



Knights sophomore Skyler Gingerich, second from the left, and senior Max Duzan, third from the right, race in the 60 meter dash at the indoor meet at Mt. Zion last week. Skyler's time of 8.33 was a PR for him as was Max's time of 7.66.

ALAH Boys Track At Mt. Zion Invitational



ALAH senior Jacob Adcock comes to the finish in the 3200 meter run at the Mt. Zion Indoor Boys Invitational on Wednesday, March 8. Jacob finished in sixth in a PR time of 10:45.98. The Knights were ninth in the team standings with teams from Class 1A, 2A and 3A competing at the meet.

The ALAH Knights Boys Track & Field unit returned to Mt. Zion for the Braves annual indoor Invitational meeting on March 8. No team scores were kept.

The Knight's 3 Senior distance running veterans provided all the individual scoring against an elite gathering of 2A and 1A schools. Lyle Adcock placed highest for the locals finishing 2nd in the 1600 [4:53.68] just a second behind a runner from Decatur Eisenhower. Logan Beckmier dropped down in distance to provide 4th and 5th place finishes in the 400 (57.39) and

800 (2:08.09) both indoor personal bests. Jacob Adcock produced a 6th place finish in the 3200 with a state 15th ranked run of 10:45.98, also an indoor PR. The 3 seniors added frosh Cruz Hale to make a 4x400 quartet that placed 6th in a team season best time of 3:56.92.

Other non placing efforts included Max Duzan with a 60 finals qualifying effort of 7.66 (15th/Indoor PR). Cash Hale and Skyler Gingerich ran 60 PR's of 7.76(17th) & (8.33(36th) respectively. Justin Schrock sped to 17th in the 200 at 27.81. Cash Hale

crossed the 400 finish line in 14th @ 62.42 Indoor PR. Cruz Hale put up an all time PR time of 2:18.34 in the 800 to finish 14th.

Two 4 x 200 squads came out of the blocks with Payton Warrior, Brayden Leach, Dana Soard, and Justin Schrock covering 800 meters in 1:52.16 finishing 15th. The quartet of Garrett Casteel, Tristan Keagle, Naithan Zandar, and Kayden Allen covered the distance in 1:56.83 to finish 19th.

In the field events, Jacob Tighe threw an indoor PR of 38'7.5" to finish 9th in the shot put. Other thrower re-

sults were Kamden Morfey at 25'8" an indoor PR (44th) and Colton Taylor in 45th at 25'4.75".

Long Jumpers Naithan Zandar and Tristan Keagle offered their maiden efforts to go 16'11.25"(16th) and 14'9.25"(24th) respectively. Max Duzan led the high jump efforts clearing 5' to finish 12th while Cash Hale didn't get a clearance.

The boys next compete at the UI Armory in the Gene Armer Invitational in Champaign March 18. Events begin at 11:30AM with the 3200 run and field events.



Knights freshman Tristan Keagle receives the baton from junior teammate Garrett Casteel in the 4 X 200 meter relay at the MZ Indoor Invitational on March 8. The other runners on the relay were Naithan Zandar and Colton Taylor. Their time was 1:56.83.



Logan Beckmier, senior distance runner moved down to the 400 meters for a little speed work at the Mt. Zion indoor invite last Wednesday. Logan's strong finish earned him fourth in the event in a PR time of 57.39.



ANNUAL HOME & GARDEN EXPO. Over 60 vendors brought a wide variety of home and garden exhibits featuring indoor/outdoor furniture, lawn and garden equipment, decks and fencing, home construction and remodel, and much more to the Otto Center on Friday and Saturday March 10 and 11. Pictured is First Neighbor Bank President and CEO Tom Webb along with Arthur Branch Manager Kelley Bean talking with Expo attendees about certificate of deposit rates and the many other services they have to offer.

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