

SWSC

Thursday, May 15, 2014

55 starting, dropping to high 40s. Calm, partly sunny
Joliet Central at Memorial ATI Stadium--FAT

1600:

Walter	4:38.8*
Adams	4:38.9*
H Becker	4:41.1*
McMahon	4:42.7*
Benz-Weeden	4:52.6*
Carollo	4:55.9*
Brower	4:56.7
Lahucik	4:58.8*
Claire	4:59.9*
A Gleisner	4:59.9
Cavalier	5:09.5*
Markey	5:14.6*

4 x 800:

D Gleisner	28.9-30.9 (59.8) 31.3 (131) 33.6 (64.9)	2:04.9*
Szymanski	30.3-31.2 (61.5) 33.2 (134) 34.0 (67.2)	2:08.8*
Sieczkowski	31.7-33.6 (65.3) 33.9 (139) 33.1 (67.0)	2:12.3*
Skucas	29.5-31.3 (60.8) 31.4 (132) 30.8 (62.2)	2:02.9*
		8:29.2 1st
Lehnhardt	28.6-30.5 (59.1) 32.7 (132) 34.0 (64.7)	2:05.8 <i>lost time on exchange</i>
Lukas	28.0-29.2 (57.2) 31.2 (128) 31.8 (63.0)	2:00.2*
O'Callaghan	27.6-29.2 (56.8) 29.3 (126) 29.8 (59.1)	1:55.8*
S Torpy	28.0-29.8 (57.8) 30.0 (127) 30.2 (60.1)	1:57.9
		8:00.1 1st

3200:

Laskero	69-73 (2:23) 73-74 (4:51) 76-77-78-71 (5:03)	9:55.4* 1st
Lifonti	69-72 (2:23) 73-75 (4:52) 78-82-82-77 (5:22)	10:14.2 3rd
Brennan	69-75 (2:24) 72-70 (4:48) 72-76-77-71 (4:58)	9:46.1* 2nd
W Becker	69-75 (2:24) 72-72 (4:45) 75-79-78-73 (5:06)	9:55.7 3rd

800:

Wagner	32.6-33.3 (65.9) 35.9 (1:41) 34.7 (70.6)	2:16.5
Cummings	31.2-33.5 (64.7) 35.5 (1:40) 36.7 (71.2)	2:16.9*

C Torpy	27.3-29.2 (56.6) 30.3 (1:26) 30.4 (60.7)	1:57.63* 2nd
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400:

Starzec	57.6*
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1600:

D Gleisner	67.2-69.7 (2:16) 72.6 (3:29) 67.9 (2:20)	4:37.8* 1st
Skucas	67.3-70.0 (2:17) 73.5 (3:30) 73.0 (2:26)	4:44.1 2nd
O'Callaghan	65.8-68.5 (2:14) 69.6 (3:23) 63.9 (2:14)	4:28.1 1st
S Torpy	65.8-68.2 (2:13) 70.1 (3:24) 65.1 (2:15)	4:29.3 2nd

4 x 400:

Parthemore	52.9
Brennan	53.8 <i>exchange mess</i>
C Torpy	51.9*
J Brown	50.1
	3:29.0 3 rd

Skucas	55.6*
D Gleisner	57.4

Comments:

As you can see above, we ripped off a bunch of PRs...that was the goal. As I said last week, our willingness to train and race tired would pay off when we want to—I can pretty much guarantee that to you. That is my job. You have the much more difficult job: train year round, train relentlessly—regardless of weather or how you feel, race with all your competitive fire, have a winner’s mentality, and be a champion. We made sure our open milers and some F/S guys were ready to roll this week and it obviously paid off. Look at our PRs in the open mile. Only A Gleisner and Brower missed PRs and A Gleis paced people and Brower went out blazing through :31-64 and narrowly missed a PR. While I was at triple jump I saw that they switched the order of the open miles—our guys suddenly had to step up. I loved that they went into guns blazing. Coach Mortimer—hall of fame coach from Andrew—asked me what our times were in the open mile and he was blown away. He said he’s never seen such depth before. We couldn’t have gotten off to a better start. We immediately knew it was a PR night and they open milers put me in a good mood. I was fired up—a welcome change from last week! **Walter and Adams** were rolling to their first sub 4:40 and raced with heart. **BMac** is in entirely new territory with a 4:42. Look at **Carollo** and **Lahucik** going sub five for the first time with a 4:55 and 4:58 and wow!—look at **Alejandro**: 4:59.9!!! Awesome times! Our 4 x 8s kept the momentum going. I loved the racing in these two races. The F/S battled the entire way—exchanging blows until **Skucas** brought us home with a win and a great 2:02.9 time. The old F/S 4 x 8 school record was 8:31 from 1977. It lasted until 2010. We bettered that with four great times. Our varsity guys had a race on their hands as well. We really needed to start off the night with a 10 pointer and they had to battle. **Brandon Lukas** was phenomenal. Look at his splits. He got the baton behind and had to rally hard. It ripped off a 2:00 and solidified a spot in the sectional in some fashion. I think everyone got pretty energized off of **O’Callaghan’s** leg of the relay. He was a solid four second behind when he got the baton. Ahead of him was Bolingbrook—a key competitor in the race to win the SWSC this year. OC ran aggressive but with controlled aggression. He didn’t just go out in a ridiculous pace and die. He methodically brought the kid back in and when he went by him he made it no question who was going to win. After the exchange a kid from Stagg on the backstretch said to another, “Sandburg always wins the 4 x8” Okay. As long as we are all on the same page, I’m glad. **1:55** is an all-state 800 time. **STorps** brought us home to a win. **Laskero** earned a SWSC title and continued a great sophomore year. Running solo, he ripped off a 9:55. Meanwhile **Lifonti** committed early and went out hard, struggled late, but I loved his willingness to lay it on the line. I loved that **T Brennan** was willing to step in and race a 3200 even though he was sick and he hadn’t raced it at all. Based on the physiological data I had from training, I felt a 9:40-9:45 was doable this week and a 9:30 with a healthy next week. He layed it on the line

and made the race with a couple of 70 laps. **C Torps** was another who stepped up huge. After pulling Hetzler, we knew we needed some help in the points department, and C Torpy came through with a huge race and another state-qualifying 800 time. **David Gleisner** capped off a tremendous night with a double win of 4 x 8 and 1600. He has been so impressive this season. **Martin Skucas** capped a strong night as well, after having a couple of tough races the last few weeks and managed a huge PR in the 4 x 8 and near PR coming back in the mile. The varsity mile was quite exciting as well. We had a battle on our hands and with the LWE guy taking the lead with a lap to go, OC rallied and dropped him off the final turn, which broke him in two, and left the door open for Sean Torpy to catch him as well. That was a perfect example of teammates working together to beat the competition—they were stronger out there with each other than the LWE guy was solo. Our two guys got energy from each other's racing, the LWE guy was a sitting duck. **C Torpy** capped the night with a solid 4 x 4 leg and a PR. **Brennan** had a strong leg as well and would have PRd if he didn't absorb the exchange time mess. Skucas and Gleisner came back right away after the mile with some true toughness. I love that they always step up.

Thank you: Guys, I cannot tell you how thankful I am that I get to coach you guys. This is such an amazing group of people. It's not a clichéd term or an exaggeration to say that you inspire me every day. To think of our journey this winter and spring and to see it capped off with so many people rising to their best is such a rewarding experience.

Thank you to the parents as well. What an amazing group of dedicated and caring people. It's clearly obvious to me why you guys are the young men that you are. Make sure you show your gratitude to them. I live in the teenage world. I see, literally, hundreds upon hundreds of student-parent interactions all the time. I get 200 students and over 100 athletes every year. It is now a 12 years of doing this. I can say without hesitation that you guys are incredibly lucky to have the families that you do. So many people your age struggle tremendously because of their home lives. You guys are the result of some amazing environments. Thank you for sharing some of that with me on a daily basis.

Let's keep it rolling! We know our best is when we have everyone all in, supporting one another. I think we ran well last night because of the open milers. They set the tone, then they cheered relentlessly. They brought the energy to that stadium that our guys in the scoring events benefited from. Our varsity distance guys scored 50 points in four events, even with losing Hetzler in the 800, which would have tacked on more points. Add on the 4 x 400, and it's 56 points that contributed to our team performance. You guys did your job and contributed meaningfully both in competitive points and most significantly in competitive team enthusiasm. Come out to Sectionals and load those stands!

Sectional Roster:

I will take a look at results from tomorrow's time trial (9:00 at CSHS practice starts with Novak). Doing a brief look at things late last night, for the 800, you'll need to be 2:00 to be in the relay next week.

Qualifying is 7:58, so 2:00 puts us behind schedule. Any slower just won't work. Once I see those 800 results we'll see if there is any movement and then finalize the lineup. The following will do a workout because they will be in the sectional lineup: Torpy x 2, Brennan, O'Callaghan, Hetzler, Lukas. I will post a sectional roster on facebook and send to your gmails Sunday. You can turn in gear on Monday and awards BBQ is tentatively 5/27

All others should begin their break in preparation for cross country. We will have a meeting next week.