

Sandburg Eagles



2013 SEASON IN REVIEW
SWSC Champions
IHSA Regionals Champions
7th Place in State

2013 Sandburg Cross Country Team—

This season will almost certainly be remembered for this team being tough and together. What gave me the most confidence about this group was the simple fact that we loved to compete and we loved to run. That fact made me always confident on race day—I knew we were a group that was ready for a challenge and ready to race hard. As the season went on, our focus turned to getting the team to run together. We were running tough, but we were a bit scattered. As the season went on, we came together and made for a lethal combination tough and together. This was represented in some great team performances: We literally pulled names out of a hat for the Peoria Central invitational and with that random split we managed to take 2nd and 6th place. A :14 split at the state meet from 1-5 (the best in the state and almost unheard of). A clean sweep at SWSC Sophomore meet—in fact, we were 1-6. The IHSA Regional meet put six guys in the top 10. For the first time in school history our entire top 12 broke 16:00 and despite slow conditions at the state meet we had the fastest fifth runner in school history. That toughness and togetherness made us a deep team and a great team. It proved that we can become infinitely greater by dedicating ourselves to the team.

The other thing I was so proud of with this team was that we lost in the summer three of our key seniors in Denis O'Callaghan, Will Becker and Matt Hetzler. We managed to get two of them back. At the same time, a lot of the dialogue surrounding our team centered on how great this fresh-soph group was. With the combination of seniors being handed setbacks and the youth of the team, this season could have very easily turned into an “experience” year where we looked to the future rather than focus on the present. But champions don’t wait. Champions don’t give excuses. Champions turn setbacks into the substance of victory. This was a team of Champions.

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 determination and character you’ve lent to this team for the past few years. Seniors **Justin Adams, Harry Becker, Will Becker, Nick Depesa, Adam Gleisner, Chris Mangold, and Denis O'Callaghan** 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. Look to them for examples of what competitive fire, mental toughness, and hard work means.

To the Seniors: thank you for all that you’ve done for Sandburg Cross Country. 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 JOY. I hope that you got as much out of these past four years as I have. You guys are some of the most inspiring people I’ve ever met. 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 rôle 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. Many of you did more to coach this team than I ever could.

Certainly this team has had a very successful season—7th place in state, a SWSC and IHSA Regional title all represent some of the highest accomplishments of the program. We also recognize the strength of our returning runners. Guys—don’t, for a single day, take this opportunity for granted. I don’t want your goal to be to win state or a state trophy. Frankly, that sounds boring to me (it’s done every year, isn’t it?). I want you to run in a way that inspires. I want you to find JOY in running. I want you to take what we finally realized this season--being tough and together makes us unbeatable—and run with it into 2014 and beyond!

Thank you for an unforgettable season. Always find JOY in RUNNING and all that you do!

--Coach O'Malley

2013 Eagle Cross Country

RUNNER OF THE WEEK AWARDS

LYONS: *Tom Brennan, Martin Skucas, Max Lehnhardt, Brady Walter*

REAVIS: *Dan Laskero, Chris Mangold, Anthony Lifonti*

PEORIA: *Chris Torpy, Greg Burzinski, Brandon Lukas*

ANDREW/PEORIA: *Sean Torpy, Alex Szymanski, David Gleisner, Matt Benz-Weeden*

Chicago Marathon: *Coach Tarjan and Jori Tarjan, Harry Becker*

SWSC: *Chris Torpy, Brandon Lukas, Matt Benz-Weeden*

IHSA REGIONALS: *All Seven Regional Runners*

IHSA SECTIONALS: *Debra Geery, Adam Gleisner, Tom Brennan*

IHSA STATE: *Team*

SEASON AWARDS

VARSITY MOST VALUABLE: Will Becker, Denis O'Callaghan

F/S MOST VALUABLE: David Gleisner, Brandon Lukas

NEW COMER OF THE YEAR: Chris Torpy, Martin Skucas

MOST IMPROVED “Mike Von Borstel”: Greg Burzinski, Brady Walter

SUPER SOPH AWARD: Sean Torpy, Tom Brennan, Chris Torpy, Max Lehnhardt, Dan Laskero

SANDBURG “ALL IN” AWARD: Justin Adams, Harry Becker, Matt Benz-Weeden

“TEAM BREAK” Award: Chris Mangold

FOUR YEAR RUNNERS: Adam Gleisner, Will Becker, Justin Adams, Nick Depesa, Chris Mangold

F/S ALL-CONFERENCE: Brandon Lukas (champion), David Gleisner, Martin Skucas, Paul Sieczkowski, Max Lehnhardt, Tom Marchese, Anthony Lifonti

VARSITY ALL-CONFERENCE: Greg Burzinski, Sean Torpy, Tom Brennan, Will Becker, Harry Becker, Chris Torpy, Dan Laskero

ALL-REGIONAL: Will Becker, Dan Laskero, Martin Skucas

STATE QUALIFIERS: Tom Brennan, Will Becker, Greg Burzinski, Harry Becker, Sean Torpy, Chris Torpy, Dan Laskero

2013 Season Highlights:

Varsity:

Peoria Central Inv. 2nd Place/6th place split team combo

SWSC Conference 1st Place

IHSA Regional Champions

IHSA Sectional 4th Place; State Qualifiers

IHSA State 7th Place

Sophomore:

Lyons Sophomore Inv. Champions

Reavis Inv. Sophomore Champions (perfect score)

Peoria Notre Dame 1st place

Andrew Invitational: Fresh—1st Place, Soph—2nd; Grand Champions

SWSC—1st Place (perfect score)

Individual Highlights:

Lyons: Max Lehnhardt—1st (soph); Martin Skucas 1st (freshman)

Reavis: Dan Laskero—1st (soph);

PND: Laskero—C Torpy—Lehnhardt (4-5-7th)

PCI/Andrew: Sean Torpy—6th; Martin Skucas—2nd

SWSC: Lukas-Gleisner-Skucas-Sieczkowski-Lehnhardt-Marchese (1-2-3-4-5-6)
Greg Burzinski—3rd

IHSA Regional: Will Becker—1st; Becker-Laskero-Skucas-Adams-Benz (1-3-5-6-7)

IHSA State: :14 split (Brennan-W Becker-Burzinski-S Torpy-C Torpy)

State Meet Qualifying Teams:
1976, 1977, 1980, 1981, 1994, 1995, 1996, 1998, 1999, 2000, 2001, 2003, 2004, 2005,
2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013

Top Ten State Finishes:

1977—8th
1981—4th
2005—8th
2006—4th
2010—10th
2011—7th
2013—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)

Steve Kaye: 24th (1981)

Dan Hahn: 13th (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, 2013

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, 2012, 2013

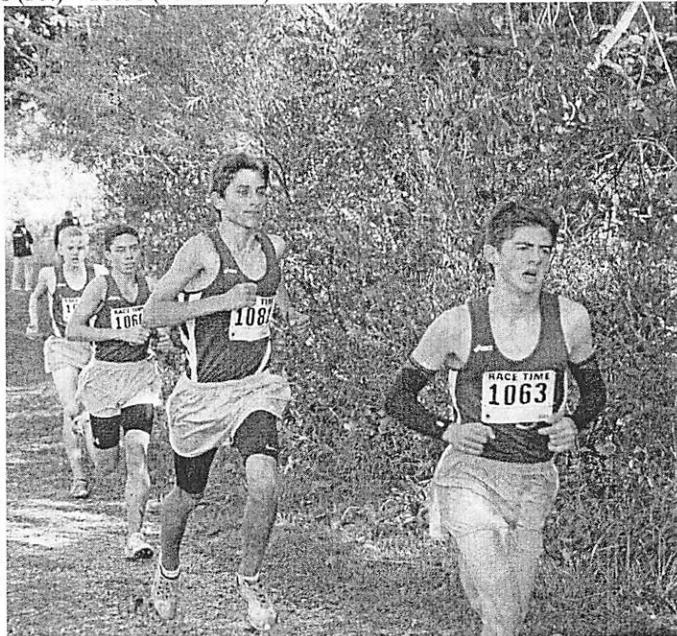
Varsity Individual Conference Champions:

Hicks/Graves	1975	Kevin Adamowski	2004
Bob Hicks	1976	Kevin Adamowski	2005
Tom Graves	1977	Kevin Adamowski	2006
Mike Keane	1978	Zach Dahleen	2007
Dan Hahn	1982	Zach Dahleen	2008
Andy Homoly	1987	Lukas Verzbicas	2009
Mike Sommer	1991	Lukas Verzbicas	2010
Brian Breen	1992	Pat McMahon	2011
Steve Rains	1993	Pat McMahon	2012
Aaron Borling	1994		

F/S Best Performances—Detweiller Park

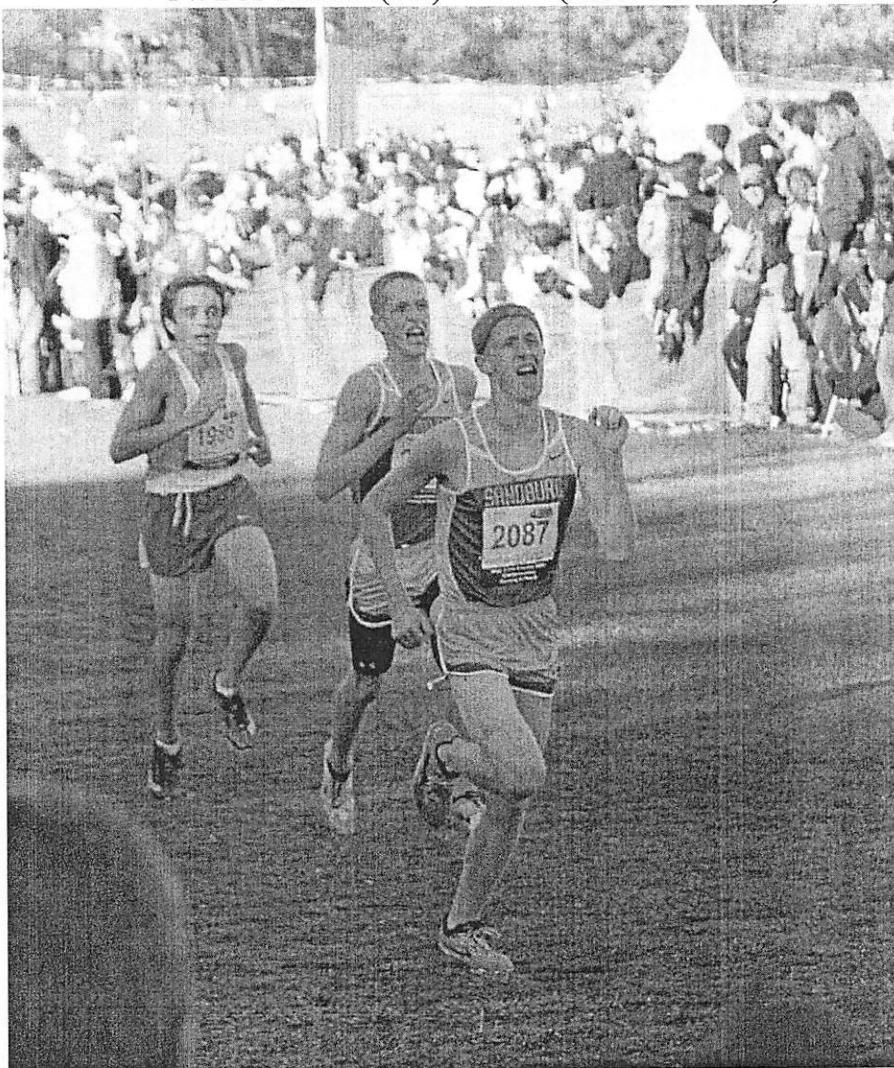
Sub 16:30 Club

1. Lukas Verzbicas (So.)—14:07 (2009 state)
2. Tom Graves (So.)—14:18 (1975 state meet)
3. **Sean Torpy (So.)—15:06 (2013 PCI)**
4. **Tom Brennan (So.)—15:12 (2013 State)**
5. Kevin Adamowski(So.)—15:12 (2004 PND)
6. Pat McMahon (So.)—15:22 (2010 PCI)
7. Pat McMahon (So.)—15:24 (2010 state)
8. **Chris Torpy (So.)—15:26 (2013 state)**
9. Kyle Meyer (So.)—15:30 (2007 PND)
10. Kevin Adamowski (Fr)—15:34 (2003 state)
11. **Dan Laskero (So.)—15:35 (2013 PCI)**
12. **Max Lehnhardt (So.)—15:37 (2013 PCI)**
13. Brad LaRocque (Fr.)—15:37 (2003 state)
14. Mark Gentile (So.)—15:41 (2000 PND)
15. Tom Brennan (Fr.)—15:41 (2012 state)
16. Jeremy Borling(So.)—15:43 (1995 state)
17. Bob Patchak(So.)—15:43 (1996 state meet)
18. Brad LaRocque(So.)—15:52.0 (2004 state)
19. Kevin Adamowski (So.)—15:52.0 (2004)
20. Mike Tortorelli (So.)—15:52 92008 PND)
21. Brad LaRocque (So.)—15:53.0 (2004 PND)
22. Kevin O'Flaherty (So.)—15:54 (2009 PND)
23. Pat McMahon (Fr.)—15:56 (2009 state)
24. Nick LaPorta (So.)—15:56 (1998 state)
25. Mike Tortorelli (So.)—15:57 (2008 state)
26. Mike Marbach (So.)—15:58 (2005 state)
27. Justin Smith (So.)—16:00 (2004 PND)
28. Matt Swiatkowski (So.)—16:01 (1999 state)
29. Rudy Kovachevich(So.)—16:03 (1995 state)
30. Mitch Rees (So.)—16:04 (2009 state meet)
31. Kevin Adamowski (Fr)—16:04 (2003 PND)
32. Zach Dahleen (So)—16:04 (2006 PND)
33. Justin Smith (So.)—16:04.7 (2004 state)
34. Sean Torpy (Fr.)—16:05 (2012 PND)
35. **Martin Skucas (Fr.)—16:06 (2013 PND)**
36. Mike O'Malley (So.)—16:08 (1996 state)
37. Dan Hahn(So.)—16:08 (1980 state meet)
38. **Brandon Lukas (So.)—16:09 (2013 PND)**
39. Mike O'Malley (So.)—16:09 (1996 PND)
40. Bob Patchak (So.)—16:10 (1996 PND)
41. Myles Scott-Sirn (Fr.)—16:10 (2004 PND)
42. Tim Kelly(So.)—16:10 (2000 PND)
43. Dan Hankosky (So.)—16:11 (2000 state)
44. Jimmy Panozzo (So.)—16:11 (2009 PND)
45. Matt Swiatkowski—16:13 (1999 PND)
46. Mark Gentile (So.)—16:13 (2000 state)
47. Mike Young (So.)—16:14 (2004 PND)
48. David Laird (Fr.)—16:14 (1997 PND)
49. Greg Burzinski (So.)—16:15 (2012 PND)
50. Brad LaRocque (Fr.)—16:16 (2003 PND)
51. Kyle McNicholas (So.)—16:20 (2006 PND)
52. Dan Hankosky (So.)—16:20 (2000 PND)
53. Nick LaPorta (Fr.)—16:21 (1997 PND)
54. Adam Gleisner (So)—16:22 (2011 PND)
55. Chuck Archer (So.)—16:22 (2004 PND)
56. Myles Scott-Stirn (Fr.)—16:23.0 (2004 state)
57. Kevin Czerwiec(So.)—16:24 (1994 state)
58. Derek Hevel (So.)—16:24 (2009 state alt. race)
59. **Paul Sieczkowski (So.)—16:25 (2013 PND)**
60. Anthony Girton (Fr.)—16:25 (2003 state)
61. **David Gleisner (So.)—16:26 (2013 time trial PCI)**
62. Aaron Graves (So.)—16:26 (2010 PND)
63. Ethan Dee (So.)—16:29 (2010 PND)
64. Pat Letz (So.)—16:29 (2010 PND)
65. Jason Pochopien (So.)—16:29 (1996 PND)



Top 15 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. Sean Torpy (So.)—15:06 (2013 PCI)
4. Tom Brennan (So.)—15:12 (2013 state meet)
5. Kevin Adamowski (So.)—15:12 (2004 PND)
6. Pat McMahon (So.)—15:22 (2010 PND)
7. Chris Torpy (So.)—15:26 (2013 state meet)
8. Kyle Meyer (So.)—15:30 (2007 PND)
9. Dan Laskero (So.)—15:35 (2013 PCI)
10. Max Lehnhardt (So.)—15:37 (2013 PCI)
11. Brad LaRocque (Fr.)—15:37 (2003 state meet)
12. Mark Gentile (So.)—15:41 (2000 PND)
13. Jeremy Borling (So.)—15:43 (1995 state meet)
14. Bob Patchak (So.)—15:43 (1996 state meet)



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. Pat McMahon	14:50	2012 PND
9. Dan Hahn	14:50	1982 state meet
10. Mike Marbach	14:51	2007 PND
11. Tim Close	14:51	1973 state meet
12. Tom Sideras	14:54.0	2006 state meet
13. Jeremy Borling	14:55	1997 state meet
14. Brian Glaza	14:57	2003 state meet
15. Mitch Rees	15:00	2010 state meet
16. Steve Kaye	15:02	1981 state meet
17. Chris Hogan	15:05	2012 state meet
18. Brad LaRocque	15:05	2005 state meet
19. Tim Kelly	15:05	2001 PND
20. Sean Torpy	15:06	2013 PCI
20. Greg Burzinski	15:06	2013 PND
20. Mike Choffin	15:06	1977 state meet
23. George Close	15:10	1981 state meet
24. Tom Brennan	15:12	2013 state meet
24. Dave Laird	15:12	2000 state meet
24. Bob Patchak	15:12	1997 state meet
27. Mike Keane	15:13	1977 state meet

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. Pat McMahon	14:50	2012 PND
16. Dan Hahn	14:50	1982 state meet
17. Mike Marbach	14:51	2007 PND
18. Tim Close	14:51	1973 state meet
19. Tom Sideras	14:54.0	2006 state meet
20. Andy Homoly	14:54	1986 state meet
21. Jeremy Borling	14:55	1997 state meet
22. Pat McMahon	14:57	2011 PCI
23. Brian Glaza	14:57	2003 state meet
24. Jeremy Borling	14:57	1997 PND
25. Mitch Rees	15:00	2010 state meet
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. Chris Hogan	15:05	2012 state meet
31. Pat McMahon	15:05	2011 state meet
32. Sean Torpy	15:06	2013 PCI
33. Greg Burzinski	15:06	2013 PND
34. Dan Hahn	15:06	1981 state meet
35. Mike Choffin	15:06	1977 state meet
36. Justin Smith	15:08.4	2006 state meet
37. Brad LaRocque	15:08.4	2006 state meet
38. Kevin Adamowski	15:08	2005 state meet
39. George Close	15:10	1981 state meet
40. Brad LaRocque	15:11	2005 PND
41. Tom Brennan	15:12	2013 state meet
42. Kevin Adamowski	15:12	2004 PND
43. Dave Laird	15:12	2000 state meet
44. Bob Patchak	15:12	1997 state meet
45. Mike Keane	15:13	1977 state meet
46. Pat Letz	15:14	2012 PCI
47. Pat Letz	15:15	2012 state meet
48. Pat Letz	15:15	2012 PND
49. Derek Hevel	15:15	2010 PND
50. Tom Sideras	15:15	2006 PND
51. Will Becker	15:16	2013 state meet
52. Jeff Parker	15:16	1980 state meet
53. Tim Kelly	15:16	2002 state meet
54. Elliot Hevel	15:19	2008 PND
55. Kyle Meyer	15:19	2009 PND
56. Kevin Adamowski	15:20	2006 PND
57. Tom Sideras	15:21	2005 PND
58. Pat McMahon	15:22	2010 PCI
59. Pat McMahon	15:24	2010 state meet
60. Mike Tortorelli	15:24	2009 PND
61. Mitch Rees	15:25	2010 PND
62. Matt Swiatkowski	15:25	2001 PND
63. Chris Torpy	15:26	2013 state meet
64. Mitch Rees	15:26	2011 state meet
65. Derek Hevel	15:27	2011 state meet
66. Jimmy Panozzo	15:27	2011 state meet
67. Jeremy Borling	15:27	1996 PND
68. Mike Von Borstel	15:28	2011 state meet
69. Mike Tortorelli	15:28	2010 state meet
70. Bob Patchak	15:28	1997 PND
71. Tim Kelly	15:28	2002 PND
72. Mike Marbach	15:29.1	2006 state meet
73. Zach Dahleen	15:29	2007 state meet
74. Kyle Meyer	15:30	2007 PND

Sandburg Individual Best State Meet Finishes: top 50 club

Lukas Verzbicas	1 st	2010
Tom Graves	1 st	1976
Lukas Verzbicas	1 st	2009
Tom Graves	1 st	1977
Tom Graves	3 rd	1975
Zach Dahleen	7 th	2008
Bob Hicks	12 th	1976
Bob Hicks	13 th	1975
Andy Homoly	13 th	1987
Dan Hahn	13 th	1982
Reed Williams	16 th	1958
Jeremy Borling	18 th	1997
Kevin Adamowski	19 th	2006
Justin Smith	19 th	2005
Andy Homoly	22 nd	1986
Aaron Borling	22 nd	1994
Brian Glaza	23 rd	2003
Steve Kaye	24 th	1981
Tom Sideras	31 st	2006
Dan Hahn	31 st	1981
Pat McMahon	32 nd	2011
Mike Marbach	33 rd	2007
Tim Kelly	35 th	2002
Bob Patchak	37 th	1997
George Close	38 th	1981
Pat McMahon	38 th	2012
Brad LaRocque	41 st	2005
Tom Brennan	42 nd	2013
Dave Gavin	42 nd	1970
Dave Laird	42 nd	2000
Mike Choffin	47 th	1977
Mitch Rees	48 th	2010
Kevin Adamowski	49 th	2005
Jeremy Borling	49 th	1996

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	1 st	14:08.8
Bob Hicks	12 th	14:30
Mike Choffin	134 th	NT
Mike Keane	139 th	NT
Tom Smith	151 st	NT
Dale Michalak	158 th	NT
Jim Sunta	209 th	NT

1977—8th Place (286 points)

Tom Graves	1 st	13:56.6*
Mike Choffin	47 th	15:06
Mike Keane	58 th	15:13
Tom Smith	130 th	15:42
Jim Hahn	139 th	15:46
Roy Hahn	156 th	NT
Jim Sunta	183 rd	NT

Composite five runner time: 75:43

1980—21st (487 points)

Jeff Parker	62 nd	15:16
George Close	133 rd	15:44
Steve Kaye	141 st	15:51
Jeff Curtis	145 th	15:56
Bob Hahn	157 th	16:03
Dan Hahn	170 th	16:08
Gary Griesbach	173 rd	16:09

Composite five runner time: 78:50

1981—4th (248 points)

Steve Kaye	24 th	15:02
Dan Hahn	31 st	15:06
George Close	38 th	15:10
Mike Murphy	120 th	15:45
Jeff Curtis	137 th	15:49
Matt Close	177 th	16:08
John Sengel	195 th	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	22 nd	15:33
Jason Kut	78 th	16:12
Jeff Boele	92 nd	16:17
Kevin Czerwiec	102 nd	16:24
Jesse Torres	141 st	16:42
Steve Rains	165 th	16:55
Jim O'Malley	187 th	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 Czerwieg	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 Czerwieg	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 McMahon	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 McMahon	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 McMahon	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**2012—11th place (321 points)**

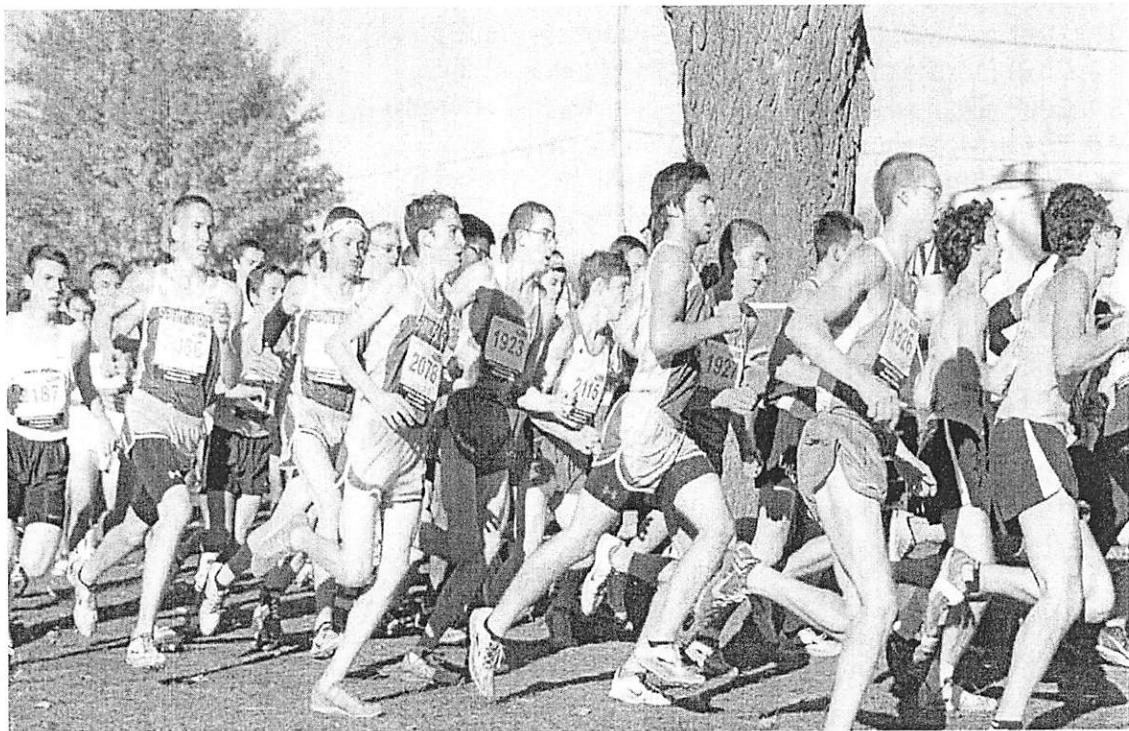
Pat McMahon	38 th	14:58
Chris Hogan	52 nd	15:06
Pat Letz	77 th	15:16
Will Becker	131 st	15:36
Nicholas Prajka	132 nd	15:36
Tom Brennan	149 th	15:42
Denis O'Callaghan	160 th	15:47

Composite five runner time: 76:25

2013—7th place (225 points)

Tom Brennan	42 nd	15:12
Will Becker	51 st	15:16
Greg Burzinski	63 rd	15:23
Sean Torpy	70 th	15:24
Chris Torpy	72 nd	15:26
Harry Becker	101 st	15:35
Dan Laskero	152 nd	15:55

Composite five runner time: 76:38



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. 2012 (McMahon-Hogan-Letz-W Becker-Prajka)	State	76:25
5. 2007 (Dahleen-Marbach-Meyer-McNicholas-Hevel)	PND	76:26
6. 2005 (Smith-LaRocque-Adamowski-Sideras-Marbach)	State	76:36
7. 2013 (Brennan-W Becker-Burzinski-S Torpy-C Torpy)	State	76:38
8. 2013 (S Torpy-Brennan-W Becker-Burzinski-Laskero)	PCI	76:40
9. 2005 (Adamowski-LaRocque-Sideras-Smith-Archer)	PND	76:47
10. 2013 (Burzinski-Brennan-S Torpy-H Becker-Adams)	PND	76:47
11. 1981 (Kaye-D. Hahn-Close-Murphy-Curtis)	State	76:52
12. 2011 (McMahon-Rees-D Hevel-Panozzo-Von Borstel)	State	76:53
13. 2012 (McMahon-Letz-Hogan-O'Callaghan-Prajka)	PND	77:14
14. 2008 (Dahleen-Hevel-McNicholas-Meyer-Tortorelli)	PND	77:16
15. 2011 (McMahon-Hevel-Rees-Von Borstel-Letz)	PCI	77:29
16. 2006 (Sideras-Adamowski-Smith-Archer-Marbach)	PND	77:40
17. 2001 (Kelly-Swiatkowski-K. O'Malley-Wojcik-Hankosky)	PND	77:54
18. 2009 (Verzbicas-Tortorelli-McMahon-Rees-Kordas)	State	78:00
19. 2003 (Glaza-Adamowski-LaRocque-Murphy-Nolan)	State	78:13
20. 2010 (D. Hevel-Rees-McMahon-Kordas-Tortorelli)	PND	78:14
21. 2007 (Marbach-Dahleen-Meyer-Hevel-McNicholas)	State	78:24
22. 1997 (Borling-Patchak-E. Boele-M. O'Malley-Pochopien)	PND	78:27
23. 2008 (Dahleen-Meyer-Hevel-Tortorelli-D. O'Flaherty)	State	78:28
24. 2011 (McMahon-Letz-Hogan-Panozzo-Graves)	PND	78:30
25. 1980 (Parker-Close-Kaye-Curtis-B. Hahn)	State	78:50

Lowest IHSA State Point Totals:

1. 2006 (Adamowski-Sideras-Smith-LaRocque-Marbach)	189
2. 2013 (Brennan-W Becker-Burzinski-S Torpy-C Torpy)	225
3. 1981 (Kaye-D. Hahn-Close-Murphy-Curtis)	248
4. 2005 (Smith-LaRocque-Adamowski-Sideras-Marbach)	260
5. 2011 (McMahon-Rees-D Hevel-Panozzo-Von Borstel)	263

NEWS AND NOTES

Time Trial

Saturday, August, 17, 2013

80, calm, sunny,

Quotes of the Week (race evals):

"It felt amazing today to see my hard work over the summer pay off"— Tom Marchese

"It helps when people reassure you and boost your confidence before a race, but I never believe that I can't achieve something just because it may be too hard or too far away."— Chris Torpy

"All of the tough training I have been doing helped me to think I could reach that goal. Confidence really helped me to succeed." —Paul Sieczkowski

COACH'S COMMENTS:

I hope that after you left Turtlehead on Saturday you had the feeling of being a part of something bigger than you ever could be as an individual. Sandburg has a tradition and a commitment to excellence. Remember the lessons that Mike Novak, Tom Graves and Bob Hicks passed on: Graves' favorite day was the day he took 2nd because his teammate was in front of him. Those guys had very few modern day conveniences: terrible running shoes, a basketball coach, no information on nutrition, no appropriate plyometrics or core workouts, no internet to get information...but, they were amazing. As they said, as I've said, the number one ingredient has little to do with alter-g treadmills or even proper training...it's confidence in yourself, enthusiasm, and to be someone who loves competing. Those guys were confident, they worked hard, and they competed harder than anyone. They made more mistakes than you can think of in training and preparing, but they made it really simple: run a lot and race your butt off. They loved competing—you can still tell to this day how excited they would get. And that's what I love about this team. Don't complicate things. Just be yourself: you guys are winners who love competing, so I am so excited about going to races with you guys. As you consider all of those alumni—several hundred—you must think about how you are contributing to the team and what you will be remembered for.

Without question, this year was the greatest year for our spirit competition. I absolutely loved everyone's enthusiasm. The bribes of ice cream, the tiki torch, Mrs. O'Leary, the Chocolate Shakes-peares with the play titles on their chest, the pack of Hoary people...on and on. I only wish I could have spotted more of it. I also loved our guys who couldn't race who showed so much energy for their teammates. Even though they weren't racing, they were finding ways to contribute to the team in the best ways that they could. After the alumni race, many people told me how loud and enthusiastic you all were during their race. No doubt about it, you all showed your passion on Saturday. That is the key to your success this year!

The race went as well as I'd like it to go this time of year. We have a strong pack and while you may look at our group and say that we have a young group, we can't afford to act like it. Never assume you'll have more opportunities. Champions don't wait for success to come to them. They go out and find it. Greg Burzinski got the pack rolling with a spectacular time. His time puts him on pace to run some spectacular times this season. He has had intentions and a belief that he was going to be one of the best in the state this season and he has made it happen (he did not wait for his senior year, by the way). He'll need to pay more attention to details (he didn't know the course). He is one of the hardest workers, toughest competitors, determined runners I've ever seen. The only thing we need to improve on is the other details. As it was, he absolutely steam rolled the course and I expect him to be his aggressive self regardless of the competition. I want him taking it to people. Sean Torpy, Justin Adams and Tom Brennan formed a strong group following behind. Those times also are rocking. Those three and Dan Laskero are running with so much confidence and hunger. Sean is even better than he showed on Saturday. I know he can run right with Greg as he has. Meanwhile our other guys have strong intentions on running him and Greg down. That's what I like to see. Chris Torpy had a strong first cross country race. I love his guts. He isn't afraid of anything and he won't back down from a challenge. Harry Becks ran 1:17 faster than last year and has trained himself into a great varsity runner. I expect to see him continue to climb. I don't see him being denied this season. Max Lehnhardt, Mike Brower, David Gleisner and Paul Sieckowski may have had the races of the day. Wow—those are great varsity times. Those guys looked so strong out there. Look at Brady Walter! He dropped over two and half minutes. We saw his huge improvement in the track season and he is continuing to be a great story and example. I was also impressed with several other guys who saw some huge improvements on Saturday: Mile Draskovic dropped over five minutes; Andrew Peters dropped over four minutes; Kyle Wiczek dropped over three and a half minutes as well as several other guys who made some big jumps over the year. Our freshmen really impressed me. Skucas, Marchese, Pappan, and Farley led a strong group. I want the freshmen to realize their potential. If they are willing to work hard they can see the amazing improvements that our older guys have seen. Greg Burzinski ran 20:11 in the time trial his freshman year just two years ago. He decided to believe in the idea that you can become as great as you are willing to become in this sport. Most people never realize this or they are unwilling to pay the price. I am confident we have a bunch of freshmen who will pay the price.

Always remember that we are engaged in a process. The process takes place every day and we can't get sick of the process or get ahead of any step. This is how you discover your greatness. I don't know how many of you have gone through your days with doubts and fears. How many times have people told you you are anything short of extraordinary? Have you concerned yourself with how many people think highly of you, or like you? Seeing you on Saturday answers those doubts with a profound awareness that you are truly great. You are tough. You are determined. You are part of something greater than any individual could be. While so many people prefer to sleepwalk through high school, you are determined to challenge yourself. You are decent and caring. That's what I saw and I hope you know. If you do, do you really need someone else to validate your greatness? Be proud.

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. I couldn't have been happier to have gotten a ticket because, in the words of the nice police officer, "you have over a thousand people here. This is way too many people." I hope I get that ticket everyday!

TIDBITS: »Support Squad begins this week »Picture Day is tomorrow (Tues)»Our Fall Parent Night is being changed—it will NOT be Mon. 26th. Date is tba. »

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

WHAT'S NEXT: Training and more training. We'll have practice on Saturday at 9:00.

Results:

	<u>Time</u>	<u>'12 Time Trial</u>	<u>Time</u>	<u>'12 Time Trial</u>
1. Burzinski	15:29	16:45	37. Papan	19:56
2. S Torpy	15:58	16:51	38. Stefk	19:56
3. Adams	16:01	17:02	39. N. Calderon	20:01
4. Brennan	16:06	16:26	40. Sanchez	20:08
5. Laskero	16:12	16:53	41. Carper	20:28
6. C Torpy	16:23	NT	42. Nolan	20:43
7. H Becker	16:24	17:41	43. Peters	20:46
8. Lehnhardt	16:32	18:09	44. Burns	21:06
9. Brower	16:35	17:14	45. Bowald	21:21
10. D Gleisner	16:36	18:21	46. Cloure	21:23
11. P Sieczkowski	16:39	18:21	47. Symanski	21:35
12. A Gleisner	16:45	16:31	48. B Kirby	21:45
13. Biescke	16:52	NT	49. Cachares	21:54
14. Walter	16:59	19:32	50. D Kirby	22:40
15. Skucas	17:14	19:19	51. Bovard	22:42
16. Lucas	17:17	18:12	52. Call	22:53
17. Benz-Weeden	17:30	17:55	53. Wieczek	23:06
18. McMahon	17:37	19:08	54. Walls	23:17
19. Marchese	17:41	21:02	55. Gonzales	23:18
20. Lahucik	17:44	19:36	56. B Duffy	23:33
21. Depesa	17:45	18:47	57. Ryan	23:42
22. Lifonti	18:02	20:02	58. R Sieczkowski	23:57
23. Lopez	18:06	17:28	59. R Wagner	24:05
24. Foster	18:14	NT	60. Funk	24:08
25. Farley	18:29	NT	61. Brncich	24:38
26. Arrigoni	19:03	21:37	62. Apter	24:44
27. J Wagner	19:03	20:33	63. Asztalos	24:45
28. Carollo	19:10	22:01	64. Fumanek	24:53
29. Markey	19:16	19:03	65. C Beck	24:56
30. Stogin	19:17	21:52	66. Summer	25:28
31. Weber	19:24	19:46	67. Chiapetti	26:17
32. Cavalier	19:26	21:48	68. Gardner	28:10
33. Mangold	19:32	18:56	69. Walter	29:41
34. Draskovic	19:43	25:13	70. Clifton	30:27
35. Altman	19:45	19:51	71. A Beck	36:21
36. Marks	19:53	NT		NT

IR: O'Callaghan, W Becker, Hetzler

Team Places: 1. Hoary—51 2. Blushingham Palace—55 3. Mrs. O'Leary's BBQ—81
 4. Baskin Robbins—85 5. Melon of Troy—97 6. Chocolate Shakes-peare--109

Event 4 Boys 4800 Meter Run CC Varsity

	Name	Year	School	Finals	Points
1	Dale, Zach	Hoffman Esta	14:41.53	1	
2	Carpenter, Jack	Park Ridge	(14:52.07	2	
3	Kaminski, Chris	New Lenox	(L 15:11.31	3	
4	Hostettler, Henry	LaGrange (Lyons)	15:16.76	4	
5	Torpy, Sean	Orland Park	15:17.40	5	
6	Peterson, Ian	New Lenox	(L 15:20.75	6	
7	Mierzwa, Henry	Park Ridge	(15:23.65	7	
8	Amiri, Jacob	Downers Grov	15:24.46	8	
9	Fish, David	Downers Grov	15:25.21	9	
10	Brennan, Tom	Orland Park	15:26.04	10	
11	Ryan, James	LaGrange (Lyons)	15:26.63	11	
12	Sultan, Shujaat	Hoffman Esta	15:36.55	12	
13	D'Ambrusio, Paul	Park Ridge	(15:40.38	13	
14	Burzinski, Greg	Orland Park	15:41.43	14	
15	Haberkorn, Kyle	Chicago (Marist)	15:43.03	15	
16	Nelson, Joey	New Lenox	(L 15:44.53	16	
17	McCarter, Ed	LaGrange (Lyons)	15:45.69	17	
18	Funteas, Jimmy	Villa Park	(15:46.15	18	
19	Kilrea, Kevin	LaGrange (Lyons)	15:47.69	19	
20	Zibricky, Ben	New Lenox	(L 15:48.14	20	
21	Adams, Justin	Orland Park	15:48.69	21	
22	Alvarado, Ben	New Lenox	(L 15:51.50	22	
23	Robbins, Andrew	New Lenox	(L 15:52.72	23	
24	Becker, Harry	Orland Park	15:54.17	24	
25	Patejunas, Ralph	Park Ridge	(15:55.92	25	
26	Arata, Vince	LaGrange (Lyons)	15:56.78	26	
27	Jake, Faje	Riverside (R	15:57.87	27	
28	Fabian, Kevin	New Lenox	(L 15:58.17	28	
29	Pesce, James	Hoffman Esta	15:58.71	29	
30	Gaskin, Aiden	Park Ridge	(15:59.17	30	
31	Almodoar, Joel	Hoffman Esta	16:02.20	31	
32	Durkin, James	Chicago (Bro	16:03.34		
33	McGovern, Luke	Chicago (Marist)	16:05.35	32	
34	Janczy, James	Hoffman Esta	16:12.35	33	
35	Smolik, Robert	Hoffman Esta	16:13.62	34	
36	Mulligan, Keefe	LaGrange (Lyons)	16:16.05	35	
37	Demore, Dominic	Hoffman Esta	16:17.64	36	
38	Tobin, Paul	Park Ridge	(16:19.26	37	
39	Fabian, Adam	New Lenox	(L 16:24.37	38	
40	Grunz, Terry	Palos Hills (Stagg)	16:24.93	39	
41	Brower, Mike	Orland Park	16:29.74	40	
42	Feehan, Mitch	New Lenox	(L 16:31.18	41	
43	Gleisner, Adam	Orland Park	16:34.29	42	
44	Haberkorn, Luke	Chicago (Marist)	16:44.61	43	
45	Kirk, Ethan	Downers Grov	16:45.90	44	
46	Freisl, Jason	Park Ridge	(16:48.14	45	
47	Acitelli, Anthony	Villa Park	(16:52.66	46	
48	Fouts, Matt	Riverside (R	16:53.25	47	
49	Larson, Erik	Riverside (R	16:54.52	48	
50	Stafinski, Kamil	New Lenox	(L 16:55.52	49	
51	Sagan, Matt	Riverside (R	16:59.09	50	
52	Singer, Dominic	Palos Hills (Stagg)	17:03.85	51	
53	Caron, Luke	Villa Park	(17:04.88	52	
54	Stripeik, Billy	New Lenox	(L 17:10.44	53	
55	Motto, Peter	New Lenox	(L 17:20.15	54	
56	Heneghan, Andrew	Downers Grov	17:21.89	55	

57 Neubieser, Eric Melrose Park 17:22.39 56
58 Bareis, Jonathan LaGrange Par 17:24.69
59 LeMesurier, Andrew Riverside (R 17:27.78 57
60 Arnold, Tim Downers Grov 17:29.18 58
61 Sahugan, Alfonso Palos Hills (Stagg) 17:30.47 59
62 Zavala, Cesar New Lenox (L 17:30.87 60
63 Conrad, Mike Chicago (Marist) 17:38.46 61
64 Georgopolous, Kyle Riverside (R 17:40.98 62
65 Rotunno, Steven Downers Grov 17:41.86 63
66 Grazier, Nick Downers Grov 17:48.35 64
67 Vanderwell, Jacob New Lenox (L 17:54.76 65
68 Mukahhal, Malek Palos Hills (Stagg) 17:57.55 66
69 Senese, Chris Villa Park (18:07.97 67
70 Brown, Austin LaGrange Par 18:11.71
71 Makovetskiy, Eugene Riverside (R 18:20.19 68
72 Piechalak, Dave Palos Hills (Stagg) 18:21.45 69
73 Chatha, Ridheyjot Palos Hills (Stagg) 18:22.24 70
74 Rezek, Kevin Villa Park (18:31.74 71
75 Turek, Nick Villa Park (18:37.53 72
76 Unseth, Will Villa Park (18:58.77 73
77 Bieniek, Alex Palos Hills (Stagg) 19:05.96 74
78 Gattone, Alex Chicago (Marist) 19:31.37 75
79 Friederich, Jacob Melrose Park 19:31.80 76
80 Rebolloedo, Jose Melrose Park 20:13.96 77
81 Valtierrez, Mario Melrose Park 20:25.82 78
82 Childs, James Melrose Park 20:38.09 79
83 Jones, Matt Chicago (Marist) 21:00.40 80
84 Edwards, Steven Melrose Park 21:43.04 81

Team Scores

Rank Team Total 1 2 3 4 5 *6 *7 *8 *9

1 New Lenox (Lincoln-Way Ce 67 3 6 16 20 22 23 28
Total Time: 1:17:56.23
Average: 15:35.25
2 Orland Park (Sandburg) 74 5 10 14 21 24 40 42
Total Time: 1:18:07.73
Average: 15:37.55
3 LaGrange (Lyons) 77 4 11 17 19 26 35
Total Time: 1:18:13.55
Average: 15:38.71
4 Park Ridge (Maine South) 77 2 7 13 25 30 37 45
Total Time: 1:17:51.19
Average: 15:34.24
5 Hoffman Estates (Conant) 106 1 12 29 31 33 34 36
Total Time: 1:18:31.34
Average: 15:42.27
6 Downers Grove (South) 174 8 9 44 55 58 63 64
Total Time: 1:22:26.64
Average: 16:29.33
7 Chicago (Marist) 226 15 32 43 61 75 80
Total Time: 1:25:42.82
Average: 17:08.57
8 Riverside (R.-Brookfield) 229 27 47 48 50 57 62 68
Total Time: 1:24:12.51
Average: 16:50.51
9 New Lenox (Lincoln-Way We 235 38 41 49 53 54 60 65
Total Time: 1:24:21.66
Average: 16:52.34
10 Villa Park (Willowbrook) 254 18 46 52 67 71 72 73

Event 2 Boys 4800 Meter Run CC JV

Name Year School Finals Points

161	Unknown	24:43.49	
1	Zona, Dominic	LaGrange (Lyons)	16:09.81 1
2	Lima, Alex	LaGrange (Lyons)	16:13.82 2
3	Walter, Brady	Orland Park	16:22.07 3
4	Szczesniak, Zachary	LaGrange (Lyons)	16:33.50 4
5	Waters, Jackson	New Lenox (L	16:37.04 5
6	Hutchison, Hugh	Hoffman Esta	16:39.73 6
7	Steffen, Ben	Park Ridge (16:41.78 7
8	Hartoonian, Graham	LaGrange (Lyons)	16:44.48 8
9	Langan, Jake	LaGrange (Lyons)	16:45.09 9
10	Glynn, Martin	LaGrange (Lyons)	16:45.89 10
11	Benz-Weeden, Matt	Orland Park	16:47.56 11
12	Pool, Dylan	New Lenox (L	16:47.56 12
13	Patterson, Dan	LaGrange (Lyons)	16:48.88 13
14	Olson, Max	LaGrange (Lyons)	16:55.32
15	Lichtenauer, Andrew	LaGrange (Lyons)	16:57.31
16	Gorman, Billy	Park Ridge (16:58.88 14
17	McMahon, Brian	Orland Park	17:00.24 15
18	Crawshaw, Thomas	LaGrange (Lyons)	17:01.92
19	O'Neill, CJ	LaGrange (Lyons)	17:02.55
20	Linares, Rafael	LaGrange (Lyons)	17:03.27
21	Tryban, Jeremy	Chicago (Bro	17:09.18 16
22	Renfro, Brian	New Lenox (L	17:10.91 17
23	Mayer, Mike	LaGrange (Lyons)	17:16.87
24	Lahucik, Kyle	Orland Park	17:18.32 18
25	Joyce, Mike	Chicago (Bro	17:20.43 19
26	Depesa, Nick	Orland Park	17:21.46 20
27	Pacura, Eddie	Chicago (Bro	17:27.16 21
28	Stork, Andy	LaGrange (Lyons)	17:27.63
29	Carlson, Jacob	New Lenox (L	17:28.31 22
30	Olson, Guy	Park Ridge (17:30.34 23
31	Biescke, Patrick	Orland Park	17:31.83 24
32	Ali, Luke	Hoffman Esta	17:36.36 25
33	O'Connor, Tim	Chicago (Bro	17:39.43 26
34	Lopez, Mario	Orland Park	17:41.39 27
35	Mulligan, Andrew	LaGrange (Lyons)	17:42.38
36	Gawthrop, Ben	LaGrange (Lyons)	17:43.12
37	Melerski, Jake	Park Ridge (17:49.09 28
38	Lejman, Connor	Hoffman Esta	17:52.03 29
39	Barajas, John	Hoffman Esta	17:54.13 30
40	Giblin, Ryan	Park Ridge (17:54.59 31
41	Mulder, David	New Lenox (L	17:55.13 32
42	Leavitt, Ross	LaGrange (Lyons)	17:57.55
43	King, Thomas	Villa Park (17:58.77
44	Balsewich, Brett	Chicago (Bro	18:03.18 33
45	Capua, Dan	Chicago (Bro	18:03.93 34
46	Laschober, John	New Lenox (L	18:07.14 35
47	Wenger, Brian	New Lenox (L	18:07.95 36
48	Annese, Danny	Downers Grov	18:08.40 37
49	Hong, Kevin	Hoffman Esta	18:10.73 38
50	Blazek, Tim	Park Ridge (18:11.48 39
51	Mysz, David	LaGrange (Lyons)	18:12.36
52	Richards, Michael	LaGrange (Lyons)	18:16.51
53	Mangold, Chris	Orland Park	18:17.01
54	Babiar, Dan	Chicago (Marist)	18:19.10
55	Newman, Peter	LaGrange (Lyons)	18:22.34

56 Bostjancic, Jon New Lenox (L 18:25.34 40
57 Janney, Ryan Riverside (R 18:27.99 41
58 Wintercorn, Joe New Lenox (L 18:28.54 42
59 Mohan, James LaGrange (Lyons) 18:29.06
60 Grigoletti, Louie New Lenox (L 18:29.70 43
61 Cushing, Thomas LaGrange (Lyons) 18:31.35
62 Gonzales, Adrian Villa Park (18:32.43
63 Sanchez, Juan New Lenox (L 18:32.87 44
64 Faje, Jack Riverside (R 18:33.61 45
65 Stork, Ryan LaGrange (Lyons) 18:40.40
66 Cortez, Aaron Park Ridge (18:42.58 46
67 Talbott, Brian Park Ridge (18:44.47
68 Abella, Patrick New Lenox (L 18:45.77
69 Crabez, Dominic Riverside (R 18:46.06 47
70 Arenas, Matthew Riverside (R 18:49.05 48
71 Layden, Nicholas LaGrange (Lyons) 18:51.41
72 Altman, Alec Orland Park 18:51.72
73 O'Connor, Mark LaGrange (Lyons) 18:52.51
74 Carper, Connor Orland Park 18:53.22
75 Prinz, Zach LaGrange (Lyons) 18:53.78
76 Grider, Matthew LaGrange (Lyons) 18:54.16
77 Schulberg, Nick Park Ridge (18:55.72
78 Nicholson, Cody Hoffman Esta 18:59.21 49
79 McGrory, Daniel New Lenox (L 18:59.63
80 Mallon, Connor Chicago (Bro 19:00.23 50
81 McNamee, Danny Park Ridge (19:02.36
82 Green, Sean LaGrange Par 19:03.61 51
83 Schneider, Robert LaGrange Par 19:04.21 52
84 Tureson, Matt Downers Grov 19:04.86 53
85 Gonzalez, Ruben LaGrange Par 19:09.64 54
86 Titzer, Charles LaGrange Par 19:15.68 55
87 Riebe, Josh Park Ridge (19:20.39
88 Friedrich, Jacob Downers Grov 19:21.82 56
89 Jamrozik, Dan Palos Hills (Stagg) 19:22.73 57
90 Roll, Cody LaGrange Par 19:28.02 58
91 Polan, Brad Hoffman Esta 19:31.44 59
92 Bizub, Adam Palos Hills (Stagg) 19:35.35 60
93 Martin, Jake New Lenox (L 19:36.11
94 Wiegmann, Connor LaGrange (Lyons) 19:37.03
95 Fogarty, Mike Downers Grov 19:39.84 61
96 Crawshaw, Andrew LaGrange (Lyons) 19:41.37
97 Turckes, Harrison LaGrange (Lyons) 19:44.18
98 Macak, Mark Orland Park 19:45.82
99 Sweeney, Dan Chicago (Bro 19:50.00
100 Huang, Glenn Hoffman Esta 19:50.57
101 Hunter, Paul LaGrange (Lyons) 19:58.16
102 Gaidas, Dave Palos Hills (Stagg) 19:59.82 62
103 Stampfl, Will LaGrange (Lyons) 20:01.68
104 Vitas, Nicholas LaGrange (Lyons) 20:02.13
105 Vurpillat, Jacob Downers Grov 20:04.19 63
106 Alahmadi, Sami Palos Hills (Stagg) 20:07.69 64
107 Smith, Brendan New Lenox (L 20:08.64 65
108 Bier, Daniel LaGrange Par 20:14.07 66
109 Flcyd, Charles LaGrange (Lyons) 20:17.94
110 Rathore, Uditraj LaGrange (Lyons) 20:22.02
111 Leavitt, Ethan LaGrange (Lyons) 20:22.42
112 Paniagua, Omar LaGrange Par 20:22.98 67
113 Welch, Christopher New Lenox (L 20:27.59
114 Carmona, Javier Riverside (R 20:28.53 68
115 Jank, Nick New Lenox (L 20:31.21

116 Schaffer, Michael Riverside (R 20:33.52 69
117 Brom, Charles LaGrange (Lyons) 20:37.08
118 Djordjevic, Alex Palos Hills (Stagg) 20:37.56 70
119 Batiz, Cristian Villa Park (20:38.03
120 Hawkins, Donnie Villa Park (20:39.01
121 Titzer, Robert LaGrange Par 20:39.91
122 Bolisay, Nicholas LaGrange Par 20:54.65
123 Woodcock, Sean Hoffman Esta 20:57.56
124 Chattha, Ibadat Palos Hills (Stagg) 20:59.05 71
125 Farrell, Mike New Lenox (L 21:01.58 72
126 Klafta, Brian LaGrange (Lyons) 21:03.13
127 Ahmed, Danish Hoffman Esta 21:07.90
128 Nolte, Jimmy Riverside (R 21:16.10 73
~~Summer, Tidah~~
129 Becker, Will Orland Park 21:16.79
130 Wlosek, Chris LaGrange Par 21:18.27
131 Lorenz, Tyler New Lenox (L 21:28.36
132 Rocco, Daniel LaGrange (Lyons) 21:35.11
133 Cullodin, Connor Riverside (R 21:37.64
134 Most, Will LaGrange (Lyons) 21:40.12
135 Acker, Timothy LaGrange (Lyons) 21:41.46
136 Smith, Joseph LaGrange Par 21:46.08
137 Kennedy, Ryan New Lenox (L 21:47.25
138 Millerick, Liam Chicago (Bro 21:50.67
139 Abduljawad, Sanad Palos Hills (Stagg) 21:54.22 74
140 Pagan, Malichi Riverside (R 21:56.41
141 Dignan, Peter Downers Grov 21:57.09 75
142 Buksa, David Riverside (R 21:58.64
143 Beck, Chris Orland Park 22:04.52
144 Winner, Luke LaGrange (Lyons) 22:05.00
145 Camacho, Hector Downers Grov 22:05.52 76
146 Lilly, James LaGrange (Lyons) 22:11.58
147 Trifon, Samuel LaGrange (Lyons) 22:12.01
148 Gallaway, Reide New Lenox (L 22:18.33
149 Xu, Benji Melrose Park 22:36.72 77
150 Martin, Jon Downers Grov 22:54.12
151 Flanagan, Ethan LaGrange Par 23:26.03
152 Gannon, Kevin New Lenox (L 23:33.41 78
153 Soderquist, Anders Melrose Park 23:46.89 79
154 Forberg, Michael LaGrange (Lyons) 24:09.74
155 Taguchi, Koyo Hoffman Esta 24:10.07
156 Wykert, Peter Melrose Park 24:24.51 80
157 Walsh, Mike Palos Hills (Stagg) 24:36.31
158 Enokian, Kenny Melrose Park 24:41.90 81
159 Dahmala, Rohan Melrose Park 24:42.36 82
160 Swarts, Charles LaGrange Par 24:42.90

Team Scores

Rank Team Total 1 2 3 4 5 *6 *7 *8 *9

1 LaGrange (Lyons) 24 1 2 4 8 9 10 13

Total Time: 1:22:26.70

Average: 16:29.34

2 Orland Park (Sandburg) 67 3 11 15 18 20 24 27

Total Time: 1:24:49.65

Average: 16:57.93

3 Park Ridge (Maine South) 103 7 14 23 28 31 39 46

Total Time: 1:26:54.68

Average: 17:22.94

4 Chicago (Brother Rice) 115 16 19 21 26 33 34 50

Total Time: 1:27:39.38

Average: 17:31.88

5 Hoffman Estates (Conant) 128 6 25 29 30 38 49 59

Total Time: 1:28:12.98

Average: 17:38.60

6 New Lenox (Lincoln-Way We 148 12 22 32 40 42 43 44

Total Time: 1:29:04.88

Average: 17:48.98

7 New Lenox (Lincoln-Way Ce 158 5 17 35 36 65 72 78

Total Time: 1:30:11.68

Average: 18:02.34

8 Riverside (R.-Brookfield) 249 41 45 47 48 68 69 73

Total Time: 1:35:05.24

Average: 19:01.05

9 LaGrange Park (Nazareth A 270 51 52 54 55 58 66 67

Total Time: 1:36:01.16

Average: 19:12.24

10 Downers Grove (South) 270 37 53 56 61 63 75 76

Total Time: 1:36:19.11

Average: 19:15.83

11 Palos Hills (Stagg) 313 57 60 62 64 70 71 74

Total Time: 1:39:43.15

Average: 19:56.63

12 Melrose Park (Walther Lut 399 77 79 80 81 82

Total Time: 2:00:12.38

Average: 24:02.48

Boys 4800 Meter Run CC Soph
Comp# Name School Time Points

1 1181 Lehnhardt, Max Orland Park (Sandburg) 15:52.71 1
2 167 Lalonde, Jack Downers Grove (South) 16:01.23 2
3 1199 Torpy, Chris Orland Park (Sandburg) 16:20.38 3
4 155 Eterno, Joey Downers Grove (South) 16:24.63 4
5 1180 Laskero, Dan Orland Park (Sandburg) 16:25.10 5
6 186 Zhou, Alan Downers Grove (South) 16:25.54 6
7 530 Madell, Connor LaGrange (Lyons) 16:29.04 7
8 1184 Lukas, Brandon Orland Park (Sandburg) 16:38.39 8
9 1196 Siezckowski, Paul Orland Park (Sandburg) 16:43.58 9
10 769 Coppens, Nathan New Lenox (Lincoln-Way Ce 16:48.61 10
11 175 Rutkowki, Austin Downers Grove (South) 16:56.85 11
12 168 Lester, Grant Downers Grove (South) 17:00.13 12
13 479 Begeman, Matthew LaGrange (Lyons) 17:11.68 13
14 767 Barry, Ryan New Lenox (Lincoln-Way Ce 17:14.55 14
15 263 Giuliano, Jason Hoffman Estates (Conant) 17:18.83 15
16 783 Matulis, Luke New Lenox (Lincoln-Way Ce 17:19.68 16
17 141 O'Farrell, Kyle Chicago (Marist) 17:20.41 17
18 176 Scheffel, Zach Downers Grove (South) 17:24.13 18
19 1191 O'Callaghan, ~~Foster, Pat~~ Denis Orland Park (Sandburg) 17:24.89 19
20 768 Brongiel, Anthony New Lenox (Lincoln-Way Ce 17:32.19 20
21 1000 Leonard, Vince Park Ridge (Maine South) 17:32.60 21
22 1012 Sadaro, Brian Park Ridge (Maine South) 17:37.51 22
23 287 Stanford, Rian Hoffman Estates (Conant) 17:38.26 23
24 121 Blakey, Cameron Chicago (Marist) 17:44.43 24
25 775 Gabriel, Patrick New Lenox (Lincoln-Way Ce 17:45.88 25
26 1137 Kohrt, Sean Villa Park (Willowbrook) 17:50.50 26
27 1201 Wagner, John Orland Park (Sandburg) 17:54.71 27
28 487 Delaney, Nolan LaGrange (Lyons) 18:01.37 28
29 1182 Lifonti, Anthony Orland Park (Sandburg) 18:03.65
30 1017 Sutscheck, Ray Park Ridge (Maine South) 18:12.17 29
31 169 Lippi, Chris Downers Grove (South) 18:13.38 30
32 133 Kelly, Jack Chicago (Marist) 18:13.89 31
33 537 McCarthy, Tim LaGrange (Lyons) 18:15.74 32
34 485 Cushing, John LaGrange (Lyons) 18:16.30 33
35 1144 Turek, Chris Villa Park (Willowbrook) 18:23.91 34
36 568 Scriba, Sam LaGrange (Lyons) 18:30.21 35
37 998 Grigus, Joe Park Ridge (Maine South) 18:31.17 36
38 1164 Carollo, Nicholas Orland Park (Sandburg) 18:39.07
39 986 Carpenter, Joe Park Ridge (Maine South) 18:40.08 37
40 505 Herman, Brandon LaGrange (Lyons) 18:43.14 38
41 261 Fukuda, Atsuhiro Hoffman Estates (Conant) 18:44.28 39
42 994 Garino, Glen Park Ridge (Maine South) 18:45.18 40
43 989 Cox, Anders Park Ridge (Maine South) 18:46.09 41
44 285 Silva, Adrian Hoffman Estates (Conant) 18:48.76 42
45 279 Patel, Dhruv Hoffman Estates (Conant) 18:50.24 43
46 941 Caydler, Preston Palos Hills (Stagg) 18:50.68 44
47 1166 Cavalier, Lou Orland Park (Sandburg) 18:50.97
48 1195 Sanchez, Max Orland Park (Sandburg) 18:51.43
49 1150 Arrigoni, Nathan Orland Park (Sandburg) 18:51.91
50 992 Fishman, Zack Park Ridge (Maine South) 18:55.90
51 179 Smid, Stan Downers Grove (South) 18:57.80
52 1198 Stogin, Kyle Orland Park (Sandburg) 19:09.22
53 951 Harper, Pat Palos Hills (Stagg) 19:10.83 45
54 1132 Garner, Jack Villa Park (Willowbrook) 19:13.08 46 /
55 1140 Sanchez, Dave Villa Park (Willowbrook) 19:16.63 47
56 571 Smith, Cole LaGrange (Lyons) 19:19.64
57 509 Keefer, Colin LaGrange (Lyons) 19:28.09

58 1019 Tobin, Connor Park Ridge (Maine South) 19:39.41
59 1015 Simoes, Gabriel Park Ridge (Maine South) 19:39.82
60 163 Hutton, Brandon Downers Grove (South) 19:43.21
61 798 Whitney, Matt New Lenox (Lincoln-Way Ce 19:43.94 48
62 12 Klutarch, Matt Chicago (Brother Rice) 19:44.92
63 1007 Papageorge, Chris Park Ridge (Maine South) 19:47.26
64 134 Kelly, Kevin Chicago (Marist) 19:52.09 49
65 488 Delitko, Tyler LaGrange (Lyons) 20:02.87
66 799 Williams, Tommy New Lenox (Lincoln-Way Ce 20:05.26 50
67 793 Smith, Andrew New Lenox (Lincoln-Way Ce 20:06.54
68 171 Mugnolo, Michael Downers Grove (South) 20:22.07
69 777 Haberkorn, Ethan New Lenox (Lincoln-Way Ce 20:23.28
70 1124 Bryan, Vince Villa Park (Willowbrook) 20:23.96 51
71 1193 Peters, Andrew Orland Park (Sandburg) 20:24.32
72 161 Hall, Kyle Downers Grove (South) 20:24.82
73 1129 Darrow, Dillon Villa Park (Willowbrook) 20:38.68 52
74 22 Seavers, Mark Chicago (Brother Rice) 20:46.76
75 26 Torres, Caesar Chicago (Brother Rice) 20:47.09
76 1141 Schmidt, Ian Villa Park (Willowbrook) 20:54.59 53
77 528 Luxem, Jack LaGrange (Lyons) 21:00.93
78 500 Gooden, Stephan LaGrange (Lyons) 21:02.56
79 1128 Ciesla, Gene Villa Park (Willowbrook) 21:03.49
80 9 Godsel, Brendan Chicago (Brother Rice) 21:30.27
81 148 Bowman, Dylan Downers Grove (South) 21:38.61
82 539 McGill, Gavin LaGrange (Lyons) 21:44.15
83 1204 Wieczek, Kyle Orland Park (Sandburg) 21:46.38
84 127 Gallapo, Mike Chicago (Marist) 21:56.21 54
85 792 Simnick, James New Lenox (Lincoln-Way Ce 22:12.01
86 1194 Ryan, Bradley Orland Park (Sandburg) 22:52.64
87 1176 Jack, Gardner Orland Park (Sandburg) 22:55.87
88 1202 Walsh, Liam Orland Park (Sandburg) 23:02.12
89 1167 Chiapetti, David Orland Park (Sandburg) 24:05.18
90 980 Wesolowski, Sebastian Palos Hills (Stagg) 24:33.39 55
91 153 Dignan, Matthew Downers Grove (South) 24:36.14
92 1170 Draskovic, Miles Orland Park (Sandburg) 24:53.24
93 1171 Gardner, Jack Orland Park (Sandburg) 26:37.54
94 292 Wright, William Hoffman Estates (Conant) 26:53.04 56
95 978 Walsh, Steven Palos Hills (Stagg) 27:08.03 57
96 967 Preto, Mike Palos Hills (Stagg) 27:35.94 58
97 252 Araki, Riku Hoffman Estates (Conant) 27:36.28 59
98 981 Wren, Ryan Palos Hills (Stagg) 27:36.79 60
99 1127 Ciesla, Andrew Villa Park (Willowbrook) 27:47.01
100 957 Kladis, John Palos Hills (Stagg) 28:16.48 61
101 960 Lambi, Corey Palos Hills (Stagg) 28:16.4

Boys 3200 Meter Run CC Frosh

Comp# Name School Time Points

1	1205 Skucas, Martin	Orland Park (Sandburg)	10:25.96	1
2	260 DiGioia, Chris	Hoffman Estates (Conant)	10:39.08	2
3	1046 Armenta, Matt	Riverside (R.-Brookfield)	10:44.73	3
4	1206 Marchese, Tom	Orland Park (Sandburg)	10:53.12	4
5	516 Kutchek, Graham	LaGrange (Lyons)	10:53.60	5
6	585 Zona, Vincent	LaGrange (Lyons)	11:00.37	6
7	543 Morales, Tyler	LaGrange (Lyons)	11:02.06	7
8	553 Pall, Alex	LaGrange (Lyons)	11:10.42	8
9	778 Hyatt, ^{Fairley, Adam}	Mitchell New Lenox (Lincoln-Way Ce	11:13.89	9
10	1178 Kirby, ^{Drew}	Orland Park (Sandburg)	11:15.26	10
11	1135 King, Casey	Villa Park (Willowbrook)	11:16.72	
12	968 Price, Noah	Palos Hills (Stagg)	11:18.02	11
13	579 Van Tassel, Roland	LaGrange (Lyons)	11:19.88	12
14	1006 Ortwig, Alex	Park Ridge (Maine South)	11:20.90	13
15	554 Palmer, Daniel	LaGrange (Lyons)	11:27.84	14
16	156 Fera, Kevin	Downers Grove (South)	11:29.62	15
17	529 Lynch, Alex	LaGrange (Lyons)	11:32.81	16
18	566 Scheer, Richard	LaGrange (Lyons)	11:38.49	
19	1147 Wohnrade, Andrew	Villa Park (Willowbrook)	11:40.94	
20	784 McGreal, Devin	New Lenox (Lincoln-Way Ce	11:41.30	17
21	152 Charles, Caden	Downers Grove (South)	11:41.81	18
22	489 Dellios, Alex	LaGrange (Lyons)	11:42.39	
23	1126 Christianson, Jacob	Villa Park (Willowbrook)	11:42.99	
24	1192 Pappan, Danny	Orland Park (Sandburg)	11:45.79	19
25	538 McDermott, Rory	LaGrange (Lyons)	11:46.33	
26	140 O'Connor, Atticus	Chicago (Marist)	11:47.14	20
27	963 Mohan, Matt	Palos Hills (Stagg)	11:52.06	21
28	1160 Burns, Connor	Orland Park (Sandburg)	11:56.71	22
29	540 McKenzie, Kevin	LaGrange (Lyons)	11:59.81	
30	506 Hess, Joseph	LaGrange (Lyons)	12:01.46	
31	786 Nolan, Kevin	New Lenox (Lincoln-Way Ce	12:01.96	23
32	949 Gregory, Charlie	Palos Hills (Stagg)	12:02.35	24
33	1175 Hetzler, Matt	Orland Park (Sandburg)	12:03.89	25
34	1188 Marks, Connor	Orland Park (Sandburg)	12:04.19	26
35	557 Prescott, John	LaGrange (Lyons)	12:05.81	
36	178 Slowik, Jimmy	Downers Grove (South)	12:06.84	27
37	1065 Roudebush, Andrew	Riverside (R.-Brookfield)	12:07.21	28
38	975 Umoren, Funmbi	Palos Hills (Stagg)	12:07.64	29
39	771 Esparza, Sebastian	New Lenox (Lincoln-Way Ce	12:08.81	30
40	969 Pusateri, Anthony	Palos Hills (Stagg)	12:09.16	31
41	1157 Bowald, Ryan	Orland Park (Sandburg)	12:12.76	
42	1014 Shanahan, Brian	Park Ridge (Maine South)	12:14.84	32
43	497 Garza, Christian	LaGrange (Lyons)	12:19.64	
44	1190 Nolan, Josh	Orland Park (Sandburg)	12:20.49	
45	502 Groya, Henry	LaGrange (Lyons)	12:21.56	
46	1168 Claure, Alejandro	Orland Park (Sandburg)	12:22.54	
47	151 Canfield, Jeremy	Downers Grove (South)	12:23.46	33
48	125 DeFellipis, Anthony	Chicago (Marist)	12:25.44	34
49	1177 Kirby, Ben	Orland Park (Sandburg)	12:26.75	
50	648 Zarate, Christian	LaGrange Park (Nazareth A	12:31.08	35
51	1163 Call, Samuel	Orland Park (Sandburg)	12:33.20	
52	184 Wagner, Mike	Downers Grove (South)	12:37.86	36
53	164 Jedralski, Phillip	Downers Grove (South)	12:38.20	37
54	632 Esparza, Manual	LaGrange Park (Nazareth A	12:42.86	38
55	16 Mongan, Jack	Chicago (Brother Rice)	12:45.89	39
56	1063 Palmer, Nathan	Riverside (R.-Brookfield)	12:46.28	40
57	143 Wagner, Matt	Chicago (Marist)	12:47.03	41

58 965 Otruba, Dylan Palos Hills (Stagg) 12:47.51 42
59 496 Garcia, Kevin LaGrange (Lyons) 12:48.12
60 1162 Cachares, Benjamin Orland Park (Sandburg) 12:48.89
61 251 Araki, Hibiki Hoffman Estates (Conant) 12:49.68 43
62 583 Zeglen, Kamil LaGrange (Lyons) 12:50.75
63 24 Sweeney, Joe Chicago (Brother Rice) 12:52.26 44
64 636 Panek, Jake LaGrange Park (Nazareth A 12:54.95 45
65 1174 Gonzalez, Fernando Orland Park (Sandburg) 12:56.49
66 1173 Gleisner, David Orland Park (Sandburg) 12:58.05
67 -9 Unknown 12:59.37
68 1059 Maher, Max Riverside (R.-Brookfield) 12:59.86 46
69 19 Papiernik, Brian Chicago (Brother Rice) 13:06.51 47
70 149 Bullard, Jacob Downers Grove (South) 13:07.98 48
71 29 Waters, Matt Chicago (Brother Rice) 13:08.34 49
72 1009 Powell, Danny Park Ridge (Maine South) 13:08.84 50
73 984 Calahan, Luke Park Ridge (Maine South) 13:09.94 51
74 668 Simzyk, Jack Melrose Park (Walther Lut 13:12.00 52
75 8 Gallagher, John Chicago (Brother Rice) 13:12.32 53
76 646 Wagner, Sean LaGrange Park (Nazareth A 13:13.77 54
77 1021 Vowell, Jake Park Ridge (Maine South) 13:14.23 55
78 532 Mangini, Philip LaGrange (Lyons) 13:14.91
79 181 Tinoco, Joshua Downers Grove (South) 13:15.90
80 972 Siuta, Kyle Palos Hills (Stagg) 13:16.50 56
81 544 Moran, Kevin LaGrange (Lyons) 13:18.87
82 7 Frias, Justin Chicago (Brother Rice) 13:19.61 57
83 5 Delgado, Jonathan Chicago (Brother Rice) 13:20.13 58
84 1064 Rodriguez, Josh Riverside (R.-Brookfield) 13:21.34 59
85 645 Truax, Joseph LaGrange Park (Nazareth A 13:24.02 60
86 1056 Lams, Jacob Riverside (R.-Brookfield) 13:26.34 61
87 513 Kriha, Aaron LaGrange (Lyons) 13:29.02
88 570 Sloyan, William LaGrange (Lyons) 13:34.72
89 137 Mallon, Mike Chicago (Marist) 13:35.50 62
90 255 Chang, Eliot Hoffman Estates (Conant) 13:36.68 63
91 147 Beine, William Downers Grove (South) 13:37.54
92 270 Jani, Moksh Hoffman Estates (Conant) 13:40.17 64
93 122 Camarena, Adam Chicago (Marist) 13:43.64 65
94 21 Regan, Francis Chicago (Brother Rice) 13:48.81
95 1138 Mendino, Dino Villa Park (Willowbrook) 13:51.14
96 28 Wagner, Eddie Chicago (Brother Rice) 13:51.64
97 795 Tuskan, Nathan New Lenox (Lincoln-Way Ce 13:52.41 66
98 1044 Alletriti, Nick Riverside (R.-Brookfield) 13:58.39 67
99 959 Krzysiak, Maciej Palos Hills (Stagg) 14:01.49
100 1187 Markey, John Orland Park (Sandburg) 14:03.06
101 4 Cunningham, Pat Chicago (Brother Rice) 14:05.86
102 567 Schwabe, Peter LaGrange (Lyons) 14:06.23
103 290 Walsh, Tom Hoffman Estates (Conant) 14:06.85 68
104 982 Aguilara, Daniel Park Ridge (Maine South) 14:08.29 69
105 657 Byrne, Emmett Melrose Park (Walther Lut 14:09.44 70
106 136 Lesley, Paul Chicago (Marist) 14:19.49 71
107 480 Bleck, William LaGrange (Lyons) 14:21.29
108 132 Kane, Kevin Chicago (Marist) 14:21.83 72
109 135 Lenz, Keagan Chicago (Marist) 14:22.25
110 185 Wisniewski, Jakub Downers Grove (South) 14:23.35
111 974 Syp, Patrick Palos Hills (Stagg) 14:26.55
112 649 Zavala, David LaGrange Park (Nazareth A 14:28.06 73
113 991 Finn, Liam Park Ridge (Maine South) 14:28.46 74
114 791 Seehan, Sean New Lenox (Lincoln-Way Ce 14:33.97 75
115 124 Conway, Ethan Chicago (Marist) 14:36.05
116 490 Dunne, Jack LaGrange (Lyons) 14:39.95
117 533 Masella, John LaGrange (Lyons) 14:41.91

118 177 Shah, Saruj Downers Grove (South) 14:43.81
119 955 Karr, Zach Palos Hills (Stagg) 14:51.75
120 1004 Nelson, Cole Park Ridge (Maine South) 15:03.79
121 958 Koncious, Anthony Palos Hills (Stagg) 15:08.85
122 987 Connolly, Danny Park Ridge (Maine South) 15:13.74
123 559 Prystalski, Leonard LaGrange (Lyons) 15:24.06
124 1068 Zamudio, Matt Riverside (R.-Brookfield) 15:29.91
125 120 Beverley, Seth Chicago (Marist) 15:31.22
126 938 Anglin, Alec Palos Hills (Stagg) 15:32.00
127 531 Mangerson, Ethan LaGrange (Lyons) 15:58.93
128 284 Shivam, Keshav Hoffman Estates (Conant) 16:22.32 76
129 11 Kaczynski, Ryan Chicago (Brother Rice) 16:24.34
130 943 Chatha, Kevin Palos Hills (Stagg) 16:29.27
131 638 Peconio, Nunzio LaGrange Park (Nazareth A 16:38.49 77
132 979 Wantiez, Matt Palos Hills (Stagg) 16:39.79
133 952 Herres, Nick Palos Hills (Stagg) 16:57.63
134 278 Palani, Akash Hoffman Estates (Conant) 17:11.22 78
135 666 Popoca, Jose Melrose Park (Walther Lut 17:31.15 79
136 142 Synder, Elias Chicago (Marist) 17:32.30
137 664 Jaruseski, Joey Melrose Park (Walther Lut 17:40.42 80
138 491 Eggerding, Peter LaGrange (Lyons) 18:03.93
139 262 Gabiga, Phil Hoffman Estates (Conant) 18:05.63
140 627 Allar, Garrett LaGrange Park (Nazareth A 18:17.44
141 1151 Beck, Alex Orland Park (Sandburg) 18:17.44
142 659 Clark, Zachary Melrose Park (Walther Lut 18:17.44 81



NEWS AND NOTES

RUNNERS OF THE WEEK: Tom Brennan, Martin Skucas, Max Lehnhardt, Brady Walter

Lyons Invitational

Saturday, Sept. 7, 2013

Starting low ending high 80s, scattered cloud cover/partly sunny, calm

Quotes of the Week:

“What really helped me was watching Sean, Tom, Brady and Skucas as races that stuck out. It was such a confidence booster. It just goes to show how much we build off each other. Also, before the race I made sure I was having fun.” – Max Lehnhardt

“I was calm the whole time...Hm, I never really thought that I needed to slow down but one time at the mile and half mark I remember thinking to myself, ugh it's so hot but then I said to myself inside of my head, well it's ok because you only got 8 minutes left so I just kept on going and I was thinking of going home in my air conditioned house and taking a nice shower and eating a frozen banana or whatever you know? Anyways, sometimes when I feel like my form was getting lazy, I just kept saying “Keep ya head up” just like Tupac if you know him but if you don't he's a singer and his song is called “Keep ya head up” and I just thought of it because it was on the 90's R&B andora station when I was brushing my teeth in the morning because I like to listen to music because I think music is good for my emotions or something.”—Brandon Lukas

COACH'S COMMENTS:

I am thrilled with how we opened up the season on Saturday. We had two goals: to be together and build victories and run with guts on Phase Three. Goal one was accomplished very well. I couldn't have been happier with how together and focused this team was. We were together and purpose-driven before and after the race, and, with only a very few exceptions, we fed off of each other well during the race. The Phase Three goal wasn't quite as well done as the first goal, but I felt like a lot of guys put a lot of focus on that aspect of the race. Finding that “extra :10 seconds” probably sounded relatively easy when I talked about it Friday afternoon, but it's a lot harder when the time actually comes. Let's continue to work on that.

Brady Walter was our first person in 2013 to cross a finish line. He's a great person for to represent our team. Several guys on their race evals commented that Brady's race gave them momentum and confidence. It also represents an over 2 minute improvement over the year. He's has transformed himself in a strong varsity runner. Several guys came in behind who had some great races. **Benz-Weeden** had a much better race than Time Trial and looks to be getting better every week. I also absolutely loved **Connor Carper's** enthusiasm on Saturday. What a great teammate! He was so pumped up all day long. He gave us so much energy. **Chris Beck** droped over four minutes from last year. Incredible. I loved how together our varsity was before the race. We looked excited and confident and prepared. It's just what we've been saying all summer: a bunch of winners who are tough. **Sean Torpy** was so tough. The DGS coach told me that before the race he told his guys to “stay away from the Torpys!” His 15:17 is the fourth fastest Sandburg runner in Lyons history—only Lukas Verzbicas (14:19) Mike Marbach (15:03) and Zach Dahleen (15:04) ran faster. He's only getting better every week and isn't afraid of anything. **Tom Brennan** was unbelievable. He's a sophomore who got mono a couple weeks ago and the idea of failing at the varsity level didn't even enter his mind. He had an AWESOME finish as well. He represents a key idea to our 2013 season—the Champions Mentality regardless of what obstacles get in the way. **Greg Burzinski** didn't have a great race and will need to feed off his teammate better. Torpy, Brennan and Adams shouldn't be putting :13-17 seconds on him in just the final 750. I am confident he'll get it back together at PND. Greg showed a key sign of being a champion: when he raced poorly he didn't make excuses. He said he didn't feel good but it was his own fault for his negative self-talk. That kind of attitude—in which you view a ‘failure’ as a part of the process of becoming a champion and taking responsibility for your race, regardless of the outcome—is an absolutely necessity for champion. **Justin Adams** is in great shape and ran with a lot of guts the final 800 in an attempt to secure us a victory after I told him the pack of Lyons and LWC guys were the small difference in the race. He went for it. I am hoping he can reconnect with Brennan and Torpy as well. If that comes together, then...look out. I LOVED the attitude of the freshmen group. They are awesome. They were so together and then when we got to the starting line I saw nothing but enthusiasm and excitement. That's the attitude of a winner. **Martin Skucas** entered his first high school race and didn't look the least bit intimidated. He took it from the gun and never looked back and ran a time that is :09 faster than Torpy's from last year. **Marchese** ran super tough. **Farley** showed the racing of a veteran. **Burns** stepped up and is looking stronger every week. **Pappan** ran well again and has huge potential. I just loved the attitude of the freshmen group. Before the sophomore race, the DGS coach talked to me. He was so excited about his sophomores, four of whom are going to be on the varsity lineup that he think has a shot of qualifying for state. He looked a little demoralized after the race—they are really good (scored a low 35 points), but we took it to them. **Max Lehnhardt** had the look of a guy who was ready for run well. He was calm, confident and sure of himself. He told Will Becker in the morning that he was going to win that race. He had decided and there was no way around that. He showed that attitude in the race. He is running fantastic. It was our fifth fastest overall time of the day. **C Torpy** will continue to get better and already looks pretty tough. Give him a couple more races and a few more weeks of training and he'll be unbeatable. I loved how much **Lukas** and **Sieczkowski** fed off one another. They motivated each

other. When Paulie Baroo was caught, he didn't get discouraged, he got motivated. We could have used more of that on the juniors/senior level. I love Pat Foster's attitude. He is getting really good; who knows how good he is going to get. He ran 17:24—take a look at Becker, Adams and Brower and their times from last season—it's obvious he can make that jump as well. Wagner also is starting to catch fire. I'm so excited for him. I'm also really proud of Kyle Wieczek. That guy has made such a huge jump from last year. What a tough runner! Finally, our phenomenal team leaders who brought so much enthusiasm and the right attitude to our team on Saturday: Will Becker, Matt Hetzler and Denis O'Callaghan, who also took on his Champions Mentality role. The three of them gave some great pre-race reminders and speeches. They brought a lot of energy to us at the right times.

TIDBITS: >>Turn in blow pop money

WHAT'S NEXT: Reavis Invitational on Saturday!

*Regarding Splits: for the three mile course, the last mile is 64 meters short, which shows up in the final 800 split and the final mile split. The course was 64 meters short of 3 miles.

Freshmen Boys:

Team Totals: 1. Lyons—38 2. Sandburg—56 3. Stagg—116

1. Skucas	5:15—5:10	10:25
4. Marchese	5:25—5:28	10:53
10. Farley	5:43—5:32	11:15
24. Pappan	5:56—5:49	11:45
28. Burns	6:17—6:39	11:56
33. Szmanski	5:57—6:06	12:03
34. Marks	6:15—5:51	12:04
41. Bowald	6:32—6:40	12:12
44. Nolan	6:15—6:05	12:20
46. Claure	6:01—6:21	12:22
49. B Kirby	6:30—6:55	12:26
51. Call	6:11—6:22	12:33
60. Cachares	6:33—6:15	12:48
65. Gonzales	6:36—6:20	12:56
99. Funk	6:57—7:06	14:03
140. A Beck	9:53—9:46	19:39

Sophomore Boys:

1. Sandburg—26 2. Downers Grove South—35 3. LWC—85

			<u>2012</u>
1. Lehnhardt	2:33—2:35/5:08—2:34/7:42—2:49/5:23 (10:31)—2:40/13:21—2:31/ 5:21	15:52	10:57
3. C Torpy	2:29—2:39/5:08—2:44/7:52—2:58/5:41 (10:49)—2:54/13:43—2:37/ 5:31	16:20	
5. Laskero	2:28—2:42/5:10—2:51/8:01—2:56/5:47 (10:57)—3:02/13:59—2:27/ 5:28	16:25	10:44
8. Lukas	2:38—2:38/5:16—2:51/8:07—3:00/5:51 (11:07)—3:00/14:07—2:31/5:31	16:38	11:52
9. Sieczkowski	2:44—2:35/5:19—2:52/8:11—2:56/5:48 (11:07)—3:00/14:07—2:36/ 5:36	16:43	11:05
19. Foster	5:39—6:07 (11:46) 5:38	17:24	
27. Wagner	5:44—6:17 (12:01) 5:53	17:54	12:28
29. Lifonti	5:35—5:20 (11:55) 6:08	18:03	11:36
38. Carollo	5:56—6:33 (12:29) 6:10	18:39	12:31
47. Cavalier	6:03—6:32 (12:35) 6:15	18:50	12:58
48. Sanchez	6:06—6:37 (12:41) 6:10	18:51	13:07
49. Arrigoni	5:52—6:39 (12:31) 6:20	18:51	12:28
52. Stogin	5:53—6:41 (12:35) 6:35	19:09	12:54
71. Peters	6:21—7:31 (13:52) 6:32	20:24	14:17
83. Wieczek	6:49—7:31 (14:20) 7:26	21:46	16:56
86. Ryan	7:07--	22:52	15:24
87. Brncich	6:43	22:55	
88. Walsh	7:04	23:02	14:33
89. Chiapetti	7:47	24:05	
92. Asztalos	7:58	24:53	
93. Macijunas	7:31	26:37	

Varsity:

1. L-Way Cent.—67 2. Sandburg—74 3—T. Lyons—77 3—T. Maine South—77

Phase 3 could be way better

2012

5. S Torpy	2:28—2:32/5:01—2:29/7:30—2:50/5:19/10:20—2:36/12:56—2:21/4:57	15:17	10:33
10. Brennan	2:26—2:37/5:03—2:32/7:35—2:48/5:20/10:23—2:40/13:04—2:22/5:03	15:26	10:16
14. Burzinski	2:28—2:32/5:01—2:29/7:30—2:50/5:19/10:20—2:44/13:04—2:38/5:21	15:41	16:48
21. Adams	2:27—2:36/5:03—2:40/7:43—2:53/5:33/10:36—2:47/13:23—2:25/5:12	15:48	17:01
24. H Becker	2:26—2:37/5:03—2:38/7:41—2:55/5:38/10:36—2:44/13:20—2:34/5:18	15:54	17:17
41. Brower	2:30—2:43/5:13—2:47/8:00—3:01/5:48/11:01—2:55/13:56—2:33/5:28	16:29	17:15
43. A Gleisner	2:29—2:37/5:06—2:48/7:54—3:02/5:50/10:56—3:00/13:56—2:38/5:38	16:34	16:15
2012—1. Brennan-10:16 2. Barry (LWC)-10:20 3. Torpy-10:34 4. Coppens (LWC)-10:34			
2013--	15:26	17:14	15:17
			16:48

Open:

1. Lyons—24 2. Sandburg—67 3. Maine South—103

2012

3. Walter	5:21—5:45/11:05—5:17	16:22	18:30
11. Benz-Weeden	5:36—5:43/11:19—5:28	16:47	17:38
17. McMahon	5:39—5:53/11:33—5:27	17:00	18:02
24. Lahucik	5:45—5:57/11:42—5:36	17:18	18:56
26. Depesa	5:30—6:06/11:36—5:45	17:21	18:13
31. Bieszke	5:20—6:05/11:25—6:06	17:31	
34. Lopez	5:36—6:12/11:48—5:53	17:41	17:24
53. Mangold	5:46—6:24/12:10—6:07	18:17	18:28
? Stefik	6:10—6:10/12:20—6:05	18:25	18:19
72. Altman	6:00—6:45/12:45—6:07	18:51	19:34
74. Carper	6:12—6:38/12:50—6:03	18:53	
98. Macak	6:24—6:56/13:20—6:25	19:45	20:32
129. Summer	6:51—7:36/14:27—6:49	21:16	
143. C Beck	7:08—7:42/14:50—7:14	22:04	26:53

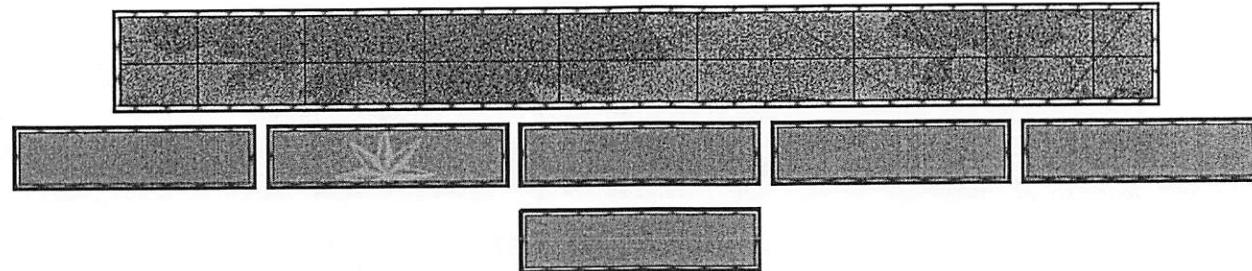
Keep Ya' Head Up!



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And our flag was still there, o'er the Land of the Free, and the Home of the Brave.
God Bless America!

Sept. 11, 2001

[View detail info about the meet.](#)
GPS coordinates, meet schedule, participating teams, course map, etc.

[Individual Results](#)

[Final Team Standings \(by points\)](#)

[Final Team Standings \(by time\)](#)

49th Annual Reavis Rams Invitational

September 14, 2013
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	Sandburg	Dan Laskero (So)	0:15:53.0
2	2	Sandburg	Chris Torpy (So)	0:16:16.2
3	3	Sandburg	David Gleisner (So)	0:16:31.3
4	4	Sandburg	Brandon Lukas (So)	0:16:37.3
5	5	Sandburg	Paul Sieczkowski (So)	0:16:39.5
6	6	Sandburg	Martin Skucas (Fr)	0:16:45.1
7	7	Argo	Christian Delgado (So)	0:16:59.2
8	8	Sandburg	Tom Marchese (So)	0:17:03.2
9	9	Lyons Township	Connor Madell (So)	0:17:05.6
10	10	Lyons Township	Matt Begeman (So)	0:17:06.2
11	11	Lyons Township	Vincent Zona (Fr)	0:17:06.4
12	12	Lyons Township	Graham Kutcheck (Fr)	0:17:24.4
13	13	Oak Forest	Dan Garcia (So)	0:17:24.7
14	14	Lyons Township	Nolan Delaney (So)	0:17:29.4
15	15	Argo	Drew Zwijack (Fr)	0:17:36.2
16	16	Lyons Township	Tyler Morales (Fr)	0:17:55.4
17	17	Hinsdale South	Charlie Nodus (So)	0:17:58.2

18	18	Eisenhower	Gabriel Esparza (So)	0:17:59.0
19	19	Stagg	Noah Price (Fr)	0:18:01.0
20	20	Argo	Adrian Starczowski (So)	0:18:07.1
21	21	Hinsdale South	Alex Beronio (So)	0:18:09.5
22	22	Eisenhower	Jordi Rangel (So)	0:18:16.2
23	23	Lyons Township	Alex Pall (Fr)	0:18:18.6
24	24	Solorio Academy	Anthony Morales (So)	0:18:27.7
25	25	Stagg	Pat Harper (So)	0:18:28.8
26	26	Hinsdale South	Chris Joseph (Fr)	0:18:30.3
27	27	Brother Rice	Joe Sweeney (Fr)	0:18:30.6
28	28	Kennedy	Mauricio Galvan (So)	0:18:31.5
29		Uno-Garcia	Jorge Pantoja (So)	0:18:33.6
30	29	Marist	Anthony DeFelippis (Fr)	0:18:34.3
31	30	Bloom Township	Cesar Medran (So)	0:18:40.0
32	31	Tinley Park	Ettore Gaytan (Fr)	0:18:41.8
33	32	Stagg	Matt Mohan (Fr)	0:18:43.4
34	33	Solorio Academy	Edgar Flores (So)	0:18:44.6
35	34	Homewood-Flossmoor	Jack Dunlavy (So)	0:18:48.8
36	35	Tinley Park	Roderick Harris (So)	0:18:50.3
37	36	Argo	Eddie McGee (Fr)	0:18:51.3
38	37	Stagg	Anthony Pusateri (Fr)	0:18:53.8
39	38	Stagg	Preston Caydler (So)	0:18:56.2
40	39	Marist	Atticus O'Connor (Fr)	0:18:58.2
41	40	Stagg	Charlie Gregory (Fr)	0:18:58.5
42	41	Solorio Academy	Christian Morales (Fr)	0:19:03.2
43	42	Tinley Park	Nate Martin (So)	0:19:06.8
44	43	Tinley Park	Ben Bedell (Fr)	0:19:07.8
45	44	Eisenhower	Jesus Valadez (So)	0:19:09.2
46	45	Marist	Kevin Kelly (So)	0:19:11.9
47	46	Brother Rice	John Gallagher (Fr)	0:19:12.5
48	47	Stagg	Fumbi Umuren (Fr)	0:19:20.6
49	48	Oak Lawn	Sebastian Alba (So)	0:19:25.5
50		Marian Catholic	Temi Onayemi (So)	0:19:25.8
51	49	Hinsdale South	Sean Cusick (So)	0:19:30.8
52	50	Bloom Township	Jose Barraza (So)	0:19:32.4
53	51	Kennedy	Justin Negron (Fr)	0:19:32.8
54	52	Marist	Dan Babiar (Fr)	0:19:33.4
55	53	Argo	Danny McGee (Fr)	0:19:35.0
56	54	Tinley Park	Brandon Boyce (Fr)	0:19:38.1
57	55	Argo	Roberto Rosales (Fr)	0:19:39.6
58	56	Mt. Carmel	Noah Velez (So)	0:19:41.8
59	57	Homewood-Flossmoor	Troy Payne (So)	0:19:44.2
60	58	Homewood-Flossmoor	Justin Johnson (So)	0:19:44.5
61	59	Solorio Academy	Alex Nino (Fr)	0:19:45.0
62	60	Brother Rice	Jack Mongan (Fr)	0:19:45.6
63	61	Reavis	Paolo Sandoval (So)	0:19:46.1
64	62	Oak Forest	Austin Kleber (So)	0:19:47.1
65	63	Argo	David Rosales (So)	0:19:48.8
66	64	Oak Forest	Tyler Vrba (Fr)	0:19:49.1
67	65	Reavis	Herman Gonzalez (Fr)	0:19:49.9
68		St. Rita	Oscsr Martinez (Fr)	0:19:52.5
69	66	Tinley Park	Jake VanMerkestyn (So)	0:19:54.5
70	67	Hinsdale South	Porleark Tuy (So)	0:19:58.3
71	68	Reavis	Jose Medina (So)	0:19:59.9
72	69	Brother Rice	Brian Papiernik (Fr)	0:20:00.7
73	70	Brother Rice	Matt Waters (Fr)	0:20:01.4
74	71	Homewood-Flossmoor	Wesley Thrall (So)	0:20:01.8
75	72	Eisenhower	Joseph McGee (So)	0:20:07.1
76		St. Laurence	Brian Shaughnessy (Fr)	0:20:13.7
77	73	Hinsdale South	Adrian Mo (So)	0:20:16.6
78	74	Tinley Park	Justin Coyle (So)	0:20:17.4
79	75	Kennedy	Jesus Palmerin (Fr)	0:20:18.8
80		St. Laurence	Pedro Zavala (Fr)	0:20:20.0
81	76	Marist	Matt Wagner (Fr)	0:20:21.4
82	77	Reavis	Juan Salazar (So)	0:20:22.0
83	78	Oak Lawn	Chris Aherne (Fr)	0:20:25.8
84	79	Brother Rice	Justin Frias (Fr)	0:20:33.3
85	80	Richards	Alex Swick (Fr)	0:20:35.9
86	81	Kennedy	Julian Negron (Fr)	0:20:36.8

87	82	Oak Lawn	Fernando Lopez (So)	0:20:40.4
88	83	Oak Lawn	Mike Martinez (Fr)	0:20:41.4
89	84	Kennedy	Luis Brito (Fr)	0:20:42.2
90	85	Oak Lawn	Sergio Serna (Fr)	0:20:42.6
91	86	Reavis	Ali Jafar (So)	0:20:43.4
92	87	Oak Forest	Dylan Kaptur (So)	0:20:44.9
93	88	Brother Rice	Francis Regan (Fr)	0:20:45.4
94	89	Homewood-Flossmoor	Ramin Fallah (So)	0:20:58.1
95		St. Rita	Nick Martone (Fr)	0:20:58.4
96	90	Homewood-Flossmoor	Dan Ibrahim (So)	0:21:01.0
97	91	Marist	Keagan Lenz (Fr)	0:21:01.3
98	92	Solorio Academy	Ruben Saldivar (Fr)	0:21:01.5
99	93	Kennedy	Enrique Salcido (So)	0:21:03.4
100	94	Mt. Carmel	Abel Corral (So)	0:21:05.6
101	95	Homewood-Flossmoor	Jikhail Robinson (Fr)	0:21:09.5
102	96	Bloom Township	Bryant Smith (Fr)	0:21:10.4
103	97	Oak Forest	Mike Boyajian (So)	0:21:17.8
104	98	Oak Lawn	Brian Baldwin (So)	0:21:20.2
105	99	Richards	Peter Forberg (Fr)	0:21:28.4
106	100	Mt. Carmel	John Godina (So)	0:21:31.1
107	101	Mt. Carmel	Luke Goodman (Fr)	0:21:33.4
108	102	Marist	Mike Gallapo (So)	0:21:38.1
109	103	Reavis	Fernando Munoz Jr (So)	0:21:41.5
110	104	Oak Forest	Frank Rollins (So)	0:21:46.1
111	105	Kennedy	Steven Dominguez (So)	0:21:52.1
112	106	Oak Forest	John Masterson (So)	0:21:54.9
113	107	Bloom Township	Alexander Godley (Fr)	0:22:01.5
114	108	Eisenhower	Emmanuel Rojas (So)	0:22:14.4
115	109	Reavis	Rafael Munoz (Fr)	0:22:19.8
116	110	Mt. Carmel	Javier Correa (So)	0:22:20.6
117	111	Eisenhower	Eric Wallace (Fr)	0:22:28.7
118	112	Richards	Kamryn Hunter (Fr)	0:22:34.1
119	113	Mt. Carmel	Stanley Heimke (Fr)	0:22:38.2
120	114	Richards	Mohammed Hussein (So)	0:23:02.5
121	115	Oak Lawn	Leonardo Olmos (So)	0:23:05.7
122	116	Richards	Cameron Smentek (So)	0:23:31.5
123		Marian Catholic	Alan Kickert (So)	0:23:51.9
124	117	Solorio Academy	Juan Herrera (Fr)	0:24:08.9
125	118	Bloom Township	Walter Travis (Fr)	0:24:15.2
126		Marian Catholic	Adam Novak (So)	0:24:18.6
127		Uno-Garcia	Mario Andrade (Fr)	0:24:21.9
128		Uno-Garcia	Rodrigo Martinez (Fr)	0:24:41.2
129	119	Solorio Academy	Miguel Garcia (Fr)	0:24:49.8
130	120	Eisenhower	Aaron Medel (Fr)	0:25:36.9
131		Uno-Garcia	Franky Ramirez (So)	0:29:17.7
132	121	Richards	P.J. Fox (Fr)	0:32:13.4
133		St. Joseph	Unknown Athlete	0:35:47.8

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 Results by Kreppert Kompusport Software, Yorkville, IL http://www.kompusport.com

FINAL TEAM STANDINGS:

Place	School	Score	Scoring Places
1	Sandburg	15	1, 2, 3, 4, 5, 6, 8
2	Lyons Township	56	9, 10, 11, 12, 14, 16, 23
3	Argo	131	7, 15, 20, 36, 53, 55, 63
4	Stagg	151	19, 25, 32, 37, 38, 40, 47
5	Hinsdale South	180	17, 21, 26, 49, 67, 73
6	Tinley Park	205	31, 35, 42, 43, 54, 66, 74
7	Marist	241	29, 39, 45, 52, 76, 91, 102
8	Solorio Academy	249	24, 33, 41, 59, 92, 117, 119
9	Eisenhower	264	18, 22, 44, 72, 108, 111, 120
10	Brother Rice	272	27, 46, 60, 69, 70, 79, 88
11	Homewood-Flossmoor	309	34, 57, 58, 71, 89, 90, 95
12	Kennedy	319	28, 51, 75, 81, 84, 93, 105

13	Oak Forest	323	13,	62,	64,	87,	97,	104,	106	
14	Reavis	357	61,	65,	68,	77,	86,	103,	109	
15	Oak Lawn	376	48,	78,	82,	83,	85,	98,	115	
16	Bloom Township	401	30,	50,	96,	107,	118			
17	Mt. Carmel	461	56,	94,	100,	101,	110,	113		
18	Richards	521	80,	99,	112,	114,	116,	121		
	Marian Catholic		No Score - Had only 3 finishers							
	Rich Central		No Score - Had only 0 finishers							
	St. Joseph		No Score - Had only 1 finisher							
	St. Laurence		No Score - Had only 2 finishers							
	St. Rita		No Score - Had only 2 finishers							
	Uno-Garcia		No Score - Had only 4 finishers							

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 Results by Kreppert Kompusport Software, Yorkville, IL http://www.kompusport.com

FINAL TEAM STANDINGS: (by total team time)

Place	School	Score	Avg	Diff	Scoring Times
1	Sandburg	82:00	16:24	0:47	15:53, 16:17, 16:32, 16:38, 16:40, 16:45
2	Lyons Township	86:15	17:15	0:24	17:06, 17:07, 17:07, 17:25, 17:30, 17:56
3	Argo	91:11	18:14	2:35	17:00, 17:37, 18:07, 18:52, 19:35, 19:40
4	Stagg	93:05	18:37	0:56	18:01, 18:29, 18:44, 18:54, 18:57, 18:59
5	Hinsdale South	94:10	18:50	2:00	17:59, 18:10, 18:31, 19:31, 19:59, 20:17
6	Tinley Park	95:26	19:05	0:56	18:42, 18:51, 19:07, 19:08, 19:38, 19:55
7	Marist	96:42	19:20	1:47	18:35, 18:59, 19:12, 19:34, 20:22, 21:02
8	Solorio Academy	97:04	19:25	2:34	18:28, 18:45, 19:04, 19:45, 21:02, 24:09
9	Brother Rice	97:33	19:31	1:31	18:31, 19:13, 19:46, 20:01, 20:02, 20:34
10	Eisenhower	97:48	19:34	4:16	17:59, 18:17, 19:10, 20:07, 22:15, 22:29
11	Oak Forest	99:04	19:49	3:53	17:25, 19:47, 19:49, 20:45, 21:18, 21:46
12	Homewood-Flossmoor	99:19	19:52	2:09	18:49, 19:45, 19:45, 20:02, 20:58, 21:01
13	Kennedy	99:44	19:57	2:11	18:32, 19:33, 20:19, 20:37, 20:43, 21:04
14	Reavis	100:43	20:09	0:57	19:47, 19:50, 20:00, 20:22, 20:44, 21:42
15	Oak Lawn	101:58	20:24	1:17	19:26, 20:26, 20:41, 20:42, 20:43, 21:21
16	Bloom Township	105:42	21:08	5:36	18:40, 19:33, 21:11, 22:02, 24:16
17	Mt. Carmel	106:14	21:15	2:39	19:42, 21:06, 21:31, 21:34, 22:21, 22:39
18	Richards	111:14	22:15	2:56	20:36, 21:29, 22:34, 23:03, 23:32, 32:14
	Marian Catholic	No Score			19:26, 23:52, 24:19
	Rich Central	No Score			
	St. Joseph	No Score			35:48
	St. Laurence	No Score			20:14, 20:20
	St. Rita	No Score			19:53, 20:59
	Uno-Garcia	No Score			18:34, 24:22, 24:42, 29:18

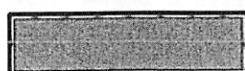
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God Bless America!

Sept. 11, 2001

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GPS coordinates, meet schedule, participating teams, course map, etc.

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[Final Team Standings \(by points\)](#)

[Final Team Standings \(by time\)](#)

49th Annual Reavis Rams Invitational

September 14, 2013
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	James Durkin (Sr)	0:15:42.2
2	2	Marist	Kyle Haberkorn (Sr)	0:15:50.0
3	3	Homewood-Flossmoor	Matt Anyiwo (Sr)	0:15:51.8
4	4	Marist	Luke Haberkorn (Sr)	0:15:52.9
5	5	Sandburg	Will Becker (Sr)	0:15:54.0
6	6	Kennedy	Bryan Quinonez (Sr)	0:15:56.6
7	7	Sandburg	Max Lehnhardt (So)	0:15:57.4
8	8	Homewood-Flossmoor	Christian Hoover (Jr)	0:15:59.2
9	9	Marian Catholic	Camren Howard (Sr)	0:16:04.0
10	10	Marist	Luke McGovern (Sr)	0:16:05.1
11	11	Mt. Carmel	Dan O'Keefe (Sr)	0:16:13.1
12	12	Richards	Dan Krasich (Sr)	0:16:23.6
13	13	Homewood-Flossmoor	Kevin Anderson (Sr)	0:16:27.5
14	14	Sandburg	Mike Brower (Jr)	0:16:31.7
15	15	Sandburg	Matt Benz-Weeden (Jr)	0:16:33.3
16	16	Hinsdale South	Roman Drabchuk (So)	0:16:37.1
17	17	Hinsdale South	Vicente Perez (Jr)	0:16:37.6

18	18	Sandburg	Brady Walter (Jr)	0:16:42.2
19	19	Sandburg	Adam Gleisner (Sr)	0:16:42.5
20		Tinley Park	David McDonald (Sr)	0:16:43.8
21	20	Hinsdale South	Ryan Cusick (Sr)	0:16:44.1
22	21	St. Laurence	Nick Romero (Jr)	0:16:44.6
23	22	Eisenhower	Ken Palmer (Jr)	0:16:46.4
24	23	Richards	Jason Mallo (So)	0:16:49.0
25	24	Argo	Ramazan Xheka (Jr)	0:16:52.1
26	25	St. Rita	Sherman McLawhorn (So)	0:16:54.3
27	26	Reavis	Tomas Villa III (Jr)	0:16:56.7
28	27	Eisenhower	Eduardo Martinez (Sr)	0:16:57.0
29	28	Sandburg	Brian McMahon (Jr)	0:16:58.8
30	29	St. Laurence	Anthony Barrios (Sr)	0:17:00.3
31	30	Marist	Kyle O'Farrell (So)	0:17:00.7
32	31	Hinsdale South	Joe Eilbert (Jr)	0:17:01.3
33	32	Brother Rice	Tim O'Connor (Sr)	0:17:03.2
34	33	Stagg	Dominic Singer (Jr)	0:17:03.5
35	34	Marian Catholic	Nathan Holley (Jr)	0:17:05.1
36	35	Argo	Jimmy Dimer (Jr)	0:17:06.2
37	36	Eisenhower	Vincente Carbajal (Jr)	0:17:08.0
38	37	Stagg	Alfonso Sahagun (Sr)	0:17:13.5
39	38	Brother Rice	Mike Joyce (Jr)	0:17:14.9
40	39	Brother Rice	Jeremy Tryban (Jr)	0:17:15.6
41	40	Oak Lawn	Diego Arana (Fr)	0:17:18.5
42	41	Hinsdale South	Jason Arendt (Sr)	0:17:21.1
43	42	Brother Rice	Eddie Pacura (Jr)	0:17:22.3
44	43	Reavis	Braulio Castellanos (Sr)	0:17:23.9
45	44	Marist	Mike Conrad (Jr)	0:17:32.0
46	45	Oak Forest	Terry Zalud (Sr)	0:17:34.1
47	46	Mt. Carmel	Brendan Jacobs (So)	0:17:35.6
48	47	Oak Forest	Peter Boyajian (Sr)	0:17:37.5
49	48	Marist	Cam Blakey (So)	0:17:43.3
50	49	Kennedy	Patrick Seelentag (Jr)	0:17:45.1
51	50	Richards	Erik Krasich (Sr)	0:17:45.4
52	51	Hinsdale South	Nick Pippenger (Sr)	0:17:45.6
53		Tinley Park	Olance Dussard (Sr)	0:17:48.9
54	52	Solorio Academy	Vicente Garcia (Jr)	0:17:50.1
55	53	Eisenhower	Jose Barrientos (Jr)	0:17:50.7
56		Tinley Park	John Westerman (Sr)	0:17:51.5
57	54	Richards	Griffin Forberg (Sr)	0:17:55.0
58	55	St. Rita	Brendan Schmit (Sr)	0:17:57.5
59	56	Stagg	Ridhey Chatha (Jr)	0:17:59.5
60	57	Marist	Jack Kelly (So)	0:18:01.3
61	58	Argo	Juan Castillo (Jr)	0:18:02.2
62	59	Reavis	Jose Sanchez (Jr)	0:18:03.3
63	60	Eisenhower	Rudy Salazar (Sr)	0:18:03.8
64	61	Mt. Carmel	Dawayne Johnson (Sr)	0:18:04.4
65	62	Argo	Luis Ramirez (Jr)	0:18:06.9
66	63	Stagg	Malek Mukahhal (Sr)	0:18:07.2
67	64	St. Rita	Mark Radavic (Sr)	0:18:07.4
68	65	Eisenhower	Josh Medel (Sr)	0:18:07.6
69	66	Argo	Alexis Caballero (Sr)	0:18:17.9
70	67	Homewood-Flossmoor	Elijah Leake (Fr)	0:18:18.3
71	68	Eisenhower	Ramon Rodriguez (Jr)	0:18:20.6
72	69	Reavis	John Gil (Jr)	0:18:22.7
73	70	Argo	Cesar Cruz (Sr)	0:18:24.0
74	71	Argo	Ramiro Jimenez (Jr)	0:18:25.6
75	72	Richards	Mike Rores (Jr)	0:18:29.7
76	73	Stagg	Dave Piechalak (Sr)	0:18:30.2
77	74	Mt. Carmel	Andrew Jacobs (Sr)	0:18:33.3
78	75	Oak Lawn	Eric Sciaky (So)	0:18:34.0
79		Tinley Park	Jeremy Morgan (Jr)	0:18:34.4
80	76	Reavis	Dawid Kasprzak (Sr)	0:18:34.9
81	77	Homewood-Flossmoor	Jameson Lamb (Sr)	0:18:36.0
82	78	Oak Lawn	Romello Williams (So)	0:18:38.6
83	79	Brother Rice	Dan Capua (Jr)	0:18:39.6
84	80	Homewood-Flossmoor	Joe Eagle (So)	0:18:42.6
85	81	Solorio Academy	Ivan Diaz (Jr)	0:18:42.9
86	82	Oak Lawn	Tomasz Parzadka (Jr)	0:18:44.5

87	83	Reavis	Mohammed Sbitan (Sr)	0:18:45.5
88	84	Solorio Academy	Rafael Zavala (Jr)	0:18:46.1
89	85	Mt. Carmel	Nick Gallapo (Sr)	0:18:47.3
90	86	Marian Catholic	Thomas Edwards (So)	0:18:48.0
91	87	Stagg	Alex Bieniek (Jr)	0:18:48.5
92	88	Marian Catholic	Cristobal Silva (So)	0:18:51.8
93	89	Marian Catholic	Kyron Elam (Sr)	0:18:52.0
94	90	Reavis	Elias Munoz-Gutierrez (Sr)	0:18:53.5
95	91	Solorio Academy	Javier Martinez (Jr)	0:18:53.8
96	92	Marian Catholic	Sean McGlone (Sr)	0:19:02.9
97	93	Mt. Carmel	Kenny Koval (So)	0:19:04.3
98	94	Oak Lawn	Pat Gudnowski (Jr)	0:19:04.5
99	95	St. Laurence	Jorge Velazco (So)	0:19:06.0
100	96	Oak Lawn	Erik Abrahamson (Sr)	0:19:10.7
101	97	Oak Forest	Tabin Vrba (Sr)	0:19:11.3
102	98	Hinsdale South	Tom Mihalkanin (Jr)	0:19:12.4
103	99	Rich Central	Thomas Brown (Jr)	0:19:13.2
104	100	Richards	Bernie Perea (Jr)	0:19:16.2
105	101	Oak Forest	Eduardo Meza (Sr)	0:19:17.6
106	102	Solorio Academy	Lucio Barboza (Jr)	0:19:20.0
107	103	Oak Forest	Paul Burghard (Jr)	0:19:26.2
108	104	St. Rita	Paul Fernandez (So)	0:19:27.1
109	105	Mt. Carmel	Alex Khong (Sr)	0:19:27.4
110	106	Homewood-Flossmoor	Phillip Goens (Sr)	0:19:35.9
111	107	Richards	Evan Young (Sr)	0:19:39.9
112	108	St. Laurence	Ed Smith (Sr)	0:19:45.4
113	109	Marian Catholic	Owen Shrader (Jr)	0:19:46.9
114	110	Solorio Academy	Nelson Davilla (Sr)	0:19:51.8
115	111	Kennedy	Aaron Mendoza (Jr)	0:19:54.8
116	112	Solorio Academy	Emmanuel Chavez (Jr)	0:19:56.5
117	113	Oak Forest	Casey Gallagher (Sr)	0:20:15.4
118	114	St. Laurence	Keon Garcia (So)	0:20:28.5
119	115	Uno-Garcia	Carlos Luna (Jr)	0:20:32.2
120	116	Kennedy	Enrique Diaz (Jr)	0:20:33.5
121	117	Rich Central	Jabari Moody (Jr)	0:20:37.8
122	118	Oak Forest	Mark Burghard (Jr)	0:20:40.2
123	119	Kennedy	Javier Gamboa (Sr)	0:20:44.0
124	120	St. Rita	Geoff Harring (Fr)	0:20:59.1
125	121	Oak Lawn	Jake Kupres (Sr)	0:21:10.9
126	122	Rich Central	Christian Williams (So)	0:21:22.7
127	123	St. Laurence	Anthony Fernandez (Sr)	0:21:44.1
128	124	Rich Central	Chriss Jackson Taylor (Sr)	0:22:07.5
129	125	Uno-Garcia	Anthony Vargas (Jr)	0:22:12.2
130	126	Rich Central	Ryu Jackson (Jr)	0:23:22.2
131	127	Rich Central	Kevin Johnson (Jr)	0:23:32.5
132	128	Kennedy	Michael Escobedo (Jr)	0:23:47.5
133		St. Joseph	Unknown Athlete	0:23:52.8
134	129	Uno-Garcia	Leonel Torres (Jr)	0:25:42.3
135	130	Uno-Garcia	Ricardo Leanos (Sr)	0:26:22.1
136	131	Rich Central	Rashad Harris (Sr)	0:26:56.5
137	132	Uno-Garcia	Arturo Garcia (Sr)	0:28:06.4
138	133	Uno-Garcia	Felipe Pineda (Jr)	0:31:01.5

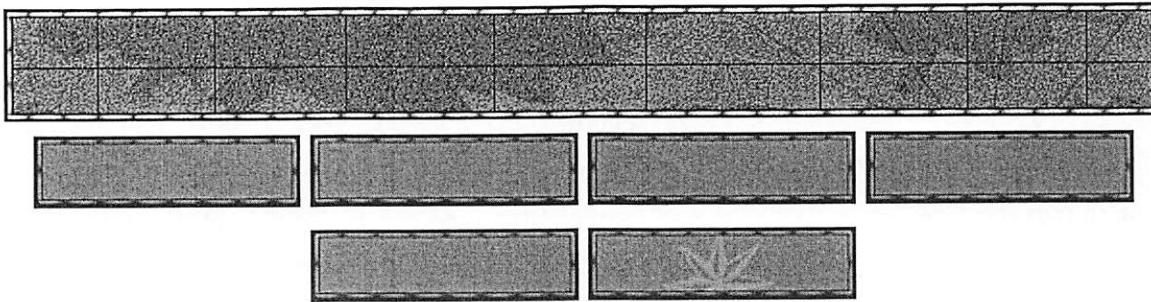
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FINAL TEAM STANDINGS:

Place	School	Score	Scoring Places
1	Sandburg	59	5, 7, 14, 15, 18, 19, 28
2	Marist	90	2, 4, 10, 30, 44, 48, 57
3	Hinsdale South	125	16, 17, 20, 31, 41, 51, 98
4	Brother Rice	152	1, 32, 38, 39, 42, 79
5	Homewood-Flossmoor	168	3, 8, 13, 67, 77, 80, 106
6	Eisenhower	198	22, 27, 36, 53, 60, 65, 68
7	Richards	211	12, 23, 50, 54, 72, 100, 107

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God Bless America!

Sept. 11, 2001

[View detail info about the meet.](#)

GPS coordinates, meet schedule, participating teams, course map, etc.

[Individual Results](#)

49th Annual Reavis Rams Invitational

September 14, 2013

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	Sandburg	Patrick Bieszke (Jr)	0:16:31.4
2	Lyons Township	Vance Smith (Jr)	0:16:40.6
3	Lyons Township	Cj Oneill (Sr)	0:17:00.7
4	Lyons Township	Ben Gawthrop (Jr)	0:17:10.4
5	Sandburg	Anthony Lifonti (So)	0:17:11.3
6	Sandburg	Kyle Lahucik (Jr)	0:17:15.2
7	Lyons Township	Rafael Linares (Jr)	0:17:17.4
8	Sandburg	Nick Depesa (Sr)	0:17:18.8
9	Sandburg	Mario Lopez (Jr)	0:17:19.7
10	Sandburg	Pat Foster (So)	0:17:27.3
11	Sandburg	John Wagner (So)	0:17:30.0
12	Lyons Township	Ross Leavitt (Jr)	0:17:30.2
13	Lyons Township	Mike Richards (Sr)	0:17:39.5
14	Lyons Township	Drew Mulligan (Jr)	0:17:44.7

15	Lyons Township	Alex Lynch (Fr)	0:17:45.7
16	Lyons Township	Sam Scriba (So)	0:17:46.0
17	Sandburg	Aidan Farley (Fr)	0:17:49.0
18	Sandburg	Chris Mangold (Sr)	0:17:58.7
19	Sandburg	Kyle Stogin (So)	0:18:00.2
20	Sandburg	Alex Symanski (Fr)	0:18:03.1
21	Lyons Township	David Mysz (Jr)	0:18:03.4
22	Lyons Township	Tim McCarthy (So)	0:18:05.1
23	Lyons Township	Roland Van Tassel (Fr)	0:18:10.9
24	Sandburg	Lou Cavalier (So)	0:18:15.7
25	Lyons Township	Daniel Palmer (Fr)	0:18:16.5
26	Lyons Township	John Cushing (So)	0:18:17.3
27	Sandburg	Nick Carollo (So)	0:18:18.7
28	Lyons Township	James Mohan (Jr)	0:18:19.0
29	Lyons Township	Tom Cushing (Jr)	0:18:21.0
30	Lyons Township	Brandon Herman (So)	0:18:22.0
31	Sandburg	Max Sanchez (So)	0:18:23.6
32	Lyons Township	Ryan Stork (Sr)	0:18:24.5
33	Lyons Township	Zach Prinz (Sr)	0:18:25.2
34	Sandburg	John Stefik (Jr)	0:18:29.0
35	Mt. Carmel	Mike Bradley (Jr)	0:18:37.5
36	Sandburg	Alec Altman (Jr)	0:18:42.2
37	Sandburg	Danny Papan (Fr)	0:18:43.1
38	Lyons Township	Peter Newman (Jr)	0:18:44.3
39	Lyons Township	John Hagan (Fr)	0:18:45.5
40	Stagg	Dylan Otruba (Fr)	0:18:47.2
41	Brother Rice	Connor Mallon (Jr)	0:18:54.2
42	Sandburg	Nathan Arrigoni (So)	0:18:55.5
43	Sandburg	Miles Draskovic (So)	0:18:56.4
44	Lyons Township	Joesph Hess (Fr)	0:18:57.4
45	Lyons Township	John Prescott (Fr)	0:19:00.2
46	Argo	Victor Enciso (Sr)	0:19:01.5
47	Hinsdale South	Matt Daniel (Jr)	0:19:06.8
48	Lyons Township	Richard Sheer (Fr)	0:19:07.3
49	Lyons Township	Cole Smith (So)	0:19:08.5
50	Sandburg	Connor Burns (Fr)	0:19:11.9
51	Homewood-Flossmoor	Zach Smith (Sr)	0:19:12.9
52	Eisenhower	Edgar Rojas (Jr)	0:19:15.1
53	Eisenhower	Daniel Delgado (Sr)	0:19:15.8
54	Lyons Township	Colin Keefer (So)	0:19:16.1
55	Lyons Township	Matt Grider (Sr)	0:19:17.5
56	Argo	Uzziel Guzman (Jr)	0:19:18.1
57	Lyons Township	Connor Wiegmann (Jr)	0:19:18.7
58	Reavis	Jorge Vergara Jr (Jr)	0:19:21.5
59	Sandburg	Alejandro Claure (Fr)	0:19:22.0
60	Brother Rice	Jake Rafferty (So)	0:19:26.0
61	Oak Forest	Al Ochoa (Fr)	0:19:27.5
62	Hinsdale South	Freddy Magallanes (Sr)	0:19:27.9
63	Lyons Township	Tim Acker (Jr)	0:19:31.0
64	Sandburg	Josh Nolan (Fr)	0:19:32.1
65	Sandburg	Ryan Bowald (Fr)	0:19:34.2
66	Sandburg	Ben Kirby (Fr)	0:19:34.5
67	Lyons Township	Ethan Leavitt (Sr)	0:19:38.0
68	Lyons Township	Kevin McKenzie (Fr)	0:19:40.8
69	Lyons Township	Dan Rocco (Sr)	0:19:41.8
70	Hinsdale South	Patryk Klimaszewski (Fr)	0:19:42.3
71	Sandburg	Connor Marks (Fr)	0:19:42.6
72	Lyons Township	Andy Crawshaw (Jr)	0:19:44.5
73	Lyons Township	Willam Stampfl (Jr)	0:19:47.0
74	Lyons Township	Jacob Brown (Fr)	0:19:47.5
75	Sandburg	Ben Cachares (Fr)	0:19:47.9
76	Lyons Township	Henry Groya (Fr)	0:19:48.9

77	Sandburg	Andrew Peters (So)	0:19:51.6
78	Lyons Township	Brendan Buhle (Jr)	0:19:52.4
79	Lyons Township	Paul Hunter (Sr)	0:19:53.1
80	Tinley Park	Lucas Russo (Fr)	0:19:54.1
81	Lyons Township	Harrison Turkes (Jr)	0:19:54.8
82	Brother Rice	Dan Sweeney (Jr)	0:19:55.8
83	Lyons Township	Nick Kruchko (Sr)	0:19:56.8
84	Lyons Township	Charles Brom (Jr)	0:19:58.1
85	Hinsdale South	Ethan Waterman (Jr)	0:19:58.5
86	Lyons Township	Udit Rathore (Sr)	0:19:58.8
87	Stagg	Dominick Uzzardo (Fr)	0:19:59.5
88	Lyons Township	Ryan Farrell (Fr)	0:20:00.8
89	Brother Rice	Matt Klutarch (So)	0:20:01.9
90	Sandburg	Connor Carper (Jr)	0:20:02.7
91	Sandburg	Mark Macak (Jr)	0:20:03.3
92	Lyons Township	Christian Garza (Fr)	0:20:04.2
93	Argo	Zach Crisostomo (Sr)	0:20:04.7
94	Marist	Mike Mallon (Fr)	0:20:05.6
95	Lyons Township	Brian Klafta (Jr)	0:20:07.3
96	Stagg	Dave Gaidas (Jr)	0:20:09.0
97	Lyons Township	Charles Floyd (Jr)	0:20:11.5
98	Hinsdale South	Tyler Gaytan (Fr)	0:20:11.8
99	Stagg	Sami Al Ahmadi (Sr)	0:20:14.0
100	Stagg	Kyle Siuta (Fr)	0:20:15.1
101	Hinsdale South	Charles Thuruthiyil (Fr)	0:20:18.3
102	Argo	Luke Ociesielski (Jr)	0:20:21.5
103	Lyons Township	Nick Vitas (Jr)	0:20:21.8
104	Brother Rice	Caesar Torres (So)	0:20:22.4
105	Argo	Noah Fabiana (So)	0:20:24.1
106	Stagg	Mike Homan (So)	0:20:24.4
107	Argo	Luis Jauregui (Jr)	0:20:25.0
108	Eisenhower	Frank Zuniga (Sr)	0:20:25.4
109	Sandburg	Fernando Gonzalez (Fr)	0:20:25.6
110	Sandburg	Sam Call (Fr)	0:20:26.0
111	Richards	Jarrett Hogan (Sr)	0:20:26.4
112	Lyons Township	John Luxem (So)	0:20:29.9
113	Stagg	Adam Bizub (Sr)	0:20:31.9
114	Lyons Township	Stephan Gooden (So)	0:20:32.2
115	Brother Rice	Mark Seavers (So)	0:20:33.7
116	Richards	T.J. Spyernal (Jr)	0:20:35.4
117	Marian Catholic	Tylor Parsons (Sr)	0:20:36.8
118	Lyons Township	Will Most (Jr)	0:20:38.7
119	Hinsdale South	Nathan DeGuzman (Jr)	0:20:39.2
120	Hinsdale South	James Most (So)	0:20:39.6
121	Lyons Township	Kevin Garcia (Fr)	0:20:40.0
122	Hinsdale South	Matt Harte (So)	0:20:40.3
123	Solorio Academy	Ivan Alcantar (Sr)	0:20:40.8
124	Richards	Dylan Hartell (Jr)	0:20:50.1
125	Richards	Lance Klingensmith (Fr)	0:20:51.2
126	Richards	Josh Kamba (Jr)	0:20:51.7
127	Sandburg	Matt Bovard (Fr)	0:20:52.6
128	Stagg	Maciej Krzysiak (Fr)	0:20:52.8
129	Hinsdale South	Jaxon Herchenbach (Fr)	0:20:53.9
130	Lyons Township	Phillip Mangini (Fr)	0:20:55.6
131	Brother Rice	Pat Cunningham (Fr)	0:20:57.0
132	Marist	Matt Jones (Jr)	0:20:59.9
133	Lyons Township	Nathan Kriha (Sr)	0:21:00.7
134	Oak Lawn	Nick Raymer (Jr)	0:21:01.2
135	Solorio Academy	Kevin Landa (Jr)	0:21:01.7
136	Stagg	Christian Mireles (Jr)	0:21:04.8
137	Lyons Township	Jack Salazar (So)	0:21:06.4
138	Reavis	Evangelos Baniewicz (Jr)	0:21:06.7

139	Lyons Township	William Sloyan (Fr)	0:21:07.3
140	Sandburg	Kyle Wiczek (Jr)	0:21:08.3
141	Argo	Brian Diaz (Sr)	0:21:09.2
142	Stagg	Ibadat Chatha (Jr)	0:21:09.5
143	Lyons Township	Gavin McGill (Fr)	0:21:10.1
144	Oak Forest	Shaun Louis (Fr)	0:21:11.7
145	Richards	Matas Leskauskus (Jr)	0:21:12.3
146	Hinsdale South	Jason Daniel (Sr)	0:21:14.3
147	Reavis	Maciej Swoch (Jr)	0:21:15.1
148	Oak Forest	Josh Hernandez (Jr)	0:21:15.8
149	Richards	Gavin Martin (Jr)	0:21:16.1
150	Tinley Park	Zach Dutkiewicz (Fr)	0:21:16.9
151	Lyons Township	Aaron Kriha (Fr)	0:21:17.8
152	Lyons Township	Luke Winner (Jr)	0:21:18.3
153	Reavis	Jesse Molina (Jr)	0:21:19.1
154	Argo	Andrew Herus (Fr)	0:21:19.4
155	Eisenhower	Lucas Souza (Sr)	0:21:19.7
156	Lyons Township	Kevin Moran (Fr)	0:21:20.0
157	Stagg	Sanad Abduljawad (Jr)	0:21:21.6
158	Lyons Township	Stephen Romero (Fr)	0:21:24.0
159	Sandburg	Cj Brncich (So)	0:21:29.3
160	Argo	Khalin Ikner (Fr)	0:21:32.7
161	Argo	Piotr Zubek (Fr)	0:21:33.7
162	Homewood-Flossmoor	Kenu Redick (So)	0:21:34.7
163	Lyons Township	Jack Dunner (Fr)	0:21:35.8
164	Hinsdale South	Nathan Arnold (So)	0:21:36.6
165	Marist	Adam Camarena (Fr)	0:21:36.9
166	Hinsdale South	Jared Needham (So)	0:21:37.6
167	Marian Catholic	Jay Reichart (Sr)	0:21:40.7
168	Argo	Kevin Walsh (Jr)	0:21:41.9
169	Eisenhower	Alan Gonzalez (Jr)	0:21:42.3
170	Eisenhower	Demitrius Robledo (Sr)	0:21:43.0
171	Sandburg	Brad Ryan (So)	0:21:43.3
172	Argo	James Raya (Jr)	0:21:43.7
173	Sandburg	Liam Walsh (So)	0:21:44.8
174	Lyons Township	Alex Dellios (Fr)	0:21:47.7
175	Sandburg	Aidan Summers (Jr)	0:21:48.3
176	Oak Lawn	Issar Hindi (Jr)	0:21:50.9
177	Hinsdale South	Philip Vadakara (Jr)	0:21:51.2
178	Solorio Academy	Gerardo Duran (So)	0:21:51.6
179	Hinsdale South	Cesar Lopez (So)	0:21:52.0
180	Marist	Paul Lesley (Fr)	0:21:56.6
181	Lyons Township	Sam Trifon (Sr)	0:21:56.8
182	Reavis	Jacob Aguirre (So)	0:21:58.3
183	Mt. Carmel	Garrett Smith (Jr)	0:22:00.8
184	Marian Catholic	Michael Anderson (Sr)	0:22:02.8
185	Lyons Township	James Liliy (Jr)	0:22:03.1
186	Stagg	Zach Karr (Fr)	0:22:03.5
187	Solorio Academy	Salvador Avalos (Jr)	0:22:04.6
188	Lyons Township	Rory McDermott (Fr)	0:22:05.8
189	Oak Forest	Josh Palces (Fr)	0:22:09.6
190	Hinsdale South	Brian Jordan (So)	0:22:12.7
191	Stagg	Frank Lennon (So)	0:22:13.7
192	Lyons Township	Tim Mikuski (Fr)	0:22:16.2
193	Solorio Academy	Javier Franco (So)	0:22:18.2
194	Oak Forest	Mark Reid (Fr)	0:22:18.5
195	Oak Lawn	James Kean (So)	0:22:22.8
196	Tinley Park	Josh Boyland (Fr)	0:22:24.8
197	Marist	Kevin Kane (Fr)	0:22:32.0
198	Argo	Guillermo Islas (Sr)	0:22:34.9
199	Argo	Juan Campos (Fr)	0:22:35.3
200	Lyons Township	John Masella (Fr)	0:22:35.8

201	Marian Catholic	Joel Godinez (Jr)	0:22:37.6
202	Oak Lawn	Jon Paul Repetny (So)	0:22:38.3
203	Reavis	Ricardo Rascon (So)	0:22:39.0
204	Argo	Jorge Davila (So)	0:22:40.0
205	Argo	Jake Seno (Fr)	0:22:40.3
206	Oak Forest	Joe Hernandez (So)	0:22:40.8
207	Oak Forest	John Manso (Fr)	0:22:42.0
208	Marist	Ethan Conway (Fr)	0:22:43.8
209	Lyons Township	Peter Schwabe (Fr)	0:22:47.6
210	Stagg	Sebastian Wesolowski (So)	0:22:48.5
211	Eisenhower	Zack Fernandez (Sr)	0:22:49.4
212	Brother Rice	Liam Millerick (Jr)	0:22:53.0
213	Solorio Academy	Jesus Rivera (Fr)	0:22:53.7
214	Sandburg	Chris Beck (Jr)	0:22:54.0
215	Sandburg	Bill Asztalos (So)	0:22:54.4
216	Solorio Academy	Jorge Ramos (Fr)	0:22:59.2
217	Stagg	Frank Rodriguez (Fr)	0:23:02.3
218	Richards	Nick Almonaci (Sr)	0:23:04.6
219	Lyons Township	Will Bleck (Fr)	0:23:05.0
220	Oak Forest	Jerod Decker (So)	0:23:05.7
221	Argo	Andrew Perkovich (Jr)	0:23:08.1
222	Lyons Township	Mike Forberg (Sr)	0:23:10.6
223	Argo	Oswaldo Reynoso (Fr)	0:23:11.0
224	Reavis	Hector Lopez Jr (Fr)	0:23:13.3
225	Homewood-Flossmoor	Christian Haywood (So)	0:23:16.3
226	Argo	Hunter Usakowski (So)	0:23:16.7
227	Argo	Nazario Mojica (Jr)	0:23:18.3
228	Reavis	Christopher Solus (So)	0:23:18.7
229	Sandburg	David Chiapetti (So)	0:23:20.6
230	Sandburg	Jack Gardner (So)	0:23:21.7
231	Reavis	Rafael Lopez (Fr)	0:23:22.1
232	Stagg	Shareef Kayed (So)	0:23:29.0
233	Lyons Township	Lenny Prysalski (Fr)	0:23:29.5
234	Reavis	Robert Quiroz (Sr)	0:23:44.3
235	Hinsdale South	Sam Chang (So)	0:23:53.0
236	Argo	Jose Vazquez (Jr)	0:23:53.3
237	Oak Lawn	Orsan Yassin (Jr)	0:23:54.9
238	Oak Lawn	Nick Dellorto (So)	0:23:57.1
239	Oak Forest	Sam Cabrera (Fr)	0:23:58.7
240	Reavis	Angel Villa (Fr)	0:24:03.3
241	Reavis	Francisco Flores (Fr)	0:24:04.3
242	Oak Forest	Pat Winkle (So)	0:24:15.4
243	Brother Rice	Jonathan Delgado (Fr)	0:24:15.7
244	Oak Forest	Anthony Berrios (Sr)	0:24:16.2
245	Stagg	Anthony Koncius (Fr)	0:24:19.0
246	Stagg	Alec Anglin (Fr)	0:24:31.1
247	Mt. Carmel	Sean Wilberding (Jr)	0:24:33.2
248	Reavis	Isaac Sanchez (So)	0:24:36.5
249	Argo	Kyle Zimmerman (Jr)	0:24:40.2
250	Marist	Seth Beverley (Fr)	0:24:45.8
251	Richards	Jose Zavala (Sr)	0:24:46.1
252	Mt. Carmel	Gabe Bustoz (Jr)	0:24:51.8
253	Stagg	Nick Herres (Fr)	0:24:53.4
254	Marist	Elias Synder (Fr)	0:24:53.8
255	Stagg	Matt Wantiez (Fr)	0:24:58.1
256	Eisenhower	Eric Colin (Jr)	0:25:01.2
257	Richards	Ernesto Ojeda (Sr)	0:25:02.7
258	Oak Forest	Sal Flores (So)	0:25:05.1
259	Reavis	Victor Gonzalez (Fr)	0:25:13.3
260	Oak Forest	Dylan Staunton (Fr)	0:25:16.9
261	Solorio Academy	Kevin Castro (Fr)	0:25:17.1
262	Eisenhower	Jose Tamayo (Fr)	0:25:18.9

263	Oak Forest	Keith Pickrum (Fr)	0:25:19.5
264	Sandburg	Nick Macijunas (So)	0:25:19.9
265	Mt. Carmel	Tim McNamara (Fr)	0:25:23.9
266	Stagg	Mike Walsh (Sr)	0:25:27.7
267	Eisenhower	Unknown Athlete	0:25:29.6
268	Eisenhower	Julian Peralta (Fr)	0:25:50.5
269	Oak Lawn	Christian Villenas (Fr)	0:25:59.7
270	Eisenhower	Jose Cisneros (Fr)	0:26:00.9
271	Mt. Carmel	Jacob Correa (Fr)	0:26:01.6
272	Oak Forest	Kyle Brezine (So)	0:26:06.2
273	Oak Lawn	Juan Marquez (So)	0:26:06.4
274	Stagg	Ryan Wren (So)	0:26:37.2
275	Eisenhower	Medardo Esparza (Fr)	0:26:48.3
276	Oak Lawn	Robert Freeman (Fr)	0:26:51.0
277	Stagg	Kanwarjot Chatha (Fr)	0:26:51.6
278	Oak Forest	Caden Winson (Fr)	0:26:55.5
279	Stagg	Pat Syp (Fr)	0:27:02.5
280	Lyons Township	Peter Eggerding (Fr)	0:27:04.9
281	Richards	Tom Doon (Jr)	0:27:12.6
282	Eisenhower	Holden Szczypka (So)	0:27:30.0
283	Hinsdale South	Malav Shah (So)	0:27:35.6
284	Oak Forest	Tyler Baker (Fr)	0:27:35.9
285	Lyons Township	Cody Lamana (Jr)	0:28:38.5
286	Argo	Gustavo Calvillo (Sr)	0:28:56.3
287	Solorio Academy	Armando Vieyra (Jr)	0:29:03.1
288	Oak Forest	Mason Kalnins (Fr)	0:29:05.1
289	Stagg	Ian Staudohar (So)	0:29:25.0
290	Brother Rice	Zach Charters (Fr)	0:29:36.4
291	Solorio Academy	Juan Rivera (Fr)	0:29:40.4
292	Stagg	John Kladis (So)	0:29:41.7
293	Argo	Christopher Mayes (Jr)	0:29:44.1
294	Oak Forest	Mike Soppett (Fr)	0:29:56.4
295	Oak Lawn	Anakin Schroeder (Fr)	0:30:05.5
296	Solorio Academy	Xavier Hernandez (Fr)	0:30:16.8
297	Kennedy	Reymundo Acuna (Fr)	0:30:42.6
298	Eisenhower	Daniel Cruz (Fr)	0:30:43.0
299	Sandburg	Alex Beck (Fr)	0:31:00.1
300	Solorio Academy	Anthony Lopez (Fr)	0:36:28.3

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 Last modified: Saturday, August 24, 2013



SANDBURG CROSS COUNTRY

NEWS AND NOTES

RUNNERS OF THE WEEK: Dan Laskero, Chris Mangold, Anthony Lifonti

Reavis Invitational

Saturday, Sept. 14, 2013

Low 70's, sunny, beautiful

COACH'S COMMENTS:

This week we dominated all three races, but just like last week, just like next week, just like today and every day, we don't evaluate the performances with that as a measuring stick. We are focused on what we know it takes to reach our best when our best will be most needed—SWSC, Sectionals and State. When I watch the races, that is what I am thinking about. Even as you run through the first 800 meters, I am thinking, "how does this translate into our goals? How does this live up to our pillars?" **What I am most focused on is what is going on internally with each of you, not how you stack up externally against the other teams.** Are you becoming a stronger person? Are you discovering where your greatness lies? Are you becoming a powerful person? Guys—we are doing the right things internally. You guys are Champions. You have the right stuff to become great. Keep focusing on doing things the right way—**BEING POSITIVE, WORKING HARD, HAVING FUN, SHOWING ENTHUSIASM FOR YOUR TEAMMATES, BELIEVING IN GREAT POSSIBILITIES.**

The Sophomore level got the day off to a rocking start as they turned the race into a Sandburg time trial. Wow. A 1-6 sweep and Marchese rounding out in 8th. Wow. I wasn't sure I'd ever see the day that Kevin Adamowski's sophomore course record would be broken. He was the best sophomore I've coached other than Lukas and I clearly remember him running away with that 15:54 way back in 2004. The following week he ran 15:12 at Peoria. But Saturday was that day when **Dan Laskero** kept pushing and pushing even though he was out there on his own. I'm excited to see what our group does with some packs of runners—that always helps to push us further. **Chris Torpy** ran an even better race than last week—Reavis has always run slower than Lyons—and is improving every race. He worked hard to catch Laskero after the mile and held things together to finish. **David Gleisner** had that look we always talk about—a guy who is confident and excited. He was smiling and ready to roll. Clearly he was hungry after being out sick last weekend. He turned that hunger into performance and rocked a smoking 16:31, which would have put him in the top 15 of the varsity. **B Lukas** had one of the fastest third miles of the day. He's off to a great start this season—keep it going! Don't be afraid to commit early on in the race.

I'm super proud of the way the varsity group raced. **Will Becker** is a great example of a person who was unwilling to let a setback beat him. He put in so much work to be fit while he couldn't run and he did so many things to get himself healthy. Through it all, he managed to run a full minute faster than he did a year ago. This is only the beginning. I know he is so hungry because he got running taken away from him for a while and now look out! **Max Lehnhardt**—what can we say about him? I can't tell you how many people said, "Coach, Max has some serious guts." No doubt about it. He isn't intimidated by anything, he doesn't limit himself and his potential. He's just a winner. Plain and simple. Our next four guys—**Brower, B-W, Walter, and Gleisner** worked well together and fed off each other's energy. It's great to see that kind of energy from a GROUP. Bieszke took control of the open race from the get go and had a good comeback after a rough first outing last week. Last week I saw **Anthony Lifonti** looking down after his Lyons race. I was hoping to see a bounce back this week and he was able to put his performance behind him and still have confidence and optimism this week. It showed in the race. I'm so pumped for **Mario Lopez** who has been really struggling and has been down. He managed a huge step forward this week with his best performance in a long time and a monster time drop from last year. I hope this is huge momentum swing for him. **Chris Mangold's** lucky number was 18 this week! What a great performance—he was tough out there and ran hard to a sub 18:00 a day after his 18th birthday while finishing 18th place. Way to go Mangold! One of the races of the day and one of the guys I was most excited about on Saturday was **Alex Szymanski**. Wow—what an awesome race! He looked strong out there and has great potential.

NOTE TO UNDERCLASSMEN: I know a lot of us are talking about how great our F/S team is. It's true, we are very good. But I'd like to make two points 1. Don't take for granted how lucky you are. We've had a lot of great runners come through Sandburg—in fact, we've had the very best in the history of the country. But you have something that is even better. You have an opportunity to run for a TEAM championship. As good as those individual runners were, they didn't have the group to run for a team title. You are very, very lucky to have each other. Everyone should be putting everything they have into this opportunity. I see guys, for instance, guys like Wagner and Szymanski who have HUGE potential to make an impact on this top 7 as varsity runners. I hope they see their potential as well. 2. Just because we are very good F/S doesn't mean that will come automatically as juniors and seniors. You are going to have to outwork everyone for it. Remember: as good as we are there are at least two teams who have more *talent* than us—

O'Fallon and LWC beat us last year on the sophomore level. We'll have to outwork them. I hear Neuqua Valley has an even better F/S than those two schools as well. We have to work and work and work some more in order to achieve our goals.

I am looking for guys who love competition and who sees competition as their way of reaching their best. It will be fun to watch for that on Saturday. I'd like to see guys step up even more at Peoria and make a run at being an impact varsity runner for us. That doesn't mean running recklessly, but it does mean running with a lot of guts and hunger. As many of you notice, we have a bevy of great runners on this team. Ultimately, I know it will be as hard as ever to pick a 12-man state series roster. We will need some guys to emerge who have their sights set on state—not the top 7—*big* difference. Guys who have goals like top 7 scare me. Right now if making that roster and having that opportunity to run in regionals and beyond is a goal of yours, you will need to show the hunger, the poise, and emotional discipline, and the ability to get the job done. We will be putting the 7 guys on the starting line who work the best together, this may not be the fastest 7 runners we have, but it will be the seven guys who can look at each other, trust the effort and the composure, and work well together.

Overall, great second week of training, great opportunities ahead...let's get ready for some big races!

DON'T BE AFRAID TO BE EXTRAORDINARY!!!

TIDBITS:

- ✓ Thanks to the parents, family and friends who have been coming out to the meets and showing support.
- ✓ "Top 10" lineups for Soph and Varsity races will be announced soon.
- ✓ Saturday is the Peoria Notre Dame Inv. Travel time is approx. 2-2.5 hours. We will also be spending a little time on state meet strategy after the race, so we will not be getting back until early evening (more precise timeline is forthcoming). We can only take 50 of our 70 guys due to bus restrictions.

WHAT'S NEXT: Goals for Peoria: Some of the top ranked schools in the country are there. Let's go get 'em.. PR's for everyone. Sub 16:30 Club for F/S and Sub 15:30 Club for juniors/seniors.

Sophomore:

Team Totals:

1. Sandburg--15	2. Lyons—56	3. Argo—131	4. Stagg—151	5. Hinsdale South—180
2012				
1. Laskero	5:12—5:24/10:36—5:16	15:53		17:10
2. C Torpy	5:12—5:31/10:43—5:33	16:16		
3. D Gleisner	5:13—5:39/10:52—5:39	16:31		18:19
4. Lukas	5:17—5:49/11:06—5:31	16:37		20:08
5. Sieczkowski	5:14—5:36/10:50—5:49	16:39		17:58
6. Skucas	5:12—5:51/11:03—5:41	16:45		
8. Marchese	5:21—5:58/11:19—5:44	17:03		

Varsity:

Team Totals:

1. Sandburg -59	2. Marist--90	3. Hinsdale South—125	4. Brother Rice--152
2012			
5. W Becker	5:08—5:31/10:39—5:13	15:54	16:52
7. Lehnhardt	5:05—5:25/10:30—5:27	15:57	17:32
14. Brower	5:17—5:36/10:53—5:38	16:31	17:55
15. Benz-Weeden	5:20—5:33/10:53—5:40	16:33	18:17
18. Walter	5:20—5:41/11:01—5:41	16:42	19:20
19. A Gleisner	5:19—5:38/10:57—5:45	16:42	16:59
29. McMahon	5:25—5:50/11:15—5:43	16:58	17:48

Open: it was tough taking splits for this race.		2012
1. Bieszke	5:15—5:32/10:47—5:44	16:31
5. Lifonti	5:28—5:55/11:23—5:48	17:11
6. Lahucik	5:31—5:43/11:24—5:51	17:15
8. Depesa	5:21—6:01/11:22—5:56	17:18
9. Lopez	5:23—6:02/11:25—5:54	17:19
10. Foster	11:31	17:27
11. Wagner	5:38—6:01/11:39—5:51	17:30
17. Farley	11:48	17:49
18. Mangold	5:38—6:01/11:19—6:09	17:58
19. Stogin	5:38—6:07/11:45—6:15	18:00
20. Szymanski	11:58	18:03
24. Cavalier	11:57	18:15
27. Carollo	12:12	18:18
31. Sanchez	12:15	18:23

34. Stefik	12:04	18:29	18:48
36. Altman	12:27	18:42	19:55
37. Papan	12:30	18:43	
42. Arrigoni	12:24	18:55	20:15
43. Draskovic		18:56	21:33
50. Burns		19:11	
59. Cloure		19:22	
64. Nolan	12:54	19:32	
65. Bowald	6:24—6:39/13:03—6:31	19:34	
66. B Kirby	12:57	19:34	
71. Marks	6:27—6:31/13:08—6:34	19:42	
75. Cachares	12:57	19:47	
77. Peters		19:51	
90. Carper	13:32	20:02	
91. Macak		20:03	20:41
109. Gonzalez		20:25	
110. Call	13:44	20:26	
127. Bovard		20:52	
140. Wieczek		21:08	25:10
159. Brncich		21:29	
171. Ryan		21:43	23:52
173. Walsh		21:44	23:33
175. Summers		21:48	
214. C Beck		22:54	25:15
215. Asztalos		22:54	
229. Chiapetti		23:20	
230. Gardner		23:21	25:25
264. Macijunas		25:19	
299. A. Beck		31:00	



RICHARD SPRING MEMORIAL

CROSS COUNTRY INVITATIONAL
Detweiller Park, Peoria, IL September 21, 2013
Boys Varsity Individual Results

1.	1	Patrick Perrier	O'Fallon Township HS	14:24	4:48
2.	2	Dan Lathrop	Plainfield South	14:35	4:52
3.	3	David Rodriguez	Hersey HS	14:40	4:54
4.	4	Alex Bashgawi	York HS	14:40	4:54
5.	5	Nathan Mroz	York HS	14:42	4:54
6.	6	Luke Schroer	Wheaton Warrenville South	14:43	4:55
7.	7	Nolan McKenna	Wheaton Warrenville South	14:44	4:55
8.	8	Nick Hess	St. Thomas More	14:46	4:56
9.	9	Matt Plowman	York HS	14:47	4:56
10.	10	Joseph Suarez	Plainfield East HS	14:49	4:57
11.	11	Angel Estrada	Highland Park	14:51	4:57
12.	12	Jake Herb	Barrington HS	14:53	4:58
13.	13	Kyle Cepeda	Wheaton Warrenville South	14:55	4:59
14.	14	Simon Thorpe	Dixon	14:56	4:59
15.	15	Chase Silverman	New Trier HS	14:56	4:59
16.	16	Dorrian Gordon	O'Fallon Township HS	14:59	5:00
17.	17	Ben Casey	Highland Park	15:02	5:01
18.	18	Jack Carpenter	Maine South HS	15:04	5:02
19.	19	Alex Keeble	Mahomet-Seymour HS	15:05	5:02
20.	20	Dan Cotton	Bartlett HS	15:06	5:02
21.	21	Peter Cotsirilos	New Trier HS	15:07	5:03
22.	22	Greg Burzinski	Carl Sandburg HS	15:07	5:03
23.	23	Graham Brown	Palatine HS	15:07	5:03
24.	24	Jon Vara	Lane Tech College Prep	15:07	5:03
25.	25	Pavlo Hutsalyuk	Lane Tech College Prep	15:08	5:03
26.	26	Kyle Mattes	York HS	15:09	5:03
27.	27	Emil Kozakiewicz	Palatine HS	15:10	5:04
28.	28	Andy Philipose	Hersey HS	15:12	5:04
29.	29	Steven Chorma	O'Fallon Township HS	15:13	5:05
30.	30	Tom Brennan	Carl Sandburg HS	15:13	5:05
31.	31	Peter Johnsrud	Oswego HS	15:15	5:05
32.	32	Sean Torpy	Carl Sandburg HS	15:15	5:05
33.	33	Argeni Bailon	Palatine HS	15:15	5:05
34.	34	Christian Badillo	Lane Tech College Prep	15:17	5:06
35.	35	Christian Swenson	Loyola Academy	15:17	5:06
36.	36	Evan Wesslund	O'Fallon Township HS	15:17	5:06
37.	37	Matthew Randolph	Loyola Academy	15:18	5:06
38.	38	Jon May	York HS	15:18	5:06
39.	39	Jack O'Neil	Hersey HS	15:19	5:07
40.	40	Eryk Yunk	Belvidere North	15:19	5:07
41.	41	Spencer Kelly	Loyola Academy	15:21	5:07
42.	42	Josh Maier	Shepard	15:22	5:08
43.	43	Oswaldo Lorenzana	Lane Tech College Prep	15:22	5:08
44.	44	Dalyn Romig	Grant	15:23	5:08
45.	45	Wes Noyes	Wheaton North	15:23	5:08
46.		James Durkin	Brother Rice HS	15:23	5:08

47.	46	Jackson Powell	Mahomet-Seymour HS	15:24	5:08
48.	47	Matt Stadnicki	Hersey HS	15:24	5:08
49.	48	Grant Von Der Lippe	Hersey HS	15:24	5:08
50.	49	Tyler Owens	Springfield HS	15:25	5:09
51.	50	Landon Skelly	Chatham-Glenwood HS	15:26	5:09
52.	51	Erick Deloera	Hersey HS	15:27	5:09
53.	52	Salvador Lazaro	Joliet Central	15:28	5:10
54.	53	Jd Lafayette	Normal University	15:29	5:10
55.	54	Mark Sciurba	St. Charles East HS	15:30	5:10
56.	55	Dave Brown	Lake Zurich HS	15:31	5:11
57.	56	Pierce Sheehan	Oak Park & River Forest H	15:32	5:11
58.	57	Eric Dade	Lake Park H.S.	15:32	5:11
59.	58	Om Kanwar	New Trier HS	15:33	5:11
60.	59	Eli Hill	Normal University	15:35	5:12
61.	60	Lucas Bracher	Lake Park H.S.	15:35	5:12
62.	61	Kyle Monahan	Barrington HS	15:35	5:12
63.	62	William Wolf	Mahomet-Seymour HS	15:35	5:12
64.	63	Jack Carroll	Loyola Academy	15:35	5:12
65.	64	Sergio Llanes	Plainfield East HS	15:35	5:12
66.	65	Adam Becker	O'Fallon Township HS	15:36	5:12
67.	66	Andrew Tomaka	Lake Park H.S.	15:36	5:12
68.	67	Teddy Brombach	Loyola Academy	15:37	5:13
69.	68	Harry Becker	Carl Sandburg HS	15:38	5:13
70.	69	Austin Santacruz	New Trier HS	15:38	5:13
71.	70	Kevin Ziegenhorn	Hersey HS	15:39	5:13
72.	71	Cody Hughes	Plainfield East HS	15:39	5:13
73.	72	Jeffrey Brundidge	Grant	15:40	5:14
74.	73	Sam Powers	St. Thomas More	15:40	5:14
75.	74	Cody Sondgeroth	Dixon	15:40	5:14
76.	75	Zachary Schwarz	Lake Park H.S.	15:41	5:14
77.	76	Michael Gerkin	St. Charles East HS	15:41	5:14
78.	77	Jeff Noesk	York HS	15:41	5:14
79.	78	Ricky Wojcik	Elmwood Park	15:42	5:14
80.	79	Konrad Eiring	Barrington HS	15:42	5:14
81.	80	Will Llanos	Lake Zurich HS	15:42	5:14
82.	81	Alex Liston	Maine West HS	15:43	5:15
83.	82	David Schmieg	Lane Tech College Prep	15:43	5:15
84.	83	Justin Adams	Carl Sandburg HS	15:44	5:15
85.	84	Misael Tobias	Plainfield South	15:44	5:15
86.	85	Mike Skora	St. Charles East HS	15:44	5:15
87.	86	Erik McMillan	O'Fallon Township HS	15:44	5:15
88.	87	Jared Christiansen	Hononegah	15:44	5:15
89.	88	Ben Stelk	Pleasant Valley HS	15:45	5:15
90.	89	John Partee	Plainfield South	15:45	5:15
91.	90	Henry Mierzwa	Maine South HS	15:46	5:16
92.	91	Danny Rosen	Northside College Prep	15:46	5:16
93.	92	Luc Duros	New Trier HS	15:46	5:16
94.	93	Lucas Werner	St. Charles East HS	15:48	5:16
95.	94	Alexander Bruno	Normal University	15:49	5:17
96.	95	Noah Van Dyke	Wheaton Academy	15:49	5:17
97.	96	Matt Miarka	Lake Park H.S.	15:49	5:17
98.	97	Grant Kaiser	Chatham-Glenwood HS	15:50	5:17
99.	98	Andrew Dixon	Pleasant Valley HS	15:50	5:17
100.	99	Eddie Graham	Palatine HS	15:50	5:17
101.	100	James Williams	Mahomet-Seymour HS	15:50	5:17
102.	101	Austin Kuehr	Lake Zurich HS	15:51	5:17
103.	102	Pat Fitzgibbon	Springfield HS	15:51	5:17
104.	103	Braydon Crozier	St. Joseph-Ogden	15:52	5:17
105.	104	Paolo Tiongson	Loyola Academy	15:52	5:18
106.	105	Ryan Kennedy	Lincoln-Way West HS	15:52	5:18

107.	106	Austin Peters	Normal Community HS	15:52	5:18
108.	107	Adam Brauer	Palatine HS	15:53	5:18
109.	108	Dean Kolar	Palatine HS	15:53	5:18
110.	109	Paul D\'ambrosio	Maine South HS	15:53	5:18
111.	110	Adrian Black	Northside College Prep	15:54	5:18
112.	111	Chris Fortin	Peoria Notre Dame	15:54	5:18
113.	112	David Santana	Wheaton Warrenville South	15:54	5:18
114.	113	Maor Kramer	Deerfield HS	15:54	5:18
115.	114	Joey Campagna	Glenbard North HS	15:54	5:18
116.	115	Brandon Lach	Wheaton Academy	15:55	5:19
117.	116	Karson Sommer	Pleasant Valley HS	15:56	5:19
118.		Ryan Van Dyke	Olympia HS	15:56	5:19
119.	117	Gabe Pommier	Mahomet-Seymour HS	15:56	5:19
120.		Kevin Kovach	Hersey HS	15:57	5:19
121.	118	Jacob Robleski	Wheaton Academy	15:57	5:19
122.	119	Danny Steeno	Wheaton North	15:57	5:19
123.	120	Rayn Hodes	Oak Park & River Forest H	15:57	5:19
124.	121	Gabe Lightbody	Wheaton Warrenville South	15:57	5:19
125.	122	Kenny Peters	Plainfield South	15:58	5:20
126.	123	David Zimmer	Pleasant Valley HS	15:59	5:20
127.	124	Brendan Remington	St. Thomas More	15:59	5:20
128.	125	Spencer Phillips	O'Fallon Township HS	15:59	5:20
129.		Brendan Cunningham	Hersey HS	15:59	5:20
130.		Josh Plischke	Hersey HS	16:01	5:21
131.	126	Matt Hogan	York HS	16:02	5:21
132.		Connor Stine	Olympia HS	16:03	5:21
133.	127	Simon Kafka	Northside College Prep	16:03	5:21
134.	128	Ethan Russell	Mahomet-Seymour HS	16:03	5:21
135.	129	Matt Haak	Lane Tech College Prep	16:04	5:22
136.	130	Jacob Howe	Belvidere North	16:04	5:22
137.	131	Tanner Kuenneth	Normal Community HS	16:04	5:22
138.	132	Jack Moss	Pleasant Valley HS	16:04	5:22
139.	133	Austin Trevino	Dixon	16:05	5:22
140.	134	Ryan Frow	Peoria Notre Dame	16:05	5:22
141.	135	Brett Davidson	Highland Park	16:05	5:22
142.	136	Eric Wise	Springfield HS	16:05	5:22
143.	137	Alex Rodriguez	Lane Tech College Prep	16:08	5:23
144.	138	Jack Parrish	Oak Park & River Forest H	16:08	5:23
145.	139	Mitchell Smith	Wheaton Academy	16:08	5:23
146.	140	Malcolm Grba	Northside College Prep	16:09	5:23
147.	141	Drew Andersen	Wheaton Warrenville South	16:09	5:23
148.	142	Josh Rosenkranz	New Trier HS	16:09	5:23
149.	143	Matt O\\\'shea	Springfield Sacred Heart-	16:10	5:24
150.	144	Collin Rink	Normal Community HS	16:10	5:24
151.	145	Frank Cardy	Grant	16:11	5:24
152.	146	Jimmy Burchard	Lakes Community HS	16:11	5:24
153.	147	Michael Lally	Lincoln Park	16:11	5:24
154.	148	Mike Neposchlan	Springfield HS	16:11	5:24
155.		Romeo Scagliarini	O'Fallon Township HS	16:11	5:24
156.	149	Alex Mazursky	Stevenson HS	16:12	5:24
157.	150	Ben Jurgonski	Wheaton Warrenville South	16:13	5:25
158.	151	Jon Bluhm	Springfield Sacred Heart-	16:13	5:25
159.		Jack Havey	Wheaton Warrenville South	16:13	5:25
160.	152	Tyler Johnson	Pleasant Plains	16:13	5:25
161.	153	Winston Provost	Hononegah	16:14	5:25
162.	154	Steven Homecgoy	Plainfield South	16:14	5:25
163.	155	Jonah Jones	Wheaton Academy	16:14	5:25
164.	156	Kilty Askin	Wheaton North	16:14	5:25
165.	157	Corey Thompson	St. Joseph-Ogden	16:14	5:25
166.	158	Nick Heidinger	Shepard	16:15	5:25

167.	159	Brian Griffin	Lake Zurich HS	16:15	5:25
168.	160	Michael Stubna	lincoln Park	16:16	5:26
169.	161	Mark Spatz	Lake Zurich HS	16:16	5:26
170.	162	Chris Durr	Chatham-Glenwood HS	16:16	5:26
171.	163	Desmond Meyer	Oswego HS	16:16	5:26
172.	164	Jeremy Bloomfield	Stevenson HS	16:16	5:26
173.	165	Evan Grady	Dixon	16:16	5:26
174.	166	Paul Tobin	Maine South HS	16:16	5:26
175.	167	Michael Banks	Loyola Academy	16:17	5:26
176.	168	Andrew Porter	Normal University	16:17	5:26
177.	169	Nick Poff	St. Joseph-Ogden	16:18	5:26
178.	170	Tyler Jones	Chatham-Glenwood HS	16:18	5:26
179.	171	Jared Peters	Normal Community HS	16:18	5:26
180.	172	Adam Fabian	Lincoln-Way West HS	16:18	5:26
181.	173	Mike Brower	Carl Sandburg HS	16:19	5:27
182.	174	Chase Hill	Belvidere North	16:19	5:27
183.	175	Jorge Costilla	Grant	16:20	5:27
184.	176	Ethan Bluhm	Springfield Sacred Heart-	16:20	5:27
185.	177	Andrew Gensburg	Barrington HS	16:20	5:27
186.	178	Connor Smith	Barrington HS	16:20	5:27
187.	179	Jacob Silverman	Latin School	16:20	5:27
188.	180	Terry Gruns	Stagg HS	16:21	5:27
189.	181	Nate Fierstos	Springfield Sacred Heart-	16:21	5:27
190.		Luis Ramirez	Lane Tech College Prep	16:21	5:27
191.	182	Daniel Rodriguez	Pleasant Valley HS	16:21	5:27
192.	183	Will Muckian	St. Charles East HS	16:22	5:28
193.	184	Chase Hall	Oswego HS	16:22	5:28
194.		Jorge Villanueva	Lane Tech College Prep	16:23	5:28
195.	185	Reilly Grant	Deerfield HS	16:23	5:28
196.	186	Carson McCormick	Normal Community HS	16:24	5:28
197.	187	Peter Deweidt	New Trier HS	16:24	5:28
198.	188	Aiden Sarazen	Latin School	16:24	5:28
199.	189	Griffin Bojan	Highland Park	16:24	5:28
200.	190	Jeremy Bloom	Highland Park	16:24	5:28
201.	191	Dan Treasure	Joliet West	16:25	5:28
202.	192	Tom Beck	Plainfield South	16:25	5:29
203.	193	Kyle Haberkorn	Marist HS	16:26	5:29
204.		Tim Oconnor	Brother Rice HS	16:26	5:29
205.	194	Jonathan Durr	Chatham-Glenwood HS	16:26	5:29
206.	195	Andrew Walch	Normal University	16:27	5:29
207.	196	Kurtis Monahan	Barrington HS	16:27	5:29
208.	197	Jack Foley	Barrington HS	16:27	5:29
209.	198	Matt Hess	Bartlett HS	16:27	5:29
210.	199	Clayton Nigg	St. Joseph-Ogden	16:27	5:29
211.	200	Jason Olson	Chatham-Glenwood HS	16:27	5:29
212.	201	Vicente Perez	Hinsdale South	16:27	5:29
213.	202	Ivan Juarez	Waukegan HS	16:28	5:30
214.	203	Daniel Oh	Stevenson HS	16:28	5:30
215.	204	Brady Walter	Carl Sandburg HS	16:29	5:30
216.	205	Kyle Hatton	Grant	16:30	5:30
217.	206	Cesar Rufino	Northside College Prep	16:31	5:31
218.		Matt Benz-Weeden	Carl Sandburg HS	16:31	5:31
219.	207	Kyle Graff	Belvidere North	16:32	5:31
220.	208	Sebastian Arroyo	Joliet West	16:32	5:31
221.	209	Gerrit Williams	Lake Zurich HS	16:32	5:31
222.	210	Chris Pagan	Oswego HS	16:33	5:31
223.	211	Justin Shim	Lake Zurich HS	16:33	5:31
224.	212	Dylan Pool	Lincoln-Way West HS	16:33	5:31
225.	213	Brett Genenbacher	LIBERTY	16:34	5:32
226.	214	Elek Wellman	Springfield Sacred Heart-	16:34	5:32

227.	215	P.J. Graham	Hononegah	16:34	5:32
228.	216	Matt Conway	Pleasant Valley HS	16:35	5:32
229.	217	Dylan Deardurff	Joliet West	16:35	5:32
230.	218	George Garner	Ladue HS	16:36	5:32
231.	219	Mitch Feehan	Lincoln-Way West HS	16:36	5:32
232.	220	Bennett Peterson	Oswego HS	16:36	5:32
233.	221	Simon Ricci	Latin School	16:37	5:33
234.	222	Enkh-Orgil Enkhbayar	Hononegah	16:38	5:33
235.		Casey Graham	Pleasant Valley HS	16:38	5:33
236.	223	Lucas Kieffer	Elmwood Park	16:39	5:33
237.	224	Amir Rasmussen	Springfield HS	16:39	5:33
238.	225	Mitch Johnson	Pleasant Plains	16:40	5:34
239.	226	Nathan Jones	Normal Community HS	16:40	5:34
240.		Matthew Kadus	Loyola Academy	16:41	5:34
241.	227	Jack Puhalovich	Oak Park & River Forest H	16:41	5:34
242.	228	Dean Roehrborn	Palatine HS	16:41	5:34
243.	229	Jason Friesl	Maine South HS	16:41	5:34
244.	230	Hal Jones	Stevenson HS	16:41	5:34
245.	231	Nick Hauptman	St. Charles East HS	16:41	5:34
246.	232	Austin Wallschlaeger	Harlem	16:42	5:34
247.	233	Kyle Ofarrell	Marist HS	16:42	5:34
248.	234	Isaac Medina	Glenbard North HS	16:42	5:34
249.	235	Skylar Mitchell	Dixon	16:42	5:34
250.		Matt Reninger	Lake Zurich HS	16:42	5:34
251.	236	Arsiney Milanov	lincoln Park	16:42	5:34
252.		Ben Laning	Barrington HS	16:43	5:35
253.	237	David Plunkett	Pleasant Plains	16:43	5:35
254.	238	Dylan Houde	Hononegah	16:44	5:35
255.	239	Jakub Bularz	Lake Park H.S.	16:44	5:35
256.	240	Michael Kelly	Berwyn/Cicero Morton	16:46	5:36
257.	241	Kyle Appelquist	Mahomet-Seymour HS	16:46	5:36
258.	242	Connor O\\'neil	LIBERTY	16:46	5:36
259.	243	Khahari Cook	Shepard	16:47	5:36
260.	244	Dominic Singer	Stagg HS	16:47	5:36
261.	245	Evan Mitchell	Lincoln-Way West HS	16:47	5:36
262.	246	Mitch Turner	Normal Community HS	16:48	5:36
263.	247	Jack Bolger	St. Thomas More	16:48	5:36
264.	248	Jimmy Ridge	Wheaton Academy	16:48	5:36
265.	249	Joe Eilbert	Hinsdale South	16:48	5:36
266.	250	Sam Rogers	Springfield Sacred Heart-	16:49	5:37
267.		Jared Much	Palatine HS	16:49	5:37
268.	251	Rocco Lepore	Elmwood Park	16:50	5:37
269.		Joey Schuler	Pleasant Valley HS	16:50	5:37
270.		Adam Gleisner	Carl Sandburg HS	16:50	5:37
271.	252	Owen Kelty	Oswego HS	16:51	5:37
272.	253	Paul Rupkey	Oswego HS	16:51	5:37
273.	254	Peter Motto	Lincoln-Way West HS	16:51	5:37
274.	255	James Rector	Highland Park	16:52	5:38
275.		Ryan Kissane	Palatine HS	16:52	5:38
276.	256	Jimmy Chagoya	Waukegan HS	16:52	5:38
277.	257	Dante Bruno	Elmwood Park	16:52	5:38
278.	258	Alex Digiammarino	Lakes Community HS	16:52	5:38
279.		Forest Anderson	Deer Creek-Mackinaw HS	16:52	5:38
280.	259	Matthew Gomez	Northside College Prep	16:53	5:38
281.		Logan Whorton	O'Fallon Township HS	16:53	5:38
282.	260	Jeremy Wittmus	Hononegah	16:54	5:38
283.		Drew Annett	Barrington HS	16:55	5:39
284.	261	Brady Green	Lincoln-Way West HS	16:55	5:39
285.		Jackson Simon	Oswego HS	16:56	5:39
286.	262	Jose Aguilera	Joliet Central	16:56	5:39

287.	263	Alex Isla	Bartlett HS	16:56	5:39
288.	264	Justin Zanger	Springfield Sacred Heart-	16:57	5:39
289.	265	Matt Gray	Bartlett HS	16:59	5:40
290.	266	Keit Dine	Elmwood Park	16:59	5:40
291.		Bryce Glancy	Normal Community HS	16:59	5:40
292.		Matt Taves	Oswego HS	17:00	5:40
293.	267	Justin Isla	Bartlett HS	17:00	5:40
294.	268	Brian Jiang	Ladue HS	17:00	5:40
295.	269	Austin Tillema	Elmwood Park	17:01	5:41
296.		Gavin Krueger	Loyola Academy	17:02	5:41
297.	270	Connor Wolf	LIBERTY	17:02	5:41
298.	271	Josh McMullen	Stevenson HS	17:03	5:41
299.	272	Mike Evancich	Shepard	17:04	5:42
300.	273	Sean McRae	Chatham-Glenwood HS	17:04	5:42
301.	274	Rigo Mejia	Grant	17:05	5:42
302.	275	Theo Prieboy	Joliet West	17:05	5:42
303.	276	Jacob Walhout	Wheaton North	17:05	5:42
304.	277	Billy Anderson	Deerfield HS	17:06	5:42
305.		Andrew Niewiarowski	Loyola Academy	17:06	5:42
306.		Mitch Kerr	Springfield Sacred Heart-	17:06	5:42
307.		Ryan Wendell	Lake Zurich HS	17:06	5:42
308.	278	Andrew Miller	Shepard	17:07	5:43
309.	279	Chris Marshall	Glenbard North HS	17:08	5:43
310.	280	Michael Gross	Latin School	17:08	5:43
311.	281	Dylan Kahn	Highland Park	17:08	5:43
312.	282	Martin Reyes	Berwyn/Cicero Morton	17:08	5:43
313.	283	Daniel Carrasco	Berwyn/Cicero Morton	17:08	5:43
314.		Evan Lissoos	Highland Park	17:09	5:43
315.		Stuart Hohm	Chatham-Glenwood HS	17:09	5:43
316.		Ryan Perkins	Barrington HS	17:10	5:44
317.		Carson Discher	Wheaton Warrenville South	17:10	5:44
318.	284	Raymond Chao	Lincoln Park	17:10	5:44
319.		Joe Pinsky	Highland Park	17:12	5:44
320.	285	Paul Halliday	Stevenson HS	17:12	5:44
321.	286	Caleb Hannah	Joliet Central	17:12	5:44
322.	287	Wendell Bias	Quincy Senior High	17:12	5:44
323.	288	George Pennacchi	St. Thomas More	17:13	5:45
324.	289	Josephy Chagoya	Waukegan HS	17:13	5:45
325.	290	Josh Pearson	Joliet West	17:13	5:45
326.	291	Dan Corry	St. Charles East HS	17:14	5:45
327.	292	Sam Axelsson	Grant	17:14	5:45
328.	293	Kevin Panuska	Glenbard North HS	17:14	5:45
329.		Matt Marander	Grant	17:14	5:45
330.		Kevin Merkel	Highland Park	17:15	5:45
331.		Chris Carlton	Mahomet-Seymour HS	17:15	5:45
332.	294	Max Bucksbaum	Latin School	17:15	5:45
333.	295	Collin Christensen	Hononegah	17:16	5:46
334.	296	Alfonso Sahagun	Stagg HS	17:16	5:46
335.	297	Yovani Rosendo	Joliet Central	17:17	5:46
336.	298	Griffin Fuller	Oak Park & River Forest H	17:17	5:46
337.	299	Max Vittore	Belvidere North	17:17	5:46
338.	300	Jaime Quintero	Joliet Central	17:17	5:46
339.	301	Anthony Oldani	Belvidere North	17:17	5:46
340.	302	Raymond Jurkewicz	Lincoln Park	17:19	5:46
341.	303	Connor Riddle	Pleasant Plains	17:19	5:47
342.	304	Andrew Krohn	Glenbard North HS	17:19	5:47
343.	305	Will McConville	Bartlett HS	17:20	5:47
344.	306	Noah Deck	Oak Park & River Forest H	17:20	5:47
345.	307	Brady Cook	LIBERTY	17:20	5:47
346.	308	Alex McKenzie	Peoria Notre Dame	17:21	5:47

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RICHARD SPRING MEMORIAL

CROSS COUNTRY INVITATIONAL
 Detweiller Park, Peoria, IL September 21, 2013
 Boys Varsity Team Results 11:00AM

Place	Score	SCHOOL	(Total, Average, Pack Times)
1.	82	York HS	(1:14:34, 14:54.74, 0:38)
		4 5 9 26 38 (77) (126)	
		Bashqawi, Mroz, Plowman, Mattes, May, Noesk, Hogan	
2.	147	O'Fallon Township HS	(1:15:26, 15:05.18, 1:13)
		1 16 29 36 65 (86) (125)	
		Perrier, Gordon, Chorma, Wesslund, Becker, McMillan, Phillips	
3.	165	Hersey HS	(1:15:57, 15:11.36, 0:45)
		3 28 39 47 48 (51) (70)	
		Rodriguez, Philipose, O'Neil, Stadnicki, Von Der Lippe, Deloera, Ziegenhorn	
4.	208	Lane Tech College Prep	(1:16:35, 15:18.92, 0:36)
		24 25 34 43 82 (129) (137)	
		Vara, Hutsalyuk, Badillo, Lorenzana, Schmieg, Haak, Rodriguez	
5.	235	Carl Sandburg HS	(1:16:54, 15:22.64, 0:37)
		22 30 32 68 83 (173) (204)	
		Burzinski, Brennan, Torpy, Becker, Adams, Brower, Walter	
6.	243	Loyola Academy	(1:17:06, 15:25.11, 0:20)
		35 37 41 63 67 (104) (167)	
		Swenson, Randolph, Kelly, Carroll, Brombach, Tiongson, Banks	
7.	255	New Trier HS	(1:16:59, 15:23.60, 0:50)
		15 21 58 69 92 (142) (187)	
		Silverman, Cotsirilos, Kanwar, Santacruz, Duros, Rosenkranz, Deweirdt	
8.	259	Wheaton Warrenville South	(1:16:11, 15:14.19, 1:14)
		6 7 13 112 121 (141) (150)	
		Schroer, McKenna, Cepeda, Santana, Lightbody, Andersen, Jurgonski	
9.	289	Palatine HS	(1:17:14, 15:26.65, 0:47)
		23 27 33 99 107 (108) (228)	
		Brown, Kozakiewicz, Bailon, Graham, Brauer, Kolar, Roehrborn	
10.	344	Mahomet-Seymour HS	(1:17:49, 15:33.61, 0:52)
		19 46 62 100 117 (128) (241)	
		Keeble, Powell, Wolf, Williams, Pommier, Russell, Appelquist	
11.	354	Lake Park H.S.	(1:18:11, 15:38.18, 0:18)

- 57 60 66 75 96 (239) (336)
Dade, Bracher, Tomaka, Schwarz, Miarka, Bularz, Kincanon
12. 451 Plainfield South (1:18:14, 15:38.63, 1:39)
2 84 89 122 154 (192)
Lathrop, Tobias, Partee, Peters, Homecgoy, Beck
13. 491 St. Charles East HS (1:19:03, 15:48.42, 0:53)
54 76 85 93 183 (231) (291)
Sciurba, Gerkin, Skora, Werner, Muckian, Hauptman, Corry
14. 507 Barrington HS (1:18:49, 15:45.65, 1:28)
12 61 79 177 178 (196) (197)
Herb, Monahan, Eiring, Gensburg, Smith, Monahan, Foley
15. 542 Highland Park (1:18:45, 15:45.00, 1:34)
11 17 135 189 190 (255) (281)
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16. 556 Lake Zurich HS (1:19:33, 15:54.44, 0:45)
55 80 101 159 161 (209) (211)
Brown, Llanos, Kuehr, Griffin, Spatz, Williams, Shim
17. 557 Pleasant Valley HS (1:19:32, 15:54.27, 0:20)
88 98 116 123 132 (182) (216)
Stelk, Dixon, Sommer, Zimmer, Moss, Rodriguez, Conway
18. 569 Normal University (1:19:34, 15:54.67, 0:58)
53 59 94 168 195 (344) (355)
Lafayette, Hill, Bruno, Porter, Walch, Totten, Su
19. 612 Maine South HS (1:19:38, 15:55.55, 1:38)
18 90 109 166 229 (312) (321)
Carpenter, Mierzwa, D'ambrosio, Tobin, Friesl, Gaskin, Steffen
20. 621 Dixon (1:19:37, 15:55.27, 1:47)
14 74 133 165 235 (386)
Thorpe, Sondgeroth, Trevino, Grady, Mitchell, Fisher
21. 622 Wheaton Academy (1:20:01, 16:00.10, 0:25)
95 115 118 139 155 (248) (356)
Van Dyke, Lach, Robleski, Smith, Jones, Ridge, Johnson
22. 641 Grant (1:20:00, 15:59.94, 1:08)
44 72 145 175 205 (274) (292)
Romig, Brundidge, Cardy, Costilla, Hatton, Mejia, Axelsson
23. 659 Springfield HS (1:20:10, 16:01.95, 1:14)
49 102 136 148 224 (405) (426)
Owens, Fitzgibbon, Wise, Neposchlan, Rasmussen, Moore, Warren
24. 673 Chatham-Glenwood HS (1:20:14, 16:02.60, 1:01)
50 97 162 170 194 (200) (273)
Skelly, Kaiser, Durr, Jones, Durr, Olson, McRae
25. 674 Northside College Prep (1:20:20, 16:03.82, 0:45)
91 110 127 140 206 (259) (338)
Rosen, Black, Kafka, Grba, Rufino, Gomez, Gordon

26. 738 Normal Community HS (1:20:46, 16:09.13, 0:32)
 106 131 144 171 186 (226) (246)
 Peters, Kuenneth, Rink, Peters, McCormick, Jones, Turner
27. 740 St. Thomas More (1:20:24, 16:04.73, 2:27)
 8 73 124 247 288 (322) (334)
 Hess, Powers, Remington, Bolger, Pennacchi, Stricklin, Horn
28. 808 Oswego HS (1:21:00, 16:11.89, 1:22)
 31 163 184 210 220 (252) (253)
 Johnsrud, Meyer, Hall, Pagan, Peterson, Kelty, Rupkey
29. 839 Oak Park & River Forest H (1:21:32, 16:18.36, 1:46)
 56 120 138 227 298 (306) (314)
 Sheehan, Hodes, Parrish, Puhalovich, Fuller, Deck, Barron
30. 850 Belvidere North (1:21:29, 16:17.73, 1:59)
 40 130 174 207 299 (301) (332)
 Yunk, Howe, Hill, Graff, Vittore, Oldani, Menge
31. 857 Plainfield East HS (1:21:48, 16:21.50, 3:15)
 10 64 71 342 370 (373) (391)
 Suarez, Llanes, Hughes, Kiska, Walton, Proffitt, Rapier
32. 865 Springfield Sacred Heart- (1:21:35, 16:18.92, 0:25)
 143 151 176 181 214 (250) (264)
 O\\'shea, Bluhm, Bluhm, Fierstos, Wellman, Rogers, Zanger
33. 915 Hononegah (1:21:52, 16:22.29, 1:00)
 87 153 215 222 238 (260) (295)
 Christiansen, Provost, Graham, Enkhbayar, Houde, Wittmus,
 Christensen
34. 916 Wheaton North (1:22:09, 16:25.68, 2:09)
 45 119 156 276 320 (339)
 Noyes, Steeno, Askin, Walhout, Thomas, Dowell
35. 953 Lincoln-Way West HS (1:22:06, 16:25.02, 0:56)
 105 172 212 219 245 (254) (261)
 Kennedy, Fabian, Pool, Feehan, Mitchell, Motto, Green
36. 993 Shepard (1:22:32, 16:30.27, 1:45)
 42 158 243 272 278 (311) (378)
 Maier, Heidinger, Cook, Evancich, Miller, Zuiker, Wasag
37. 994 St. Joseph-Ogden (1:22:47, 16:33.22, 2:07)
 103 157 169 199 366 (374) (404)
 Crozier, Thompson, Poff, Nigg, Knipfer, Waller, Zagorski
38. 1013 Bartlett HS (1:22:26, 16:29.09, 1:54)
 20 198 263 265 267 (305) (318)
 Cotton, Hess, Isla, Gray, Isla, McConville, Johnson
39. 1017 Stevenson HS (1:22:39, 16:31.61, 0:52)
 149 164 203 230 271 (285) (352)
 Mazursky, Bloomfield, Oh, Jones, McMullen, Halliday, Fitts
40. 1075 Elmwood Park (1:22:59, 16:35.77, 1:18)
 78 223 251 257 266 (269) (313)
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41. 1129 lincoln Park (1:23:36, 16:43.08, 1:08)
 147 160 236 284 302 (400)
 Lally, Stubna, Milanov, Chao, Jurkewicz, Smith
42. 1162 Latin School (1:23:42, 16:44.39, 0:55)
 179 188 221 280 294 (317) (341)
 Silverman, Sarazen, Ricci, Gross, Bucksbaum, Glick, Baker
43. 1181 Joliet West (1:23:48, 16:45.54, 0:49)
 191 208 217 275 290 (335) (343)
 Treasure, Arroyo, Deardurff, Prieboy, Pearson, Orea,
 O'connell
44. 1197 Joliet Central (1:24:08, 16:49.48, 1:50)
 52 262 286 297 300 (326) (350)
 Lazaro, Aguilera, Hannah, Rosendo, Quintero, Alvarado,
 Hernandez
45. 1224 Glenbard North HS (1:24:15, 16:50.88, 1:25)
 114 234 279 293 304
 Campagna, Medina, Marshall, Panuska, Krohn
46. 1232 Pleasant Plains (1:24:20, 16:51.91, 1:14)
 152 225 237 303 315 (319) (403)
 Johnson, Johnson, Plunkett, Riddle, Ely, Owens, Patocka
47. 1232 Deerfield HS (1:24:31, 16:54.18, 1:42)
 113 185 277 327 330 (372)
 Kramer, Grant, Anderson, Molina, Bickmore, Sanford
48. 1247 Peoria Notre Dame (1:24:47, 16:57.33, 1:52)
 111 134 308 346 348 (411) (412)
 Fortin, Frow, McKenzie, Lees, Cassidy, Kelly, Cummings
49. 1356 LIBERTY (1:25:13, 17:02.56, 0:59)
 213 242 270 307 324 (362) (382)
 Genenbacher, O'Neil, Wolf, Cook, Peter, Schreacke, Waid
50. 1384 Stagg HS (1:25:35, 17:06.98, 1:17)
 180 244 296 331 333 (375) (385)
 Grunz, Singer, Sahagun, Mukahhal, Chatha, Piechalak, Bieniek
51. 1439 Lakes Community HS (1:26:15, 17:14.85, 1:45)
 146 258 323 351 361 (368) (383)
 Burchard, Digiammarino, Moczynski, Groenwald, Burchard,
 Miller, Nagelhout
52. 1450 Marist HS (1:26:15, 17:14.87, 1:36)
 193 233 310 347 367 (419)
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53. 1488 Waukegan HS (1:26:58, 17:23.46, 2:10)
 202 256 289 353 388 (390) (394)
 Juarez, Chagoya, Chagoya, Wynn, Celis, Lazcon, Zuniga
54. 1521 Hinsdale South (1:26:54, 17:22.75, 1:35)
 201 249 345 357 369 (379) (395)
 Perez, Eilbert, Nodus, Pippenger, Beronio, Daniel, Magallanes

55. 1523 Berwyn/Cicero Morton (1:27:04, 17:24.63, 1:38)
240 282 283 337 381 (399) (409)
Kelly, Reyes, Carrasco, Andrade, Hernandez, Jaimes, Garcia
56. 1549 Ladue HS (1:27:05, 17:24.92, 1:20)
218 268 340 360 363 (365) (377)
Garner, Jiang, Raj, Cobin, Witt, Song, Biest
57. 1549 Maine West HS (1:28:47, 17:45.35, 3:06)
81 309 380 387 392 (398)
Liston, Martin-Ranft, Hernandez, Visperas, Hill, Juszczynski
58. 1580 Harlem (1:27:22, 17:28.33, 1:13)
232 316 325 349 358 (371) (401)
Wallschlaeger, Wescom, Kirker, Hume, Miller, Biggers,
Bonebright
59. 1775 Quincy Senior High (1:30:43, 18:08.55, 1:59)
287 329 364 393 402
Bias, Wollaston, Straube, Lovelace, Smith
60. 1959 Schaumburg (1:35:13, 19:02.43, 2:08)
328 397 406 413 415 (421) (424)
Alhayek, Rogenski, Drexler, Lamas, Callison, Poulson, Marcard
61. 1972 Rantoul Township HS (1:34:59, 18:59.61, 2:00)
354 384 407 410 417 (420) (423)
Lopez, Good, Gonzalez-Martin, Johnson, Johnson, Johnson,
Wallace
62. 1991 Lincoln Community HS (1:38:37, 19:43.21, 4:15)
359 389 396 422 425
Day, Hopp, Thompson, Woods, Leckrone
63. 2032 Northridge Prep (1:37:01, 19:24.03, 1:37)
376 408 414 416 418
Thornton, Moore, Martin, Barisas, Branas

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RICHARD SPRING MEMORIAL

CROSS COUNTRY INVITATIONAL
 Detweiller Park, Peoria, IL September 21, 2013
 Boys Fr/So Individual Results

1.	1	Jared Borowsky	Stevenson HS	15:13	5:05
2.	2	Max Denning	York HS	15:14	5:05
3.	3	Matt Pereira	Lake Zurich HS	15:37	5:13
4.	4	Dan Laskero	Carl Sandburg HS	15:39	5:13
5.	5	Chris Torpy	Carl Sandburg HS	15:44	5:15
6.	6	Irwin Loud	Oak Park & River Forest H	15:47	5:16
7.	7	Max Lehnhardt	Carl Sandburg HS	15:48	5:16
8.	8	Ralph Patejunas	Maine South HS	15:49	5:17
9.	9	Heath Warren	Springfield HS	15:49	5:17
10.	10	Raul Rosendo	Joliet Central	15:49	5:17
11.	11	Jack Litowitz	New Trier HS	15:52	5:18
12.	12	Mark Conway	Pleasant Valley HS	16:02	5:21
13.	13	Devon Davies	York HS	16:04	5:22
14.	14	Tom Deverux	York HS	16:05	5:22
15.	15	Martin Skucas	Carl Sandburg HS	16:07	5:23
16.	16	Ted Oh	New Trier HS	16:09	5:23
17.	17	Brandon Lukas	Carl Sandburg HS	16:10	5:24
18.	18	Josh Derrick	New Trier HS	16:13	5:25
19.	19	Zach Michael	Palatine HS	16:14	5:25
20.	20	Alex Harrison	O'Fallon Township HS	16:15	5:25
21.	21	Jeremiah Harp	Hononegah	16:17	5:26
22.	22	Brian Leonard	Palatine HS	16:19	5:27
23.	23	Logan Besalke	Springfield HS	16:19	5:27
24.	24	Bryson Whiteside	O'Fallon Township HS	16:20	5:27
25.	25	Andre Martinez	Joliet Central	16:22	5:28
26.	26	Austin Earp	St. Joseph-Ogden	16:24	5:28
27.	27	Nate Izewski	Palatine HS	16:25	5:29
28.	28	Nick Licari	Hononegah	16:25	5:29
29.	29	Paul Sieczkowski	Carl Sandburg HS	16:26	5:29
30.	30	Alex Frank	Wheaton North	16:26	5:29
31.	31	Jack Monaghan	Oak Park & River Forest H	16:29	5:30
32.	32	Vince Moreno	Joliet Central	16:29	5:30
33.	33	David Gleisner	Carl Sandburg HS	16:30	5:30
34.	34	Tristan Jacobs	New Trier HS	16:30	5:30
35.	35	Matt Milner	Lake Zurich HS	16:31	5:31
36.	36	Jordan Hennings	Wheaton North	16:32	5:31
37.	37	Nicholas Martire	Oak Park & River Forest H	16:32	5:31
38.	38	Warren Blood	New Trier HS	16:33	5:31
39.	39	Jack Hyde	Mahomet-Seymour HS	16:33	5:31
40.	40	Andrew Walmer	Mahomet-Seymour HS	16:34	5:32
41.	41	Patrick Bruch	Peoria Notre Dame	16:35	5:32
42.	42	Daniel Trejo	Palatine HS	16:35	5:32
43.	43	Nate Quinn	Lake Zurich HS	16:36	5:32
44.	44	Eric Mulshine	Oak Park & River Forest H	16:39	5:33
45.	45	Danny Bailey	Wheaton North	16:40	5:34
46.	46	Kendall Hengst	Pleasant Valley HS	16:41	5:34

47.	47	Jack Rzpecki	St. Charles East HS	16:41	5:34
48.	48	Matt Dejesus	York HS	16:42	5:34
49.	49	Jeremy Glickman	New Trier HS	16:43	5:35
50.	50	Brennan Guido	St. Joseph-Ogden	16:44	5:35
51.	51	Brendan Stonequist	Hersey HS	16:45	5:35
52.	52	Justin Dale	York HS	16:45	5:35
53.	53	Donovan Harkins	Plainfield South	16:45	5:35
54.	54	Caleb Washington	Shepard	16:46	5:36
55.	55	Daniel Gerardi	Hersey HS	16:47	5:36
56.	56	Patrick Reilly-Hayward	Loyola Academy	16:47	5:36
57.	57	Matt Fleshood	York HS	16:48	5:36
58.	58	Jonah Kaufman	Schaumburg	16:49	5:37
59.	59	Martin Pimentel	Oak Park & River Forest H	16:50	5:37
60.	60	Kyle Griffith	Lake Zurich HS	16:51	5:37
61.	61	Jon Quinones	Plainfield South	16:52	5:38
62.	62	Henry Friederichs	Pleasant Valley HS	16:52	5:38
63.	63	Jake Beno	St. Charles East HS	16:54	5:38
64.	64	Matthew Knipfer	St. Joseph-Ogden	16:55	5:39
65.	65	Hebron Taylor	Stevenson HS	16:55	5:39
66.	66	Paul Udoni	Stevenson HS	16:56	5:39
67.	67	Jake Keller	Mahomet-Seymour HS	16:56	5:39
68.	68	Colin Pickering	Plainfield South	16:57	5:39
69.	69	Jack Gelinas	Lake Zurich HS	16:57	5:39
70.	70	Joey Black	O'Fallon Township HS	16:58	5:40
71.	71	Austin Brown	Plainfield South	16:58	5:40
72.	72	Nick Albright	Plainfield South	16:59	5:40
73.	73	Matthew Beckerman	Wheaton North	16:59	5:40
74.	74	D Angelo Baker	O'Fallon Township HS	16:59	5:40
75.	75	Joe Kratz	Wheaton Warrenville South	16:59	5:40
76.	76	Franz Pangilinan	Plainfield South	17:00	5:40
77.		Tom Marchese	Carl Sandburg HS	17:01	5:41
78.	77	Jacob Krupa	Hersey HS	17:01	5:41
79.		Pat Foster	Carl Sandburg HS	17:02	5:41
80.	78	Nathan Humy	Hononegah	17:03	5:41
81.	79	Will Palmer	Belvidere North	17:05	5:42
82.	80	Tucker Schmidt	Springfield Sacred Heart-	17:05	5:42
83.	81	Kimathi Johnson	Oak Park & River Forest H	17:06	5:42
84.	82	Ben Craw	Mahomet-Seymour HS	17:06	5:42
85.	83	Brian Butcher	Mahomet-Seymour HS	17:10	5:44
86.	84	Ben Van Acker	St. Charles East HS	17:11	5:44
87.	85	Evan Northrup	Springfield HS	17:11	5:44
88.	86	Aidan Vaughn	Normal University	17:11	5:44
89.	87	Ryan Almer	Wheaton North	17:12	5:44
90.	88	Henry Harper	Oak Park & River Forest H	17:12	5:44
91.	89	Blain Masterson	Dixon	17:12	5:44
92.	90	Bennett Cournoyer	Pleasant Valley HS	17:13	5:44
93.	91	Ryan Kocher	Wheaton North	17:15	5:45
94.	92	Eric Mason	Lanphier	17:15	5:45
95.	93	Harrison Guenzler	Pleasant Valley HS	17:18	5:46
96.	94	Mason McAnally	Mahomet-Seymour HS	17:18	5:46
97.	95	Anthony Cipriano	Wheaton Warrenville South	17:18	5:46
98.		Matthew Politis	Oak Park & River Forest H	17:19	5:47
99.	96	Cody Cheeseman	Olympia HS	17:19	5:47
100.	97	Tom Schwaba	Hersey HS	17:20	5:47
101.	98	Jonathan Rosenfeld	Highland Park	17:21	5:47
102.	99	Ian Aplington	Pleasant Valley HS	17:21	5:47
103.	100	Vince Leonard	Maine South HS	17:21	5:47
104.	101	Kyle Thompson	Wheaton Warrenville South	17:21	5:47
105.	102	Devin McReynolds	Springfield Sacred Heart-	17:21	5:47
106.	103	Eric Dilley	Pleasant Valley HS	17:23	5:48

107.	104	Kevin Paton	Hersey HS	17:23	5:48
108.	105	Koby Theobald	Palatine HS	17:24	5:48
109.	106	Nate Phillips	St. Joseph-Ogden	17:24	5:48
110.	107	Alex Thomas	St. Charles East HS	17:25	5:49
111.	108	Sean Gorney	New Trier HS	17:25	5:49
112.	109	Devin De Hueck	Loyola Academy	17:25	5:49
113.	110	Drew Pearce	St. Charles East HS	17:26	5:49
114.	111	Matt Waldinger	Springfield HS	17:27	5:49
115.	112	Sam Svienty	Hersey HS	17:28	5:50
116.	113	Justin Phillips	St. Joseph-Ogden	17:28	5:50
117.	114	Erik Basler	Lane Tech College Prep	17:29	5:50
118.	115	Brian McNair	Lake Zurich HS	17:29	5:50
119.	116	Justin Casillas	Joliet Central	17:29	5:50
120.	117	Matt Moore	Wheaton Warrenville South	17:29	5:50
121.	118	Jared Ellingson	Belvidere North	17:29	5:50
122.	119	Brenden Schultz	Belvidere North	17:30	5:50
123.	120	Cameron Herbert	Normal University	17:31	5:51
124.	121	Andrew Nunez	Plainfield South	17:31	5:51
125.	122	Victor Fortin	Peoria Notre Dame	17:31	5:51
126.	123	Owen Vanhorn	Dixon	17:31	5:51
127.	124	Andrew Edwards	Springfield HS	17:32	5:51
128.	125	Harry McSteen	Joliet Catholic	17:32	5:51
129.	126	Vinit Karkathar	Normal Community HS	17:32	5:51
130.	127	Grayson Will	Normal University	17:33	5:51
131.	128	Max Ehrhart	Peoria Notre Dame	17:33	5:51
132.		Anthony Lifonti	Carl Sandburg HS	17:33	5:51
133.	129	Alex Ortwig	Maine South HS	17:34	5:52
134.	130	Zach Gocker	Normal University	17:34	5:52
135.	131	Liam O'rourke	Olympia HS	17:34	5:52
136.	132	Drew Witt	Lake Zurich HS	17:34	5:52
137.	133	Matt Drummond	Highland Park	17:35	5:52
138.	134	Josh Drummond	Highland Park	17:36	5:52
139.	135	Josh Moore	Springfield HS	17:36	5:52
140.	136	Mario Scarcelli	Joliet West	17:37	5:53
141.	137	Andy Cai	Palatine HS	17:37	5:53
142.		Kyle Fitzgerald	Lake Zurich HS	17:37	5:53
143.	138	Michael Oh	Springfield Sacred Heart-	17:37	5:53
144.	139	Brady Dickerson	Peoria Notre Dame	17:38	5:53
145.	140	Ethan Swihart	Wheaton North	17:38	5:53
146.	141	John Franke	Wheaton Warrenville South	17:38	5:53
147.	142	Daniel Arias	Highland Park	17:39	5:53
148.	143	Kyle Edwards	Hononegah	17:39	5:53
149.	144	Mitchell Maushard	Peoria Notre Dame	17:40	5:54
150.		Dakota Myers	Deer Creek-Mackinaw HS	17:40	5:54
151.	145	Colin Boyle	Lane Tech College Prep	17:40	5:54
152.	146	Andrew Hyndman	Hersey HS	17:41	5:54
153.	147	Aj Stewack	Joliet Central	17:41	5:54
154.	148	Ben Kontney	Palatine HS	17:41	5:54
155.	149	Sean Masterson	Dixon	17:42	5:54
156.	150	Elijah Gray	Normal University	17:42	5:54
157.	151	Dallas Spencer	Olympia HS	17:42	5:54
158.	152	Michael Back	Hononegah	17:43	5:55
159.	153	Dylan Utterback	Deerfield HS	17:43	5:55
160.	154	Ray Sutschek	Maine South HS	17:46	5:56
161.	155	Michael Hincker	Deerfield HS	17:48	5:56
162.		Brad Lathrop	Plainfield South	17:49	5:57
163.	156	Jorge Rodriguez	Berwyn/Cicero Morton	17:49	5:57
164.		Curt Kontney	Palatine HS	17:50	5:57
165.	157	Marshall Hong	Stevenson HS	17:51	5:57
166.		Chance Bayles	Oak Park & River Forest H	17:53	5:58

167.	158	Paul Milkus	Shepard	17:53	5:58
168.		Justin Zambrano	Palatine HS	17:54	5:58
169.	159	Jeremy Sikes	Joliet West	17:55	5:59
170.	160	Jd Kropid	Springfield HS	17:56	5:59
171.	161	Alejandro Cervantes	Joliet Central	17:57	5:59
172.	162	Ryan Byrnes	O'Fallon Township HS	17:59	6:00
173.		Jordan Festin	Grant	18:00	6:00
174.		Jack Moore	Springfield HS	18:00	6:00
175.	163	Kevin Callahan	Shepard	18:01	6:01
176.	164	Lars Hay	Schaumburg	18:01	6:01
177.	165	Daniel Pasco	Loyola Academy	18:02	6:01
178.	166	William Shortal	Loyola Academy	18:02	6:01
179.	167	Lucas Lasher	Normal Community HS	18:02	6:01
180.	168	Jordan Ho	Normal University	18:03	6:01
181.		Jacob Higginson	Pleasant Plains	18:03	6:01
182.	169	Jonah Ladesic	Wheaton Academy	18:04	6:02
183.		Jack Pogalz	Lake Zurich HS	18:05	6:02
184.	170	Marc Hill	Lane Tech College Prep	18:07	6:03
185.	171	Joe Carpenter	Maine South HS	18:07	6:03
186.	172	David Carter	Joliet Central	18:07	6:03
187.	173	Sam Krane	Hononegah	18:09	6:03
188.	174	Ross Smetzer	St. Joseph-Ogden	18:10	6:04
189.	175	Danny Delgado	Berwyn/Cicero Morton	18:11	6:04
190.	176	Nick Olvera	Schaumburg	18:12	6:04
191.	177	Sean Barber	St. Joseph-Ogden	18:12	6:04
192.		Tyler Brewster	Pleasant Valley HS	18:12	6:04
193.	178	Kevin McCoy	Stevenson HS	18:13	6:05
194.	179	Alex Composto	Loyola Academy	18:13	6:05
195.	180	Matt Mohan	Stagg HS	18:14	6:05
196.		Aidan Johnson	Wheaton North	18:14	6:05
197.	181	Joey Magyar	Mahomet-Seymour HS	18:14	6:05
198.		Michael Li	Pleasant Valley HS	18:14	6:05
199.	182	Charlie Gregory	Stagg HS	18:14	6:05
200.	183	Dillon Butler	Normal Community HS	18:15	6:05
201.	184	Aaron Leppert	Hononegah	18:15	6:05
202.		Alejandro Guzman	Plainfield South	18:16	6:06
203.		Abyn Yacob	Wheaton North	18:16	6:06
204.	185	Justin Pham	Wheaton Warrenville South	18:16	6:06
205.	186	Connor Tobin	Maine South HS	18:17	6:06
206.	187	Zach Loyd	Springfield Sacred Heart-	18:18	6:06
207.	188	Drew Dobbins	St. Thomas More	18:19	6:07
208.	189	Cole Akimoff	Shepard	18:19	6:07
209.	190	Anthony Pusateri	Stagg HS	18:20	6:07
210.	191	Anders Cox	Maine South HS	18:20	6:07
211.	192	David Heller	Highland Park	18:21	6:07
212.	193	Kyle Johnson	Normal University	18:21	6:07
213.	194	Kyle Rader	Olympia HS	18:22	6:08
214.		Eric Forehand	Oak Park & River Forest H	18:23	6:08
215.	195	Nikolai Van Wye	Olympia HS	18:25	6:09
216.	196	Noah Lees	Peoria Notre Dame	18:26	6:09
217.	197	Jade Baillies	Peoria Notre Dame	18:28	6:10
218.		Joe Grigus	Maine South HS	18:29	6:10
219.	198	Joe Axelson	Stevenson HS	18:29	6:10
220.	199	Collin Boone	Oswego HS	18:29	6:10
221.	200	Zach Sierzega	Shepard	18:31	6:11
222.		John Diffor	Normal University	18:31	6:11
223.	201	Noah Price	Stagg HS	18:32	6:11
224.	202	Nick Noel	Belvidere North	18:32	6:11
225.		Ethan Brown	Palatine HS	18:33	6:11
226.		Omid Navidzadeh	Grant	18:33	6:11

Page 1

RICHARD SPRING MEMORIAL

CROSS COUNTRY INVITATIONAL
 Detweiller Park, Peoria, IL September 21, 2013
 Boys Fr/So Team Results 10:30AM

Place	Score	SCHOOL	(Total, Average, Pack Times)
<hr/>			
1.	48	Carl Sandburg HS	(1:19:26, 15:53.18, 0:32)
4 5 7 15 17 (29) (33)			
Laskero, Torpy, Lehnhardt, Skucas, Lukas, Sieczkowski, Gleisner			
2.	117	New Trier HS	(1:21:15, 16:14.99, 0:41)
11 16 18 34 38 (49) (108)			
Litowitz, Oh, Derrick, Jacobs, Blood, Glickman, Gorney			
3.	129	York HS	(1:20:48, 16:09.58, 1:31)
2 13 14 48 52 (57)			
Denning, Davies, Deverux, Dejesus, Dale, Fleshood			
4.	177	Oak Park & River Forest H	(1:22:16, 16:27.00, 1:03)
6 31 37 44 59 (81) (88)			
Loud, Monaghan, Martire, Mulshine, Pimentel, Johnson, Harper			
5.	210	Lake Zurich HS	(1:22:31, 16:30.06, 1:21)
3 35 43 60 69 (115) (132)			
Pereira, Milner, Quinn, Griffith, Gelinas, McNair, Witt			
6.	215	Palatine HS	(1:22:55, 16:34.96, 1:10)
19 22 27 42 105 (137) (148)			
Michael, Leonard, Izewski, Trejo, Theobald, Cai, Kontney			
7.	271	Wheaton North	(1:23:47, 16:45.27, 0:46)
30 36 45 73 87 (91) (140)			
Frank, Hennings, Bailey, Beckerman, Almer, Kocher, Swihart			
8.	303	Pleasant Valley HS	(1:24:03, 16:48.46, 1:16)
12 46 62 90 93 (99) (103)			
Conway, Hengst, Friederichs, Cournoyer, Guenzler, Aplington, Dilley			
9.	311	Mahomet-Seymour HS	(1:24:17, 16:51.21, 0:37)
39 40 67 82 83 (94) (181)			
Hyde, Walmer, Keller, Craw, Butcher, McAnally, Magyar			
10.	325	Plainfield South	(1:24:28, 16:53.60, 0:14)
53 61 68 71 72 (76) (121)			
Harkins, Quinones, Pickering, Brown, Albright, Pangilinan, Nunez			
11.	330	Joliet Central	(1:23:48, 16:45.54, 1:52)

- 10 25 32 116 147 (161) (172)
 Rosendo, Martinez, Moreno, Casillas, Stewack, Cervantes,
 Carter
12. 350 O'Fallon Township HS (1:24:29, 16:53.61, 1:44)
 20 24 70 74 162 (235) (245)
 Harrison, Whiteside, Black, Baker, Byrnes, Cargle, Vaira
13. 352 Springfield HS (1:24:16, 16:51.05, 1:44)
 9 23 85 111 124 (135) (160)
 Warren, Besalke, Northrup, Waldinger, Edwards, Moore, Kropid
14. 359 St. Joseph-Ogden (1:24:53, 16:58.53, 1:04)
 26 50 64 106 113 (174) (177)
 Earp, Guido, Knipfer, Phillips, Phillips, Smetzer, Barber
15. 384 Hersey HS (1:25:15, 17:02.81, 0:39)
 51 55 77 97 104 (112) (146)
 Stonequist, Gerardi, Krupa, Schwaba, Paton, Svienty, Hyndman
16. 411 St. Charles East HS (1:25:35, 17:06.97, 0:45)
 47 63 84 107 110
 Rzpecki, Beno, Van Acker, Thomas, Pearce
17. 422 Hononegah (1:25:05, 17:00.96, 1:26)
 21 28 78 143 152 (173) (184)
 Harp, Licari, Humy, Edwards, Back, Krane, Leppert
18. 467 Stevenson HS (1:25:06, 17:01.20, 3:01)
 1 65 66 157 178 (198) (224)
 Borowsky, Taylor, Udoni, Hong, McCoy, Axelson, Butler
19. 529 Wheaton Warrenville South (1:26:44, 17:20.63, 0:39)
 75 95 101 117 141 (185) (204)
 Kratz, Cipriano, Thompson, Moore, Franke, Pham, Janosy
20. 562 Maine South HS (1:26:35, 17:18.99, 2:19)
 8 100 129 154 171 (186) (191)
 Patejunas, Leonard, Ortwig, Sutschek, Carpenter, Tobin, Cox
21. 574 Peoria Notre Dame (1:26:54, 17:22.79, 1:05)
 41 122 128 139 144 (196) (197)
 Bruch, Fortin, Ehrhart, Dickerson, Maushard, Lees, Baillies
22. 613 Normal University (1:27:29, 17:29.70, 0:31)
 86 120 127 130 150 (168) (193)
 Vaughn, Herbert, Will, Gocker, Gray, Ho, Johnson
23. 675 Loyola Academy (1:28:28, 17:41.42, 1:27)
 56 109 165 166 179 (219) (242)
 Reilly-Hayward, De Hueck, Pasco, Shortal, Composto, Klemp,
 Brennan
24. 699 Highland Park (1:28:29, 17:41.69, 1:01)
 98 133 134 142 192 (257) (258)
 Rosenfeld, Drummond, Drummond, Arias, Heller, Estela, Fox
25. 724 Springfield Sacred Heart- (1:29:00, 17:47.87, 1:36)
 80 102 138 187 217 (230) (231)
 Schmidt, McReynolds, Oh, Loyd, Duke, Eberding, Tarter



SANDBURG CROSS COUNTRY

NEWS AND NOTES

RUNNERS OF THE WEEK: Chris Torpy, Greg Burzinski, Brandon Lukas

Peoria Notre Dame Invitational

Saturday, Sept. 21, 2013

Mid to high-60s, sunny, calm, beautiful

COACH'S COMMENTS:

We walked away from Detweiller Park with the feeling that we raced really well and we are only going to get better. Right now we are sitting 6th in state on the varsity and we are on the move. Meanwhile the sophomore essentially won the sophomore "state meet." In fact, "won" is a bit of an understatement. And then we had some great things happen in the open race and locked down bunches of PRs. I was excited about the varsity effort. Our first three guys in were rock solid. Burzinski came back after a long two week wait after a sub par Lyons race, but I had a lot of confidence in him and didn't feel he needed to race at Reavis—I knew he had a great race in him. 15:06 is a phenomenal time, especially for PND. I was also jacked to see him setting up the tent, checking on his teammates, and commenting on the races of others. He's ready to lead a group of world beaters. Tom Brennan is looking stronger and stronger every week. His toughness is so impressive. He ran the best sophomore time outside of freaks of nature Graves and Verzbicas...and he's not done racing at Detweiller this season. His finish has been huge in his first two meets—he caught 7 guys in the final .75 and had the fastest final 800 of the day for us. Sean Torpy continues his ridiculous season—another all time great time and through three runners we were killing it. Harry Becker wasn't happy with his race, but his huge PR and a really solid Detweiller time is a great sign. I was really pumped about him coming in under 15:40. I am certain he's going places this season. Then the sophomores took over and...wow! I absolutely loved the way the first three guys fueled each other. There were times that each guy stepped up for the group. Behind them, It was an absolutely unbelievable finish from Brandon Lukas and Martin Skucas. Wow—look at their race progression—those guys came storming home gun chopping off 27 heads between the two of them from the mile mark on—that kind of toughness is what wins races. Will Becker ripped off a PR and a strong Detweiller time of 15:32, running almost completely by himself the entire race. He is now ready to do some varsity damage. I'm very happy with how he's progressed and I know he won't be denied after having gone through so much. It was awesome seeing Hetzler racing for the first time. I'm sure he is going to have a huge and quick progression as he trains more and more. Mario Lopez continued his resurrection. It's been great seeing him PR and race well the last two weeks. Alex Szymanski impressed me again this week—he looked hungry during that race. His 17:24 is an impressive freshman year time. Carollo and Wagner had some phenomenal performances and they dropped almost three minutes from their time! I hope the freshmen see that and see what they can do if they work seriously over the next year. Alejandro Cloure also had a big step up on Saturday. He is getting better every week and is looking like he has some huge potential.

TIDBITS: »THANK YOU for the picnic!

WHAT'S NEXT: A good and important 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 team out there to "talk" with the junior high runners—wear CSHS warm-ups NEXT Monday!

Sophomores

1. Sandburg—48 2. New Trier—117 3. York—129 4. OPRF—177 5. Lake Zurich--210

SANDBURG:

4. Laskero 2:25—2:35/5:00—2:37/7:37—2:44/5:21/10:21—2:39/13:00—2:37/5:16 15:37 16:42

'12 (mid 70s, calm)

5. C Torpy	2:25—2:34/4:59—2:38/7:37—2:42/5:20/10:19—2:41/13:00—2:42/5:23	15:44	NT
7. Lehnhardt	2:25—2:34/4:59—2:38/7:37—2:42/5:20/10:19—2:41/13:00—2:47/5:27	15:47	16:39
15. Skucas	2:30—2:37/5:07—2:50/7:57—2:51/5:41/10:48—2:42/13:30—2:34/5:16	16:06	NT
17. Lukas	2:31—2:42/5:13—2:43/7:56 /13:34—2:35	16:09	19:07
29. Sieczkowski	2:30—2:43/5:13—2:43/7:56—2:51/5:34/10:47—2:45/13:32—2:53/5:38	16:25	17:21
33. D Gleisner	2:27—2:42/5:09—2:42/7:51—2:54/5:36/10:45—2:52/13:37—2:53/5:45	16:29	18:02
77. Marchese	2:30—2:50/5:20—2:52/8:12—3:02/5:54/11:14—2:56/14:10—2:50/5:46	17:00	NT
79. Foster	2:37—2:48/5:25—2:47/8:12—2:58/5:45/11:10—2:56/14:06—2:55/5:51	17:01	NT
132. Lifonti	2:35—2:48/5:23—2:52/8:15—3:10/6:02/11:25—3:25/14:50—2:42/6:07	17:32	17:50

Varsity:

1. York—82 2. O'Fallon—147 3. Hersey—165 4. Lane Tech—208 **5. Sandburg--235** **'12 PND**

22. Burzinski	2:24—2:28/4:52—2:30/7:22—2:35/5:05/9:57—2:36/12:33—2:33/5:09	15:06	16:15
30. Brennan	2:22—2:34/4:56—2:36/7:32—2:37/5:13/10:09—2:35/12:44—2:28/5:03	15:12	15:55
32. S Torpy	2:22—2:33/4:55—2:32/7:27—2:34/5:11/10:06—2:38/12:44—2:30/5:08	15:14	16:05
69. H Becker	2:26—2:30/4:56—2:37/7:33—2:43/5:20/10:16—2:44/13:00—2:37/5:21	15:37	16:30
84. Adams	2:27—2:32/4:59—2:36/7:35—2:43/5:19/10:18—2:47/13:05—2:38/5:25	15:43	16:42
181. Brower	2:35—2:43/5:18—2:42/8:00—2:43/5:25/10:43—2:55/13:38—2:40/5:35	16:18	16:32
215. Walter	2:38—2:46/5:24—2:47/8:11—2:51/5:38/11:02—2:48/13:50—2:38/5:26	16:28	18:39
218. Benz-Weeden	2:37—2:42/5:19—2:44/8:03—2:30/5:34/10:53—2:52/13:45—2:45/5:37	16:30	19:02
270. A Gleisner	2:37—2:42/5:19—2:53/8:12—2:56/5:49/11:08—2:54/14:02—2:47/5:41	16:49	16:41

OPEN:

SANDBURG:

W Becker	2:25—2:34/5:04—2:37/7:41—2:41/5:18/10:22—2:34/13:01—2:31/5:10	15:32	16:05
Lopez	5:20—2:49/8:08—2:53/5:42/11:02—2:52/13:54—2:43/5:41	16:45	17:29
McMahon	5:25—2:49/8:14—2:56/5:45/11:10—2:52/14:02—2:52/5:44	16:54	17:12
Hetzler	5:21—2:51/8:12—3:04//5:55/11:16—2:59/14:15—2:42/5:41	16:57	16:13
Lahucik	5:33—2:53/8:26—2:58/5:51/11:24—2:57/14:21—2:56/5:53 8:32—2:59/11:31—2:59/14:30—2:54/5:53	17:17	18:22
Szymanski	5:28—2:58/8:26—2:58/5:56/11:24—3:07/14:31—3:2:59/6:06	17:28	18:17
Mangold	8:39—3:04/11:43—2:59/14:42—2:47/5:46	17:29	20:07
Carollo	8:32 3:05/11:37-----3:03/14:40—2:54/5:57	17:34	20:24
Wagner	8:34 3:06/11:40-----3:02/14:42—3:00/6:02	17:42	NT
Farley	5:40—3:00/8:40-- 14:48—2:59	17:47	NT
Cavalier	8:32 3:10/11:42-----3:07/14:49—2:59/6:06	17:48	NT
Arrigoni		18:01	
Stogin	11:56-----3:08/15:04—3:00/6:08	18:04	18:26
Stefik	5:43---3:05/8:48—3:10/6:15/11:58—3:09/15:07—3:04/6:13	18:11	17:42('11)
Altman	9:05—3:09/12:14—3:05/15:19—2:57/6:02	18:16	19:29
Sanchez	9:08 15:30—2:59	18:29	NT
Papan	5:55—2:48/8:43-- 15:17—3:23	18:40	NT
Claure		18:44	
Burns	15:36—3:08	18:44	NT
Nolan	9:08-- 15:59—2:51	18:50	NT
Draskovic	9:19—3:26/12:45—3:14/15:59—3:05/6:19	19:04	NT
Marks	9:15—3:23/12:38—3:21/15:59—3:08/6:29	19:07	NT
Cachares	6:03-- 15:58—3:15	19:13	NT
Bowald	9:30—3:22/12:52—3:08/16:00—3:12/6:25	19:17	NT
Macak	6:00 6:34/12:34 5:45	19:19	NT
Peters	6:15—3:10/9:25—3:31/6:41/12:56—3:14/16:10—3:27/6:41	19:37	NT

Place Progression:

	<u>1.75</u>	<u>2.25</u>	<u>Finish</u>
Burzinski	21	19	22
Brennan	37	37	30
S Torpy	44	38	32
H Becker	59	62	69
<u>Adams</u>	<u>69</u>	<u>78</u>	<u>84</u>
Laskero	7	5	4
C Torpy	5	4	5
Lehnhardt	4	6	7
Skucas	29	21	15
Lukas	30	26	17
Sieczkowski	26	24	29
D Gleisner	21	25	33

Sub 16:30 Club:

- Tom Brennan (repeat—tied for 3rd all time with Kevin Adamowski)
- Sean Torpy (repeat—5th all time)
- Dan Laskero (tied for 8th all time)
- Chris Torpy (12th all time)
- Max Lehnhardt (13th all time)
- Martin Skucas
- Brandon Lukas
- Paul Sieczkowski
- David Gleisner

Sub 15:30 Club:

- Greg Burzinski (20th all time, tied with Mike Choffin)
- Tom Brennan (22nd all time)
- Sean Torpy (26th all time)



JOE MORTIMER INVITATIONAL

10/3/13

COMBINED RESULTS

Place	School	Freshmen	Sophomore	Total
1	Sandburg	54	109	163
2	Downers Grove South	203	72	275
3	Joliet Central	150	174	324
4	Lincoln-Way Central	232	136	368
5	Lockport	65	429	494
6	Andrew	198	389	587
7	Shepard	180	421	601
8	Lincoln-Way East	232	430	662
9	Bolingbrook	464	323	787
10	Riverside-Brookfield	400	390	790
11	Stagg	177	801	978
12	Lincoln-Way North	551	475	1026
13	Joliet West	569	460	1029
14	Illiana Christian	837	208	1045
15	Oak Forest	501	557	1058
16	Brother Rice	317	751	1068
17	Tinley Park	665	604	1269
18	Mount Carmel	719	632	1351
19	Plainfield Central	471	882	1353
20	Bradley-Bourbonnais	931	439	1370
21	Eisenhower	808	564	1372
22	Homewood-Flossmoor	973	469	1442
23	Providence Catholic	625	962	1587
24	Bremen	772	838	1610
25	St. Rita	794	826	1620
26	Hillcrest	705	977	1682
27	St. Laurence	636	1160	1796
28	Oak Lawn	827	988	1815
29	Thornwood	698	1172	1870
30	T.F. South	1035	880	1915
	Bloom Township	DNR	867	DNR
	Cary-Grove	DNR	157	DNR
	Lemont	DNR	641	DNR
	Lincoln-Way West	DNR	156	DNR
	Rich Central	1014	DNR	DNR
	Rich South	1011	DNR	DNR
	Thornridge	788	DNR	DNR
	Thornton	DNR	711	DNR

JOE MORTIMER INVITATIONAL

10/3/13

FROSH TEAM TOTALS

Place	School	Top Five Places					Points
1	Sandburg	2	5	7	15	25	54
2	Lockport	4	12	13	16	20	65
3	Joliet Central	6	31	35	36	42	150
4	Stagg	19	27	30	44	57	177
5	Shepard	3	14	47	53	63	180
6	Andrew	21	26	43	48	60	198
7	Downers Grove South	18	38	39	41	67	203
8	Lincoln-Way East	9	23	45	76	79	232
9	Lincoln-Way Central	17	29	33	66	87	232
10	Brother Rice	24	51	73	83	86	317
11	Riverside-Brookfield	8	80	89	110	113	400
12	Bolingbrook	11	68	101	136	148	464
13	Plainfield Central	58	72	81	121	139	471
14	Oak Forest	69	75	77	137	143	501
15	Lincoln-Way North	1	70	116	150	214	551
16	Joliet West	28	50	102	175	214	569
17	Providence Catholic	22	88	147	154	214	625
18	St. Laurence	64	84	93	181	214	636
19	Tinley Park	56	119	120	156	214	665
20	Thornwood	40	103	132	210	213	698
21	Hillcrest	49	122	163	164	207	705
22	Mount Carmel	96	128	144	166	185	719
23	Bremen	62	98	183	214	215	772
24	Thornridge	10	133	214	215	216	788
25	St. Rita	52	97	214	215	216	794
26	Eisenhower	104	162	165	187	190	808
27	Oak Lawn	99	106	202	208	212	827
28	Illiana Christian	78	114	214	215	216	837
29	Bradley-Bourbonnais	123	179	200	214	215	931
30	Homewood-Flossmoor	111	214	215	216	217	973
31	Rich South	149	214	215	216	217	1011
32	Rich Central	152	214	215	216	217	1014
33	T.F. South	173	214	215	216	217	1035
	Bloom Township						DNR
	Cary-Grove						DNR
	Lemont						DNR
	Lincoln-Way West						DNR
	Thornton						DNR

10/3/13
FROSH

JOE MORTIMER INVITATIONAL

2.2 MILES

@ TURTLEHEAD LAKE

	NAME	TEAM	TIME
1	Noah Healy	Lincoln-Way North	11:32
2	Martin Skucas	Sandburg	11:38
3	Caleb Washington	Shepard	11:49
4	Robert Elwood	Lockport	11:57
5	Alex Szymanski	Sandburg	11:59
6	Andre Martinez	Joliet Central	12:01
7	Tom Marchese	Sandburg	12:06
8	Matt Armenta	Riverside-Brookfield	12:12
9	Scott Platek	Lincoln-Way East	12:22
10	Jazare Jones	Thornridge	12:24
11	Caleb Robertson	Bolingbrook	12:25
12	Joey Szymanski	Lockport	12:30
13	Kyle Smietanski	Lockport	12:31
14	Paul Milkus	Shepard	12:32
15	Aidan Farley	Sandburg	12:33
16	Luca Czerwonka	Lockport	12:36
17	Mitchell Hyatt	Lincoln-Way Central	12:37
18	Jake Lackner	Downers Grove South	12:38
19	Noah Price	Stagg	12:39
20	Trevor Parchem	Lockport	12:39
21	Tommy Doyle	Andrew	12:43
22	Jacob Hintz	Providence Catholic	12:45
23	Jake West	Lincoln-Way East	12:47
24	Joe Sweeney	Brother Rice	12:51
25	Connor Burns	Sandburg	12:58
26	Zach Motta	Andrew	12:59
27	Matt Mohan	Stagg	13:02
28	Jeremy Sikes	Joliet West	13:03
29	Devin McGreal	Lincoln-Way Central	13:03
30	Anthony Pusateri	Stagg	13:05
31	Ricky Melgarejo	Joliet Central	13:06
32	Danny Papan	Sandburg	13:08
33	Kevin Nolan	Lincoln-Way Central	13:10
34	Josh Nolan	Sandburg	13:12
35	Adrian Reynoso	Joliet Central	13:14
36	Ben Hallihan	Joliet Central	13:15
37	Alejandro Cloure	Sandburg	13:17
38	Jacob Bullard	Downers Grove South	13:18
39	Caden Charles	Downers Grove South	13:18
40	Christian Graham	Thornwood	13:19
41	Jeremy Canfield	Downers Grove South	13:21
42	Bryant Nunez	Joliet Central	13:22
43	Nick Bobber	Andrew	13:22
44	Charlie Gregory	Stagg	13:24
45	Josh Perch	Lincoln-Way East	13:26
46	Connor Marks	Sandburg	13:27
47	Brian Maty	Shepard	13:28
48	Matt Ryan	Andrew	13:30
49	Armadd Johnson	Hillcrest	13:31
50	Ariel Lopez	Joliet West	13:31

JOE MORTIMER INVITATIONAL10/3/13
FROSH

2.2 MILES

@ TURTLEHEAD LAKE

	NAME	TEAM	TIME
51	John Gallagher	Brother Rice	13:32
52	Oscar Martinez	St. Rita	13:33
53	Ivan Lozano	Shepard	13:34
54	Joe Colarelli	Lockport	13:34
55	Ryan Bowald	Sandburg	13:35
56	Ben Bedell	Tinley Park	13:36
57	Funmbi Umoren	Stagg	13:38
58	Mike Muhlig	Plainfield Central	13:38
59	Dylan Otruba	Stagg	13:39
60	Michael McCartan	Andrew	13:39
61	Ben Kirby	Sandburg	13:41
62	Joseph Vazquez	Bremen	13:41
63	Ricardo Dodson	Shepard	13:42
64	Pedro Zavala	St. Laurence	13:43
65	Kevin Callahan	Shepard	13:44
66	Sebastian Esparza	Lincoln-Way Central	13:45
67	Jimmy Slowik	Downers Grove South	13:46
68	Mark Bennett	Bolingbrook	13:46
69	Tyler Vrba	Oak Forest	13:47
70	Sean Robinson	Lincoln-Way North	13:48
71	Benjamin Cachares	Sandburg	13:48
72	Ben Keneth	Plainfield Central	13:50
73	Jack Mongan	Brother Rice	13:51
74	Philip Jedralski	Downers Grove South	13:53
75	Shaun Louis	Oak Forest	13:55
76	Weston Dell	Lincoln-Way East	13:55
77	Al Ochoa	Oak Forest	13:56
78	JP Peerbolte	Illiana Christian	14:00
79	Collin Kavanaugh	Lincoln-Way East	14:01
80	Andrew Roudebush	Riverside-Brookfield	14:02
81	Kyle Cockrell	Plainfield Central	14:02
82	Samuel Call	Sandburg	14:03
83	Matt Waters	Brother Rice	14:04
84	Dave Torres	St. Laurence	14:07
85	Matt Bovard	Sandburg	14:08
86	Pat Cunningham	Brother Rice	14:09
87	Nathan Tuskan	Lincoln-Way Central	14:09
88	Colin Martin	Providence Catholic	14:11
89	Kieran Hynes	Riverside-Brookfield	14:11
90	Brian Papiernik	Brother Rice	14:12
91	Jon Delgado	Brother Rice	14:12
92	William Beine	Downers Grove South	14:13
93	Brian Shaunessey	St. Laurence	14:13
94	Konrad Shirley	Lincoln-Way East	14:13
95	Enochian Metzger	Lockport	14:14
96	Mickey Thorne	Mount Carmel	14:14
97	Nicholar Martone	St. Rita	14:17
98	Osiel Montes	Bremen	14:19
99	Sergio Serna	Oak Lawn	14:22
100	Francis Regan	Brother Rice	14:23

JOE MORTIMER INVITATIONAL

10/3/13

FROSH

2.2 MILES

@ TURTLEHEAD LAKE

	NAME	TEAM	TIME
101	Josh Zolvunski	Bolingbrook	14:24
102	Alfredo Marquez	Joliet West	14:24
103	Cody Swetlik	Thornwood	14:25
104	Eric Wallace	Eisenhower	14:26
105	Jake Anderson	Lincoln-Way East	14:27
106	Chris Aherne	Oak Lawn	14:27
107	Fernando Gonzalez	Sandburg	14:28
108	Kyle Siuta	Stagg	14:29
109	Dominick Uzzardo	Stagg	14:32
110	Nick Allegretti	Riverside-Brookfield	14:33
111	Jikhail Robinson	Homewood-Flossmoor	14:34
112	Adam Blaszkoewicz	Lockport	14:34
113	Jacob Lams	Riverside-Brookfield	14:35
114	Ryan Koontz	Illiana Christian	14:36
115	Matt Gibson	Shepard	14:36
116	David Nino	Lincoln-Way North	14:37
117	Nathan Palmer	Riverside-Brookfield	14:38
118	Adam Zadhan	Shepard	14:39
119	Josh Boyland	Tinley Park	14:40
120	Hunter Vail	Tinley Park	14:40
121	Zach Bonomo	Plainfield Central	14:42
122	Jawuun Williams	Hillcrest	14:44
123	Reid Jenkins	Bradley Bourbonnais	14:45
124	Frank Rodriguez	Stagg	14:51
125	Jacob Babiarz	Joliet Central	14:53
126	Kevin Leet	Lincoln-Way Central	14:55
127	Edgar Vea	Lincoln-Way East	15:00
128	Luke Goodman	Mount Carmel	15:01
129	Timmy Smith	Lincoln-Way East	15:03
130	Mateo Nunez	Riverside-Brookfield	15:04
131	Justin Frias	Brother Rice	15:06
132	Shane Crozier	Thornwood	15:09
133	Jamari Brown	Thornridge	15:10
134	Luis Nolasco	Joliet Central	15:11
135	James Molnar	Andrew	15:15
136	Hubert Kurta	Bolingbrook	15:17
137	Josh Palces	Oak Forest	15:19
138	Maciej Krzysiak	Stagg	15:20
139	Noah Culbreth	Plainfield Central	15:25
140	Martin Rodriguez	Shepard	15:26
141	Ken Mazique	Shepard	15:27
142	Joey Iaquinta	Shepard	15:28
143	John Manso	Oak Forest	15:29
144	Stanley Heimke	Mount Carmel	15:31
145	Sean Sheehan	Lincoln-Way Central	15:32
146	Sayuj Shah	Downers Grove South	15:34
147	Chase Maniatis	Providence Catholic	15:36
148	Alex Cline	Bolingbrook	15:36
149	Antwan Green	Rich South	15:37
150	John Donovan	Lincoln-Way North	15:37

JOE MORTIMER INVITATIONAL

10/3/13

FROSH

2.2 MILES

@ TURTLEHEAD LAKE

	<u>NAME</u>	<u>TEAM</u>	<u>TIME</u>
151	Xavier Reyes	Andrew	15:38
152	DeVenchie Catron	Rich Central	15:40
153	Gabe Ottenweller	Riverside-Brookfield	15:43
154	Brendan McGuire	Providence Catholic	15:44
155	Sam Cabrera	Oak Forest	15:45
156	Zach Dutkiewicz	Tinley Park	15:46
157	Anthony Koncious	Stagg	15:47
158	Dominic Stewack	Joliet Central	15:49
159	Mark Reid	Oak Forest	15:58
160	Nate Peterson	Lincoln-Way East	16:02
161	Cristian Vaca	Andrew	16:02
162	Aaron Medel	Eisenhower	16:04
163	Dylan Jengea	Hillcrest	16:08
164	Kendall Corbet	Hillcrest	16:10
165	Jose Cisneros	Eisenhower	16:12
166	Jacob Correa	Mount Carmel	16:12
167	Uriel Garcia	Plainfield Central	16:13
168	Matt Zamudio	Riverside-Brookfield	16:13
169	Robert Funk	Sandburg	16:15
170	Alec Anglin	Stagg	16:21
171	Josh Rodriguez	Riverside-Brookfield	16:22
172	Nick Salinas	Joliet Central	16:28
173	Bobby Bonifazi	T.F. South	16:32
174	John Porn	Plainfield Central	16:38
175	John Boswell	Joliet West	16:42
176	Landon Luanngsomkham	Joliet Central	16:53
177	Alex Moy	Andrew	16:57
178	Sean McCarthy	Lockport	16:57
179	Andrew Brown	Bradley Bourbonnais	16:58
180	Max Munch	Joliet Central	17:03
181	Colt Marik	St. Laurence	17:03
182	Elliott Pepich	Lincoln-Way East	17:06
183	Mark Gorman	Bremen	17:15
184	Zach Karr	Stagg	17:16
185	Tim McNamara	Mount Carmel	17:18
186	Mike Meersman	Lincoln-Way East	17:19
187	Jose Tamayo	Eisenhower	17:23
188	Moises Garcia	Joliet Central	17:25
189	Josh Tinoco	Downers Grove South	17:31
190	Julian Peralta	Eisenhower	17:47
191	Kevin Chatha	Stagg	17:58
192	Nick Herres	Stagg	18:02
193	Kadin Phelon	Lincoln-Way East	18:03
194	Roberto Sanchez	Eisenhower	18:04
195	Tyler Baker	Oak Forest	18:13
196	Keith Pickrum	Oak Forest	18:17
197	Jakub Wisniewski	Downers Grove South	18:24
198	Alonzo Medina	Joliet Central	18:26
199	Patrick Syp	Stagg	18:41
200	Nick Blanchette	Bradley Bourbonnais	18:42

JOE MORTIMER INVITATIONAL

10/3/13

FROSH

2.2 MILES

@ TURTLEHEAD LAKE

	NAME	TEAM	TIME
201	Luke Minyard	Lincoln-Way East	19:04
202	Rob Freeman	Oak Lawn	19:23
203	Dylan Staunton	Oak Forest	19:44
204	Mason Kalnins	Oak Forest	19:46
205	Chris Dantis	Oak Forest	20:19
206	Alex Beck	Sandburg	20:40
207	Victor Horta	Hillcrest	20:54
208	Anakin Schroeder	Oak Lawn	22:11
209		Brother Rice	22:19
210	Jaylin Dailey	Thornwood	22:29
211		Lockport	23:12
212	Christian Villenas	Oak Lawn	24:13
213	Justin Brown	Thornwood	25:58

JOE MORTIMER INVITATIONAL

10/3/13

SOPH TEAM TOTALS

Place	School	Top Five Places					Points
1	Downers Grove South	5	8	9	11	39	72
2	Sandburg	7	12	18	35	37	109
3	Lincoln-Way Central	4	10	34	36	52	136
4	Lincoln-Way West	19	21	31	38	47	156
5	Cary-Grove	20	22	29	32	54	157
6	Joliet Central	2	13	50	51	58	174
7	Illiana Christian	1	3	43	77	84	208
8	Bolingbrook	6	15	41	126	135	323
9	Andrew	23	59	76	103	128	389
10	Riverside-Brookfield	30	82	88	93	97	390
11	Shepard	55	68	87	105	106	421
12	Lockport	24	25	96	130	154	429
13	Lincoln-Way East	27	98	100	101	104	430
14	Bradley-Bourbonnais	40	73	95	112	119	439
15	Joliet West	17	69	113	125	136	460
16	Homewood-Flossmoor	45	78	86	129	131	469
17	Lincoln-Way North	42	44	53	117	219	475
18	Oak Forest	33	114	115	120	175	557
19	Eisenhower	70	90	94	133	177	564
20	Tinley Park	67	92	108	146	191	604
21	Mount Carmel	28	99	143	172	190	632
22	Lemont	48	79	123	169	222	641
23	Thornton	83	132	137	139	220	711
24	Brother Rice	80	145	163	164	199	751
25	Stagg	57	60	211	236	237	801
26	St. Rita	16	109	178	261	262	826
27	Bremen	111	140	184	201	202	838
28	Bloom Township	81	128	188	209	261	867
29	T.F. South	62	144	151	261	262	880
30	Plainfield Central	102	149	193	206	232	882
31	Providence Catholic	26	150	261	262	263	962
32	Hillcrest	134	168	212	225	238	977
33	Oak Lawn	165	170	185	228	240	988
34	St. Laurence	110	261	262	263	264	1160
35	Thornwood	127	259	261	262	263	1172
	Rich Central						DNR
	Rich South						DNR
	Thornridge						DNR

JOE MORTIMER INVITATIONAL

10/3/13

SOPH

3.0 MILES**@ TURTLEHEAD LAKE**

	NAME	TEAM	TIME
1	Colin DeYoung	Illiana Christian	15:58
2	Raul Rosendo	Joliet Central	16:06
3	Nick Wondaal	Illiana Christian	16:14
4	Ian Peterson	Lincoln-Way Central	16:16
5	Jack LaLonde	Downers Grove South	16:24
6	Nehemiah Rambo	Bolingbrook	16:28
7	David Gleisner	Sandburg	16:29
8	Joey Eterno	Downers Grove South	16:32
9	Austin Rutkowski	Downers Grove South	16:33
10	Nathan Coppens	Lincoln-Way Central	16:42
11	Alan Zhou	Downers Grove South	16:43
12	Paul Siezckowski	Sandburg	16:47
13	Vince Moreno	Joliet Central	16:48
14			16:56
15	Bjorn Shroda	Bolingbrook	17:02
16	Sherman McLawhorn	St. Rita	17:08
17	Dylan Deardurff	Joliet West	17:09
18	Anthony Lifonti	Sandburg	17:12
19	Mitch Feehan	Lincoln-Way West	17:17
20	Cooper Langanis	Cary-Grove	17:17
21	Evan Mitchell	Lincoln-Way West	17:18
22	Jack Adams	Cary-Grove	17:23
23	Scotty Zajac	Andrew	17:25
24	Adam Kula	Lockport	17:26
25	Jon Crosse	Lockport	17:32
26	Mike Higgins	Providence Catholic	17:35
27	Jacob Wlodarski	Lincoln-Way East	17:37
28	Brendan Jacobs	Mount Carmel	17:38
29	Tommy Williams	Cary-Grove	17:39
30	Andrew LeMesurier	Riverside-Brookfield	17:40
31	Brady Green	Lincoln-Way West	17:40
32	Kyle Adams	Cary-Grove	17:41
33	Dan Garcia	Oak Forest	17:43
34	Luke Matulis	Lincoln-Way Central	17:44
35	Pat Foster	Sandburg	17:45
36	Patrick Gabriel	Lincoln-Way Central	17:46
37	Lou Cavalier	Sandburg	17:47
38	Peter Motto	Lincoln-Way West	17:50
39	Zach Scheffel	Downers Grove South	17:50
40	Zach Joaquin	Bradley Bourbonnais	17:52
41	Krushnan Moncrieffe	Bolingbrook	17:53
42	James Sullivan	Lincoln-Way North	17:55
43	Jacob Thompson	Illiana Christian	17:56
44	Chris Curtin	Lincoln-Way North	17:57
45	Joe Eagle	Homewood-Flossmoor	17:57
46	John Wagner	Sandburg	17:58
47	Louie Grigoletti	Lincoln-Way West	17:59
48	Chris Konicki	Lemont	18:01
49	Nick Carollo	Sandburg	18:03
50	Justin Cassillas	Joliet Central	18:08

JOE MORTIMER INVITATIONAL

3.0 MILES

10/3/13

SOPH

@ TURTLEHEAD LAKE

	NAME	TEAM	TIME
51	AJ Stewack	Joliet Central	18:08
52	Philip Rinaldi	Lincoln-Way Central	18:09
53	Ryan Belavich	Lincoln-Way North	18:11
54	Ryan Pinter	Cary-Grove	18:12
55	Cole Akimoff	Shepard	18:17
56	Stan Smid	Downers Grove South	18:20
57	Preston Caydler	Stagg	18:20
58	Alejandro Cervantes	Joliet Central	18:23
59	Ryan Ballard	Andrew	18:23
60	Pat Harper	Stagg	18:23
61	Chris Lippi	Downers Grove South	18:24
62	Thomas Kotel	T.F. South	18:26
63	Brandon Hutton	Downers Grove South	18:28
64	Joe Lundin	Cary-Grove	18:29
64	Kyle Stogin	Sandburg	18:30
65	Max Sanchez	Sandburg	18:34
67	Ehore Gaytan	Tinley Park	18:34
68	Garrett White	Shepard	18:35
69	Mario Scarcelli	Joliet West	18:36
70	Jordi Rangel	Eisenhower	18:39
71	Tom Veal	Cary-Grove	18:41
72	Christian Gabriel	Lincoln-Way Central	18:42
73	Jacob Hascek	Bradley Bourbonnais	18:43
74	Miles Draskovic	Sandburg	18:45
75	Nathan Arrigoni	Sandburg	18:47
76	Adrian Duenas	Andrew	18:50
77	Luke Boss	Illiana Christian	18:51
78	Justin Johnson	Homewood-Flossmoor	18:52
79	Nick Matulik	Lemont	18:57
80	Jake Rafferty	Brother Rice	18:57
81	Gabriel Martinez	Bloom Township	18:59
82	Matt Arenas	Riverside-Brookfield	18:59
83	Hairy Osborne	Thornton	19:00
84	Aaron Knapper	Illiana Christian	19:00
85	Trevor Smith	Downers Grove South	19:00
86	Troy Payne	Homewood-Flossmoor	19:01
87	John Wolniak	Shepard	19:02
88	Michael Schaffer	Riverside-Brookfield	19:04
89	David Carter	Joliet Central	19:06
90	Jesus Valadez	Eisenhower	19:06
91	Andrew Peters	Sandburg	19:08
92	Roderick Harris	Tinley Park	19:09
93	Jack Faje	Riverside-Brookfield	19:10
94	Gabriel Esparza	Eisenhower	19:12
95	David Martin	Bradley Bourbonnais	19:12
96	Braden Kramer	Lockport	19:13
97	Ryan Janney	Riverside-Brookfield	19:13
98	Wesley Wall	Lincoln-Way East	19:14
99	Kenny Koval	Mount Carmel	19:14
100	Darby Lang	Lincoln-Way East	19:16

10/3/13
SOPH

JOE MORTIMER INVITATIONAL

3.0 MILES
@ TURTLEHEAD LAKE

	NAME	TEAM	TIME
101	Rylan Halminiak	Lincoln-Way East	19:17
102	Tyler Rundle	Plainfield Central	19:18
103	Jack Ryan	Andrew	19:19
104	Austin Ryan	Lincoln-Way East	19:19
105	Jose Beltran	Shepard	19:20
106	Kevin Courtney	Shepard	19:22
107	Jacobi Robertson	Lincoln-Way East	19:23
108	Nate Martin	Tinley Park	19:23
109	Paul Fernandez	St. Rita	19:25
110	Jorge Valazco	St. Laurence	19:26
111	Emilio Valdez	Bremen	19:27
112	Kyle McGinley	Bradley Bourbonnais	19:32
113	Jason Miller *****	Joliet West	19:58
114	Mike Boyajian	Oak Forest	19:34
115	Austin Kleber	Oak Forest	19:42
116	Tyler Samuels	Joliet Central	19:42
117	Sean Kilpatrick	Lincoln-Way North	19:45
118	Ethan Haberkorn	Lincoln-Way Central	19:47
119	Steven McDaniels	Bradley Bourbonnais	19:55
120	Dylan Kaptur	Oak Forest	19:56
121	Dan McGrory	Lincoln-Way West	19:59
122	DJ Wiegman	Cary-Grove	19:59
123	Jaron Fay	Lemont	20:01
124	Tommy Williams	Lincoln-Way Central	20:01
125	Omar Carrillo	Joliet West	20:02
126	Eric Dzik	Bolingbrook	20:03
127	Theo Blackman	Thornwood	20:04
128	Jose Barraza	Bloom Township	20:06
129	Dan Ibrahim	Homewood-Flossmoor	20:09
130	Chris Sulich	Lockport	20:09
131	Wesley Thrall	Homewood-Flossmoor	20:10
132	Jonathon Golden	Thornton	20:11
133	Joseph McGee	Eisenhower	20:12
134	Xavier Tate	Hillcrest	20:13
135	Nathan Junkroski	Bolingbrook	20:13
136	Nick Calderon	Joliet West	20:13
137	Allen Davis	Thornton	20:14
138	Richie Meuris	Andrew	20:14
139	Dionte Rycraw	Thornton	20:15
140	Dave Handing	Bremen	20:17
141	Liam Walsh	Sandburg	20:17
142	Alleck Poradowski	Shepard	20:20
143	Noah Velez	Mount Carmel	20:23
144	Michael Doran	T.F. South	20:25
145	Matt Klutarch	Brother Rice	20:26
146	Justin Coyle	Tinley Park	20:27
147	Robert Dedo	Lincoln-Way Central	20:30
148	Jacob LaMore	Bradley Bourbonnais	20:31
149	Mike Lyons	Plainfield Central	20:34
150	Brandon Pierce	Providence Catholic	20:34

JOE MORTIMER INVITATIONAL

10/3/13

SOPH

3.0 MILES

@ TURTLEHEAD LAKE

	<u>NAME</u>	<u>TEAM</u>	<u>TIME</u>
151	Tyler Zigterman	T.F. South	20:38
152	Michael Mugnolo	Downers Grove South	20:38
153	Kyle Hannah	Joliet Central	20:41
154	Ian Gilhooly	Lockport	20:41
155	Michael Ojeda	Homewood-Flossmoor	20:44
156	Kyle Hall	Downers Grove South	20:44
157	Dylan Bowman	Downers Grove South	20:45
158	Jake Minyard	Lincoln-Way East	20:46
159	Michael Stoll	Bradley Bourbonnais	20:49
160	Jake Craig	Andrew	20:49
161	Regan Cossey	Cary-Grove	20:50
162	Gerardo Ortiz	Joliet Central	20:51
163	Mark Seavers	Brother Rice	20:51
164	Caesar Torres	Brother Rice	20:52
165	James Kean	Oak Lawn	20:52
166	Bailey Leavy	Lincoln-Way East	20:52
167	Jake Zuiker	Shepard	20:53
168	Kwintyn Porter	Hillcrest	20:53
169	Zach Heatherington	Lemont	20:56
170	Fernando Lopez	Oak Lawn	20:57
171	CJ Brncich	Sandburg	21:01
172	John Godina	Mount Carmel	21:02
173	David Throw	Cary-Grove	21:04
174	Pat Shaughnessy	Lincoln-Way East	21:04
175	Frank Rollins	Oak Forest	21:05
176	Sam Bohlin	Lockport	21:06
177	Emmanuel Rojas	Eisenhower	21:07
178	Lawrence Walls	St. Rita	21:08
179	Brad Ryan	Sandburg	21:09
180	Augustin Garcia	Bolingbrook	21:12
181	Grant Barnes	Cary-Grove	21:13
182	Brandon Scarano	Joliet West	21:14
183	Jesus Gonzalez	Joliet Central	21:15
184	Adiel Guerrero	Bremen	21:16
185	Brian Baldwin	Oak Lawn	21:18
186	James Simnick	Lincoln-Way Central	21:18
187	Matt Whitney	Lincoln-Way Central	21:19
188	Antonio Davis	Bloom Township	21:21
189	Andrew Smith	Lincoln-Way Central	21:21
190	Abel Corral	Mount Carmel	21:22
191	Jake Van Merkestyn	Tinley Park	21:22
192	Anthony Perry	Lincoln-Way East	21:23
193	Nick Margarella	Plainfield Central	21:26
194	Armando Jauregui	Joliet Central	21:28
195	Danny Freitag	Shepard	21:30
196	Jake Carlson	Lincoln-Way West	21:31
197	Matt Danaher	Andrew	21:33
198	Holden Szezypka	Eisenhower	21:34
199	Brendan Godsel	Brother Rice	21:35
200	Javier Correa	Mount Carmel	21:35

10/3/13
SOPH

JOE MORTIMER INVITATIONAL

3.0 MILES
@ TURTLEHEAD LAKE

	NAME	TEAM	TIME
201	Mustafa Ismail	Bremen	21:36
202	Diego Alvarado	Bremen	21:43
203	Nate Ashline	Bradley Bourbonnais	21:50
204	Triston Gartner	Bradley Bourbonnais	21:51
205	Josh Vegetable	Joliet West	21:55
206	Thomas Surlykke	Plainfield Central	21:56
207	Dustin Meyer	Bradley Bourbonnais	21:58
208	Collin O'Donnell	Lincoln-Way East	22:02
209	Alex Godley	Bloom Township	22:05
210	Kenu Redick	Homewood-Flossmoor	22:08
211	Shareef Kayed	Stagg	22:08
212	Stephen Grisco	Hillcrest	22:10
213	Connor Parente	Oak Forest	22:10
214	Jacob Bergman	Bradley Bourbonnais	22:11
215	Sahil Shah	Lincoln-Way East	22:12
216	Paul Justice	Lockport	22:14
217	Joe Kronemann	Bolingbrook	22:15
218	Javier Salazar	Joliet Central	22:20
219	Dante Amos	Lincoln-Way North	22:22
220	Favian Angalo	Thornton	22:37
221	Alex Lambert	Lincoln-Way East	22:38
222	Guy Calcagno	Lemont	22:40
223	Joe Hernandez	Oak Forest	22:43
224	Jerod Decker	Oak Forest	22:44
225	Tamare Benjamin	Hillcrest	22:49
226	John Masterson	Oak Forest	22:51
227	Jeremy Urasche	Downers Grove South	23:04
228	Leo Olmos	Oak Lawn	23:08
229	Will Newman	Lincoln-Way North	23:09
230	Nathan Price	Bolingbrook	23:14
231	Kyle Brezine	Oak Forest	23:18
232	Rudra Patel	Plainfield Central	23:22
233	Israel Vasquez	Thornton	23:23
234	Jack Gardner	Sandburg	23:24
235	Christian Haywood	Homewood-Flossmoor	23:25
236	Sebastian Wesolowski	Stagg	23:28
237	Steve Walsh	Stagg	23:43
238	Mekhi Alexander	Hillcrest	24:11
239	Julio Martinez	Eisenhower	24:12
240	Nick Dellorto	Oak Lawn	24:13
241	Ryan Palubin	Plainfield Central	24:22
242	Riley Flynn	Andrew	24:23
243	Nick Osty	Andrew	24:37
244	Joe Scott	Andrew	24:37
245	Mike Homan	Stagg	24:38
246	Jake Purcell	Andrew	24:39
247	Audel Navarro	Joliet Central	24:40
248	Giovanni Alvarado	Joliet Central	25:14
249	Sal Flores	Oak Forest	25:21
250	Jason Kasmierski	Lincoln-Way East	25:31

JOE MORTIMER INVITATIONAL**10/3/13****SOPH****3.0 MILES****@ TURTLEHEAD LAKE**

	<u>NAME</u>	<u>TEAM</u>	<u>TIME</u>
251	Jon Paul Repetny	Oak Lawn	25:33
252	Ian Staudohar	Stagg	26:06
253	Andy Comerford	Lincoln-Way East	26:29
254	Caden Winson	Oak Forest	26:32
255	Dominic Narcissi	Lincoln-Way East	26:35
256	Corey Lambi	Stagg	26:41
257			27:01
258	Mike Preto	Stagg	27:02
259	Tyrell Singleton	Thornwood	27:10
260			28:32

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PEORIA HIGH SCHOOL
Cross Country Invitational - October 5, 2013
BOYS Varsity Team Results

Place	Score	SCHOOL	(Total, Average, Pack Times)
1.	136	VERNON HILLS HS	(1:17:24, 15:28.60, 0:23)
		14 16 29 37 40 (45) (77)	
		Kyle Whitney, Ben Mohrdieck, Tyler Smith, Shane Williamson, Rob Williams, Nick Webber, Eric Doerhoefer	
2.	142	SANDBURG HS GOLD	(1:17:24, 15:28.74, 0:33)
		6 25 34 38 39 (68) (82)	
		Sean Torpy, Greg Burzinski, Dan Laskero, Chris Torpy, Max Lehnhardt, Brady Walter, Matt Hetzler	
3.	169	YORK HS	(1:17:55, 15:35.00, 0:40)
		12 31 32 36 58 (78) (111)	
		Max Denning, Jeff Nosek, Julian Cuyeu, Devon Davies, Connor York, Miles Schacht, Tom Devereux	
4.	182	PROSPECT	(1:17:51, 15:34.04, 0:55)
		9 10 41 43 79 (92) (169)	
		Blake Hallman, Mike Anderson, Max Daleiden, Ben Pederson, Will Lussenhop, Alec Heyde, Max Gonzalez	
5.	194	EDWARDSVILLE	(1:18:10, 15:37.98, 0:44)
		17 19 33 55 70 (112) (145)	
		Brydon Groves-Scott, Ethan Towzen, Wes Schoenthal, Iain Perry, Zain Pyarali, Jimmie Mayfield, Joe Shannon	
6.	223	SANDBURG HS BLUE	(1:18:24, 15:40.68, 0:50)
		18 22 44 54 85 (95) (104)	
		Tom Brennan, Will Becker, Justin Adams, Harry Becker, Mike Brower, Martin Skucas, Brandon Lukas	
7.	289	HUNTLEY	(1:18:57, 15:47.22, 1:29)
		7 15 59 65 143 (202) (219)	
		Keagan Smith, Seth Conroy, Matt Kapolnek, Mike Grocholski, Elijah Green, Jimmy Jestus, Kyler Callanan	
8.	351	HOFFMAN ESTATES	(1:19:51, 15:58.05, 0:53)
		20 64 72 96 99 (172) (194)	
		Billy Thomas, Bryan Gamboa, Matt Petersen, Shiv Patel, Thomas Simac, Nathan Otto, Michael Sanfillippo	
9.	371	METAMORA	(1:20:03, 16:00.45, 0:47)
		27 56 81 98 109 (123)	
		John Mangold, Jake Gillum, Joel Anglin, Travis Scheirer, Keaton McClure, Jason Argo	
10.	377	GLENBROOK SOUTH	(1:19:53, 15:58.58, 1:27)
		5 63 73 102 134 (176) (260)	
		David O'Gara, Casey Henrickson, David Cohn, Charlie Castelli,	

Alex Jackman, Henry Dickson, Nash Kennedy

11. 410 ALLEMAN (1:19:41, 15:56.05, 1:55)
 2 75 91 113 129 (130) (277)
 Zach Hird, Wesley Graham, Kieran Otto, Matthew Mallary,
 Augie Darrow, Aaron Golding, Alec Ewers
12. 427 BENET ACADEMY (1:20:37, 16:07.23, 0:32)
 52 69 89 103 114 (138) (160)
 Brady McLaughlin, Phil Parisi, John Stoppelman, Sean Harnik,
 Kelly Crombie, Jack Tuttle, Jimmy Watson
13. 429 MCHENRY (1:19:30, 15:53.92, 2:14)
 1 21 97 140 170 (226)
 Jesse Reiser, Michael Hahndorf, Tyler Lay, Zach Weaver,
 Daniel Tonyan, Jacob DeWitt
14. 439 NORMAL COMMUNITY (1:20:45, 16:08.86, 0:39)
 51 71 83 108 126 (139) (166)
 Austin Peters, Tanner Kuenneth, Jared Peters, Carson McCormick,
 Collin Rink, Mitch Turner, Nathan Jones
15. 453 FENWICK (1:20:30, 16:05.86, 1:29)
 11 48 80 153 161 (162) (257)
 Salvatore Flight, Anthony Rizzi, Brixton Rill, Riley Mullins,
 Alex Marks, Patrick Barnett, Joe Cozzi
16. 475 FENTON (1:21:07, 16:13.34, 0:30)
 66 67 86 124 132 (157) (173)
 Rodrigo Estrada, Danny Wiggin, Cristian Silva, Leonel Rodriguez,
 Axel Nava, Jose Vasquez-Perez, Joseph Rivas
17. 543 SPRINGFIELD HS (1:21:25, 16:16.85, 1:16)
 26 87 125 142 163 (207) (216)
 Tyler Owens, Mike Neposchlan, Logan Besalke, Amir Rasmussen,
 Eric Wise, Matt Waldinger, Heath Warren
18. 574 CHAMPAIGN CENTRAL (1:21:48, 16:21.55, 1:10)
 47 60 133 149 185 (203) (232)
 Corey White, Ashton Hyatt, Hayden Hinton, Henry Sills, Isaac Kasten,
 Nimesh Avashia, Riley Staab
19. 588 STERLING (1:21:51, 16:22.14, 0:53)
 49 110 120 150 159 (210) (293)
 Johnathon Landis, Nick Olds, Cody Lund, Keaton Dir, Zach Alston,
 Cody Hansen, Evan Reiley
20. 610 MT ZION (1:21:52, 16:22.20, 2:49)
 8 35 128 147 292 (326) (342)
 Curtis Reed, Mohammad Hosseini, Tyler Wilhelm, Noah Gingerich,
 Nick Lewis, Aidan Gerhardt, Jacob Moss
21. 611 TREMONT (1:21:38, 16:19.56, 2:51)
 4 13 117 193 284 (313)
 Connor Ehnle, Caleb Imig, Wilson Pfleiderer, Colin Siedleck,
 Daniel Smalley, Brock Holmes
22. 627 CARY-GROVE (1:22:13, 16:26.46, 0:30)
 88 116 122 146 155 (246) (247)
 John Cody, Alex Ratkovich, Michael Saxon, Sang Seo, Tyler Stordahl,

Brandon Arwine, Joe Veal

23. 640 ROLLING MEADOWS (1:22:18, 16:27.51, 1:17)
 46 90 115 192 197 (215) (245)
 Tim Howley, Aaron Sanchez, Colin Piscitello, Ark Wrobel,
 George Cyboran, John Gerardi, Joe Hume
24. 651 GLENBARD EAST (1:22:22, 16:28.21, 2:15)
 24 93 135 141 258 (259) (287)
 Jack Peters, Teddy Sullivan, Drew Mikel, Patrick Mikel,
 Davarus Jones, Russell Karas, Josh Schaefer
25. 739 MT VERNON (1:23:07, 16:37.27, 1:50)
 28 121 156 206 228 (262) (299)
 David Modert, Jordan Wilemon, Daniel Flood, Brykell Patton,
 Hagan Schneider, Ethan Badger, Tyler Williams
26. 760 EAST PEORIA HS (1:23:09, 16:37.73, 2:08)
 23 151 154 191 241 (317) (352)
 Matthew Church, Jimmy Kaufman, Cody Giebelhausen, Michael Church,
 Nick Hillier, Nick Spokely, Patrick Schwinn
27. 828 PEORIA NOTRE DAME (1:24:08, 16:49.49, 1:37)
 62 94 181 243 248 (249) (275)
 Chris Fortin, Ryan Frow, Patrick Bruch, Alex MacKenzie,
 Brady Dickerson, Victor Fortin, Max Ehrhart
28. 836 PLAINFIELD CENTRAL (1:24:12, 16:50.20, 2:04)
 53 101 187 213 282 (314) (321)
 Johnny Principato, John Lyons, Drew Gallagher, Robert Medina,
 Tyler Segroves, Johnny Enright, Eric Bjurstrom
29. 838 MUNDELEIN (1:24:02, 16:48.27, 0:48)
 118 137 179 196 208 (255) (267)
 Liam Mellon, Chris Palacios, Joe Clow, Uly Hagedorn,
 Mickey Cardenas, Ben Krauss, Gregory Proper
30. 858 DANVILLE (1:23:57, 16:47.34, 2:38)
 3 127 234 242 252 (253) (269)
 Johnny Leverenz, Carl Way, Jeremiah Cooley, Tommy Session,
 Tyler Huckelberry, Nathan Beckett, Josh King
31. 864 GLENBROOK NORTH (NORTHBRO (1:24:17, 16:51.23, 1:15)
 100 148 174 205 237 (251) (270)
 Scott Thomas, Nate Whitfield, Itai Epstein, Jason Golden,
 Jacob Spitz, Jay Silver, Daniel Congbalay
32. 866 CARMEL CATHOLIC (1:24:17, 16:51.24, 1:14)
 107 158 175 186 240 (308) (319)
 Anthony Gattuso, Patrick Pastika, Patrick Hogan, Michael Cusack,
 Dillon Novak, Steven Lacle, Ian O'Connor
33. 885 EAST AURORA HS (1:24:24, 16:52.75, 1:08)
 106 171 178 199 231 (239) (294)
 Felipe Nino, Ruben Nino, Jose Alvarado, Fredrick Wilson,
 Ricardo Del Toro, David Galvan, Eliut Gonzalez
34. 913 CENTENNIAL HS (1:24:42, 16:56.33, 1:40)
 61 190 195 211 256 (279) (302)
 Alec Shedbower, Carter Ware, Alex Miller, Sam Blissett,

Reece Richardson, Riley Skube, David Lee

35. 951 NORMAL WEST (1:25:31, 17:06.16, 2:23)
 105 136 152 229 329 (336) (343)
 Alex Hillegass, Matt DeGroot, Reid Henry, Nick O'Neal, Shea Grehan,
 Glenn Kinley, Clinton Bloyd
36. 961 MORTON (1:25:11, 17:02.07, 2:11)
 30 204 224 235 268 (276) (297)
 Brady Carius, Tristan Riegler, Zack Siscoe, Ben Lange, Adam Messer,
 Seth Fowler, John Pray
37. 975 MATTOON HS (1:25:13, 17:02.45, 0:32)
 168 184 188 214 221 (225) (291)
 James Kimball, Ben Righter, Cooper Collings, Andy Bell, Jacob Perry,
 Charles Osley, Gavin Prior
38. 1017 CARBONDALE HS (1:25:44, 17:08.76, 1:43)
 74 189 222 261 271 (281) (298)
 Micah Cherry, Austin Baker, Joyner Deamer, Denzel McCauley,
 Josh Loyd, Austin Green, Tarek Elkaffas
39. 1018 BLOOMINGTON HS (1:25:49, 17:09.64, 2:34)
 42 167 223 274 312 (328) (339)
 Sam Doud, Charles Smith, Mike Hebert, Sam Warner, Alex Soderlund,
 Jack Doud, Jared Collier
40. 1044 PONTIAC (1:26:11, 17:14.10, 2:19)
 57 180 233 263 311 (357)
 Zac Justus, Logan Durham, Nate Durham, Kory Wells, Matthew hilleary,
 Garrison Green
41. 1091 GRANITE CITY (1:26:37, 17:19.24, 2:21)
 50 209 238 290 304 (316) (327)
 Will O'Keefe, Zach Manion, Tyler Manion, Brandon Kukarola,
 George Diak, Brandon Eardley, Matt Kline
42. 1144 ROCK ISLAND HS (1:26:56, 17:23.04, 1:28)
 144 183 244 272 301 (307) (340)
 Cole Neder, Josh Hathorn, Jerry Hacker, Thomas Ramirez, Ian Washam,
 Honore Lopaka, Simon Ndabishuriya
43. 1158 PEORIA RICHWOODS (1:27:03, 17:24.57, 1:33)
 119 217 266 273 283 (288) (303)
 Brandon Rice, Shawn Rattan, Kiran Patel-O'Connor, Dane Schlafley,
 Jace Patacsil, Lorenzo Santiago, Tom Miller
44. 1160 BELLEVILLE WEST (1:26:59, 17:23.67, 1:21)
 164 198 212 286 300 (305) (315)
 Chris Jackson, Evan Alcorn, Hunter Cason, Henry Schmitz, Nick Ernst,
 Kole Rakers, Eric Fries
45. 1260 PEORIA HS (1:30:48, 18:09.46, 3:48)
 177 182 200 346 355 (358)
 Princia Boungou, Derek Heerman, Arian Anderson, Jeremy Creasy,
 De'tre Blount, DeAndre Purifoy
46. 1267 BELLEVILLE EAST (1:28:11, 17:38.16, 1:11)
 220 227 230 265 325 (331) (332)
 Amani Franklin, Xavier Hall, Nick Lopez, Brendan Karwoski,

Patrick Gaul, Remmington Ibarra, Benjamin Thuringer

47. 1273 PEKIN (1:28:29, 17:41.76, 2:00)
 165 236 264 278 330 (344) (356)
 Kris Clark, Tate Heiple, Alex Olar, Robert Lawernce,
 Brennan Williamson, Jake Potts, Dustin Bennett
48. 1319 GALESBURG HS (1:29:22, 17:52.30, 2:46)
 76 280 306 324 333 (347) (351)
 David Whittle, Joseph Stewart, Bricyn Healey, Michael Anderson,
 Bryce Fenton, Allen Massey, Eric Cole
49. 1324 MACARTHUR (1:31:40, 18:19.95, 4:49)
 84 250 289 341 360 (361) (363)
 Lincoln VanMeter, Zach Johnson, Robby Miller, Dallin Marston,
 Jerron Zientara-Kelly, Matt McCauley, Joshua Dial
50. 1449 CENTRALIA HS (1:30:28, 18:05.59, 1:35)
 218 254 320 323 334 (335) (353)
 Brandon Beaver, Lucas Haake, Josh Nunnery, Ryan Hargis,
 Drew Sherman, Garrett Blanchard, Kaleb Meyer
51. 1497 URBANA HS (1:34:54, 18:58.66, 4:21)
 131 310 348 349 359 (362)
 Carter Huff, David Gable, Daniel Carrillo, Willie Powers,
 Daniel Wright, Michael Rodriguez
52. 1530 ALTON HIGH (1:30:53, 18:10.52, 0:30)
 285 296 309 318 322 (337) (350)
 Brennon Vogt, Sam Gentelin, Evan Rathgeb, Jackson Scheiter,
 Trenton Gallion, Alex Davis, Brandon Rose
53. 1533 MAINE EAST HS (1:33:55, 18:46.88, 3:28)
 201 295 338 345 354
 Eric Ponzetti, Josh Madsen, Altamish Khan, Felix Benitez, Ajay Negi

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PEORIA HIGH SCHOOL

Cross Country Invitational - October 5, 2013
BOYS Varsity Individual Results

Place	TmPl	FIRST	YR	SCHOOL	TIME	Pace
1.	1	Jesse Reiser	11	MCHENRY	14:34.00	4:52
2.	2	Zach Hird	12	ALLEMAN	14:35.62	4:52
3.	3	Johnny Leverenz	12	DANVILLE	14:56.31	4:59
4.	4	Connor Ehnle	12	TREMONT	15:04.43	5:02
5.	5	David O'Gara	12	GLENBROOK SOUTH	15:05.85	5:02
6.	6	Sean Torpy	10	SANDBURG HS GOLD	15:06.58	5:03
7.	7	Keagan Smith	10	HUNTLEY	15:07.19	5:03
8.	8	Curtis Reed	11	MT ZION	15:09.89	5:04
9.	9	Blake Hallman	12	PROSPECT	15:10.88	5:04
10.	10	Mike Anderson	11	PROSPECT	15:12.40	5:05
11.	11	Salvatore Flight	11	FENWICK	15:14.07	5:05
12.	12	Max Denning	10	YORK HS	15:15.57	5:06
13.	13	Caleb Imig	12	TREMONT	15:16.23	5:06
14.	14	Kyle Whitney	12	VERNON HILLS HS	15:16.77	5:06
15.	15	Seth Conroy	10	HUNTLEY	15:17.00	5:06
16.	16	Ben Mohrdieck	12	VERNON HILLS HS	15:17.01	5:06
17.	17	Brydon Groves-Scott	11	EDWARDSVILLE	15:19.04	5:07
18.	18	Tom Brennan	10	SANDBURG HS BLUE	15:19.35	5:07
19.	19	Ethan Towzen	10	EDWARDSVILLE	15:20.92	5:07
20.	20	Billy Thomas	12	HOFFMAN ESTATES	15:21.02	5:07
21.	21	Michael Hahndorf	10	MCHENRY	15:21.08	5:08
22.	22	Will Becker	12	SANDBURG HS BLUE	15:21.79	5:08
23.	23	Matthew Church	11	EAST PEORIA HS	15:22.57	5:08
24.	24	Jack Peters	12	GLENBARD EAST	15:23.63	5:08
25.	25	Greg Burzinski	15	SANDBURG HS GOLD	15:24.57	5:09
26.	26	Tyler Owens	12	SPRINGFIELD HS	15:28.17	5:10
27.	27	John Mangold	11	METAMORA	15:31.07	5:11
28.	28	David Modert	12	MT VERNON	15:32.23	5:11
29.	29	Tyler Smith	11	VERNON HILLS HS	15:32.39	5:11
30.	30	Brady Carius	11	MORTON	15:33.09	5:12
31.	31	Jeff Nosek	12	YORK HS	15:33.43	5:12
32.	32	Julian Cuyeu	12	YORK HS	15:33.97	5:12
33.	33	Wes Schoenthal	11	EDWARDSVILLE	15:34.31	5:12
34.	34	Dan Laskero	14	SANDBURG HS GOLD	15:35.87	5:12
35.	35	Mohammad Hosseini	11	MT ZION	15:36.48	5:13
36.	36	Devon Davies	10	YORK HS	15:37.27	5:13
37.	37	Shane Williamson	9	VERNON HILLS HS	15:37.52	5:13
38.	38	Chris Torpy	10	SANDBURG HS GOLD	15:37.92	5:13
39.	39	Max Lehnhardt	14	SANDBURG HS GOLD	15:38.79	5:13
40.	40	Rob Williams	11	VERNON HILLS HS	15:39.32	5:14
41.	41	Max Daleiden	12	PROSPECT	15:39.77	5:14
42.	42	Sam Doud	12	BLOOMINGTON HS	15:41.23	5:14
43.	43	Ben Pederson	12	PROSPECT	15:41.81	5:14
44.	44	Justin Adams	12	SANDBURG HS BLUE	15:41.90	5:14
45.	45	Nick Webber	12	VERNON HILLS HS	15:42.77	5:15
46.	46	Tim Howley	11	ROLLING MEADOWS	15:44.52	5:15
47.	47	Corey White	12	CHAMPAIGN CENTRAL	15:47.20	5:16
48.	48	Anthony Rizzi	11	FENWICK	15:47.97	5:16
49.	49	Johnathon Landis	9	STERLING	15:48.06	5:17
50.	50	Will O'Keefe	9	GRANITE CITY	15:48.39	5:17



SANDBURG CROSS COUNTRY

NEWS AND NOTES

RUNNERS OF THE WEEK: Sean Torpy, Alex Szymanski, David Gleisner, Matt Benz-Weeden

Andrew/Peoria Inv

Thurs. Oct 3, Sat. Oct 5, 2013

High 70s, LOTS of rain (Thur), mid to high 70's, overcast, humid calm (Sat.)

"You need to dance with everything in your heart and soul." — Alejandro Claude

COACH'S COMMENTS:

Looking back at this week, I'd say there is one clear cut conclusion: this team has a bunch of winners on it and our team culture is at the highest level. I love a lot of things about this team. Up at the top of the list is how each and every guy is committed to reaching his highest level and each and every guy is dedicated to a level of excellence. Remember that the biggest enemy of great is good—this team gets that concept better than any I've ever been a part of.

At Peoria, we split up our lineups. There are a few reasons for this, including how much confidence I have in this group—I believe we can make up any combination of that group and get the job done—but one main reason you should consider is that this is total proof at how little we care about *results* right now. We are focused entirely on our journey to becoming the best possible people and team we can be. When I evaluate our running, I evaluate the HOW and the WHY, not the what/result. You can talk to O'Callaghan, who has been around the coaches all season long, as the races go on all I am commenting on are things like composure, enthusiasm, confidence, guts, committing to decisions, and response to the unexpected. I know all too well, the only way to be a strong runner is to be a strong person first. Alejandro commented that you need to dance with everything in your heart and soul. I think the same is very true in running.

At Andrew, we experienced some fun conditions. The freshmen got things going with a victory. **Martin Skucas** once again raced his heart out and battled to the very end of the race against a tough competitor. I could not be prouder and more excited about a guy than **Alex Szymanski**. This guy has the makings of a great runner—he has the character that it takes to be a champion. He raced like it on Thursday. He didn't hesitate or place himself in a certain group; he was bold. I loved the way he attacked the early front group and then rallied late in the race after he committed so much so early. He's going to be special.

Aidan Farley continues to be a really poised and consistent racer for us—he has the look of a veteran. I'm excited about how dependable he is and how he finds ways to get it done every race. **Connor Burns** continues to impress as well. He's such a tough runner—I love how he drives his way through every challenge that is thrown at him. It was great to see **Sam Call** back racing after a couple weeks off; he's got the makings of a great runner as well. This season I've been so thrilled with **David Gleisner**. He is such a competitor—he gets joy out of competing. I love that. He never settles and always is attacking—I hope he never stops that approach and he attacks all the way to his last finish line. His bold racing at Andrew showed the mentality of a champion. He is nothing short of a varsity runner. Then he came back two days later and raced his way to a PR and a sub 16:30 in the time trial. I'll talk more about the time trial later, but I was really impressed with his two days of racing and how he's approached the entire season. **Anthony Lifonti** was loving the ridiculous downpour in the sophomore race. How fun was that? And we handled the monsoon with total focus and toughness—no one used it as an excuse. The fact that we fed off those challenging conditions says a lot about the character of that sophomore group. Lifonti was a perfect example of that attitude.

Big Lou Cavalier was relentless in the race as well. Every time I saw him as the race went on I felt like his drive and passion only increased. His progress this year has been inspiring.

At Peoria we had some good progress and got what we needed to get out of two meets at Detweiller. We go there to come away with self-awareness. We want to know exactly how we want to approach our championship races. We took on a different approach to the race and should KNOW now how to handle the course to maximize our performance. Saturday taught us that we need to key into ourselves and not race with certain expectations or dependence on other runners. **Greg Burzinski** went out way too hard the first 800: I liked his boldness, but didn't like his lack of self-awareness. He went out a full :09 faster than PND and he ran almost :20 slower—I think there is an obvious lesson there. We are going to have to be more aware moving forward. This is a critical element to success. TRUST YOURSELF—hear yourself. As we race, in a marathon I always say there are three phases: 1. The "efficient" phase in which you are laying off and doing your best to conserve 2. You turn offensive and begin attacking the marathon 3. You feel like this will certainly be your last day on earth and you gut out everything you've got. In your race, I think you can phrase it like this: there is a time to listen and key into your body and a time to tell your body to shut up. The first 800 is certainly a time to listen. The last mile is certainly a time to tell it to shut up.

Sean Torpy looked great racing with confidence. His 15:06 is currently the third best sophomore time in CSHS history behind only Tom Graves and Lukas Verzbicas. I am confident that he has set himself up well for a great third race at Detweiller this season. I loved the way he handled the opening and trusted himself despite others gunning it. He then kept his composure and confidence and continued the move. I'm not happy about the fact that Greg started out in 6th and ended up in 25th and Sean started out in 11th and ended up in 6th. It seems obvious that we could have had a great team effort in working together to getting two guys into the top 5-6. **Tom Brennan** didn't look quite himself on Saturday but he toughed it out and I love the way he has been closing out races. His finishes have been huge for us. We had several other guys PR—as I said on Friday, if we got 5-10 second PRs, I'd be pumped. That's good progress. Let's continue to progress in the same fashion and we'll be ready in November. **Brady Walter** was simply awesome—16:00—a big comeback after a slightly disappointing Notre Dame meet. He's a stud. He personified "improvement." **Matt Hetzler** made some huge improvements over two weeks. I believe in his toughness. He's come a long way through his injury and he is getting leaner and fitter and he is making a bid for those key end of the season races. Finally, I can't say enough about the effort I saw from **Matt Benz-Weeden** on Saturday. I have to admit that I had doubts before that time trial about what kind of performance we could get from those guys and I wasn't sure BW could go out and run out there alone to a huge performance. He absolutely answered those doubts with a certain resolve. He hurt out there. He was bold and his effort was as good as it gets. He redlined it the whole way to a HUGE PR and a great 16:11. I love his determination, dedication and passion.

We had nine of our 14 run faster than we ran two weeks ago and we had race conditions at Notre Dame that were ideal. Greg's lack of self-awareness and approach that is focused only on his race is detrimental right now. By detrimental, I mean that term literally—it hurts the team. As I've said ad nauseum, I am uninterested in results right now; I am solely looking at the team we are becoming and doing things the right way. The results will be there in the end if we focus on these elements.

We brought up the idea of "Top Seven"—a term I detest because I think it counters what a championship team is. But, obviously at different points we are going to have to make decisions on who to run, starting with SWSC. When it comes time for us to make those decisions about who runs in what championship meets I want this to be clear, we will make decisions based on: 1. Who runs well together and brings energy to the group. 2. When selecting the final slots for each meet, we are looking for guys who have the ability and determination to make the gap between our 4 and 5 down to nothing...I am NOT looking for someone who can outkick someone to grab the 7th slot in our top 7—that will not do us any good. So anyone who has interest in making those championship lineups should be figuring out ways to bridge the gap to where Will Becker, Sean Torpy and Tom Brennan are at right now. I like guys who think of themselves as much more than a 6/7 runner. 3. We will look at all the information we have at the time including things like momentum—how someone is progressing and the holistic perspective. This is what I know for certain: we have a lot of guys who can get the job done at the highest level. I'm confident in our entire group.

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. >> It's at this point in the season I'd like you to do a "race eval" on our website of the season to date—how are we doing in our standards---Family; Champion's Mentality; Passion and Guts; and Living All In.

WHAT'S NEXT: A great week of training and the Chicago Marathon Race on Sunday (7 runners only).

Peoria Invitational:

1.	Vernon Hills--136	2. Sandburg Gold—142	3. York—169	4. Prospect—182	5. Edwardsville—194	6. Sandburg Blue—223
6. S Torpy	2:18-2:29/4:47-2:30/7:17-2:38/5:08/9:55-2:34/12:34-2:33/5:12	15:06*				
18. Brennan	2:22-2:33/4:55-2:35/7:30-2:43/5:28/10:13-2:39/12:52-2:28/5:06	15:19				
22. W Becker	2:23-2:32/4:55-2:35/7:30-2:44/5:19/10:14-2:38/12:52-2:28/5:06	15:21*				
25. Burzinski	2:15-2:30/4:45-2:31/7:16-2:41/5:12/9:57-2:44/12:41-2:44/5:28	15:24				
34. Laskero	2:22-2:34/4:56-2:32/7:28-2:46/5:18/10:14-2:41/12:55-2:41/5:22	15:35*				
38. C Torpy	2:25-2:33/4:58-2:35/7:33-2:44/5:19/10:17-2:43/13:00-2:37/5:21	15:37*				
39. Lehnhardt	2:24-2:34/4:58-2:35/7:33-2:48/5:23/10:21-2:41/13:02-2:36/5:17	15:38*				
44. Adams	2:27-2:30/4:57-2:34/7:31-2:45/5:19/10:16-2:47/13:03-2:39/5:26	15:41*				
54. H Becker	2:22-2:33/4:55-2:35/7:30-2:50/5:25/10:20-2:46/13:06-2:45/5:32	15:51				
68. Walter	2:28-2:39/5:07-2:41/7:48-2:49/5:30/10:37-2:43/13:20-2:41/5:24	16:00*				
82. Hetzler	2:28-2:41/5:09-2:41/7:50-2:51/5:32/10:41-2:48/13:29-2:38/5:26	16:07				
85. Brower	2:27-2:39/5:06-2:42/7:48-2:48/5:30/10:36-2:49/13:25-2:44/5:33	16:08*				
95. Skucas	2:34-2:42/5:16-2:44/8:00-2:46/5:30/10:46-2:44/13:30-2:43/5:27	16:13				
104. Lukas	2:34-2:44/5:18-2:45/8:03-2:49/5:34/10:52-2:44/13:36-2:39/5:23	16:15				

Place Progression:

	<u>1 mile</u>	<u>2 mile</u>	<u>3 mile</u>
Burzinski	6	7	25
S Torpy	11	6	6
Brennan	24	22	18
W Becker	23	26	22
H Becker	22	40	54
Adams	31	32	43
C Torpy	--	33	38
Lehnhardt	--	41	39
Laskero	27	24	34
Skucas	--	103	111
Lukas	--	117	113
Walter	--	73	67
Brower	--	72	92
Hetzler	--	87	90

*If you score our overall score, at the 2 mile we had 75 points, at the end we had 105...this is unacceptable.

Time Trial:

Benz-Weeden	16:11*	Marchese	16:50*
D Gleisner	16:26*	McMahon	16:53*
Sieczkowski	16:44	Lahucik	17:25
A Gleisner	16:49	Lifonti	17:29*

Andrew F/S Inv.

Combined F/S Result: 1. Sandburg—163 2. DGS—275 3. Joliet Central—324 4. LWC--368

Freshman: 1. Sandburg—54 2. Lockport--65 3. Joliet Central—150

2. Skucas	11:38
5. Szymanski	11:59
7. Marchese	12:06
15. Farley	12:33
25. Burns	12:58
32. Papan	13:08
34. Nolan	13:12
37. Claure	13:17
46. Marks	13:27
55. Bowald	13:35
61. Kirby	13:41
71. Cachares	13:48
82. Call	14:03
85. Bovard	14:08
107. Gonzalez	14:28
169. Funk	16:15
206. A Beck	20:40

Sophomore: 1. DGS—72 2. Sandburg—109 3. LWC—136

7. D Gleisner	16:29	73. Draskovic	18:45
12. Sieczkowski	16:47	74. Arrigoni	18:47
17. Lifonti	17:12	91. Peters	19:08
35. Foster	17:45	141. Walsh	20:17
37. Cavalier	17:47	171. Brncich	21:01
45. Wagner	17:58	179. Ryan	21:09
48. Carollo	18:03	234. Gardner	23:24
63. Stogin	18:30		

Race Date

October 13, 2013

Nike Northside / Southside Challenge

Final Team Results

Boys

Cross Country

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Lane Tech						
Team Score (places): 57						
1	107	Jon Vara	7	13:04.08	13:04.08	0:00.00
2	109	Pavlo Hutsalyuk	8	13:05.54	26:09.62	0:01.46
3	111	Christian Badillo	9	13:06.40	39:16.02	0:02.32
4	108	David Schmieg	14	13:18.10	52:34.12	0:14.02
5	110	Oswaldo Lorenzana	19	13:23.00	1:05:57.12	0:18.92
6	112	Matt Haak	(44)	14:11.42	1:20:08.54	1:07.34
7	113	Alex Rodriguez	(50)	14:32.26	1:34:40.80	1:28.18
Team - Neuqua Valley						
Team Score (places): 62						
1	273	Nick Bushelle	3	12:53.41	12:53.41	0:00.00
2	267	Daniel Weiss	5	13:02.76	25:56.17	0:09.35
3	272	Alec Monovich	15	13:18.94	39:15.11	0:25.53
4	270	Michael Widmann	16	13:20.13	52:35.24	0:26.72
5	268	Matt Horsley	23	13:37.54	1:06:12.78	0:44.13
6	271	Matt Livingston	(24)	13:40.70	1:19:53.48	0:47.29
7	269	Grayson Jenkins	(25)	13:41.49	1:33:34.97	0:48.08
Team - Palatine						
Team Score (places): 77						
1	135	Graham Brown	1	12:40.69	12:40.69	0:00.00
2	136	Argeni Bailon	4	12:57.55	25:38.24	0:16.86
3	137	Emil Kozakiewicz	13	13:15.45	38:53.69	0:34.76
4	140	Adam Brauer	29	13:52.00	52:45.69	1:11.31
5	138	Eddie Graham	30	13:52.94	1:06:38.63	1:12.25
6	139	Dean Kolar	(32)	13:57.45	1:20:36.08	1:16.76
7	141	Conner McGough	(42)	14:08.41	1:34:44.49	1:27.72
Team - Lincoln Way Central						
Team Score (places): 89						
1	223	Chris Kaminski	6	13:03.55	13:03.55	0:00.00
2	219	Ian Peterson	17	13:20.91	26:24.46	0:17.36
3	221	Andrew Robbins	18	13:21.98	39:46.44	0:18.43
4	224	Ben Zibricky	22	13:34.85	53:21.29	0:31.30
5	220	Tommy Kolacki	26	13:41.76	1:07:03.05	0:38.21
6	222	Ben Alvarado	(33)	14:01.90	1:21:04.95	0:58.35
7	218	Nathan Coppens	(40)	14:06.47	1:35:11.42	1:02.92

Race Date

October 13, 2013

Nike Northside / Southside Challenge

Final Team Results

Boys

Cross Country

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Sandburg						
Team Score (places):141						
1	240 Harry Becker	10	10	13:07.86	13:07.86	0:00.00
2	239 Will Becker	12	22	13:14.94	26:22.80	0:07.08
3	244 Matt Hetzler	36	58	14:04.47	40:27.27	0:56.61
4	242 Justin Adams	38	96	14:05.23	54:32.50	0:57.37
5	243 Adam Gleisner	45	141	14:12.50	1:08:45.00	1:04.64
6	245 Nick Depesa	(51)	(192)	14:32.80	1:23:17.80	1:24.94
Team - Geneva						
Team Score (places):197						
1	177 Blaine Bartel	28	28	13:48.74	13:48.74	0:00.00
2	182 Dan MacDonald	39	67	14:05.79	27:54.53	0:17.05
3	178 Jake Tracey	41	108	14:06.52	42:01.05	0:17.78
4	181 Dan Dudman	43	151	14:11.11	56:12.16	0:22.37
5	180 Steve Creger	46	197	14:21.41	1:10:33.57	0:32.67
6	179 Justin Poythress	(52)	(249)	14:33.27	1:25:06.84	0:44.53
7	176 Julian Desens	(58)	(307)	14:47.76	1:39:54.60	0:59.02
Team - Rolling Meadows						
Team Score (places):211						
1	150 Tim Howley	20	20	13:23.70	13:23.70	0:00.00
2	149 Aaron Sanchez	35	55	14:02.78	27:26.48	0:39.08
3	151 Colin Piscitello	47	102	14:22.20	41:48.68	0:58.50
4	152 John Gerardi	49	151	14:31.90	56:20.58	1:08.20
5	153 George Cyboran	60	211	14:53.88	1:11:14.46	1:30.18
6	301 Jue Hume	(90)	(301)	15:48.61	1:27:03.07	2:24.91
Team - Jones College Prep						
Team Score (places):251						
1	100 Tony Gonzalez	21	21	13:30.54	13:30.54	0:00.00
2	101 Kevin Johnson	48	69	14:27.34	27:57.88	0:56.80
3	106 Anthony Morales	54	123	14:40.26	42:38.14	1:09.72
4	103 Marquis Dixon	62	185	14:57.48	57:35.62	1:26.94
5	102 Enrique Sanchez	66	251	15:00.46	1:12:36.08	1:29.92
6	105 Martn Chappetto	(77)	(328)	15:26.87	1:28:02.95	1:56.33
7	104 Gustavo Colunga	(91)	(419)	15:50.00	1:43:52.95	2:19.46

Race Date

October 13, 2013

Nike Northside / Southside Challenge**Overall Finish List****Cross Country**

<u>Overall*</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
1	Graham Brown	Palatine	135	12:40.69	4:50/M
2	Dan Lathrop	Plainfield South	232	12:44.62	4:52/M
3	Nick Bushelle	Neuqua Valley	273	12:53.41	4:55/M
4	Argeni Bailon	Palatine	136	12:57.55	4:57/M
5	Daniel Weiss	Neuqua Valley	267	13:02.76	4:58/M
6	Chris Kaminski	Lincoln Way Central	223	13:03.55	4:59/M
7	Jon Vara	Lane Tech	107	13:04.08	4:59/M
8	Pavlo Hutsalyuk	Lane Tech	109	13:05.54	5:00/M
9	Christian Badillo	Lane Tech	111	13:06.40	5:00/M
10	Harry Becker	Sandburg	240	13:07.86	5:00/M
11	Bryan Quinonez	Kennedy	211	13:11.85	5:02/M
12	Will Becker	Sandburg	239	13:14.94	5:03/M
13	Emil Kozakiewicz	Palatine	137	13:15.45	5:03/M
14	David Schmieg	Lane Tech	108	13:18.10	5:05/M
15	Alec Monovich	Neuqua Valley	272	13:18.94	5:05/M
16	Michael Widmann	Neuqua Valley	270	13:20.13	5:05/M
17	Ian Peterson	Lincoln Way Central	219	13:20.91	5:05/M
18	Andrew Robbins	Lincoln Way Central	221	13:21.98	5:06/M
19	Oswaldo Lorenzana	Lane Tech	110	13:23.00	5:06/M
20	Tim Howley	Rolling Meadows	150	13:23.70	5:06/M
21	Tony Gonzalez	Jones College Prep	100	13:30.54	5:09/M
22	Ben Zibricky	Lincoln Way Central	224	13:34.85	5:11/M
23	Matt Horsley	Neuqua Valley	268	13:37.54	5:12/M
24	Matt Livingston	Neuqua Valley	271	13:40.70	5:13/M
25	Grayson Jenkins	Neuqua Valley	269	13:41.49	5:13/M
26	Tommy Kolacki	Lincoln Way Central	220	13:41.76	5:13/M
27	Adrian Barrientos	Hubbard	255	13:48.26	5:16/M
28	Blaine Bartel	Geneva	177	13:48.74	5:16/M
29	Adam Brauer	Palatine	140	13:52.00	5:18/M
30	Eddie Graham	Palatine	138	13:52.94	5:18/M
31	Mike Perez	Whitney Young	172	13:53.20	5:18/M
32	Dean Kolar	Palatine	139	13:57.45	5:19/M
33	Ben Alvarado	Lincoln Way Central	222	14:01.90	5:21/M
34	Alexis Sarabia	Stienmetz	162	14:02.66	5:21/M
35	Aaron Sanchez	Rolling Meadows	149	14:02.78	5:21/M
36	Matt Hetzler	Sandburg	244	14:04.47	5:22/M
37	Theo Beck	Niles West	143	14:04.58	5:22/M
38	Justin Adams	Sandburg	242	14:05.23	5:23/M
39	Dan MacDonald	Geneva	182	14:05.79	5:23/M
40	Nathan Coppens	Lincoln Way Central	218	14:06.47	5:23/M
41	Jake Tracey	Geneva	178	14:06.52	5:23/M
42	Conner McGough	Palatine	141	14:08.41	5:24/M
43	Dan Dudman	Geneva	181	14:11.11	5:25/M
44	Matt Haak	Lane Tech	112	14:11.42	5:25/M
45	Adam Gleisner	Sandburg	243	14:12.50	5:25/M
46	Steve Creger	Geneva	180	14:21.41	5:29/M
47	Colin Piscitello	Rolling Meadows	151	14:22.20	5:29/M

*Overall place among males only

Race Date

October 13, 2013

Nike Northside / Southside Challenge**Overall Finish List****Cross Country**

<u>Overall*</u>	<u>Name</u>	<u>Team</u>	<u>Bib No</u>	<u>Time</u>	<u>Pace</u>
48	Kevin Johnson	Jones College Prep	101	14:27.34	5:31/M
49	John Gerardi	Rolling Meadows	152	14:31.90	5:32/M
50	Alex Rodriguez	Lane Tech	113	14:32.26	5:33/M
51	Nick Depesa	Sandburg	245	14:32.80	5:33/M
52	Justin Poythress	Geneva	179	14:33.27	5:33/M
53	Francisco Reyes	Hubbard	257	14:38.77	5:35/M
54	Anthony Morales	Jones College Prep	106	14:40.26	5:36/M
55	Alex Bermudez	Little Village	225	14:41.92	5:36/M
56	Sergio Dorado	Niles West	142	14:42.08	5:37/M
57	Rafael Razo	Curie	197	14:43.12	5:37/M
58	Julian Desens	Geneva	176	14:47.76	5:39/M
59	Adrian Vargas	Niles West	144	14:52.84	5:40/M
60	George Cyboran	Rolling Meadows	153	14:53.88	5:41/M
61	Matt Patt	Whitney Young	174	14:55.50	5:42/M
62	Marquis Dixon	Jones College Prep	103	14:57.48	5:42/M
63	Patrick Seelentag	Kennedy	213	14:58.45	5:43/M
64	Esteban Perez	Curie	198	14:59.52	5:43/M
65	Jesse Villanueva	Curie	199	15:00.28	5:44/M
66	Enrique Sanchez	Jones College Prep	102	15:00.46	5:44/M
67	Omphile Franklin	Gage Park	206	15:02.43	5:44/M
68	Edgar Vaca	Hancock	261	15:03.94	5:45/M
69	Tristen Bennis	Plainfield South	238	15:04.36	5:45/M
70	Atul Krishna	Niles West	148	15:06.01	5:46/M
71	Kevin Ma	Whitney Young	170	15:06.08	5:46/M
72	Jose Chavolla	Little Village	226	15:09.09	5:47/M
73	Sammy Iverson	Niles West	145	15:13.49	5:48/M
74	Tyler Kesner	Luther North	121	15:15.94	5:49/M
75	Eric Scott	Niles West	147	15:17.96	5:50/M
76	Chris Bedu	Stienmetz	163	15:20.87	5:51/M
77	Martin Chappetto	Jones College Prep	105	15:26.87	5:53/M
78	Aaron Mendoza	Kennedy	214	15:31.10	5:55/M
79	Daniel Melendez	Hope	246	15:36.95	5:57/M
80	Jonah Glick	Latin	115	15:42.08	6:00/M
81	Paul Neria	Stienmetz	167	15:42.84	6:00/M
82	Alexis Lopez	Latin	120	15:43.80	6:00/M
83	Nick Elsey	Plainfield South	237	15:45.20	6:01/M
84	Miael Tobias	Plainfield South	233	15:45.26	6:01/M
85	Maxwell Crawford	Hope	249	15:45.61	6:01/M
86	Ivan Fernandez	Curie	200	15:46.22	6:01/M
87	Brenden Doyle	North Shore Country	128	15:47.62	6:01/M
88	Justin Negron	Kennedy	303	15:47.92	6:01/M
89	Jackson Lubin	North Shore Country	130	15:48.22	6:02/M
90	Jue Hume	Rolling Meadows	301	15:48.61	6:02/M
91	Gustavo Colunga	Jones College Prep	104	15:50.00	6:03/M
92	Eli Kent	Niles West	146	15:51.85	6:03/M
93	David Diaz	Rickover	157	15:53.46	6:04/M
94	Eduardo Gonzalez	Curie	201	15:53.94	6:04/M

*Overall place among males only



SANDBURG CROSS COUNTRY

NEWS AND NOTES

Northside/Southside Nike Chicago Marathon Challenge

RUNNERS OF THE WEEK: Coach Tarjan and Jori Tarjan, Harry Becker

Sunday, Oct. 13, 2013

Mid 50's, calm, beautiful, perfect

Quotes of the Week: "You're lucky we aren't in your conference any more. We would have had your number"—Coach Taylor.

"You guys have a shot at top ten"—Coach Vandersteen

"We have the best sophomore class in Neuqua Valley history. We're loaded"—Coach Vandersteen

COACH'S COMMENTS:

The Nike Northside/Southside Challenge provides a few of our guys with an opportunity to run down Michigan Avenue into one of the most storied finish lines in the world. We don't put a lot of stock into the race, but it gave some seniors a really fun and thrilling experience in the world of running. We didn't have the best results, but we didn't intend to have a team battle out there—we are reserving some other fun and thrilling experiences in the world of running for that—SWSC, Regionals, Sectionals and State. **Harry Becker** got us going by committing early in the race and toughing it out in the end. We need to work on his finish—those are key points we are leaving behind there. I want to see him with that fiery look in his eyes that I saw at our relay in Parkside. But he committed early and was leading our team with hunger. He had the right demeanor before the race and was hungry for some fast running. He ran a great time out there on that course and is ready to do some real damage. **Will Becker** cleaned up right behind him and passed him in the final 400 to grab the 10th spot in our fastest non-Lukas time at N/S ever. Once we get him committing earlier, he'll be really dangerous. **Adams** ran a controlled race to help out **Hetzler**, who was running tired. That's fine; we need him to continue to make significant improvements and he'll be fresh by next Saturday. **Depesa** raced for the first time in a long while and he made the most of it, closing the gap behind Hetzler.

What was definitely the best part of the day was seeing so many of our guys down there to cheer guys on. The security was tight this year, but we had a bunch of guys down there cheering guys on—that is our greatest strength. Guys—we need that to continue all the way through the state meet. It gives us such strength—I've seen it time and again and it was crystal clear on Sunday. What an awesome team we have! What I think represents this so well was seeing the **Tarjans** running together in the marathon. When it comes down to it, the strength you get from running with each other and FOR each other is not unlike the strength you get from a strong family. Coach Tarjan didn't know if he'd ever run a marathon again after going through some tough injuries and he made it back to the starting line, this time more powerful than ever with his daughter next to him, she running her first, him running his last (maybe not??!) They set a goal of sub 4:00 and they kept each other on goal throughout—they needed each other to be able to run their individual goals.

TIDBITS: »

- ✓ Monday we'll have a team meeting. We'll do Runners of the Week, etc. Gear turn in will be Monday, Nov. 11 if you promise 1. To come to the meets and be loud 2. You show up on the 11th to turn in gear Anyone who turns in gear late will be the last people to get their gear in 2014.

- ✓ We will be taking around 15 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 and we have a bunch of strong young runners.
- ✓ 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.

WHAT'S NEXT: Conference at Joliet/Channahon Park on Saturday. Goals: win all levels including taking the top 10 spots in the open race.

SWSC lineup: We have a tight, deep team. We know that Adams and Lehnhardt are right there with their times and Hetzler is making a strong comeback and there are several others. We plan on getting guys an opportunity in Regionals and going with the best evidence we have heading into sectionals and state. We'd be willing to change the lineup ten minutes before the start of the state meet if we think it would give us the best chance to succeed. Right now, we need guys running together and developing synergy so we went with our best seven PRs from the two Peoria meets for the varsity. We have a ton of excitement about the chances that Max and Justin give us as a team and fully have them in our plans for the end of the season.

Varsity: H. Becker, W. Becker, Brennan, Burzinski, Laskero, C. Torpy, S Torpy

Soph: D Gleisner, Lehnhardt, Lifonti, Lukas, Marchese, Siezckowski, Skucas

1.

Coach Tarjan	3:58:12
Jori Tarjan	3:56:54



SWSC BLUE CHAMPIONSHIP

October 19, 2013

Race Held in Channahon, IL. Results by Race Time, Inc.

Team Summary Report - Boys FRESH/SOPH BOYS

<u>Place</u>	<u>Team</u>		<u>Top 5</u>	<u>---- Finishers ----</u>						
			<u>Places</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6*</u>	<u>7*</u>
1	CARL SANDBURG		15	1	2	3	4	5	6	12
		<i>Top 5 Times: 1:21:34.6</i>								
2	LOCKPORT		69		9	11	15	16	18	26
		<i>Top 5 Times: 1:26:59.1</i>								35
3	JOLIET CENTRAL		99		13	17	21	23	25	30
		<i>Top 5 Times: 1:28:14.7</i>								34
4	LINCOLN WAY EAST		123		7	14	20	40	42	46
		<i>Top 5 Times: 1:29:23.9</i>								47
5	STAGG		136		10	24	28	36	38	39
		<i>Top 5 Times: 1:30:23.9</i>								48
6	JOLIET WEST		163		22	27	29	41	44	45
		<i>Top 5 Times: 1:31:35.1</i>								49
7	BOLINGBROOK		167		8	19	37	50	53	54
		<i>Top 5 Times: 1:32:28.0</i>								55
8	HOMewood-FLOSSMOOR		190		31	32	33	43	51	52
		<i>Top 5 Times: 1:33:38.2</i>								

SWSC BLUE CHAMPIONSHIP**Overall Finish List****October 19, 2013***Race Held in Channahon, IL. Results by Race Time, Inc.*

FRESH/SOPH BOYS

Male Finishers

<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	Brandon Lukas	CARL SANDBURG	1066	0	M	1 0-99	16:03.2	5:21/M
2	David Gleisner	CARL SANDBURG	1056	0	M	2 0-99	16:07.1	5:22/M
3	Martin Skucas	CARL SANDBURG	1081	0	M	3 0-99	16:09.5	5:23/M
4	Paul Sieczkowski	CARL SANDBURG	1080	0	M	4 0-99	16:33.0	5:31/M
5	Max Lehnhardt	CARL SANDBURG	1063	0	M	5 0-99	16:41.8	5:34/M
6	Tom Marchese	CARL SANDBURG	1070	0	M	6 0-99	16:55.3	5:38/M
7	Jacob Wlodarski	LINCOLN WAY EAST	942	0	M	7 0-99	17:00.5	5:40/M
8	Caleb Robertson	BOLINGBROOK	1405	0	M	8 0-99	17:02.8	5:41/M
9	Kyle Smietansky	LOCKPORT	1332	0	M	9 0-99	17:13.9	5:44/M
10	Preston Caydler	STAGG	1454	0	M	10 0-99	17:15.1	5:45/M
11	Robert Elwood	LOCKPORT	1314	0	M	11 0-99	17:17.4	5:46/M
12	Anthony Lifonti	CARL SANDBURG	1064	0	M	12 0-99	17:18.3	5:46/M
13	Aj Stewack	JOLIET CENTRAL	1258	0	M	13 0-99	17:19.6	5:46/M
14	Scott Platek	LINCOLN WAY EAST	921	0	M	14 0-99	17:23.6	5:48/M
15	Jon Crosse	LOCKPORT	1310	0	M	15 0-99	17:27.4	5:49/M
16	Joey Szymanski	LOCKPORT	1334	0	M	16 0-99	17:29.1	5:50/M
17	Alejandro Cervantes	JOLIET CENTRAL	1219	0	M	17 0-99	17:30.5	5:50/M
18	Trevor Parchem	LOCKPORT	1328	0	M	18 0-99	17:31.1	5:50/M
19	Krishnan Moncrieffe	BOLINGBROOK	1400	0	M	19 0-99	17:31.8	5:50/M
20	Jake West	LINCOLN WAY EAST	940	0	M	20 0-99	17:38.7	5:53/M
21	Ben Hallihan	JOLIET CENTRAL	1224	0	M	21 0-99	17:41.5	5:54/M
22	Mario Scarcelli	JOLIET WEST	849	0	M	22 0-99	17:45.6	5:55/M
23	Adrian Reynoso	JOLIET CENTRAL	1249	0	M	23 0-99	17:48.3	5:56/M
24	Matt Mohan	STAGG	1472	0	M	24 0-99	17:51.4	5:57/M
25	Justin Casillas	JOLIET CENTRAL	1218	0	M	25 0-99	17:54.7	5:58/M
26	Lucas Czerwonka	LOCKPORT	1311	0	M	26 0-99	18:00.5	6:00/M
27	Jeremy Sikes	JOLIET WEST	850	0	M	27 0-99	18:04.2	6:01/M
28	Dylan Otruba	STAGG	1474	0	M	28 0-99	18:05.3	6:02/M

29	Ariel Lopez	JOLIET WEST	834	0	M	29 0-99	18:12.5	6:04/M
30	Tyler Samuels	JOLIET CENTRAL	1256	0	M	30 0-99	18:15.1	6:05/M
31	Joseph Eagle	HOMEWOOD-FLOSSMOOR	1131	0	M	31 0-99	18:17.5	6:06/M
32	Elijah Leake	HOMEWOOD-FLOSSMOOR	1140	0	M	32 0-99	18:18.3	6:06/M
33	Troy Payne	HOMEWOOD-FLOSSMOOR	1142	0	M	33 0-99	18:23.4	6:08/M
34	Bryant Nunez	JOLIET CENTRAL	1245	0	M	34 0-99	18:33.9	6:11/M
35	Matt Boyd	LOCKPORT	1304	0	M	35 0-99	18:34.7	6:11/M
36	Funmbi Umoren	STAGG	1484	0	M	36 0-99	18:35.3	6:12/M
37	Eric Dzik	BOLINGBROOK	1385	0	M	37 0-99	18:36.0	6:12/M
38	Anthony Pusateri	STAGG	1478	0	M	38 0-99	18:36.5	6:12/M
39	Patrick Harper	STAGG	1463	0	M	39 0-99	18:37.1	6:12/M
40	Josh Perch	LINCOLN WAY EAST	917	0	M	40 0-99	18:37.7	6:12/M
41	Chris Bedore	JOLIET WEST	820	0	M	41 0-99	18:41.4	6:14/M
42	Wesley Wall	LINCOLN WAY EAST	938	0	M	42 0-99	18:43.1	6:14/M
43	Jack Dunlavy	HOMEWOOD-FLOSSMOOR	1130	0	M	43 0-99	18:45.9	6:15/M
44	Jason Miller	JOLIET WEST	836	0	M	44 0-99	18:51.1	6:17/M
45	Omar Carrillo	JOLIET WEST	823	0	M	45 0-99	18:52.0	6:17/M
46	Weston Dell	LINCOLN WAY EAST	891	0	M	46 0-99	18:54.9	6:18/M
47	Rylan Halminiak	LINCOLN WAY EAST	895	0	M	47 0-99	18:59.4	6:20/M
48	Charlie Gregory	STAGG	1461	0	M	48 0-99	19:01.1	6:20/M
49	Nick Calderon	JOLIET WEST	822	0	M	49 0-99	19:05.3	6:22/M
50	Adrian Manrique	BOLINGBROOK	1397	0	M	50 0-99	19:23.1	6:28/M
51	Dan Ibrahim	HOMEWOOD-FLOSSMOOR	1136	0	M	51 0-99	19:52.8	6:37/M
52	Wesley Thrall	HOMEWOOD-FLOSSMOOR	1145	0	M	52 0-99	19:53.4	6:38/M
53	Nathan Junkroski	BOLINGBROOK	1391	0	M	53 0-99	19:54.1	6:38/M
54	Augustin Garcia	BOLINGBROOK	1387	0	M	54 0-99	20:20.3	6:47/M
55	Hubert Korta	BOLINGBROOK	1393	0	M	55 0-99	20:30.4	6:50/M

SWSC BLUE CHAMPIONSHIP

October 19, 2013

Race Held in Channahon, IL. Results by Race Time, Inc.

Team Summary Report - Boys VARSITY BOYS

<u>Place</u>	<u>Team</u>		<u>Top 5 Places</u>	<u>---- Finishers ----</u>						
				<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6*</u>	<u>7*</u>
1	CARL SANDBURG		29	3	5	6	7	8	10	11
		<i>Top 5 Times: 1:17:30.0</i>								
2	JOLIET CENTRAL		90	2	13	22	25	28	31	35
		<i>Top 5 Times: 1:20:53.5</i>								
3	LINCOLN WAY EAST		95	9	15	16	26	29	39	43
		<i>Top 5 Times: 1:21:09.2</i>								
4	BOLINGBROOK		106	12	17	21	24	32	34	54
		<i>Top 5 Times: 1:21:56.7</i>								
5	LOCKPORT		108	1	19	20	30	38	45	48
		<i>Top 5 Times: 1:21:54.7</i>								
6	JOLIET WEST		124	4	23	27	33	37	40	46
		<i>Top 5 Times: 1:22:40.1</i>								
7	HOMewood-FLOSSMOOR		181	14	18	44	52	53		
		<i>Top 5 Times: 1:26:52.8</i>								
8	STAGG		215	36	41	42	47	49	50	51
		<i>Top 5 Times: 1:26:40.6</i>								

SWSC BLUE CHAMPIONSHIP

Overall Finish List

October 19, 2013

Race Held in Channahon, IL. Results by Race Time, Inc.

VARSITY BOYS

Male Finishers

Place	Name	Team	Bib No	Age	Gender	Age Group	Total Time	Pace
1	Will Giroux	LOCKPORT	1317	0	M	1 0-99	15:10.8	5:03/M
2	Salvador Lazaro	JOLIET CENTRAL	1235	0	M	2 0-99	15:12.7	5:04/M
3	Greg Burzinski	CARL SANDBURG	1041	0	M	3 0-99	15:15.8	5:05/M
4	Dan Treasure	JOLIET WEST	852	0	M	4 0-99	15:23.2	5:08/M
5	Sean Torpy	CARL SANDBURG	1087	0	M	5 0-99	15:24.8	5:08/M
6	Tom Brennan	CARL SANDBURG	1037	0	M	6 0-99	15:32.2	5:11/M
7	Will Becker	CARL SANDBURG	1033	0	M	7 0-99	15:38.0	5:13/M
8	Chris Torpy	CARL SANDBURG	1086	0	M	8 0-99	15:39.0	5:13/M
9	Ben Walczak	LINCOLN WAY EAST	937	0	M	9 0-99	15:39.6	5:13/M
10	Harry Becker	CARL SANDBURG	1032	0	M	10 0-99	15:40.6	5:13/M
11	Dan Laskero	CARL SANDBURG	1062	0	M	11 0-99	15:43.3	5:14/M
12	Johnathon Cook	BOLINGBROOK	1382	0	M	12 0-99	15:47.7	5:16/M
13	Raul Rosendo	JOLIET CENTRAL	1251	0	M	13 0-99	15:51.4	5:17/M
14	Matt Anyiwo	HOMEWOOD-FLOSSMOOR	1128	0	M	14 0-99	15:59.1	5:20/M
15	Matt August	LINCOLN WAY EAST	885	0	M	15 0-99	16:02.4	5:21/M
16	Chris Kocur	LINCOLN WAY EAST	900	0	M	16 0-99	16:04.2	5:21/M
17	Nehemiah Rambo	BOLINGBROOK	1404	0	M	17 0-99	16:07.0	5:22/M
18	Kevin Anderson	HOMEWOOD-FLOSSMOOR	1126	0	M	18 0-99	16:20.2	5:27/M
19	Chris Fojtik	LOCKPORT	1315	0	M	19 0-99	16:21.3	5:27/M
20	Kristian Hernandez	LOCKPORT	1318	0	M	20 0-99	16:27.4	5:29/M
21	Jerome Davis	BOLINGBROOK	1383	0	M	21 0-99	16:28.3	5:29/M
22	Vince Moreno	JOLIET CENTRAL	1241	0	M	22 0-99	16:29.2	5:30/M
23	Malcohm Hill	JOLIET WEST	832	0	M	23 0-99	16:30.3	5:30/M
24	Bjorn Shroda	BOLINGBROOK	1406	0	M	24 0-99	16:34.0	5:31/M
25	Jose Aguilera	JOLIET CENTRAL	1210	0	M	25 0-99	16:36.4	5:32/M
26	Val Lang	LINCOLN WAY EAST	904	0	M	26 0-99	16:37.6	5:32/M
27	Sebastian Arroyo	JOLIET WEST	818	0	M	27 0-99	16:39.7	5:33/M

28	Andre Martinez	JOLIET CENTRAL	1237	0	M	28 0-99	16:43.5	5:34/M
29	Reed Templin	LINCOLN WAY EAST	933	0	M	29 0-99	16:45.2	5:35/M
30	Vincent Ceropski	LOCKPORT	1307	0	M	30 0-99	16:47.8	5:36/M
31	Caleb Hannah	JOLIET CENTRAL	1225	0	M	31 0-99	16:51.4	5:37/M
32	Jeff Guida	BOLINGBROOK	1388	0	M	32 0-99	16:59.6	5:40/M
33	Dylan Deardurff	JOLIET WEST	826	0	M	33 0-99	17:00.5	5:40/M
34	Peyton Chapman	BOLINGBROOK	1379	0	M	34 0-99	17:01.5	5:40/M
35	Yovani Rosendo	JOLIET CENTRAL	1252	0	M	35 0-99	17:02.5	5:41/M
36	Dominic Singer	STAGG	1481	0	M	36 0-99	17:03.7	5:41/M
37	Patrick O'Connell	JOLIET WEST	838	0	M	37 0-99	17:06.2	5:42/M
38	Jared Bitters	LOCKPORT	1301	0	M	38 0-99	17:07.1	5:42/M
39	Chase Fugett	LINCOLN WAY EAST	893	0	M	39 0-99	17:08.1	5:43/M
40	Mike Orea	JOLIET WEST	839	0	M	40 0-99	17:08.8	5:43/M
41	Malek Mukahhal	STAGG	1473	0	M	41 0-99	17:09.5	5:43/M
42	Alfonso Sahugan	STAGG	1480	0	M	42 0-99	17:10.4	5:43/M
43	Grant Whitman	LINCOLN WAY EAST	941	0	M	43 0-99	17:13.5	5:44/M
44	Matt Simpson	HOMEWOOD-FLOSSMOOR	1146	0	M	44 0-99	17:31.2	5:50/M
45	Adrian Walkosz	LOCKPORT	1335	0	M	45 0-99	17:33.5	5:51/M
46	Theo Prieboy	JOLIET WEST	843	0	M	46 0-99	17:34.3	5:51/M
47	Ridheyjot Chatha	STAGG	1457	0	M	47 0-99	17:34.9	5:51/M
48	Max Czerwonka	LOCKPORT	1312	0	M	48 0-99	17:35.6	5:52/M
49	Noah Price	STAGG	1477	0	M	49 0-99	17:41.9	5:54/M
50	Dave Piechalak	STAGG	1475	0	M	50 0-99	17:57.2	5:59/M
51	Terry Gruns	STAGG	1462	0	M	51 0-99	18:20.8	6:07/M
52	Jameson Lamb	HOMEWOOD-FLOSSMOOR	1139	0	M	52 0-99	18:27.7	6:09/M
53	Justin Johnson	HOMEWOOD-FLOSSMOOR	1138	0	M	53 0-99	18:34.3	6:11/M
54	Kokeith Perry	BOLINGBROOK	1402	0	M	54 0-99	20:20.3	6:47/M

SWSC BLUE CHAMPIONSHIP

Overall Finish List

October 19, 2013

Race Held in Channahon, IL. Results by Race Time, Inc.

OPEN BOYS & GIRLS Female Finishers

Place	Name	Team	Bib No	Age	Gender	Age Group	Total Time	Pace
1	Morgan Vankuiken	LOCKPORT	1294	0	F	1 0-99	19:36.3	6:32/M
2	Paige Kordas	CARL SANDBURG	981	0	F	2 0-99	19:52.5	6:37/M
3	Madeline Rodriguez	LOCKPORT	1290	0	F	3 0-99	20:06.5	6:42/M
4	Annie Mokate	CARL SANDBURG	999	0	F	4 0-99	20:16.6	6:45/M
5	Jessica Tykane	BOLINGBROOK	1368	0	F	5 0-99	20:35.0	6:52/M
6	Guadalupe Diaz	JOLIET WEST	804	0	F	6 0-99	20:39.3	6:53/M
7	Madisyn Hannion	LOCKPORT	1276	0	F	7 0-99	20:40.6	6:53/M
8	Alyssa Burke	LOCKPORT	1268	0	F	8 0-99	20:42.7	6:54/M
9	Naomi Mitts	BOLINGBROOK	1351	0	F	9 0-99	20:46.2	6:55/M
10	Amber Boyce	CARL SANDBURG	950	0	F	10 0-99	20:52.0	6:57/M
11	Megan Brinker	CARL SANDBURG	951	0	F	11 0-99	21:01.0	7:00/M
12	Clare Crotty	CARL SANDBURG	961	0	F	12 0-99	21:03.7	7:01/M
13	Caitlin Nelligan	CARL SANDBURG	1003	0	F	13 0-99	21:05.5	7:02/M
14	Katie Smigelski	LOCKPORT	1291	0	F	14 0-99	21:11.0	7:04/M
15	Brooke Kramer	LOCKPORT	1283	0	F	15 0-99	21:13.6	7:04/M
16	Annie Connolly	CARL SANDBURG	959	0	F	16 0-99	21:15.4	7:05/M
17	Samantha Johnson	CARL SANDBURG	977	0	F	17 0-99	21:17.3	7:06/M
18	Elaine Trinh	LINCOLN WAY EAST	880	0	F	18 0-99	21:18.0	7:06/M
19	Kate Wille	CARL SANDBURG	1024	0	F	19 0-99	21:20.0	7:07/M
20	Hannah Funk	CARL SANDBURG	969	0	F	20 0-99	21:23.8	7:08/M
21	Devonique Ringo	BOLINGBROOK	1359	0	F	21 0-99	21:31.3	7:10/M
22	Nina Helmuth	LOCKPORT	1278	0	F	22 0-99	21:42.5	7:14/M
23	Emily Lewandowski	CARL SANDBURG	990	0	F	23 0-99	21:43.4	7:14/M
24	Bre Cap	LINCOLN WAY EAST	857	0	F	24 0-99	21:44.8	7:15/M
25	Kendall Nepote	LINCOLN WAY EAST	876	0	F	25 0-99	21:46.7	7:15/M
26	Eva Helmuth	LOCKPORT	1277	0	F	26 0-99	21:49.7	7:16/M
27	Nicole Melby	LINCOLN WAY EAST	872	0	F	27 0-99	21:54.6	7:18/M
28	Miranda Demasi	LOCKPORT	1271	0	F	28 0-99	22:02.9	7:21/M
29	Caylee Kleber	LOCKPORT	1282	0	F	29 0-99	22:03.9	7:21/M
30	Grace Ward	CARL SANDBURG	1022	0	F	30 0-99	22:05.6	7:22/M

31	Caylin Alex	CARL SANDBURG	944	0	F	31 0-99	22:06.5	7:22/M
32	Marisa Demasi	LOCKPORT	1270	0	F	32 0-99	22:14.3	7:25/M
33	Michelle Theisen	CARL SANDBURG	1021	0	F	33 0-99	22:16.0	7:25/M
34	Alexia Calderon	CARL SANDBURG	953	0	F	34 0-99	22:18.4	7:26/M
35	Allison Polinski	LOCKPORT	1289	0	F	35 0-99	22:19.9	7:26/M
36	Kristen Strakalaitis	BOLINGBROOK	1364	0	F	36 0-99	22:29.1	7:30/M
37	Mia Kagianas	LOCKPORT	1281	0	F	37 0-99	22:30.8	7:30/M
38	Alyssa Chainey	CARL SANDBURG	956	0	F	38 0-99	22:31.5	7:30/M
39	Caitlin Nelson	LINCOLN WAY EAST	875	0	F	39 0-99	22:32.2	7:31/M
40	Courtney Matheu	LINCOLN WAY EAST	871	0	F	40 0-99	22:41.3	7:34/M
41	Brooke Goesel	LINCOLN WAY EAST	865	0	F	41 0-99	22:43.8	7:34/M
42	Alexia Ramirez	BOLINGBROOK	1356	0	F	42 0-99	22:46.0	7:35/M
43	Leslie Pardo	LOCKPORT	1288	0	F	43 0-99	22:47.9	7:36/M
44	Autumn Wisz	LOCKPORT	1297	0	F	44 0-99	23:01.4	7:40/M
45	Cortney McInerney	STAGG	1430	0	F	45 0-99	23:03.2	7:41/M
46	Jen Inczauskis	LOCKPORT	1280	0	F	46 0-99	23:04.4	7:41/M
47	Keyona Jones	JOLIET CENTRAL	1169	0	F	47 0-99	23:07.0	7:42/M
48	Natalia Garcia	CARL SANDBURG	972	0	F	48 0-99	23:08.6	7:43/M
49	Ilse Caballero	CARL SANDBURG	952	0	F	49 0-99	23:24.5	7:48/M
50	Kayla Quinlan	LINCOLN WAY EAST	878	0	F	50 0-99	23:26.0	7:49/M
51	Valeria Lazo	LINCOLN WAY EAST	869	0	F	51 0-99	23:34.1	7:51/M
52	Liliana Diaz	CARL SANDBURG	964	0	F	52 0-99	23:35.3	7:52/M
53	Adriana Mercado	LOCKPORT	1287	0	F	53 0-99	23:36.1	7:52/M
54	Emily Lhotka	CARL SANDBURG	991	0	F	54 0-99	23:37.0	7:52/M
55	Jessica Milazzo	CARL SANDBURG	998	0	F	55 0-99	23:41.3	7:54/M
56	Lisette Maldonado	JOLIET CENTRAL	1174	0	F	56 0-99	23:45.8	7:55/M
57	Alexandra Gary	CARL SANDBURG	973	0	F	57 0-99	23:51.5	7:57/M
58	Ruby Vazquez	BOLINGBROOK	1369	0	F	58 0-99	23:53.2	7:58/M
59	Danielle Murchison	BOLINGBROOK	1352	0	F	59 0-99	23:59.0	8:00/M
60	Leah Roberts	CARL SANDBURG	1010	0	F	60 0-99	24:00.5	8:00/M
61	Magan Detlefsen	CARL SANDBURG	963	0	F	61 0-99	24:12.8	8:04/M
62	Antigoni "anna Stathakis	CARL SANDBURG	1018	0	F	62 0-99	24:21.9	8:07/M
63	Ariana Contreras	JOLIET CENTRAL	1158	0	F	63 0-99	24:22.8	8:07/M
64	Jordan Wirtz	LINCOLN WAY EAST	882	0	F	64 0-99	24:23.4	8:08/M
65	Yocelin Balcazar	JOLIET CENTRAL	1150	0	F	65 0-99	24:24.1	8:08/M
66	Sarah Zieba	CARL SANDBURG	1025	0	F	66 0-99	24:26.1	8:09/M
67	Dana Osterkorn	CARL SANDBURG	1006	0	F	67 0-99	24:28.1	8:09/M
68	Ashley Chandler	LINCOLN WAY EAST	858	0	F	68 0-99	24:33.9	8:11/M
69	Jillian Ryan	STAGG	1437	0	F	69 0-99	24:35.0	8:12/M
70	Samantha Murphy	CARL SANDBURG	1001	0	F	70 0-99	24:36.7	8:12/M
71	Mary Connolly	CARL SANDBURG	960	0	F	71 0-99	24:45.9	8:15/M
72	Abigail Dorey	CARL SANDBURG	965	0	F	72 0-99	24:49.8	8:16/M
73	Samantha Altman	CARL SANDBURG	945	0	F	73 0-99	24:51.1	8:17/M
74	Isabella Jimenez	HOMewood-FLOSSMOOR	1107	0	F	74 0-99	24:51.8	8:17/M

11	Mario Lopez	CARL SANDBURG	1065	0	M	11 0-99	17:02.3	5:41/M
12	Josh Pearson	JOLIET WEST	840	0	M	12 0-99	17:05.2	5:42/M
13	Nick Depesa	CARL SANDBURG	1049	0	M	13 0-99	17:08.7	5:43/M
14	Zach Gehl	LINCOLN WAY EAST	894	0	M	14 0-99	17:10.6	5:43/M
15	Brian McMahon	CARL SANDBURG	1073	0	M	15 0-99	17:12.5	5:44/M
16	Isaac Camacho	BOLINGBROOK	1376	0	M	16 0-99	17:18.1	5:46/M
17	Zach Keefe	LOCKPORT	1321	0	M	17 0-99	17:20.9	5:47/M
18	Kyle Lahucik	CARL SANDBURG	1061	0	M	18 0-99	17:26.1	5:49/M
19	Lou Cavalier	CARL SANDBURG	1046	0	M	19 0-99	17:28.0	5:49/M
20	Stephen Downen	JOLIET WEST	829	0	M	20 0-99	17:28.8	5:49/M
21	Matt Sova	JOLIET WEST	851	0	M	21 0-99	17:29.6	5:50/M
22	Jesse Pape	BOLINGBROOK	1401	0	M	22 0-99	17:36.7	5:52/M
23	Aidan Farley	CARL SANDBURG	1051	0	M	23 0-99	17:38.3	5:53/M
24	Pat Foster	CARL SANDBURG	1052	0	M	24 0-99	17:39.0	5:53/M
25	Jaime Quintero	JOLIET CENTRAL	1248	0	M	25 0-99	17:39.6	5:53/M
26	Rigoberto Pito	JOLIET CENTRAL	1247	0	M	26 0-99	17:40.2	5:53/M
27	Dan Hernandez	JOLIET CENTRAL	1228	0	M	27 0-99	17:40.9	5:53/M
28	John Wagner	CARL SANDBURG	1088	0	M	28 0-99	17:43.3	5:54/M
29	Joel Alvarado	JOLIET CENTRAL	1212	0	M	29 0-99	17:48.8	5:56/M
30	Austin Szubryt	LINCOLN WAY EAST	932	0	M	30 0-99	17:51.3	5:57/M
31	Chris Mangold	CARL SANDBURG	1069	0	M	31 0-99	17:51.9	5:57/M
32	Robert McIntyre	LINCOLN WAY EAST	907	0	M	32 0-99	17:54.2	5:58/M
33	Nick Carollo	CARL SANDBURG	1044	0	M	33 0-99	17:56.5	5:59/M
34	Miles Draskovic	CARL SANDBURG	1050	0	M	34 0-99	17:57.3	5:59/M
35	Hernan Martinez	JOLIET CENTRAL	1238	0	M	35 0-99	17:58.6	5:59/M
36	Max Sanchez	CARL SANDBURG	1079	0	M	36 0-99	17:59.3	6:00/M
37	Alec Altman	CARL SANDBURG	1027	0	M	37 0-99	18:00.0	6:00/M
38	Nathan Arrigoni	CARL SANDBURG	1028	0	M	38 0-99	18:00.6	6:00/M
39	Danny Papan	CARL SANDBURG	1076	0	M	39 0-99	18:01.2	6:00/M
40	Nicholas Varman	JOLIET CENTRAL	1261	0	M	40 0-99	18:02.4	6:01/M
41	Allan Roman	JOLIET WEST	844	0	M	41 0-99	18:02.9	6:01/M
42	Tom O'Connor	LINCOLN WAY EAST	914	0	M	42 0-99	18:03.5	6:01/M
43	Timmy Smith	LINCOLN WAY EAST	930	0	M	43 0-99	18:04.7	6:01/M
44	Alex Mrugala	LOCKPORT	1327	0	M	44 0-99	18:06.2	6:02/M
45	Alex Bieniek	STAGG	1452	0	M	45 0-99	18:08.1	6:03/M
46	John Beverly	HOMEWOOD-FLOSSMOOR	1129	0	M	46 0-99	18:17.4	6:06/M
47	Jacob Kronemann	BOLINGBROOK	1395	0	M	47 0-99	18:18.3	6:06/M
48	Christian Miranda	JOLIET WEST	837	0	M	48 0-99	18:19.1	6:06/M
49	Ryley Isherwood	LOCKPORT	1319	0	M	49 0-99	18:19.7	6:06/M
50	Drew Cate	BOLINGBROOK	1378	0	M	50 0-99	18:20.3	6:07/M
51	Andrew Peters	CARL SANDBURG	1077	0	M	51 0-99	18:20.9	6:07/M
52	Josh Nolan	CARL SANDBURG	1074	0	M	52 0-99	18:21.7	6:07/M
53	Josh Camit Luna	LOCKPORT	1306	0	M	53 0-99	18:24.9	6:08/M
54	Braden Kramer	LOCKPORT	1322	0	M	54 0-99	18:34.2	6:11/M

55	Eric Mueller	LINCOLN WAY EAST	911	0	M	55 0-99	18:36.6	6:12/M
56	Alex Szymanski	CARL SANDBURG	1085	0	M	56 0-99	18:43.8	6:14/M
57	John Stefik	CARL SANDBURG	1082	0	M	57 0-99	18:45.1	6:15/M
58	Connor Burns	CARL SANDBURG	1040	0	M	58 0-99	18:48.2	6:16/M
59	Rob Renkor	LOCKPORT	1330	0	M	59 0-99	18:51.6	6:17/M
60	Lorenzo Brown	BOLINGBROOK	1374	0	M	60 0-99	18:52.8	6:17/M
61	Ben Cachares	CARL SANDBURG	1042	0	M	61 0-99	18:53.8	6:18/M
62	Joe Colarelli	LOCKPORT	1308	0	M	62 0-99	18:55.2	6:18/M
63	Connor Marks	CARL SANDBURG	1072	0	M	63 0-99	18:56.2	6:19/M
64	Orlando Hidalgo	BOLINGBROOK	1389	0	M	64 0-99	18:58.1	6:19/M
65	Erick Roman	JOLIET WEST	845	0	M	65 0-99	18:59.8	6:20/M
66	Jacob Dunsakis	JOLIET WEST	830	0	M	66 0-99	19:01.5	6:20/M
67	Chris Anderson	JOLIET CENTRAL	1213	0	M	67 0-99	19:04.3	6:21/M
68	Fernando Gonzalez	CARL SANDBURG	1057	0	M	68 0-99	19:06.3	6:22/M
69	Ben Kirby	CARL SANDBURG	1059	0	M	69 0-99	19:09.1	6:23/M
70	Josh Henley	JOLIET CENTRAL	1227	0	M	70 0-99	19:10.3	6:23/M
71	Tristan Peterbok	JOLIET WEST	842	0	M	71 0-99	19:11.2	6:24/M
72	Kyle Stogin	CARL SANDBURG	1083	0	M	72 0-99	19:12.1	6:24/M
73	Mark MacAk	CARL SANDBURG	1067	0	M	73 0-99	19:13.4	6:24/M
74	Darius Randell	HOMewood-FLOSSMOOR	1143	0	M	74 0-99	19:16.0	6:25/M
75	Connor Carper	CARL SANDBURG	1045	0	M	75 0-99	19:17.0	6:26/M
76	Brandon Carlson	BOLINGBROOK	1377	0	M	76 0-99	19:18.0	6:26/M
77	Dominick Uzzardo	STAGG	1485	0	M	77 0-99	19:20.8	6:27/M
78	Sam Call	CARL SANDBURG	1043	0	M	78 0-99	19:22.2	6:27/M
79	Alejandro Claure	CARL SANDBURG	1048	0	M	79 0-99	19:22.9	6:27/M
80	Mike Regotti	LOCKPORT	1329	0	M	80 0-99	19:23.5	6:28/M
81	Ryan Brock	LOCKPORT	1305	0	M	81 0-99	19:24.1	6:28/M
82	Jake Minyard	LINCOLN WAY EAST	909	0	M	82 0-99	19:25.9	6:28/M
83	David Gaidas	STAGG	1460	0	M	83 0-99	19:26.6	6:29/M
84	Ryan Bowald	CARL SANDBURG	1036	0	M	84 0-99	19:27.3	6:29/M
85	Chris Sulich	LOCKPORT	1333	0	M	85 0-99	19:29.0	6:30/M
86	Alfredo Marquez	JOLIET WEST	835	0	M	86 0-99	19:29.9	6:30/M
87	Christian Stewack	JOLIET CENTRAL	1259	0	M	87 0-99	19:30.8	6:30/M
88	Adam Bizub	STAGG	1453	0	M	88 0-99	19:32.5	6:31/M
89	Gerardo Ortiz	JOLIET CENTRAL	1246	0	M	89 0-99	19:33.6	6:31/M
90	Matt Bovard	CARL SANDBURG	1035	0	M	90 0-99	19:35.7	6:32/M
91	Luis Nolasco	JOLIET CENTRAL	1244	0	M	91 0-99	19:36.5	6:32/M
92	Collin Kavanaugh	LINCOLN WAY EAST	899	0	M	92 0-99	19:37.9	6:32/M
93	Konrad Shirley	LINCOLN WAY EAST	928	0	M	93 0-99	19:42.0	6:34/M
94	Sami Alahmadi	STAGG	1450	0	M	94 0-99	19:47.1	6:36/M
95	Armando Hurtado	JOLIET CENTRAL	1229	0	M	95 0-99	19:47.8	6:36/M
96	Jake Anderson	LINCOLN WAY EAST	884	0	M	96 0-99	19:48.5	6:36/M
97	Kasper Borys	LINCOLN WAY EAST	887	0	M	97 0-99	19:49.4	6:36/M
98	Lupe Cruz	JOLIET WEST	825	0	M	98 0-99	19:50.1	6:37/M

185	Nick Herres	STAGG	1464	0	M	185 0-99	24:32.0	8:11/M
186	Nick MacJunas	CARL SANDBURG	1068	0	M	186 0-99	24:39.0	8:13/M
187	Maxwell Munch	JOLIET CENTRAL	1242	0	M	187 0-99	24:59.6	8:20/M
188	Alonso Medina	JOLIET CENTRAL	1239	0	M	188 0-99	25:06.7	8:22/M
189	Jesus Rodriguez	JOLIET CENTRAL	1250	0	M	189 0-99	25:58.5	8:39/M
190	Alex Beck	CARL SANDBURG	1030	0	M	190 0-99	26:41.8	8:54/M
191	John Kladis	STAGG	1467	0	M	191 0-99	27:34.7	9:11/M
192	Jason Fleming	BOLINGBROOK	1386	0	M	192 0-99	31:47.3	10:36/M



SANDBURG CROSS COUNTRY

NEWS AND NOTES

RUNNERS OF THE WEEK:

SWSC

Saturday, Oct. 19, 2013

Sunny, mid 50's, slight wind

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 Brandon Lukas who was SWSC conference champions. Congrats, also to our All-Conference runners listed below. That title represents a great sophomore season and a 15:43-48 equivalent at Detweiller Park. He's certainly a high quality varsity runner. He ran himself into the IHSA Regional next week.

I am really proud of our F/S team. We set a goal to recapture the SWSC Sophomore title and we did so in style. It's a rare thing to do something that can be called "perfect." This group had a perfect season—Lyons Sophomore Champions, Reavis Sophomore Champions, Peoria Notre Dame Sophomore Champions, Andrew Grand Champions, and now SWSC Champions. Filed in behind Lukas was a couple of guys who went for the victory: Max Lehnhardt and Martin Skucas. Max was clearly still sick and we know how great he is—his 15:38 a couple weeks ago doesn't lie, but we need him healthy in order to be able to rely on him moving forward. I loved how he went for the win and then stayed tough throughout even though he was having a rough day—he hung in there for his team. Then Skucas took over after Max fell off and really tried to hammer home the victory. Lukas hung with and got him in the last 800, but I loved Skucas' champion mentality. He didn't hesitate to go for it and he always races like a winner. He continues to be slightly ahead of Sean Torpy's awesome freshman season. Paul Sieczkowski continued a phenomenal sophomore campaign. His recent performances and attitude have earned him a spot on our Championship Season Team. His 16:33 equates to approximately 16:13 at Detweiller, so it's solidly his best performance to date. Tom Marchese toughed out another great race to give us a 1-6 sweep. Like Paulie, this was his best performance to date. He needs to realize the ability and opportunity he has—the scholarship potential, the ability to contribute to a state championship and to compete in a sport that enables him to find his limits. I'm so excited about his attitude and toughness. I've rarely seen someone as tough as he is.

Our perfect score was great, but I hope you all realize how rare your opportunity is right now—you can do what you've done on the sophomore level on the varsity level...but you'll have to outwork all your competition. We'll need everyone involved. When I look at how teams have been put together and how teams have progressed, one thing I see that is very apparent is the need for guys who aren't currently in the top group to continue to believe they can improve and become great runners—this adds to the culture, it brings energy to the team and we often rely on people who unexpectedly make an impact through hard work and improvement. To give you an example, Will Becker ran 18:48 in the open race his freshman year at SWSC on the same course on a beautiful day. He didn't have the best race he's capable of and he ran 15:38 on the varsity level this year. I look at a guy like Connor Burns—who ran the same time on Saturday as Becker did as a freshman—as someone who is capable of great things. He has all the characteristics necessary to be a great runner: work ethic, passion, patience, and determination. Other freshman have me really excited. Take a look at guys like Ben Cachares and Josh Nolan: Nolan ran 20:43 and Cachares ran 21:54 at Time Trial. They made it all the way to 18:21 and 18:53. I hope they are going to take that determination and turn it into *consistent* hard work in the winter, spring and summer. That's why we are so deep and so good—we maximize our talent by working hard in Polar Bear, track and Summer Camp. Add in studs like Martin Skucas, Aidan Farley, Danny P and Alex Szymanski and that freshman group can be dynamite—if they are willing to work for it. 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 in the winter, spring and summer for you guys to come back and get that SWSC title and work toward a state trophy. You need to join Polar Bear and track and obviously summer camp next year!

The varsity wasn't happy with their race, but I see some exciting progress with them in training and racing. I know that we are capable of more— our training is a clear cut indicator of that to me. We seemed to feed off each other's presence throughout the race and motivate one another. We'll continue to work on running together as team. Greg Burzinski ran a solid race. He took the lead early, but then the Lockport kid and Joliet kid took over at 1.75, Greg hung on at that point, then tried to step them entering the woods, but they fought back. We have to tip our cap to those two guys— they fought for it and earned the 1-2 finish; he DID NOT lose because he lead for so long— those guys hurt for it, took the lead mid race and fought back. They deserved that finish. We'll be having Greg eyeing a 14:50-55 for state and hopefully we can get several guys to do that or better. Meanwhile, behind Greg we lost contact of him a little bit— we certainly have the ability to put a few more guys right with where Greg finished out. Sean Torpy ran tough and finished strong and put himself in place to run under 15 at state. What I like about him is that he gets better when the competition is better. Tom Brennan needs to get 100% healthy, because we know he has more in the tank. He managed his illness and still ran well— we just need him to be 100% because I trust his toughness immensely. Will Becker didn't have a great race— he certainly didn't match his workout performance from Tuesday. I am betting on his hunger here as he gets after some championship races. He just needs to remind himself before and during the race how much he wants this. As it is, his time is equivalent to a PR and he continues to get better every week. Chris Torpy was one of the highlights of my day. He was phenomenal and I continue to be amazed by his determination. He ran the same time he ran at Detweiller two weeks ago, but as I've noted, this course runs about :20 slower so that is a really significant PR in two weeks. As just a sophomore in his first season, he's become a varsity All-SWSC runner and one of the best runners in the state. Amazing. I look forward to his continued improvement. Harry Becker was right behind C Torps and is close to nailing a great performance— once he commits to knowing he can run with T Brennan and S Torps, then we'll be really dangerous. Finally, Dan Laskero rounded out 7 in the top 11 for us in the varsity and became an All-SWSC runner. Every time I feel like he's about to drop off, he fights right back. I love how much he continues to fight throughout races and never gives up. He just keeps giving it another try.

Finally, the Open Race showed off that we are the deepest team in the state...or the country. Matt Benz-Weeden— I couldn't be happier for that guy. He is a great teammate, a great runner and someone who does everything right. Man, he looked so strong finishing off that race. I'm pumped about his progress and how strong he looks right now. It must be the beet juice! We also had some impressive improvements: Andrew Peters, Nick Carollo, Miles Draskovic, John Wagner, and Max Sanchez all dropped about 2 minutes from last year— guys, keep going! You guys can be the guys who make the difference when you are juniors and seniors! I love your desire— let's be super consistent over the winter, spring and summer (what's with all the vacas?!?) I'm also proud of Alex Beck who started the year running 36+ minutes and is now at 26+ minutes!

We had 34 people break 18:00(with three more at 18:00 and 18:01)!! On a whole, I couldn't be prouder of our team than I was on Saturday. We were the last ones to leave the course because we are such a family. On top of winning the varsity and sophomore SWSC title once again, we were a team full of passion and pride. What a great day! Let's keep it rolling! Guys— believe in great possibilities! Run with passionate purpose— run from the inside out— run with your spirit and your passion and your joy. If you do that, I promise the externals will take care of themselves...and you'll be fulfilled as a person.

F/S All SWSC: Brandon Lukas, David Gleisner, Martin Skucas, Paul Sieczkowski, Max Lehnhardt, Tom Marchese, Anthony Lifonti

Varsity All SWSC: Greg Burzinski, Sean Torpy, Tom Brennan, Will Becker, Chris Torpy, Harry Becker, Dan Laskero

TIDBITS: »Turn in gear today or Monday, Nov 11. »Run Polar Bear, Join Track, Run CC Summer Camp!!! »Craft Fair Help Sunday, Nov 24 at 3:45 in the Grill Area »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 1:30, Midlothian Meadows Forest Preserve 153rd and Pulaski. Team bus— 12:30 . IHSA Sectional at Katherine Legge Memorial Park on Nov 2. IHSA State Meet at Detweiller Park, Peoria Saturday Nov. 9 Race at 2:15. Keep in tune with @SandburCC and our facebook page. Sophomore:

1. Sandburg—15	2. Lockport—69	3. Joliet Ctrl—99	4. LWE—123	5. Stagg—136	SWSC '12
1. Lukas 2:32—2:43/5:15--5:33/10:48—2:44/13:32—2:31/5:15	16:03	16:50(-:47)			
2. D Gleisner 2:29—2:45/5:14--5:37/10:51—2:46/13:37—2:30/5:16	16:07	17:34 (-1:27)			
3. Skucas 2:29—2:44/5:13--5:34/10:47—2:48/13:35—2:34/5:22	16:09				
4. Sieczkowski 2:30—2:50/5:20--5:44/11:04—2:51/13:55—2:38/5:29	16:33	17:32 (-:59)			
5. Lehnhardt 2:28—2:44/5:12--5:55/11:07—2:52/13:59—2:43/5:34	16:41	16:32 (+:09)			
6. Marchese 2:34—2:52/5:26--5:54/11:20—2:55/14:15—2:40/5:35	16:55				
12. Lifonti 2:35—2:50/5:25--6:06/11:31—3:05/14:36—2:42/5:47	17:18	17:57 (-:39)			

Varsity:

1. Sandburg—29	2. Joliet Ctrl—90	3. LWE—95	4. Bolingbrook—106	5. Lockport—108	SWSC '12
3. Burzinski 2:24—2:33/4:57--5:17/10:14—2:37/12:51—2:24/5:01	15:15	16:06 (-:51)			
5. S Torpy 2:25—2:32/4:57--5:23/10:20—2:40/13:00—2:24/5:04	15:24	16:11 (-:47)			
6. Brennan 2:25—2:35/5:00--5:24/10:24—2:43/13:07—2:25/5:08	15:32	16:36 (-1:04)			
7. W Becker 2:25—2:33/4:58--5:31/10:29—2:43/13:12—2:26/5:09	15:38	15:52 (-:14)			
8. C Torpy 2:25—2:35/5:00--5:30/10:30—2:42/13:12—2:27/5:09	15:39				
10. H Becker 2:25—2:37/5:00--5:31/10:31—2:40/13:12—2:28/5:09	15:40	16:09 (-:29)			
11. Laskero 2:25—2:37/5:02--5:30/10:32—2:40/13:12—2:31/5:11	15:43	16:37 (-:54)			

Open:

2. Benz-Weeden 2:33—2:41/5:14--5:32/10:46—2:44/13:30—2:29/5:13	15:59	18:07 (-2:08)
3. Brower 2:32—2:41/5:13--5:38/10:51—2:48/13:39—2:36/5:24	16:15	16:38 (-:23)
4. Hetzler 2:31—2:40/5:11--5:42/10:53—2:54/13:47—2:35/5:29	16:22	16:08 (+:14)
5. Adams 2:28—2:38/5:06--5:39/10:45—2:59/13:44—2:49/5:48	16:33	
6. Walter 2:32—2:44/5:16--5:46/11:02—2:52/13:54—2:41/5:33	16:35	18:06 (-1:31)
7. A Gleisner	16:38	16:15 (+:23)
11. Lopez	17:02	17:33 (-:31)
13. Depesa	17:08	17:15 (-:07)
15. McMahon	17:12	17:13 (-:01)
18. Lahucik	17:26	17:46 (-:20)
19. Cavalier	17:28	19:14 (-1:46)
23. Farley	17:38	
24. Foster	17:39	
28. Wagner	17:43	19:29 (-1:46)
31. Mangold	17:51	18:03 (-:12)
33. Carollo	17:56	19:53 (-1:57)
34. Draskovic	17:57	19:50 (1:53)
36. Sanchez	17:59	18:51 (-:52)
37. Altman	18:00	18:38 (-:38)
38. Arrigoni	18:00	19:17 (-1:17)
39. Papan	18:01	
51. Peters	18:20	21:02 (-2:42)
52. Nolan	18:21	
56. Szymanski	18:43	
57. Stefik	18:45	17:58 (+:47)
58. Burns	18:48	
61. Cachares	18:53	
63. Marks	18:56	
68. Gonzalez	19:06	
69. B Kirby	19:09	
72. Stogin	19:12	19:03 (+:09)
73. Macak	19:13	20:34 (-1:21)
75. Carper	19:17	

78. Call	19:22
69. Claure	19:22
84. Bowald	19:27
90. Bovard	19:35
99. D Kirby	19:51
110. Walsh	20:17
112. Summers	20:20
123. Wiczek	20:45
128. Funk	21:04
143. C Beck	21:46
152. Chiapetti	22:10
154. Asztalos	22:14
156. Gardner	22:20
177. Ryan	23:31
186. Macijunas	24:39
190. A Beck	26:41



IHSA Cross-Country

Team Results

Varsity Boys (2.98 Miles)

2013 IHSA 3A Regional Championships
Marist Regional - Midlothian Meadows

Saturday, October 26, 2013

Place	Team Name								Total
1	Orland Park (Sandburg)	1	3	5	6	7	(10)	(13)	= 22
2	Palos Heights (Shepard)	2	11	12	16	29	(32)	(40)	= 70
3	Oak Lawn (Community)	8	14	15	18	23	(24)	(54)	= 78
4	Chicago (Brother Rice)	4	19	20	34	47	(55)	(0)	= 124
5	Chicago (Marist)	9	26	31	53	56	(60)	(62)	= 175
6	Palos Hills (Stagg)	25	35	37	38	41	(44)	(45)	= 176
7	Romeoville (H.S.)	28	30	33	39	46	(51)	(52)	= 176
8	Burbank (Reavis)	21	22	36	43	57	(58)	(59)	= 179
9	Blue Island (Eisenhower)	17	27	42	48	49	(50)	(61)	= 183

Place	Pts	Name	Yr	Bib	Team Name	Finish	Pace
46	46	Matt Bush	Jr	236	Romeoville (H.S.)	17:22.35	5:49.8
47	47	Joe Sweeney	Fr	260	Chicago (Brother Rice)	17:22.58	5:49.9
48	48	Ramon Rodriguez	Jr	104	Blue Island (Eisenhower)	17:29.29	5:52.1
49	49	Jose Barrientos	Jr	101	Blue Island (Eisenhower)	17:32.88	5:53.3
50	50	Vicente Carbajal	Jr	102	Blue Island (Eisenhower)	17:35.23	5:54.1
51	51	Justin Suits	Fr	235	Romeoville (H.S.)	17:35.55	5:54.2
52	52	John Kosiek	Sr	245	Romeoville (H.S.)	17:36.58	5:54.6
53	53	Jack Kelly	So	276	Chicago (Marist)	17:38.16	5:55.1
54	54	Dan Reyes	Jr	143	Oak Lawn (Community)	17:41.79	5:56.3
55	55	Jake Rafferty	So	266	Chicago (Brother Rice)	17:42.38	5:56.5
56	56	Anthony DeFelippis	Fr	270	Chicago (Marist)	17:45.84	5:57.7
57	57	David Kasprzak	Sr	123	Burbank (Reavis)	17:47.89	5:58.4
58	58	John Gil	Jr	115	Burbank (Reavis)	17:59.50	6:02.3
59	59	Jorge Vergara	Jr	118	Burbank (Reavis)	18:03.55	6:03.6
60	60	Atticus O'Connor	Fr	271	Chicago (Marist)	18:14.69	6:07.3
61	61	Gabriel Esparza	So	105	Blue Island (Eisenhower)	18:21.14	6:09.5
62	62	Dan Babiar	Fr	269	Chicago (Marist)	18:38.78	6:15.4



SANDBURG CROSS COUNTRY

NEWS AND NOTES

RUNNERS OF THE WEEK: All Seven Regional Runners

IHSA Regional @Midlothian Meadows

Saturday, Oct. 26, 2013

51 degrees, sunny, wind

COACH'S COMMENTS:

I can't recall a time I was so thrilled with a team before, during and after a race as the Regional on Saturday. Walking into the Hall of Fame and asking the seven guys if they were ready and excited was the first point I got excited. They were all excited— smiles, confidence, excitement. I'd love to have every runner look like that for every race. Every time I checked in with them, they were excited and together. I never had to look for someone; they seemed to feed off each other's presence. At the startling, I saw nothing but calm excitement. They were in control and ready. The gun went off and we took control of the race from the get go. By 800 meters, CSHS jerseys were the front pack and rolling. In the woods, it was obvious that **Danny Laskero** was hungry. Wow—that guy was on the attack and had the look in his eyes that I always am hoping for. He was pushing the pace and looking to take over the race. **Will Becker** started to drop from the pack slightly. It was at this point that I thought, "Okay, we'll find out in the next two minutes what WB is made of today." After those two in the lead pack, our boys rolled right through and were clearly feeding off one another. Let me tell you: it is really fun to be able to yell at you guys and then start jogging to the next check point and everyone else is still waiting for their team to come through—I'm already on my way. Out of the woods, I got the answer to my question: Will Becker is breaking through and becoming a whole new runner. Dan Laskero wouldn't stop fighting...it's what I've seen from him all year—he fights until he crosses the finish line. **Martin Skucas, Justin Adams, Matt Benz-Weeden, and Matt Hetzler** were still rolling all together through the two mile mark. They nailed down the Regional title and then some. Skucas had a big finish— what an incredible time of 15:41 to earn an All-Regional medal. Wow! He keeps getting better! Adams in 15:43 and B-W in 15:45 are fantastic performances. B-W's is a huge PR and Adams was :02 off his PR but on a slower course that I estimate to be roughly a :15-18 PR for him. Hetzler continued his improvement— big PR and despite his time out early in the season, he managed to run :27 faster than last year at the Regional. **Max Lehnhardt** is one of the toughest competitors I've ever coached. He is still getting back to 100% with his sickness, but despite being out of the top 5 and despite having a less than stellar performance, he stayed focused all the way through and kicked hard— this says quite a lot about his character. I've seen most guys at that point throw it in the bag because they are disappointed in not making into the top group at that point, but Max stayed with it and kept grinding. He is a tough runner. Those seven guys did what we need to continue to do: represent the team by refusing to back down and executing the best possible race (when you get to race at Sectionals or State, you have an obligation to the other guys on the team), and making the most of the opportunity. They represented the CSHS tradition.

This course runs slower than Detweiller. It appears there is a 15-20 drop for Detweiller. Will Becker went with the following progression at Regionals, Sectionals and state last year, with the Regional and Sectional being held at Midlo Meadows: 16:00— 15:55— 15:36. Hogan went from 15:23 to 15:05 sectionals to state. The conversion was fairly consistent with a few exceptions— perhaps for guys who put everything into the Sectional and didn't perform as well at state. A couple of other statistics: last year Will Becker was our first runner at Regionals in 16:00, this year we had six guys better than that and Max not far behind (our 4-5 man at *Sectionals* were 15:51/15:55). It's also the first time in CSHS History that we have our entire top 12 under 16:00. Not only that, with a simple and clear conversion to Detweiller, we easily have all 12 under 15:40. It gives us a lot of options going forward.

Listen: Sectionals and State are going to be real battles. It's nothing we aren't used to— we've raced these kind of races before, but it's not going to be like SWSC or Regionals. It's going to be crowded, and a lot of bumping and rolling up and down for the sectional. We need to do what we do best: run our race, run with toughness, and be

winners. Just because you get bumped around or have to roll up and down hills doesn't mean you can't find rhythm. You can—it just needs to be managed with the bumping and ups and downs. GREG: you are going to get DQ'd...you need to adjust how you run through packs—what you did at SWS in the stride out will earn you a DQ at state. The way you break through people in t-holds will also get you DQ'd at state (see Beecher two years ago when it cost them a state title for a "shove" in the north loop). There are officials everywhere.

A couple of things: check out Bob Hahn's article on the 1981 and 2006 Sandburg teams who placed 4th in state. There are some amazing take-aways from that story and it is truly inspiring. It's posted on our weebly website. Great stuff!

We have a fan of CSHS Cross Country who is paying the very large bill for Buca this week. They told me they want to remain anonymous and I said I knew you guys would want to write them a thank you. They said that the best way to thank them is for you guys to go out and run with everything you have and leave everything on the course. Also they wanted you to never lose sight of the family-like atmosphere of Sandburg CC and that is what separates us from every other team!

TIDBITS: » Buca Di Beppo on Friday, 5:30. No money needed this week—we have a very generous donor who is taking care of the bill. »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 Midlothian Meadows at 12:00.

Results:

1. Sandburg—22	2. Shepard—70	3. Oak Lawn—78	4. Brother Rice—124	5. Marist—175
1. W Becker	2:28—2:35/5:03—2:34/7:37-2:41/5:15/10:18—2:35/12:53—2:23/4:58			15:16
3. Laskero	2:28—2:34/5:02—2:33/7:35—2:44/5:17/10:19—2:37/12:56—2:31/5:07			15:26
5. Skucas	2:29—2:35/5:04—2:39/7:43—2:46/5:25/10:29—2:40/13:09—2:33/5:13			15:41
6. Adams	2:28—2:36/5:04—2:39/7:43—2:45/5:24/10:28—2:38/13:00—2:37/5:15			15:43
7. Benz-Weeden	2:30—2:35/5:05—2:40/7:45—2:45/5:25/10:30—2:40/13:10—2:36/5:16			15:45
10. Hetzler	2:29—2:35/5:04—2:39/7:43—2:49/5:28/10:32—2:44/13:16—2:39/5:23			15:54
13. Lehnhardt	2:30—2:34/5:04—2:43/7:47—2:55/5:38/10:42—2:51/13:33—2:37/5:28			16:09

Place Progression:

Name	1 mile	1.5 mile	2.0	Finish
W Becker	4	4	1	1
Laskero	1	1	4	3
Skucas	11	7	7	5
Adams	5	6	6	6
Benz-Weeden	10	9	8	7
Hetzler	6	8	9	10
Lehnhardt	8	11	12	13

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: Focus on recovery in the evening and throughout the rest of the week. 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.

Tuesday— 8 miles on trails

Wednesday— Anaerobic workout at Katherine Legge

Thursday— 45 easy, strides

Race Date

November 02, 2013

Hinsdale IHSA 3A Sectional

Team Summary Results

Boys

Boys 3A

<u>Place</u>	<u>Team</u>	<u>Top 5 Places</u>	<u>Finishers</u>							
			<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6*</u>	<u>7*</u>	
1	Hinsdale Central	52	4	8	11	14	15	19	24	
<i>Top 5 Times: 1:14:54.84</i>										
2	Downers Grove North	78	1	2	21	25	29	48	78	
<i>Top 5 Times: 1:14:53.17</i>										
3	LaGrange Lyons	116	9	18	20	32	37	42	47	
<i>Top 5 Times: 1:16:13.73</i>										
4	Orland Park Sandburg	120	12	17	27	30	34	35	41	
<i>Top 5 Times: 1:16:15.17</i>										
5	Naperville Neuqua Valley	130	5	13	33	36	43	46	66	
<i>Top 5 Times: 1:16:31.74</i>										
6	Plainfield South	191	3	16	53	55	64	70	83	
<i>Top 5 Times: 1:17:53.89</i>										
7	Berwyn-Cicero Morton	230	26	39	50	54	61	68	77	
<i>Top 5 Times: 1:18:43.69</i>										
8	Oswego H.S.	235	7	38	60	63	67	106	124	
<i>Top 5 Times: 1:18:57.39</i>										
9	Oswego East	272	40	44	56	57	75	92	96	
<i>Top 5 Times: 1:19:37.30</i>										
10	Palos Heights Shepard	275	6	51	65	69	84	111	115	
<i>Top 5 Times: 1:19:47.88</i>										
11	Downers Grove South	286	45	52	58	59	72	91	94	
<i>Top 5 Times: 1:19:57.38</i>										
12	Plainfield East	295	22	23	31	98	121	128		
<i>Top 5 Times: 1:20:04.07</i>										
13	Lockport Twp.	297	10	49	73	76	89	90	103	
<i>Top 5 Times: 1:20:16.78</i>										
14	Chicago Brother Rice	411	28	74	88	101	120	131	132	
<i>Top 5 Times: 1:22:39.56</i>										
15	Oak Lawn Community	461	62	85	100	104	110	112	113	
<i>Top 5 Times: 1:23:38.52</i>										
16	Palos Hills Stagg	469	79	86	97	99	108	109	129	
<i>Top 5 Times: 1:23:49.33</i>										
17	Chicago Marist	484	71	87	102	107	117	127	130	
<i>Top 5 Times: 1:24:14.92</i>										
18	Summit Argo	487	80	82	95	114	116	122	123	
<i>Top 5 Times: 1:24:17.57</i>										

Race Date

November 02, 2013

Hinsdale IHSA 3A Sectional

Team Summary Results

Boys

Boys 3A

<u>Place</u>	<u>Team</u>	<u>Top 5 Places</u>	<u>Finishers</u>						
			<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6*</u>	<u>7*</u>
19	Romeoville H.S.	516	81	93	105	118	119	125	126
<i>Top 5 Times: 1:24:58.83</i>									
Inc.	Blue Island Eisenhower	Only 2 finishers							
		<i>Top 5 Times:</i>							
Inc.	Bolingbrook	Only 1 finishers							
		<i>Top 5 Times:</i>							
Inc.	Burbank Reavis	Only 3 finishers							
		<i>Top 5 Times:</i>							
Inc.	Chicago Curie	Only 4 finishers							
		<i>Top 5 Times:</i>							
Inc.	Hillside Proviso West	Only 1 finishers							
		<i>Top 5 Times:</i>							
Inc.	Plainfield North	Only 2 finishers							
		<i>Top 5 Times:</i>							
Inc.	Plainfield Central	Only 2 finishers							
		<i>Top 5 Times:</i>							

Race Date

November 02, 2013

Qualifying Teams: 5 Individuals: 7

Hinsdale IHSA 3A Sectional

Overall Finish List

Boys

Boys 3A

Place	Score	Bib No	Name	Team	Yr.	Time	Pace	Qualifier
1	1	576	Zack Smith	Downers Grove North	Sr	14:36.66	4:57/M	TM
2	2	577	Ryan Clevenger	Downers Grove North	Jr	14:37.16	4:57/M	TM
3	3	836	Dan Lathrop	Plainfield South	Sr	14:38.80	4:58/M	IND
4	4	701	Billy Magnesen	Hinsdale Central	Sr	14:43.14	4:59/M	TM
5	5	737	Nick Bushelle	Naperville Neuqua Valley	Sr	14:48.38	5:01/M	TM
6	6	797	Josh Maier	Palos Heights Shepard	Sr	14:49.82	5:01/M	IND
7	7	785	Peter Johnsrud	Oswego H.S.	Jr	14:54.01	5:03/M	IND
8	8	705	Blake Evertsen	Hinsdale Central	Fr	14:54.98	5:03/M	TM
9	9	716	James Ryan	LaGrange Lyons	Sr	14:58.96	5:04/M	TM
10	10	725	Will Giroux	Lockport Twp.	Sr	15:00.68	5:05/M	IND
11	11	702	Kevin Huang	Hinsdale Central	Sr	15:00.98	5:05/M	TM
12	12	763	Tom Brennan	Orland Park Sandburg	So	15:02.54	5:06/M	TM
13	13	738	Daniel Weiss	Naperville Neuqua Valley	Jr	15:05.81	5:07/M	TM
14	14	708	Chris Brenk	Hinsdale Central	So	15:07.62	5:07/M	TM
15	15	703	Emmett Scully	Hinsdale Central	Sr	15:08.12	5:08/M	TM
16	16	837	Misael Tobias	Plainfield South	Sr	15:08.54	5:08/M	IND
17	17	766	Will Becker	Orland Park Sandburg	Sr	15:08.77	5:08/M	TM
18	18	713	Henry Hostettler	LaGrange Lyons	Sr	15:09.31	5:08/M	TM
19	19	706	Matt McBrien	Hinsdale Central	Jr	15:09.80	5:08/M	TM
20	20	717	Kevin Kilrea	LaGrange Lyons	Sr	15:09.80	5:08/M	TM
21	21	580	Marc Mathy	Downers Grove North	Sr	15:10.23	5:08/M	TM
22	22	824	Sergio Llanes	Plainfield East	Jr	15:10.30	5:08/M	IND
23	23	823	Joseph Suarez	Plainfield East	Jr	15:10.50	5:08/M	IND
24	24	704	Tj Caveney	Hinsdale Central	Sr	15:10.78	5:08/M	TM
25	25	579	Jeremy Craven	Downers Grove North	Sr	15:12.94	5:09/M	TM
26	26	531	Mateo Hernandez	Berwyn-Cicero Morton	Sr	15:13.63	5:09/M	
27	27	764	Greg Burzinski	Orland Park Sandburg	Jr	15:14.80	5:10/M	TM
28	28	549	James Durkin	Chicago Brother Rice	Sr	15:15.48	5:10/M	
29	29	578	Jared Spilky	Downers Grove North	Sr	15:16.18	5:11/M	TM
30	30	767	Harry Becker	Orland Park Sandburg	Sr	15:19.59	5:12/M	TM
31	31	825	Cody Hughes	Plainfield East	Sr	15:23.04	5:13/M	
32	32	714	Dan Lupano	LaGrange Lyons	Sr	15:23.23	5:13/M	TM
33	33	740	Alec Monovich	Naperville Neuqua Valley	Sr	15:24.38	5:13/M	TM
34	34	761	Sean Torpy	Orland Park Sandburg	So	15:29.47	5:15/M	TM
35	35	762	Chris Torpy	Orland Park Sandburg	So	15:30.33	5:15/M	TM
36	36	739	Michael Widmann	Naperville Neuqua Valley	Jr	15:31.47	5:16/M	TM
37	37	715	Ed McCarter	LaGrange Lyons	Sr	15:32.43	5:16/M	TM
38	38	786	Desmond Meyer	Oswego H.S.	Sr	15:36.25	5:17/M	
39	39	535	Andrew Paplacyzk	Berwyn-Cicero Morton	Sr	15:36.48	5:17/M	
40	40	775	Michael Delaney	Oswego East	Sr	15:37.34	5:18/M	
41	41	769	Dan Laskero	Orland Park Sandburg	So	15:37.45	5:18/M	TM
42	42	718	Vince Arata	LaGrange Lyons	Jr	15:39.87	5:18/M	TM
43	43	742	Shiva Singh	Naperville Neuqua Valley	So	15:41.70	5:19/M	TM
44	44	778	Ryan Fluke	Oswego East	Jr	15:41.84	5:19/M	
45	45	590	Jack Lalonde	Downers Grove South	So	15:42.96	5:19/M	
46	46	744	Colin Weidman	Naperville Neuqua Valley	Jr	15:43.68	5:20/M	TM

Race Date**Hinsdale IHSA 3A Sectional**

November 02, 2013

Overall Finish List

Qualifying Teams: 5 Individuals: 7

Boys**Boys 3A**

Place	Score	Bib No	Name	Team	Yr.	Time	Pace	Qualifier
47	47	723	Dom Zona	LaGrange Lyons	Sr	15:44.42	5:20/M	TM
48	48	587	Zac Christensen	Downers Grove North	Jr	15:45.38	5:20/M	TM
49	49	726	Kristian Hernandez	Lockport Twp.	Sr	15:49.90	5:22/M	
50	50	537	Eduardo Martinez	Berwyn-Cicero Morton	So	15:51.65	5:22/M	
51	51	798	Mike Evancich	Palos Heights Shepard	Sr	15:53.10	5:23/M	
52	52	588	Jacob Amiri	Downers Grove South	Sr	15:55.75	5:24/M	
53	53	840	John Partee	Plainfield South	So	15:57.12	5:24/M	
54	54	534	Chris Zavala	Berwyn-Cicero Morton	Jr	15:57.15	5:24/M	
55	55	839	Steven Homecgoy	Plainfield South	Jr	15:57.95	5:24/M	
56	56	773	Charles Thornton	Oswego East	Sr	15:58.62	5:25/M	
57	57	777	Mason Miller	Oswego East	Sr	15:59.01	5:25/M	
58	58	593	Ethan Kirk	Downers Grove South	Jr	16:00.04	5:25/M	
59	59	591	Joey Eterno	Downers Grove South	So	16:00.69	5:25/M	
60	60	789	Bennett Peterson	Oswego H.S.	Fr	16:01.38	5:26/M	
61	61	536	Aaron Ruiz	Berwyn-Cicero Morton	Jr	16:04.78	5:27/M	
62	62	753	Nick Minnella	Oak Lawn Community	Jr	16:05.56	5:27/M	
63	(< 5)	543	Ken Palmer	Blue Island Eisenhower	Jr	16:08.98	5:28/M	
64	63	790	Lucas Kammerer	Oswego H.S.	Sr	16:11.38	5:29/M	
65	64	838	Kenny Peters	Plainfield South	Jr	16:11.48	5:29/M	
66	65	801	Caleb Washington	Palos Heights Shepard	Fr	16:11.84	5:29/M	
67	(< 5)	822	Johnny Principato	Plainfield Central	Sr	16:13.33	5:30/M	
68	66	741	Matt Horsley	Naperville Neuqua Valley	Jr	16:13.36	5:30/M	TM
69	67	788	Christopher Pagan	Oswego H.S.	Jr	16:14.37	5:30/M	
70	68	533	Robert Loris	Berwyn-Cicero Morton	Jr	16:14.83	5:30/M	
71	69	799	Nick Heidinger	Palos Heights Shepard	Sr	16:15.04	5:31/M	
72	(< 5)	821	John Lyons	Plainfield Central	Jr	16:15.91	5:31/M	
73	(< 5)	560	Rafael Razo	Chicago Curie	Sr	16:16.10	5:31/M	
74	70	841	Colin Pickering	Plainfield South	So	16:16.54	5:31/M	
75	71	564	Kyle Haberkorn	Chicago Marist	Sr	16:16.67	5:31/M	
76	72	594	Austin Rutkowski	Downers Grove South	So	16:17.94	5:31/M	
77	(< 5)	545	Johnathon Cook	Bolingbrook	Jr	16:19.19	5:32/M	
78	73	729	Vincent Ceropski	Lockport Twp.	Sr	16:19.62	5:32/M	
79	74	551	Mike Joyce	Chicago Brother Rice	Jr	16:20.32	5:32/M	
80	75	776	Turner Kelly	Oswego East	Jr	16:20.49	5:32/M	
81	76	727	Mark Diamond	Lockport Twp.	Jr	16:20.82	5:32/M	
82	77	532	Ryan Loris	Berwyn-Cicero Morton	Jr	16:22.48	5:33/M	
83	(< 5)	834	Jack Sebok	Plainfield North	So	16:22.66	5:33/M	
84	78	581	Jack Diamond	Downers Grove North	Jr	16:24.53	5:34/M	TM
85	79	809	Dominic Singer	Palos Hills Stagg	Jr	16:25.12	5:34/M	
86	80	869	Ramazan Xheka	Summit Argo	Jr	16:26.08	5:34/M	
87	(< 5)	835	Ben Wolendowski	Plainfield North	Jr	16:32.20	5:36/M	
88	81	848	Mike Samuelson	Romeoville H.S.	Jr	16:34.85	5:37/M	
89	82	863	Christian Delgado	Summit Argo	So	16:37.14	5:38/M	
90	83	842	Donovan Harkins	Plainfield South	Fr	16:37.27	5:38/M	
91	84	800	Khahari Cook	Palos Heights Shepard	Sr	16:38.08	5:38/M	
92	85	755	Rich Willis	Oak Lawn Community	Sr	16:38.80	5:38/M	

Race Date

November 02, 2013

Hinsdale IHSA 3A Sectional**Overall Finish List**

Qualifying Teams: 5 Individuals: 7

Boys**Boys 3A**

<u>Place</u>	<u>Score</u>	<u>Bib No</u>	<u>Name</u>	<u>Team</u>	<u>Yr.</u>	<u>Time</u>	<u>Pace</u>	<u>Qualifier</u>
93	(< 5)	546	Tomas Villa	Burbank Reavis	Jr	16:40.14	5:39/M	
94	86	811	Alfonso Sahagun	Palos Hills Stagg	Sr	16:40.42	5:39/M	
95	87	565	Luke Haberkorn	Chicago Marist	Sr	16:45.29	5:41/M	
96	88	552	Jeremy Tryban	Chicago Brother Rice	Jr	16:45.42	5:41/M	
97	89	728	Chris Fojtik	Lockport Twp.	Sr	16:45.76	5:41/M	
98	90	733	Kyle Smietanski	Lockport Twp.	Fr	16:46.26	5:41/M	
99	91	592	Alan Zhou	Downers Grove South	So	16:46.94	5:41/M	
100	92	774	Tyler McQuality	Oswego East	Sr	16:47.06	5:41/M	
101	93	853	Ian Irvine	Romeoville H.S.	So	16:47.30	5:41/M	
102	94	599	Tim Arnold	Downers Grove South	Jr	16:47.32	5:41/M	
103	95	864	Andrew Zwijack	Summit Argo	Fr	16:47.59	5:41/M	
104	96	780	Trevor Nold	Oswego East	So	16:48.93	5:42/M	
105	97	810	Malek Mukahhal	Palos Hills Stagg	Sr	16:49.13	5:42/M	
106	98	826	Harris Jordan	Plainfield East	Jr	16:49.27	5:42/M	
107	99	820	Terry Gruns	Palos Hills Stagg	Sr	16:49.44	5:42/M	
108	100	750	Diego Arana	Oak Lawn Community	Fr	16:50.62	5:42/M	
109	101	550	Tim O'Connor	Chicago Brother Rice	Sr	16:52.05	5:43/M	
110	102	567	Kyle O'Farrell	Chicago Marist	So	16:52.31	5:43/M	
111	103	735	Robert Elwood	Lockport Twp.	Fr	16:52.92	5:43/M	
112	104	759	Romello Williams	Oak Lawn Community	So	16:54.82	5:44/M	
113	(< 5)	547	Braulio Castellanos	Burbank Reavis	Sr	16:55.60	5:44/M	
114	105	852	Justin Suits	Romeoville H.S.	Fr	16:55.62	5:44/M	
115	(< 5)	544	Eduardo Martinez	Blue Island Eisenhower	Sr	16:56.12	5:44/M	
116	106	791	Matthew Taves	Oswego H.S.	Jr	16:56.81	5:44/M	
117	107	568	Cam Blakey	Chicago Marist	So	17:03.59	5:47/M	
118	108	814	Preston Caydler	Palos Hills Stagg	So	17:05.22	5:47/M	
119	109	813	Noah Price	Palos Hills Stagg	Fr	17:05.89	5:47/M	
120	110	749	Omar Abdelrahman	Oak Lawn Community	Jr	17:08.72	5:48/M	
121	(< 5)	563	Luis Jaramillo	Chicago Curie	Fr	17:08.82	5:48/M	
122	111	803	Andrew Miller	Palos Heights Shepard	Jr	17:10.62	5:49/M	
123	112	751	Calvin Demski	Oak Lawn Community	Sr	17:12.27	5:50/M	
124	113	757	Steve Raybould	Oak Lawn Community	So	17:12.54	5:50/M	
125	114	866	Juan Castillo	Summit Argo	Jr	17:13.23	5:50/M	
126	115	804	Paul Milkus	Palos Heights Shepard	Fr	17:13.44	5:50/M	
127	116	865	Jimmy Dimer	Summit Argo	Jr	17:13.53	5:50/M	
128	117	566	Mike Conrad	Chicago Marist	Jr	17:17.06	5:52/M	
129	118	851	Carlos Ibanez	Romeoville H.S.	Fr	17:20.47	5:53/M	
130	119	854	Matt Bush	Romeoville H.S.	Jr	17:20.59	5:53/M	
131	120	556	Joe Sweeney	Chicago Brother Rice	Fr	17:26.29	5:55/M	
132	(< 5)	561	Esteban Perez	Chicago Curie	Sr	17:28.76	5:55/M	
133	121	827	Hershel Walton	Plainfield East	Sr	17:30.96	5:56/M	
134	122	870	Renee Barajas	Summit Argo	Jr	17:31.10	5:56/M	
135	123	867	Luis Ramirez	Summit Argo	Jr	17:31.78	5:56/M	
136	(< 5)	562	Ivan Fernandez	Chicago Curie	So	17:36.60	5:58/M	
137	124	792	Paul Rupkey	Oswego H.S.	Jr	17:39.79	5:59/M	
138	125	849	Evan Banasiak	Romeoville H.S.	Sr	17:43.85	6:00/M	



NEWS AND NOTES

RUNNERS OF THE WEEK: Debra Geery, Adam Gleisner, Tom Brennan

IHSA Sectional @Hinsdale Central— Katherine Legge

Saturday, November 2, 2013

47 degrees, calm, overcast

COACH'S COMMENTS: Well, we qualified for state for the 11th year in a row, but we got there by running our worst race of the season. There is no doubt this is my fault. I didn't have the team physically ready to go. I made a mistake by sticking your workout on Monday in order to try to get you an extra day of recovery before the race, but that wasn't the right move—you guys run best on Tuesday/Wednesday formats. I'll make sure you are ready to go for Saturday. **Tom Brennan** got out there and stuck his nose in the race. He ran tough, faded a little at the end, but really went after it and was clearly the highlight of the race. I was shocked that no one got up there with him. I was absolutely surprised that we all didn't see him in there and say, "hey, let's get up there with Brennan," and then made it happen. Not one guy did that. Of course, that is exactly where we all belong. 6th—Josh Maier, a guy Will Becker beat last week and Laskero was within :08. James Ryan-9th place—a guy Sean Torpy came in virtual tie with at Lyons. Will Giroux—10th place, Greg ran right with him the entire race at SWSC. Jeremy Craven—25th place has literally done nothing but elliptical running for the past two months, sectionals was his 6th land mile since August...Billy Magnesen—4th had to not run for two straight weeks right before conference. Every good runner who trains hard has to deal with stuff—aches, time off, sickness—are we letting it bother us while others are not? We ran terrible at Lyons, didn't have Will Becker, Chris Torpy, or Dan Laskero in there and we beat Lyons—they beat us by four points at Sectionals!!We should have all, at that point when Brennan was up there, thought that that was where we belonged. Greg Burzinski did not look like himself—he was very tentative. The key to Will Becker's race at Regionals was getting after a big, offensive gear mid race—that needs to show up in a pack race not just when the win is on the line. Harry Becker followed our weak pack and didn't get anything going and faded in the final 400 meters—I want to see him kicking for all he's worth. Sean Torpy didn't look himself and Chris lost contact some time after the mile mark. Dan Laskero looked nervous—he needs to go back to having fun. Hey, if you are worried about performing poorly, then there is nothing to worry about—you WILL perform poorly. So the question is answered. So don't worry about it. Instead, go race hard and have fun doing it. As it is, the way we performed at the sectional, we are looking at placing way back at state and proving Vandersteen and Coach Taylor right--LWC will have our number. I don't think anyone expects anything from us this week.

So you guys need to decide what you want to do here. I'm certainly not going to talk about getting a trophy this week. At this point, looking at the team battle is pointless. Who knows how it will all roll out. EVERY team in the state has been beaten. It's a total crapshoot and totally up for grabs. There's a bunch of good teams and good runners and we just need to get in there and race hard and compete and see where that lands us. We'll need to decide if we want to go out there and be afraid or if we want to get after it and put it all together. But to be honest, I don't think that fear was our problem—I think we are really good at interpreting pre-race adrenaline as helpful to performance—because it is—our adrenaline helps us run faster than we could on any other day. This group manages pre-race pretty well. We didn't look afraid at sectionals, but the gun went off and we let the race happen to us. We can accept failure; we can accept whatever place we take; but we can't accept running defensively—letting the race happen to us. We have our workouts in the bank...we certainly will be physically ready for some great races on Saturday. We rarely run well at sectionals because we run right through it with our most demanding workout of the season. The question will be, what kind of race do you want to run? At Detweiller, we know the course, we know our splits, we know how to run. Let's zero in on getting our pack at or under 15:00 like we are capable of—four weeks ago we had these Detweiller times: S Torpy—15:06, Burzinski—15:06, Brennan—15:12, W Becker—15:22, Laskero—15:35, H Becker—15:37, C Torpy—15:37. We are much better now. We've put in four weeks of goal pace training; our bodies know those paces well. We are going to be sharp and recovered. I've seen Harry Becker kill these workouts at 14:50 pace. I've seen Sean Torpy kill these workouts and now that his bronchitis will be fully cleared up, he'll be ready to put the race together. I've seen Greg absolutely destroy those workouts—just last

Tuesday he ran a workout better than any guy we've had at those paces other than Lukas. Dan Laskero had fire in his eyes, joy in his heart at Regionals and ran with so much excitement I couldn't help but smile the whole race. C Torpy has only gotten better and better every week—he's keyed into 15:10 pace and now he needs to put it together. Brennan is ready to compete—he has shown that. Are we ready to put 6 half mile segments together like we know we are capable? We've talked about the "extra :10" all season long. Do you want to know where we would have landed had everyone run :10 faster (a little over :1 faster per 800) Right behind HC. A couple points away. Can you give :1/800 better effort next week? As bad as we were, if you give it :1 per 800 better effort, you will be right in the mix with the best. Let me ask you this: 15:00 is our goal—how much have you run 2:30/800 pace out there? You have to be ready to give it "one more try, one more try, one more try..."

TIDBITS: >>Be sure you get enough rest; extra rest on Friday >>Don't over eat >>wash hands >>Buca on Friday

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

Results:

1. Hinsdale Central— 52	2. DGN— 78	3. Lyons— 116	4. Sandburg— 120	5. Neuqua Valley— 130
12. Brennan 2:27— 2:34/5:01— 2:34/7:35— 2:44/5:18/10:19— 2:42/13:01— 2:00/4:42				15:02
17. W Becker 2:29— 2:36/5:05— 2:37/7:42— 2:44/5:21/10:26— 2:42/13:08— 2:05/4:41				15:07
27. Burzinski 2:27— 2:36/5:05— 2:37/7:40— 2:45/5:21/10:25— 2:43/13:08— 2:05/4:48				15:14
30. H Becker 2:29— 2:37/5:06— 2:36/7:42— 2:46/5:22/10:28— 2:46/13:14— 2:04/4:50				15:19
34. S Torpy 2:28— 2:39/5:07— 2:37/7:44— 2:52/5:29/10:36— 2:47/13:23— 2:05/4:52				15:29
35. C Torpy 2:29— 2:39/5:08— 2:40/7:48— 2:51/5:31/10:39— 2:50/13:29— 2:00/4:50				15:30
41. Laskero 2:31— 2:42/5:13— 2:41/7:54— 2:50/5:31/10:44— 2:44/13:33— 2:03/4:52				15:37

Time Trial:

Skucas 15:50

Adams 16:00

B-W 16:06

Hetzler 16:07

Place Progression (roughly):

Name	800	1.5	2.5 mile	Finish
Brennan	26	8	11	12
W Becker	44	26	22	17
Burzinski	27	17	23	27
H Becker	45	25	29	30
S Torpy	32	29	33	34
C Torpy	46	36	37	35
Laskero	52	46	42	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

"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, former University of Wisconsin Head Coach, 2005 NCAA National Champions

Boys Cross Country Class 3A State Final Results — 2013-14** Last updated at 3:29 pm on Saturday, November 9, 2013* [Print this page](#)**Team Results**

ILLINOIS HIGH SCHOOL ASSOCIATION
 State Cross Country Championships
 Boys 3A - November 9, 2013
 Team Scores

Place	School	(Total, Average, Pack Times)
1.	99 Hinsdale (Central)	(1:15:01, 15:00.18, 0:32) 7 18 19 23 32 (45) (82) Billy Magnesen, Kevin Huang, TJ Caveney, Blake Evertsen, Chris Brenk, Matt McBrien, Emmett Scully
2.	144 Downers Grove (North)	(1:15:00, 14:59.94, 1:07) 2 5 27 51 59 (92) (151) Zack Smith, Ryan Clevenger, Marc Mathy, Jeremy Craven, Jared Spilky, Zac Christensen, Jack Diamond
3.	157 O'Fallon (H.S.)	(1:15:05, 15:00.90, 1:19) 1 8 20 41 87 (95) (107) Patrick Perrier, Dorian Gordon, Steven Chorma, Evan Wesslund, Logan Whorton, Erik McMillan, Adam Becker
4.	190 LaGrange (Lyons)	(1:16:22, 15:16.30, 0:18) 25 35 37 39 54 (85) (137) Henry Hostettler, Dan Lupano, James Ryan, Ed McCarter, Kevin Kilrea, Vince Arata, Dom Zona
5.	196 Elmhurst (York)	(1:15:57, 15:11.30, 1:02) 4 30 33 56 73 (76) (166) Nathan Mroz, Matt Plowman, Kyle Mattes, Max Denning, Jeff Nosek, Jon May, Alex Bashqawi
6.	215 Winnetka (New Trier)	(1:16:30, 15:17.97, 0:37) 12 24 44 64 71 (84) (122) Peter Cotsirilos, Chase Silverman, Tarek Afifi, Om Kanwar, Austin Santacruz, Connor Trapp, Luke Duros
7.	225 Orland Park (Sandburg)	(1:16:43, 15:20.56, 0:14) 31 38 48 53 55 (80) (124) Tom Brennan, Will Becker, Greg Burzinski, Sean Torpy, Chris Torpy, Harry Becker, Dan Laskero
8.	244 Wheaton (W. Warrenville South)	(1:16:21, 15:16.02, 1:12) 9 14 26 68 127 (140) (155) Nolan McKenna, Luke Schroer, Kyle Cepeda, David Dillon, Gabe Lightbody, Carson Discher, David Santana
9.	285 Naperville (North)	(1:17:06, 15:25.15, 0:32) 28 40 62 65 90 (94) (121) Kerry Gschwendtner, Jake Pecorin, Jon Klaiber, Ryan Hanselman, Andrew LaDeur, Christian Moore, Kevin Drake
10.	288 Naperville (Neuqua Valley)	(1:17:01, 15:24.07, 0:48) 11 49 67 72 89 (105) (145) Nick Bushelle, Daniel Weiss, Alec Monovich, Michael Widmann, Colin Weidman, Shiva Singh, Jake McEneaney
11.	298 Arlington Heights (Hersey)	(1:16:58, 15:23.48, 0:53) 13 16 78 79 112 (114) (141) David Rodriguez, Andy Philipose, Grant von der Lippe, Jack O'Neil, Erick DeLoera, Matt Stadnicki, Kevin Ziegenhorn
12.	319 Wilmette (Loyola Academy)	(1:17:21, 15:28.13, 0:37) 22 58 60 88 91 (133) (147) Christian Swenson, Jack Carroll, Spencer Kelly, Matthew Randolph, Teddy Brombach, Paolo Tiongan, Matthew Scherer
13.	339 Buffalo Grove	(1:17:27, 15:29.37, 0:48) 15 61 74 86 103 (118) (136) Kevin Salvano, Steven Salvano, Tom Cleary, Jake Wenzel, Eli Hinkle, Montana Nimerfroh, Tripp Wallner
14.	359 Palatine (H.S.)	(1:17:25, 15:28.89, 1:22) 6 46 69 104 134 (156) (169) Graham Brown, Argeni Bailon, Emil Kozakiewicz, Eddie Graham, Dean Kolar, Brian Leonard, Adam Brauer
15.	363 Chicago (Lane)	(1:17:50, 15:33.93, 1:20)

- 29 34 43 93 164 (168) (178)
Jon Vara, David Schmieg, Pavlo Hutsalyuk, Oswaldo Lorenzana,
Christian Badillo, Alex Rodriguez, Matt Haak
16. 397 Chicago (St. Ignatius College) (1:17:53, 15:34.52, 0:50)
21 81 83 96 116 (174) (181)
Chris Korabik, Dan Santino, Andy Weber, Patrick Mangano,
Taylor Dugas, Brian Santino, Kallin Khan
17. 409 Edwardsville (H.S.) (1:18:08, 15:37.48, 1:20)
17 50 75 110 157 (159) (160)
Brydon Groves-Scott, Fredrick Schoenthal, Ethan Townzen,
Iain Perry, Joe Shannon, Zain Pyarali, Jimmie Mayfield
18. 429 New Lenox (Lincoln-Way Central) (1:18:15, 15:38.94, 0:38)
36 66 99 109 119 (150) (180)
Tommy Kolacki, Chris Kaminski, Joey Nelson, Ian Peterson,
Andrew Robbins, Jackson Waters, Ben Zibricky
19. 451 Mt. Prospect (Prospect) (1:18:23, 15:40.60, 0:35)
42 77 101 111 120 (146) (158)
Mike Anderson, Blake Hallman, Ben Pederson, Max Daleiden,
Will Lussenhop, Alec Heyde, Max Crowninshield
20. 478 Lake Zurich (1:18:47, 15:45.39, 0:56)
47 52 108 117 154 (170) (175)
Dave Brown, Matt Pereira, Will Llanos, Austin Kuehr, Matt Reninger,
Justin Shim, Matt Milner
21. 507 Hoffman Estates (Conant) (1:18:20, 15:39.97, 1:34)
3 113 125 128 138 (165) (167)
Zach Dale, James Janczy, Shujaat Sultan, James Pesce, Chris Serrano,
Dominic DeMore, Joel Almodovar
22. 534 Wheaton (North) (1:19:01, 15:48.16, 1:34)
10 106 126 130 162 (171) (173)
Joseph Emmanuel, Chris Stopka, Wes Noyes, Danny Steeno, Kilty Askin,
Alex Frank, Ryan Kocher
23. 562 Batavia (1:19:25, 15:52.92, 0:48)
63 102 115 129 153 (163) (172)
Mitch Zabka, Ryan Wieties, Patrick Redmond, Jorden Berendt,
David Morrison, Mitch Voellinger, Chris Orlow
24. 568 Naperville (Central) (1:19:22, 15:52.35, 0:33)
70 98 123 135 142 (143) (148)
Ryan Auld, Scott Hicks, Alec Siwek, Kevin Wandke,
Geoffrey McCullough, Jon Ashley, David Kennedy
25. 626 Joliet (Central) (1:20:20, 16:03.83, 1:19)
57 100 144 149 176 (179) (182)
Salvador Lazaro, Raul Rosendo, Vince Moreno, Jose Aguilera,
Caleb Hannah, Andre Martinez, Yovani Rosendo
26. 651 Normal (Community) (1:20:07, 16:01.22, 0:34)
97 131 132 139 152 (161) (177)
Tanner Kuenneth, Collin Rink, Austin Peters, Jared Peters,
Carson McCormick, Nathan Jones, Mitch Turner

Individual Results

**ILLINOIS HIGH SCHOOL ASSOCIATION
State Cross Country Championships
Boys 3A - November 9, 2013**

Place	Tm/Pl	NAME	SCHOOL	YEAR	TIME	Pace
1.	1	Patrick Perrier	O'Fallon (H.S.)	Sr	14:21	4:46.7
2.		Jesse Reiser	McHenry	Jr	14:22	4:47.2
3.	2	Zack Smith	Downers Grove (North)	Sr	14:23	4:47.5
4.	3	Zach Dale	Hoffman Estates (Conant)	Jr	14:31	4:50.3
5.	4	Nathan Mroz	Elmhurst (York)	Sr	14:33	4:50.9
6.		Jack Carpenter	Park Ridge (Maine South)	Sr	14:33	4:50.9
7.	5	Ryan Clevenger	Downers Grove (North)	Jr	14:38	4:52.5
8.	6	Graham Brown	Palatine (H.S.)	Jr	14:41	4:53.6
9.	7	Billy Magnesen	Hinsdale (Central)	Sr	14:41	4:53.6
10.		Angel Estrada	Highland Park	Sr	14:43	4:54.2
11.	8	Dorrian Gordon	O'Fallon (H.S.)	Jr	14:46	4:55.0
12.	9	Nolan McKenna	Wheaton (W. Warrenville South)	Sr	14:46	4:55.2
13.		Dan Lathrop	Plainfield (South)	Sr	14:48	4:55.9
14.	10	Joseph Emmanuel	Wheaton (North)	Sr	14:52	4:57.1
15.	11	Nick Bushelle	Naperville (Neuqua Valley)	Sr	14:52	4:57.3
16.		Keagan Smith	Huntley	So	14:55	4:58.1
17.	12	Peter Cotsirilos	Winnetka (New Trier)	Sr	14:57	4:58.9
18.	13	David Rodriguez	Arlington Heights (Hersey)	Jr	14:58	4:59.1
19.	14	Luke Schroer	Wheaton (W. Warrenville South)	Sr	14:58	4:59.2
20.	15	Kevin Salvano	Buffalo Grove	So	14:59	4:59.5
21.		Billy Thomas	Hoffman Estates (H.S.)	Sr	15:00	4:59.7



SANDBURG
CROSS COUNTRY

NEWS AND NOTES

IHSA State Meet

Saturday, Nov 9, 2013

61 degrees, sunny, windy

COACH'S COMMENTS:

We concluded our IHSA season exactly how I wanted to: running tough, running together. We proved something very clearly yesterday: when you run for one another you become infinitely greater than you ever could have been by yourself. As we evaluate the season, I want to focus most significantly on what you've discovered about yourself and your character. What did you find out about yourself when you were overcome with challenges? When your teammates or coaches asked more from you? When you were dealt a setback?? About being a part of a powerful group of people dedicated to a common cause? About pushing your boundaries to discover an ability you never knew existed? That is the most significant result of 2013.

The state meet once again ended in a way I was proud of. I didn't go check the team scores. I was so happy for how you went about racing and how you approached the challenge and competition. I told you I wanted PRs—*personal bests*. While the day proved to be conditions that were not favorable for PRs and without question ran significantly slow, I believe we found our personal bests. I know as runners, we love to have that time as a reward. We love to know we ran faster than we've ever run before. Of course, logically sometimes the conditions won't allow that to be a reality. The state meet was running about :20 slow...only a very few runners in the whole field PRd. Consider this: we ran just 1:06 split off the state champion, who I clearly see as one of the top 10 or so runners in the history of the state. Incredible. We ran the smallest split in the state—it doesn't get tighter than getting five runners in :14. Amazing. Before the race, I was absolutely thrilled with our mentality: we were enjoying each other and the experience, we were excited about running, we were ready to compete hard, "hurt and love it." **Sean Torpy** answered any doubt he may have had lingering from sectionals by running with swagger and aggression. He got right after it and was rolling in the top 30-35 into the north loop. He committed early. His 1.5 split messed with him a bit, but he hung in there and fought to finish off the race as a key scorer for us. That's what needs to happen in a race; sometimes splits are out the window or something that helps give you confidence and focus is affected and you have to buckle down. Sean's had a great sophomore season and ended as one of the top returners in the state. **TBrennan** capped an incredible sophomore campaign. He went all in this season and is one of the toughest competitors I've ever seen (fortunately he has a few others guys along with who are also in that category). Brennan opened up under control, but in a position in which he could work into his goal. He moved up and passed about 20 people from the 1.5 to 2.5 and then toughed it out to close. He never gives up; he's a fighter. Brennan has an ability to take nervousness and turn it into competitive energy. He manages to fight through crowds and is energized by competition. I couldn't have been happier with **Greg Burzinski** –Greg's done a lot of great things this year and has turned himself into one of the best runners in the state. He's never limited himself and is the biggest workhorse around. What I wanted to see from him as the season went on was the ability to be disciplined, his ability to work competitively with teammates and step into a leadership role. Saturday he passed the test with flying colors. He was excited about the opportunity to race, he was bringing energy and confidence to the team, he was poised and was a race leader for us, working with teammates to push each other further. He fought through a tough race and found some serious inner strength. I feel like Greg reached a new level of being a strong runner and strong leader on Saturday and I couldn't be more excited to have him help lead this team next year. Greg and **Will Becker** and Tommy were running tight through 1.5, then Greg pushed the pace through the north loop to the two mile mark—this was key and kept the guys pushing at the hardest part of the race. Will was rolling as well and it was so cool to see Will hit the 2.5 and have the look in his eyes that said, "I'm going to finish in a blaze!" And that is exactly what he did. In speaking of finishing strong—C Torps! Wow! What a finish! That guy is a relentless competitor. As I said before, very few people managed to PR on Saturday. There

were over 30 sub 15:00 runners (on Detweiller's course) just halfway through the season. At state there were fewer than 20. Chris Torpy managed to drop a substantial time and raced his way toward greatness. He's at the top of the state in just one season. **Harry Becker** ran an inspired race—managed a PR and really went for it. **Dan Laskero** gained some good experience at Sectionals and State. He'll learn to manage the pressure a little better now that he's been through it all. He was out of the race for the first two miles and then fought back. Harry Becker was in front of 20 of the team's fifth runner—including O'Fallon's and all of the teams we beat. This was tacking on points to our competition. Dan Laskero was in front of our nearest competitor's fifth—WWS and 10 of the school's fifth runner. Great finish guys! We have a lot of work to do this year and we'll need a lot of leadership and hard work in order to get back to the state meet. One of our keys moving forward will be getting this team to be attentive to details and having leaders step up and get people ready to compete.

TIDBITS: >>Turn in gear. >>Awards Nights: Monday, Nov. 25th, 6:30 PAC

WHAT'S NEXT: Awards Night. Craft Fair. Sunday, Nov 24th at 3:45 in the Grill Area. Polar Bear! A lot of work! We lose a lot of leadership, talent and work ethic. We have a lot of work to do if we want to talk about returning to state. Who is going to step up?

Results:

1. Hinsdale Central--99	2. DGN— 144	3. O'Fallon— 157	4. Lyons--190	5. York— 196	6. New Trier— 215
7. Sandburg--225	8. WWS— 244	9. Naperville North— 285	10. Neuqua Valley— 288...18.	LWC--429	

42. Brennan	2:23—2:33/4:56—2:33/7:29—2:37/5:10/10:06—2:32/12:38—2:34/5:06	15:12	
51. W Becker	2:22—2:34/4:56—2:33/7:29—2:38/5:11/10:07—2:39/12:46—2:30/5:10	15:16	
63. Burzinski	2:24—2:31/4:55—2:34/7:29—2:36/5:10/10:05—2:40/12:45—2:37/5:17	15:23	
70. S Torpy	2:18—2:32/4:50—2:37/7:27—2:40/5:17/10:07—2:43/12:50—2:34/5:17	15:24	
72. C Torpy	2:23—2:33/4:56—2:35/7:31—2:45/5:20/10:16—2:39/12:55—2:31/5:10	15:26	
101. H Becker	2:23—2:33/4:56—2:35/7:31—2:42/5:17/10:13—2:37/12:50—2:46/5:23	15:35	
152. Laskero	2:26—2:42/5:08—2:40/7:48	/13:13—2:42	15:55

Five Man Total: 76:38



