

Andrew/CSHS @ Thornridge

April 22, 2014

40's and dropping, slight wind, partly sunny

4 x 800:

Wagner	65.6-69.9	2:15.4*
Stogin	68.4-76.1	2:24.7
Claure	68.0-76.7	2:24.3*
Foster	68.7-73.3	2:22.0*
		9:26.6

3200:

Benz-Weeden	73-74 (2:28) 76-76 (5:03) 79-82-82	10:23.3*
Brower	72-75 (2:28) (2:40) (5:08) 85-87-86-77	10:43.5
Lopez	73-76 (2:29) (2:44) (5:13) 85-84-86-81	10:49.9
Lahucik	77-82 (2:40) 83-81 (5:25) 85-85-	10:57.1*
Carollo	77-83 (2:41) (2:4) (5:30) 90-86-92-87	11:12.8
Cavalier	77-83 (2:41) (2:50) (5:31) 90-87-88-82	11:18.5
Arrigoni	77-83 (2:41) 2:49) (5:30) 90-86-92-87	11:25.8
Starzec	83-96 (2:59) 94-94 (6:07) 93-85	12:32.3

800:

Markey	67.9-76.5	2:24.3*
Mangold	68.3-78.5	2:26.8*
Sanchez	74-74	2:28.2*
Peters	75-72	2:28.7*
Brncich	71-78	2:29.7*
Walsh	75-75	2:30.3
Papan	75-75	2:30.7
Cachares	75-76	2:31.2*
Mi Bovard	75-77	2:33.2
Raheja	89-89	2:58.8

400:

Starzec	60.1
Draskovic	61.6

1600:

Lahucik	73-78 (2:32) 79-71	5:04.6*
Wagner	73-78 (2:32) 79-76	5:09.1*
Foster	74-----	5:20.1*
Claure	77-----84	5:20.4
Markey	73-83 (2:36) 82-82	5:22.6
Stogin	74-83 (2:37) 85-81	5:25.4
Carollo	77-85 (2:42) 87-77	5:31.6
Sanchez	77	5:32.6
Mi Bovard		5:32.8*
Bowald	76-86 (2:42) 89-80	5:32.8*
Arrigoni	77-----79	5:46.1
Walsh	91	5:52.9
Kos	79—92 (2:51) 98-90	6:00.1*

Wieczek 85-99 (3:04) 100-97 **6:23.5**
Raheja 99-98 (3:27) 104-90 **6:41.5**

4 x 400:

Mi Bovard **67.1**
Ma Bovard **67.7**
Kos **67.7**
Bowald **68.3**
4:30.8
Carollo **68.0**
Cachares **66.8**
Peters **64.8**
Starzec **61.4**
4:20.9
Chopsticks **66.1**
Claire **66.6**
Stogin **67.0**
Markey **62.6**
4:22.4
Trentacoste **56.3**
Schelberg **60.0**
Yozze **56.6**
Parthemore **53.1**
3:46.1

Mid-Week Fast Comments:

It was not the best day for PR as far as the weather was concerned, but I loved our character and attitude. This team has a bunch of guys that are simply inspiring. I am so amazed by the guts and risk taking I saw, the team unity and dedication, and the passion. I have mentioned many times how much **John Wagner** has the attitude of a winner. Seeing him train this winter—whether it was running on his own or morning runs or in sub zero temps—made me even more excited about him. He continues to focus on doing the things it takes to get better and guess what? He’s getting better! Amazing how that works! He nailed down two PRs on a less-than-PR night. 2:15 is a there second drop and he came back and dropped a few seconds off his mile time as he inches toward the 5:00 barrier. I can’t tell you how much I love **Alejandro Claire’s** attitude. He runs with joy and passion. He has so much heart. He literally wants to run more races than is possible. **Benz-Weeden** dropped another :15 on his 3200 time. He raced that race the way you should: controlled 800, then attack laps 3-4-5-6. He came through the mile in about the same time he raced the mile just three days ago! That is putting it on the line. “Putting it on the line” is the best you can ask for...it’s what I hope to see every race. In speaking of putting it on the line, how about **Starzec** jumping up from 400/800 to 3200? I love that he took on the challenge of the 3200 and put up two other races. Our 800 guys, for the most part, ran conservative opening 400s and then charged home. **Ben Cachares** is another guy whose attitude is phenomenal. I love this guy! He showed some significant improvement in the 800 as well. **CJ Brncich** had a strong performance and managed to dip under the 2:30 barrier for the first time. **Kyle Lahucik** finished off a double PR day...what a strong 1600 performance after having run the 3200 only an hour before! Wow...that’s just pure toughness. It wasn’t the most pleasant racing conditions, but once again, you guys stepped up and were full of gratitude for the opportunity to race and represent Sandburg track and field. I am so proud and lucky to get to coach you guys!