 0:23)
50 68 69 87 104 (108) (134)
Sommerfield, Lyons, Owens, Reddy, Huang, Pedersen, Feldman
17. 387 Wheaton (North) (1:18:01, 15:36.14, 0:36)
38 51 89 97 112 (129) (160)
Askin, Hoffman, Steeno, Ryan, Spivey, Didier, Emmanuel
18. 387 Wilmette (Loyola Academy) (1:17:17, 15:27.21, 1:31)
5 13 111 128 130 (143) (146)
Ford, Hague, Kelly, Podbielski, Brombach, Lambie, Grier
19. 391 Skokie (Niles West) (1:18:03, 15:36.48, 0:56)
28 46 63 114 140 (172) (174)
Omar, Julien, Hoshi, Helton, Iverson, Webb, Cardenas
20. 402 Plainfield (South) (1:18:10, 15:37.80, 0:39)
44 60 84 93 121 (138) (139)
Ryan, Dyer, Weis, Lathrop, Tobias, Pasqua, Calvillo
21. 415 Chicago (Lane) (1:18:16, 15:39.05, 0:55)
31 36 73 133 142 (148) (156)
Timlin, Burbano, Beltran, Vara, Soeleman, Zimny-Schmitt, Perez
22. 471 Plainfield (East) (1:18:40, 15:43.93, 0:29)
66 78 92 110 125 (155) (181)
Petrusich, Suarez, Warke, Runnion, Hughes, Quiroz, Costello
23. 473 Wheaton (W. Warrenville South) (1:19:05, 15:48.92, 1:21)
41 45 105 119 163 (167) (177)
Schroer, McKenna, Andersen, Worley, Piombino, Krob, Farley
24. 604 Edwardsville (H.S.) (1:19:50, 15:57.92, 2:18)
3 127 145 158 171 (176)
Sweatt, Groves-Scott, Burroughs, Cramsey, Frohock, Schoenthal
25. 689 New Lenox (Lincoln-Way Central) (1:21:18, 16:15.54, 0:58)
88 117 159 161 164 (166) (173)
Kaminski, Rozewicki, Fabian, Zibricky, Robbins, Kolacki, Waters
26. 860 Pekin (1:24:58, 16:59.59, 1:06)
168 169 170 175 178 (179) (180)
Park, Mefford, Cash, Clark, Bollinger, McClanahan, Batterton

ILLINOIS HIGH SCHOOL ASSOCIATION

State Cross Country Championships

Boys AAA - November 5, 2011

Place	TmPI	NAME	SCHOOL	CLASS	TIME	Pace
1.	1	Leland Later	Winnetka (New Trier)	Sr	14:17	4:46
2.	2	Alex Riba	O'Fallon (H.S.)	Jr	14:27	4:49
3.		Malachy Schrobilgen	Oak Park (O.P.-River Forest)	Sr	14:28	4:50
4.	3	Garrett Sweatt	Edwardsville (H.S.)	Sr	14:29	4:50
5.	4	Jereme Atchison	Buffalo Grove	Sr	14:30	4:50
6.	5	Todd Ford	Wilmette (Loyola Academy)	Sr	14:32	4:51
7.	6	Pat Juras	Lake Zurich	Sr	14:33	4:51
8.	7	Erik Peterson	Barrington	Sr	14:36	4:52
9.	8	Mark Derrick	Naperville (Neuqua Valley)	Sr	14:37	4:53
10.	9	Taylor Soltys	Naperville (Neuqua Valley)	Sr	14:42	4:54
11.	10	Peter Tomkiewicz	Palatine (H.S.)	Sr	14:43	4:55
12.		Pat Niyork	Villa Park (Willowbrook)	Sr	14:43	4:55
13.		Joe Stewart	Aurora (Metea Valley)	Sr	14:44	4:55
14.		Nicholas Kirk	Downers Grove (South)	Sr	14:45	4:55
15.	11	Scott Milling	Elmhurst (York)	Jr	14:45	4:55
16.	12	Joey Santillo	Minooka	Jr	14:48	4:56
17.	13	William Hague	Wilmette (Loyola Academy)	Sr	14:49	4:57
18.	14	Anthony Gregorio	Palatine (H.S.)	Sr	14:55	4:59
19.		Nick Miller	Machesney Park (Harlem)	Sr	14:55	4:59
20.	15	Michael Leet	Mt. Prospect (Prospect)	Jr	14:56	4:59
21.	16	Nathan Mroz	Elmhurst (York)	So	14:56	4:59
22.	17	Patrick Perrier	O'Fallon (H.S.)	So	14:57	4:59
23.	18	Ryan Burgoon	Barrington	Jr	14:57	4:59
24.		Martin Martinez	Gurnee (Warren)	Jr	14:58	5:00
25.		Johnny Leverenz	Danville (H.S.)	So	15:01	5:01
26.	19	Taras Didenko	Buffalo Grove	Sr	15:02	5:01
27.	20	Griffin Haugen	Naperville (North)	Jr	15:04	5:02
28.	21	Tim Johnson	Palatine (H.S.)	Sr	15:05	5:02
29.	22	Marcus Garcia	Palatine (H.S.)	Sr	15:05	5:02
30.	23	Kyle Mattes	Elmhurst (York)	So	15:05	5:02
31.		Ryan Clardy	Oak Park (Fenwick)	Sr	15:05	5:02
32.	24	Pat McMahon	Orland Park (Sandburg)	Jr	15:06	5:02
33.		Mitch Wilkins	Crystal Lake (Prairie Ridge)	Sr	15:06	5:02
34.	25	Jacob Becker	O'Fallon (H.S.)	Sr	15:08	5:03
35.		Alex Gold	Deerfield	Jr	15:09	5:03
36.	26	Dan Roe	Buffalo Grove	Sr	15:11	5:04
37.	27	Nicholai Sarpy	O'Fallon (H.S.)	Sr	15:12	5:04
38.		Tyler Schneider	Hoffman Estates (Conant)	Sr	15:12	5:04
39.	28	Neal Omar	Skokie (Niles West)	Sr	15:12	5:04
40.	29	Zach Heuer	St. Charles (North)	Sr	15:13	5:05
41.	30	Declan Duggan	St. Charles (North)	Sr	15:14	5:05
42.		Michael Bianchina	Geneva	Jr	15:14	5:05
43.		Fabian Cabrera	Franklin Park-Northlake (Leyde)	Sr	15:14	5:05
44.	31	David Timlin	Chicago (Lane)	Sr	15:14	5:05
45.		Jonah Hanig	Highland Park	Jr	15:14	5:05
46.		Dan Caddigan	Chicago (Brother Rice)	Sr	15:15	5:05
47.	32	Chip Schaff	Winnetka (New Trier)	Sr	15:15	5:05
48.	33	Quentin Shaffer	Mt. Prospect (Prospect)	Jr	15:15	5:05
49.	34	Alekh Meka	Naperville (Neuqua Valley)	Jr	15:15	5:05
50.	35	Steven Salvano	Buffalo Grove	So	15:16	5:06

ILLINOIS HIGH SCHOOL ASSOCIATION

State Cross Country Championships

Boys AAA - November 5, 2011

Place	TmPI	NAME	SCHOOL	CLASS	TIME	Pace
51.		Harrison Miles	Downers Grove (South)	Sr	15:16	5:06
52.	36	Marcelo Burbano	Chicago (Lane)	Jr	15:16	5:06
53.	37	Nick Bushelle	Naperville (Neuqua Valley)	So	15:17	5:06
54.	38	Aidan Askin	Wheaton (North)	Sr	15:18	5:06
55.		Joe Cowlin	Crystal Lake (Prairie Ridge)	Jr	15:19	5:06
56.	39	Josh Robinson	Aurora (West)	Sr	15:19	5:07
57.	40	Ed McCarter	LaGrange (Lyons)	So	15:19	5:07
58.	41	Luke Schroer	Wheaton (W. Warrenville South)	So	15:19	5:07
59.	42	Jack Libert	Elmhurst (York)	Jr	15:20	5:07
60.	43	Omar Gomez	Aurora (West)	Jr	15:21	5:07
61.	44	Tyler Ryan	Plainfield (South)	Sr	15:21	5:07
62.		Caleb Beck	Oswego (H.S.)	Jr	15:21	5:07
63.	45	Nolan McKenna	Wheaton (W. Warrenville South)	So	15:21	5:07
64.	46	Marc-Danie Julien	Skokie (Niles West)	Sr	15:22	5:08
65.		Eric Lindelsee	Oak Lawn (Community)	Sr	15:22	5:08
66.	47	Tim Meincke	Palatine (H.S.)	Sr	15:22	5:08
67.	48	Jimmy Qiao	Naperville (North)	Jr	15:23	5:08
68.	49	Kevin Lapp	O'Fallon (H.S.)	Sr	15:24	5:08
69.	50	Ryan Somerfield	Hinsdale (Central)	Jr	15:25	5:09
70.	51	Sam Hoffman	Wheaton (North)	Sr	15:25	5:09
71.	52	Calvin Robinson	Aurora (West)	Sr	15:26	5:09
72.		Chris Spadafora	Batavia	Sr	15:26	5:09
73.		Eric Shan	Chicago (Whitney Young)	Sr	15:26	5:09
74.	53	Jon Smith	Lake Zurich	Sr	15:27	5:09
75.	54	Mike Thill	Mt. Prospect (Prospect)	Sr	15:27	5:09
76.	55	Mitch Rees	Orland Park (Sandburg)	Sr	15:27	5:09
77.	56	Drew Smith	Naperville (Neuqua Valley)	Sr	15:27	5:09
78.	57	Josh Campos	Mt. Prospect (Prospect)	Sr	15:27	5:09
79.	58	Derek Hevel	Orland Park (Sandburg)	Sr	15:28	5:10
80.	59	Chris May	Elmhurst (York)	Jr	15:28	5:10
81.	60	Cody Dyer	Plainfield (South)	Jr	15:28	5:10
82.	61	Nolan Wojtowicz	Barrington	Sr	15:28	5:10
83.	62	Jimmy Panozzo	Orland Park (Sandburg)	Sr	15:28	5:10
84.		Jason Reynolds	Rockford (Jefferson)	Jr	15:29	5:10
85.	63	Masafumi Hoshi	Skokie (Niles West)	Sr	15:29	5:10
86.	64	Mike Von Borstel	Orland Park (Sandburg)	Sr	15:29	5:10
87.		Alex Miller	Hoffman Estates (Conant)	Sr	15:29	5:10
88.		Matt Rurka	Lisle (Benet Academy)	Sr	15:29	5:10
89.	65	Kyle Smith	Minooka	Sr	15:31	5:11
90.	66	Niko Petrusich	Plainfield (East)	Sr	15:31	5:11
91.	67	Michael Matusiak	LaGrange (Lyons)	Jr	15:32	5:11
92.		Zack Smith	Downers Grove (North)	So	15:33	5:11
93.	68	Tom Lyons	Hinsdale (Central)	Sr	15:33	5:11
94.		Kevin Jorgensen	Roselle (Lake Park)	Sr	15:33	5:11
95.	69	Ted Owens	Hinsdale (Central)	Sr	15:33	5:11
96.	70	Spencer Gray	St. Charles (North)	Jr	15:33	5:11
97.	71	Dan Emrie	Naperville (North)	Sr	15:34	5:12
98.	72	Dorrian Gordon	O'Fallon (H.S.)	Fr	15:35	5:12
99.	73	Lucas Beltran	Chicago (Lane)	Sr	15:35	5:12
100.	74	Ethan Kaplan	Winnetka (New Trier)	Jr	15:35	5:12

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Place	TmPI	NAME	SCHOOL	CLASS	TIME	Pace
101.		Matt Stewart	Aurora (Metea Valley)	Sr	15:35	5:12
102.	75	Jake Pecorin	Naperville (North)	So	15:35	5:12
103.	76	Dan Lupano	LaGrange (Lyons)	So	15:35	5:12
104.	77	Pat Letz	Orland Park (Sandburg)	Jr	15:36	5:12
105.	78	Joseph Suarez	Plainfield (East)	Fr	15:36	5:12
106.	79	Trevor Kuehr	Lake Zurich	Jr	15:36	5:12
107.	80	Grant Markowicz	St. Charles (North)	Sr	15:36	5:12
108.	81	Robert Herrera	Aurora (West)	Jr	15:36	5:12
109.	82	Alex Pierce	Minooka	Jr	15:37	5:13
110.		Mike Keller	Tinley Park (Andrew)	Sr	15:38	5:13
111.	83	Ethan Koch	Mt. Prospect (Prospect)	Sr	15:38	5:13
112.	84	Joey Weis	Plainfield (South)	Sr	15:40	5:14
113.	85	Mike Rappleeye	Barrington	Jr	15:40	5:14
114.	86	Dan Popek	Minooka	Sr	15:40	5:14
115.	87	Arjun Reddy	Hinsdale (Central)	Sr	15:40	5:14
116.	88	Chris Kaminski	New Lenox (Lincoln-Way Central)	So	15:42	5:14
117.		Ryan O'Leary	Normal (Community)	Sr	15:42	5:14
118.	89	Paul Steeno	Wheaton (North)	Jr	15:42	5:14
119.	90	John Dombro	LaGrange (Lyons)	Jr	15:43	5:15
120.	91	Nick Borger	St. Charles (North)	Jr	15:43	5:15
121.	92	Collin Warke	Plainfield (East)	Jr	15:43	5:15
122.	93	Dan Lathrop	Plainfield (South)	So	15:43	5:15
123.	94	Alex Milner	Lake Zurich	Jr	15:44	5:15
124.	95	Connor Fitzgerald	Mt. Prospect (Prospect)	Sr	15:44	5:15
125.	96	Sam Ceruti	Naperville (North)	Jr	15:44	5:15
126.	97	Alex Ryan	Wheaton (North)	Jr	15:45	5:15
127.	98	David Smith	Lake Zurich	Sr	15:45	5:15
128.	99	Carlos Vega	Elmhurst (York)	Sr	15:45	5:15
129.	100	Blake Hallman	Mt. Prospect (Prospect)	So	15:45	5:15
130.		Tom Rotondi	Frankfort (Lincoln-Way East)	Sr	15:46	5:16
131.	101	Ryan Speir	LaGrange (Lyons)	Jr	15:46	5:16
132.	102	Evan Slabaugh	Minooka	Sr	15:47	5:16
133.	103	Christian Zambrano	Palatine (H.S.)	Jr	15:48	5:16
134.	104	Kevin Huang	Hinsdale (Central)	So	15:48	5:16
135.	105	Derek Andersen	Wheaton (W. Warrenville South)	Sr	15:49	5:17
136.	106	Eric Underwood	Winnetka (New Trier)	Sr	15:49	5:17
137.	107	Ryan Degelmann	Buffalo Grove	Sr	15:50	5:17
138.		Cahron Cross	Flossmoor (Homewood-F.)	Sr	15:50	5:17
139.	108	Neil Pedersen	Hinsdale (Central)	Sr	15:51	5:17
140.	109	Grant Smith	LaGrange (Lyons)	Sr	15:51	5:17
141.	110	Jake Runnion	Plainfield (East)	Jr	15:51	5:17
142.	111	Chris Kelly	Wilmette (Loyola Academy)	Jr	15:52	5:18
143.	112	Sammy Spivey	Wheaton (North)	Sr	15:53	5:18
144.	113	James Ryan	LaGrange (Lyons)	So	15:54	5:18
145.		Nicholas Reyes	Oak Park (O.P.-River Forest)	Sr	15:54	5:18
146.	114	Blake Helton	Skokie (Niles West)	Sr	15:54	5:18
147.	115	Jared Ripoli	Lake Zurich	Jr	15:55	5:19
148.	116	Connor Trapp	Winnetka (New Trier)	So	15:56	5:19
149.	117	Dru Rozewicki	New Lenox (Lincoln-Way Central)	Jr	15:56	5:19
150.	118	Billy Clink	Elmhurst (York)	Sr	15:58	5:20

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Place	TmPI	NAME	SCHOOL	CLASS	TIME	Pace
151.	119	Daryle Worley	Wheaton (W. Warrenville South)	Jr	15:59	5:20
152.	120	Dominic Gattuso	Winnetka (New Trier)	Jr	15:59	5:20
153.	121	Misael Tobias	Plainfield (South)	So	15:59	5:20
154.	122	Kerry Gschwendtner	Naperville (North)	Fr	16:00	5:20
155.	123	Xander Jacobson	Naperville (Neuqua Valley)	Sr	16:00	5:20
156.	124	Konrad Eiring	Barrington	Fr	16:00	5:20
157.	125	Cody Hughes	Plainfield (East)	So	16:00	5:20
158.	126	Adam Phillips	Barrington	So	16:01	5:21
159.	127	Brydon Groves-Scott	Edwardsville (H.S.)	Fr	16:01	5:21
160.	128	Logan Podbielski	Wilmette (Loyola Academy)	Sr	16:02	5:21
161.	129	Wyatt Didier	Wheaton (North)	Jr	16:03	5:21
162.	130	Teddy Brombach	Wilmette (Loyola Academy)	So	16:03	5:21
163.	131	Nathan Klair	St. Charles (North)	So	16:04	5:22
164.	132	Nate Pealstrom	Aurora (West)	Sr	16:04	5:22
165.		Joe Cheatham	Belleville (East)	Sr	16:04	5:22
166.	133	Jon Vara	Chicago (Lane)	So	16:04	5:22
167.	134	Jack Feldman	Hinsdale (Central)	Sr	16:05	5:22
168.	135	Matthew Davis	St. Charles (North)	Sr	16:06	5:22
169.	136	Kevin O'Flaherty	Orland Park (Sandburg)	Sr	16:06	5:22
170.	137	Ryan Skelly	Barrington	Jr	16:06	5:22
171.	138	Frank Pasqua	Plainfield (South)	Jr	16:07	5:23
172.	139	Gabe Calvillo	Plainfield (South)	Jr	16:07	5:23
173.	140	David Iverson	Skokie (Niles West)	Sr	16:07	5:23
174.	141	Andrew Murdoch	Winnetka (New Trier)	Sr	16:08	5:23
175.	142	Mansur Soeleman	Chicago (Lane)	Jr	16:08	5:23
176.	143	Sean Lambie	Wilmette (Loyola Academy)	Sr	16:09	5:23
177.	144	Cody Mart	Minooka	Sr	16:09	5:23
178.	145	Joel Burroughs	Edwardsville (H.S.)	Sr	16:09	5:23
179.	146	Jaquan Grier	Wilmette (Loyola Academy)	Jr	16:10	5:24
180.	147	Jon Ramirez	Lake Zurich	Jr	16:11	5:24
181.		Dylan Angell	Lansing (Thornton Fractional S	Sr	16:11	5:24
182.	148	Danny Zimny-Schmitt	Chicago (Lane)	Sr	16:12	5:24
183.	149	Eli Hinkle	Buffalo Grove	Fr	16:12	5:24
184.	150	Noah Brown	Palatine (H.S.)	Sr	16:12	5:24
185.	151	Alex Stowers	Naperville (Neuqua Valley)	Jr	16:14	5:25
186.	152	Sam Froemel	Minooka	Sr	16:15	5:25
187.	153	Brennan Koester	O'Fallon (H.S.)	So	16:21	5:27
188.	154	Joe Chavez	Aurora (West)	So	16:22	5:28
189.	155	Nick Quiroz	Plainfield (East)	Sr	16:22	5:28
190.	156	Kevin Perez	Chicago (Lane)	Sr	16:25	5:28
191.	157	Nick Drendel	Naperville (North)	Sr	16:25	5:29
192.	158	Caden Cramsey	Edwardsville (H.S.)	Sr	16:27	5:29
193.	159	Kevin Fabian	New Lenox (Lincoln-Way Central	So	16:29	5:30
194.	160	Joseph Emmanuel	Wheaton (North)	So	16:32	5:31
195.	161	Ben Zibricky	New Lenox (Lincoln-Way Central	So	16:34	5:32
196.	162	Zach Truckenbrod	Aurora (West)	Jr	16:39	5:33
197.	163	Rob Piombino	Wheaton (W. Warrenville South)	Sr	16:39	5:33
198.	164	Andrew Robbins	New Lenox (Lincoln-Way Central	Fr	16:40	5:34
199.	165	Yegor Krutikov	Buffalo Grove	Jr	16:40	5:34
200.	166	Tommy Kolacki	New Lenox (Lincoln-Way Central	Fr	16:41	5:34

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Place	TmPI	NAME	SCHOOL	CLASS	TIME	Pace
201.	167	Dan Krob	Wheaton (W. Warrenville South)	Sr	16:41	5:34
202.	168	Travis Park	Pekin	Jr	16:42	5:34
203.	169	Nathan Mefford	Pekin	Jr	16:43	5:35
204.	170	Austin Cash	Pekin	Fr	16:43	5:35
205.	171	Ryker Frohock	Edwardsville (H.S.)	Jr	16:46	5:36
206.	172	George Webb	Skokie (Niles West)	Jr	16:48	5:36
207.	173	Jackson Waters	New Lenox (Lincoln-Way Central	Fr	16:53	5:38
208.	174	Yandiel Cardenas	Skokie (Niles West)	Jr	16:59	5:40
209.	175	Kris Clark	Pekin	So	17:05	5:42
210.	176	Fredrick W Schoenthal	Edwardsville (H.S.)	Fr	17:17	5:46
211.	177	Quinn Farley	Wheaton (W. Warrenville South)	Sr	17:33	5:51
212.	178	Adam Bollinger	Pekin	Sr	17:47	5:56
213.	179	Devon McClanahan	Pekin	So	18:07	6:03
214.	180	Brayden Batterton	Pekin	Fr	18:11	6:04
215.	181	Zach Costello	Plainfield (East)	Sr	18:17	6:06

215 records processed.



NEWS AND NOTES

IHSA State Meet

Saturday, Nov 5, 2011

60 degrees, sunny, slight wind

COACH'S COMMENTS: Wow! What a finish! It's mind-blowing to think about all that we went through in order to get to the starting line at the state meet. As I was saying on Friday, I am so grateful to have had the opportunity to have been a part of this process with you guys. The state meet is not a nervous experience so much as an exciting one, because what we really focus on is the process. We know that the value lies in the challenge and opportunities of the process rather than whatever the outcome is at the end. We do not need a specific outcome to verify who we've become, so last week was filled with a sense of gratitude, not a need to prove ourselves. I could not be more proud of a group of guys than I am of this team. What is so amazing about this team is our unwillingness to compromise despite all of the reasons we had to compromise. We never let go of our goals. It's a good time to think about those goals—to consider how well we achieved them. Our standards—accountability, passion, all-in, communication, poise/focus, attention to detail, confidence, leadership and especially family—were all met with “10's” this year. You guys not only go down as one of the best teams in Sandburg history, but you set a new bar for team standards. I've never seen anything like this team before in my life. What an amazing group of guys and what an amazing set of standards that you held yourselves to. I am so honored to have coached this team. Thank you all for all of your effort and for being the people that you are.

Pat McMahon turned in an amazing performance. He followed the plan well—gaining a favorable position and rocking the north loop. In fact, he put down a 2:21 800 split from 1-1.5!! Wow. That's rolling. He was in a great position and lost a few guys in the final 400, but he turned in one heck of a race. Mitch Rees similarly ran an aggressive race and rocked the north loop as well and also ran out of gas in the final 800, but he really went after his goal, clearing the 2-mile in 10:08. In what was one of the greatest moments of my entire coaching career, after Doc went by in about 30th at the finish line, I waited for our #2 runner to appear. I started to worry about 20 seconds later when I hadn't seen anyone and suddenly four guys appeared at once. I literally went from worry in one second to total elation in the next. What an amazing sight. We ran tough and we ran together! It was our best team race of the year. Derek Hevel was clearly hurting badly at the 1.5 mile and when I saw him I felt that he was going backwards and was going to drop out the back door, but somehow when I saw him at 2.5 he was hanging in there and battling. I couldn't believe it. Pat Letz, Jimmy Panozzo and Otto, all rolled up together and ran their fastest races of their lives. Jimmy had the kick of the day, absolutely hauling up the straightaway. KO ran the plan and started in dead last, but ran people down. In the north loop he had brought the group back in to within 5-6 seconds. He managed to hang on to a 16:05 and once again, as he always has, gave it everything he had. I've never felt so good about how a team performed in my entire life. Great running! You've all run with passion and dignity and should be proud of that. You have taken home something infinitely greater than a trophy. Your rewards are only going to get better throughout life. You are a special group. You are a powerful group. You guys can achieve *anything* you want in life.

TIDBITS: >>Turn in gear. >>Any senior who would like to talk at Awards Nights needs to “sign up” with me ahead of time (that means communicate with me prior to Nov. 22)

WHAT'S NEXT: Awards Night Tuesday November 22 at 7:00 p.m. Choir Room

Results:

1. Palatine—114 2. O'Fallon—120 3. Neuqua Valley—144 7. Sandburg—263

Sandburg—

32. McMahon	2:13-2:32/4:45-2:21/7:09-2:37/5:01/9:46-2:44/12:20-2:44/5:18	15:05
76. Rees	2:19-2:39/4:58-2:29/7:27-2:31/5:10/10:08-2:35/12:43-2:43/5:18	15:26
79. Hevel	2:19-2:36/4:55-2:35/7:30-2:45/5:20/10:15-2:38/12:33-2:34/5:12	15:27
83. Panozo	2:22-2:36/4:58-2:36/7:32-2:35/5:19/10:17-2:38/12:55-2:33/5:11	15:27
85. Von Borstel	2:22-2:34/4:56-2:34/7:29-2:34/5:14/10:13-2:37/12:50-2:39/5:16	15:28
104. Letz	2:23-2:35/4:58-2:35/7:31-2:33/5:16/10:14-2:40/12:54-2:40/5:20	15:35
169. O'Flaherty	2:26-2:43/5:09-2:30/7:39-2:44/5:14/10:23-2:43/13:06-2:59/5:52	16:05

Five Man Total: 76:53