

ALAH Boys Track Opens At Mt. Zion

The ALAH Boys Tracksters opened their 2023 campaign indoors on February 23rd at Mt. Zion's beautiful indoor 200 meter Fieldhouse facility. Competing against mostly 2A schools several excellent opening efforts were produced by the local squad.

Landon Waldrop scored in 3 events and a relay with top 10 1A State times in each individual event. He scores a 2nd in the Triple Jump at 39'8" (state #5), a 3rd in Long Jump at 19'9.75" (state #8) and 4th in the 60M Hurdles at 9.60 (state#6). He was joined by Freshmen Payton Warrior, Justin Schrock, and Brayden Leach to finish 5th running 1:46.80 in 4x200 Relay.

The ALAH Distance Group came out hot with several excellent performances. Logan Beckmier runs a 1A State #9 time of 2:09.84 while placing 2nd in the 800. He joined Lyle Adcock, Jacob Adcock, and frosh Cruz Hale to make the

4 x 400 "A" team that finished 5th in the state's 11th fastest time of the early season in 3:59.84.

Lyle Adcock scores 9th place in the 800 at 2:19.96. Jacob Adcock drops a big PR in the 1600 at 5:08.40 (10th). Caden Binder opens his campaign with a solid 1600 of 5:29.46 (14th). Caden was also a member of the "B" team 4x400 with Cash Hale, Tristan Keagle, and Braden Leach that placed 12th in 4:30.12.

The team placed 4th overall behind Maroa-Forsyth, Mt.Zion, just 1 point behind Decatur Eisenhower.

Other non-scoring efforts included:

60 Meters/ Payton Warrior-7.90 (20th), Skyler Gingerich-8.41(31st), Justin Schrock-8.51(33rd), Cash Hale-8.64(38th), Dana Soard-8.67(40th), Garrett Casteel-8.74(42nd).

200 Meters/ Justin Schrock-27.7(19th), Dana Soard-

28.68(28th), Colton Taylor-29.68(30th).

4x200 Relay "B" Team - Parker Beck, Tristan Keagle, Jonathan Burgin, Skylar Gingerich @ 2:07.15(11th).

Shot Put/ Jacob Tighe-36'3"(11th), Colton Taylor-26'4.5"(34th), Kamden Morfey-25'(35th), Parker Dick-23'2"(38th)

Long Jump/Alex Rexroad-14'3.75"(20th)

Team Scores - Maroa-Forsyth 122, Mt. Zion 118, Decatur Eisenhower 36, ALAH 35, Pana 30.5, Olney 30, Robinson 23, CGB 14, Springfield Lanphier 12.5, Heyworth 9, Decatur MacArthur 9, Okaw Valley 3.

The ALAH boys squad next competes March 4 at the EIU Invitational held in Lantz Fieldhouse on the campus of Eastern Illinois University in Charleston. This all day event begins with field events at 9am. First running event is the 3200 run at 10am.



Knights freshman Payton Warrior takes off with the baton after receiving the baton from fellow freshman Justin Schrock in the 4 X 200 meter relay at the MZ Indoor Boys meet last Thursday. Their time of 1:46.8 was good for 5th place. The other two members of the relay were Skyler Gingerich and Landon Waldrop.



ALAH's Caden Binder takes off on the anchor leg of the 4 X 400 meter relay after taking the baton from Cash Hale. They were running in the MZ indoor meet last Thursday. Tristan Keagle and Payton Warrior were the other relay runners and their time was 4:30.12. The Knights boys track and field team will next be in action on Saturday, March 4 at the annual Charleston High School Indoor Invitational held at Eastern Illinois University' field house. The meet starts at 9:00 a.m.



ALAH junior Landon Waldrop takes off the board in the long jump at the Mt. Zion Indoor Boys Mini Meet held on February 23. Landon finished third in this event with a jump of 19' 10" and also took second in the triple jump with a leap of 39' 8"



Knights seniors Logan Beckmier, left and Lyle Adcock, right come down the straightaway on the first of three laps in the 800 meters at the Mt. Zion Indoor Mini Meet on February 23. Logan would win his heat but finish second overall with a time of 2:09.46 which was a PR for him. Lyle would just miss scoring, placing 9th in 2:19.96, also a PR. The Knights were fourth in the team standings behind Maroa-Forsyth, Mt. Zion and Decatur Eisenhower.