

LWC, Stagg @ CSHS

April 8, 2014

Low 50s, calm

4 x 800:

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|-----------|-----------|----------------|
| Cachares | 71.9—83.4 | 2:35.4 |
| Papan | 69.3—80.2 | 2:29.5 |
| Stogin | 72.1—79.0 | 2:31.1 |
| Szymanski | 65.6—71.5 | 2:17.1* |
| | | 9:53.1 |

3200:

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|-------------|--|-----------------|
| Benz-Weeden | 70-75 (2:25) 80-79 (5:05) 83-84-84-80 (5:33) | 10:38.7* |
| Lopez | 69-76 (2:25) 80-87 (5:18) 87-89-90-81 (5:52) | 11:10.7 |
| Lahucik | 76-82 (2:38) 83-84 (5:27) 82-83-85-79 (5:31) | 10:58.6* |
| Carollo | 77-81 (2:39) 83-85 (5:28) 86-89-89-81 (5:47) | 11:15.7* |
| Claure | 77-81 (2:39) 83-85 (5:28) 86-89-89-85 (5:51) | 11:19.7 |
| Arrigoni | 77-79 (2:37) 80-81 (5:28) 83-85-88-82 (5:51) | 11:20.5* |
| Mangold | 79-83 (2:42) 100-102 (5:44) 102-94-96 (6:13) | 11:57.7 |

800:

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| C Torpy | 28.4-30.6 (59.1) 30.6 (1:29) 32.7 (63.4) | 2:02.3 |
| Sanchez | | 2:29.1* |
| Peters | | 2:30.7* |
| Brncich | | 2:30.2* |
| Carollo | | 2:30.5 |
| Cavalier | | 2:31.2 |
| Wojo | | 2:31.7* |
| Bowald | | 2:31.9 |
| Mi Bovard | | 2:32.7* |
| Kos 74-78 | | 2:32.9 |
| Walsh | | 2:32.9* |
| Ma Bovard | | 2:34.2* |
| Wieczek | | 2:48.6 |
| Raheja | | 2:48.7* |

400:

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| Starzec | 58.5 |
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1600:

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| Szymanski | 74-80 (2:35) 82-76 (2:49) | 5:14.4* |
| Cummings | 75-83 (2:39) 83-79 (2:42) | 5:21.4 |
| Claure | 74-80 (2:35) 82-83 (2:46) | 5:21.7* |
| Stogin | 75-83 (2:38) 86-86 (2:44) | 5:22.6 |
| Arrigoni | 76-84 (2:40) 85-79 (2:44) | 5:24.5* |
| Peters | 86-84 (2:50) 88-81 (2:49) | 5:39.5 |
| Ma Bovard | 86-90 (2:56) 88-81 (2:49) | 5:45.5 |
| Cachares | 86-89 (2:55) 90-82 (2:52) | 5:47.5* |

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| S. Torpy | 63-69 (2:13) 73-69 (2:22) | 4:36.1 |
| Walter | 66-75 (2:21) 75-71 (2:26) | 4:48.4* |
| Lifonti | 67-74 (2:22) 76-71 (2:26) | 4:50.4* |

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| Brower | 69-75 (2:24) 76-71 (2:26) | 4:50.6* |
| McMahon | 67-75 (2:22) 76-71 (2:26) | 4:50.7* |
| H Becker | 63-75 (2:18) ___ (2:37) | 4:55.7* |
| Sieczkowski | 70-78 (2:29) 79-74 (2:33) | 5:03.4 |
| Benz-Weeden | 67-- | 5:07.6 |
| Wagner | 75-79 (2:32) 82-77 (2:39) | 5:11.6* |
| Markey | 73-80 (2:33) 87-85 (2:52) | 5:25.6 |

4 x 400:

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| S Torpy | 54.4 |
| Papan | 65.3 |
| C Torpy | 53.6 |
| Cavalier | <u>70.9</u> |
| | 4:04.4 |

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|-------------|--------------------|
| Szymanski | 62.9 |
| Lahucik | 62.8 |
| Benz-Weeden | 62.9 |
| Mangold | <u>67.4</u> |
| | 4:15.9 |

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| Claire | 64.6 |
| Carollo | 68.6 |
| Stogin | 66.0 |
| Starzec | <u>59.4</u> |
| | 4:18.6 |

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|---------|--------------------|
| Walsh | 65.1 |
| Wiczek | 74.8 |
| Wojo | 68.0 |
| Brncich | <u>61.2</u> |
| | 4:29.2 |

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|-----------|--------------------|
| Kos | 65.9 |
| Mi Bovard | 68.1 |
| Bowald | 66.8 |
| Raheja | <u>72.6</u> |
| | 4:33.6 |

Comments:

Our first outdoor meet saw some bold running and some glimpses into future champions. First, our bold racing: **Danny Papan** gets me fired up. That guy has the attitude of a winner. I know he's going to be something special in this sport if he stays consistent in his training and keeps that winner's mentality. He went after it in the 4 x 800 even though we were behind and looked smooth. There is some talent there to go with his character. **Benz-Weeden** and **Lopez** really cranked it up in the 3200 and got that race rolling. B-W ran to a nice PR. A good focus is on getting that thing down to close to 10:00 this season. **C Torpy** has had a tough week, yet he said, "I'm going to get that Sophomore 800 record." Let me tell you something: the CSHS Record Board is second to none. None. It's the best record board in the country. Any record is big time stuff, but he wasn't going to let himself off the hook. It's so fun to watch him race. **Starzec** has had injury issues, but he went out there and raced hard, regardless of the time he's lost. Solid 400 times! **Harry Becks** went all in in the 1600, despite his lost time due to injury. He didn't let himself off the hook at all, and blasted through two laps. **S Torps, B Walter** and company really got after it in the 1600. Bold opening paces! I loved how **Carollo** put himself in the 800 after the 3200—what a tough double (and on top of it a 4 x 4)! That is bold stuff. I love that desire!

There is little I love as much as bold racing! "Be bold and mighty forces will come to your aid."—Goethe. I believe in that Goethe quote. Now, our glimpse into the future came first and foremost from our freshman class. I am really excited by this group. If this group is willing to commit 100% to running year round, they can be as good or better than our sophomore class. We are having some promising futures emerge based on their character and signs of ability. **Danny P** gets me fired up. I guarantee he'll be a stud. **Alejandro Claire** displayed such passion—asking for the 3200/1600/4x400 triple...and he came through with some great performances. He PR'd in the mile after running a fantastic 3200. He's going to be a stud—I guarantee it! **Starzec** showed some great signs—if he can get consistent, he'll be tough to beat. **Drew Cummings** showed how tough he is—that was a great mile time! **Connor Kos** looks so improved! He's a winner, too! I love that guy! I can't wait to see where his work ethic and competitive fire takes him! He's got the stuff of champions. Not a freshman, but another great young runner is **Anthony Lifonti** who continues to PR—I love the direction he is heading. He is heading toward true greatness as a varsity runner.