

# Knight's Distance Crew Shine at EIU

The ALAH boys track team sent a select group of competitors to the EIU Indoor Invitational on Saturday, March 4.

This large event featured entrants from 56 schools, 20 of which were 2A and 3A teams. The local thinclads finished in a tie for 9th place with Tolono Unity and Effingham St. Anthony. Only 8 points separated places 4th thru 9th. Mt. Zion's powerhouse squad wins by 30 points over defending state 1A Champs Salt Fork.

The fireworks started early for the Knight's with the first running event of the day, the 3200 meter run. Senior leader Logan Beckmier went to the lead at the gun and lapped all but 5 runners while extending his lead to win by 18 seconds in an absolute in/out PR of 9:49.52. This stands as the state's #2 1A time for the 2023 Indoor campaign.

Lyle Adcock continues his marked improvement as he sprinted to a PR in the 800 scoring 7th place in 2:09.12. Brother Jacob Adcock hits the finish in 2:20.44 also a personal best finishing 31st of 78 runners.

The 4x800 Relay team of Cruz Hale, Caden Binder, and



the Adcocks finished 12th in 9:33.63 with Cruz leading off with a personal best of 2:18.

The 1600 meter run was a feature event with Mt. Zion's Julian Baker, Decatur Eisenhower Senior Cale Smith and Taylorville's Owen Morgan having run top 2A times already this season. ALAH's Beckmier entered his first mile of the young season and didn't back down from the large school runners. Off at a quick pace, Logan set the pace for the first half mile. Baker eventually prevails in 4:26 with Smith in second at 4:27 and Beckmier in 3rd with another all time PR performance of 4:32.46, also a State 1A #2 time. Lyle Adcock drops another tremendous effort scoring 5th place with a near personal best of 4:45.13. Adcock and Beckmier account for all the Knight's team scoring.

Adcock and Beckmier jumped in and ran the 3rd and 4th legs of the 4x400 Relay immediately upon conclusion of their 1600 race. Joining them were the Hale Brothers, Cruz and Cash. Their efforts combined to complete the day in 21st position with both Hale's running 400 PR's.

The Knight's team scoring most certainly would have been better if not for an injury to Landon Waldrop during Long Jump competition. He leapt 17'11.5" to finish 16th. If healthy he quite probably scores in the Long and Triple Jumps as well as the 60M Hurdles. Hopefully rest and rehab will get him back to the start line for the outdoor season.

Other non-scoring participants included Jacob Tighe/Shot Put @38'4"/21st. Justin Schrock/200 @ 27.37/40th. 4x200 Relay of Justin Schrock, Payton Warrior, Brayden Leach, Skyler Gingerich/1:45.54/27th.

The boys tracksters go back to Mt. Zion's Invitational event on Wednesday, March 8. Field events roll at 4pm and running events at 4:45.



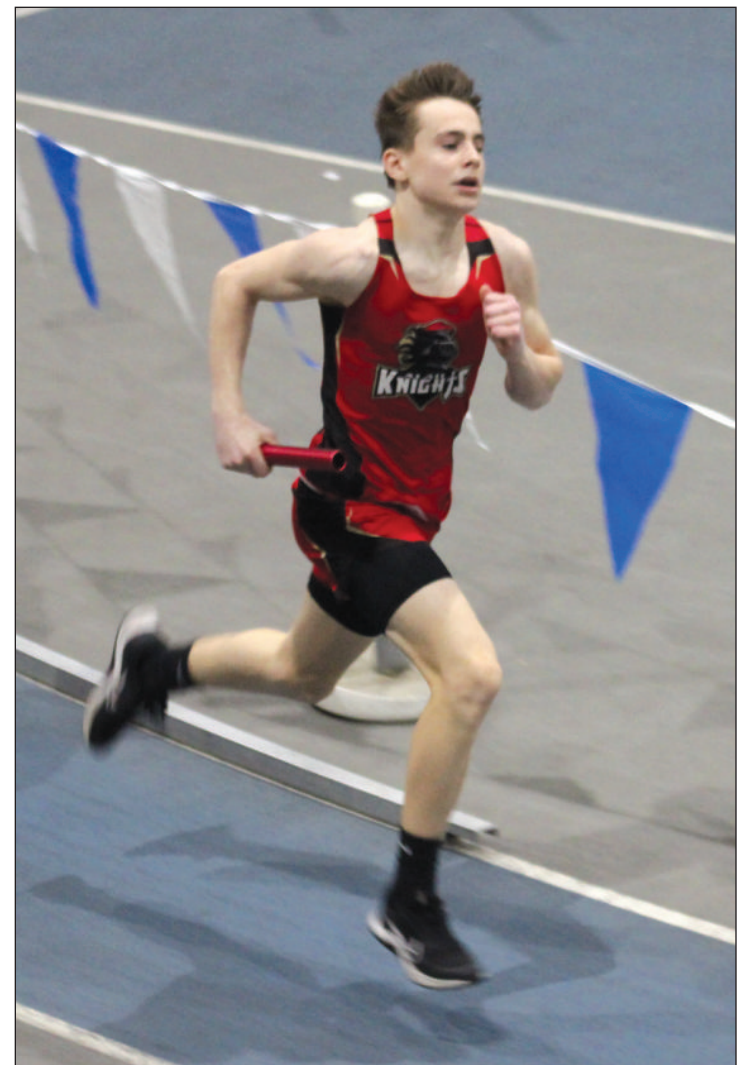
ALAH senior distance runner leads the way at the beginning of the 3200 meter run at the E.I.U. Indoor Invitational on Saturday, March 4. Logan ran an awesome race finishing first in a time of 9:49.52 which was a huge PR for him from his best indoor time last year of 10:07.49. His best outdoor 3200m last year was 9:53.56 at Sectionals. Logan also finished third in the 1600 meters at the meet with a PR of 4:32.46. He capped off his day anchoring the Knights' 4 X 4 relay which was the very next race after the 1600!



Max Duzan, a senior on the Knights' high school boys track team comes around the curve on the anchor leg of the 4 X 200 meter relay at the Indoor meet at E.I.U. last Saturday. The other members of the relay were Brayden Leech, Justin Schrock, and Payton Warrior. Their time in the relay was 1:45.54. The high school boys were to run at Mt. Zion on March 8 for that school's Invitational and will run in the Gene Armer Invite at the University of Illinois Army on March 18.



Knights sophomore Jacob Tighe heads to the shot put ring at the E.I.U. High School Boys Indoor Invitational on March 4. Jacob's best throw was 38' 4", a PR, which put him in 21st place out of 45 throwers from all classes, 1A, 2A, and 3A. Standing with his back to the camera is former Arthurite and IHSA official Bruce Weiman who was officiating the shot put at the meet.



Knights' freshman Cash Hale comes around the curve on his first of two laps in the 4 X 400 meter relay at the High School Boys Invitational at Eastern Illinois University last Saturday. Cash received the baton from his brother Cruz and then handed it to Lyle Adcock for the third leg with teammate Logan Beckmier running the anchor leg. The relay's time was 4:03.60.



Knights' senior Lyle Adcock runs down the back stretch on his leg of the 4 X 400 meter relay at the indoor meet at E.I.U. on March 4. Lyle had a busy day as in addition to this race, he anchored the 4 X 800m relay, took 5th in the 1600 meters at 4:45.13, and finished 7th in the 800 meters with a time of 2:09.12, both of which were PRs for him. The Knights finished in a tie for 9th in the team standings in the combined Class 1A, 2A, and 3A meet. Forty-one teams scored out of the 56 schools entered.



Freshman Cruz Hale #4 runs in the middle of the pack on the lead off leg of the Knights' 4 X 800 meter relay at the E.I.U. Indoor Invitational this past Saturday. The other legs of the relay were run by Caden Binder, and the Adcock brothers, Jacob and Lyle. They ran a time of 9:33.63 which put them in 12th place.