



Knights sprinters Alyssa Richards, lane 5 and Lily Vanda, lane 3 compete in the 60 meter dash at the Mt. Zion indoor girls mini meet on March 16. Lily ran a 9.48 and Alyssa a 9.85, both PRs for them.



The high school girls track team had their first meet of the season, the Mt. Zion Girls Mini Meet at the fieldhouse at MZ high school on March 16. Freshman Alex Clark threw the shot put 25' 2" to finish 13th in that event.



Knights freshman Emma Forman takes the baton from sophomore Lindsay Rohacs in the 4 X 4 relay at the Mt. Zion indoor meet on March 16. Lily Vanda ran the lead off leg and Kimberly Krutsinger ran the anchor leg of the relay. The team ran a time of 5:28.73. The Knights boys and girls track teams were to have their first outdoor meet of the season on March 21. They will have a home meet on April 4 before hosting the annual ALAH Invitational on Saturday, April 8. Events that day get underway at 10:00 a.m.



ALAH's Ruby Burton takes off on the anchor leg of the Knights second 4 X 4 relay at Mt. Zion last Thursday. She received the baton from Emma Edwards. Skyler Graham and Josie Carrillo ran the first two legs of the relay that finished in fourth place with a time of 4:41.82.

ALAH Lady Track Opens At Mt Zion Indoor

The Lady Knights Track & Field team opened the 2023 campaign with a meeting at the Mt. Zion HS Fieldhouse on their indoor 200 meter facility March 16th. This year's group is dominated by youth with a large contingent of contributing freshmen. Lots of excellent results from this group with a sprinkling of upper class contributions bode well for improvement going forward this season.

The first and highest scoring event of the evening was the Knight's 4 x 800 relay team. The quartet of Lindsey Rohacs, Emma Forman, Gracie Arnett, and Evanger Wiley finished 3rd with a 14 minute effort. The 4 x 200 Relay group of Gracie Romine, Josie Carrillo, Emma Edwards and Skyler Graham brought home 5th place honors in 2 minutes while the 4 x 400 squad scored 4th place points at

4:41.82. This relay consisted of Graham, Carrillo, Edwards and Ruby Burton.

Freshman Ruby Burton supplied the only individual points of the meet scoring 7th in the 400 with a personal best effort of 1:08.52. Senior Emma Edwards was 11th in 1:10.59 in addition to her excellent relay efforts.

Freshman Skyler Graham opened her varsity campaign with a heat win in the 60 meter

dash in a 9th overall personal best time of 8.91. Other Knight's competing in the 60 included Lily Vanda at 9.48 (25th), Kaylee Thompson at 9.62 (30th), and Alyssa Richards at 9.85 (36th). Frosh Gracie Romine wins her section of the 200 in 30.15 to also place 9th overall.

Kimberly Krutsinger wins her section of the 1600 run breaking 7 minutes to finish 12th overall in 6:55.39. Hur-

dlers Emma Jones and Lilian Edwards cover the 60 meter barriers in 12.98 and 14.19 while placing 18th and 21st respectively.

Field events contestants included Alex Clark with a 13th place Shot Put effort of 25'2". Kaylee Thompson doubled up in Long and Triple Jumps

with efforts of 12'2.5" (19th) & 26'1.5" (13th) while Lilian Edwards hit sand with a best Long Jump effort of 10' 11.25".

The Lady Knight' efforts produced a 9th place team effort of the 13 teams in attendance. They compete next on Tuesday March 21 in Arcola at 4pm.



In the 4 X 200 meter relay, Josie Carrillo reaches back to take the baton from Gracie Romine at the indoor meet at Mt. Zion last week. Emma Edwards and Skyler Graham ran the last two legs of the relay that finished in fifth place in a time of 2:00.82. The Knights were ninth in the team standings.

