

Knight's Men's Track Excel At State Meet

The ALAH boys track team sent their elite qualifiers to the Top Times Indoor State Championships Friday March

24th. This outstanding event has long been termed the "Unofficial State Indoor Meet" since the IHSA does not spon-

sor an indoor championship. Athletes are extended invitations to compete by having performances that are among the elite in their respective events. The Knights sent 5 members of their distance group who qualified in 3 events.

In the meets opening event, the 3200 meter run, Logan Beckmier of ALAH toed the line along side multi time all staters Tommy Murray of Port Byron Riverdale and Weston Forward of perineal power Rockford Christian. Beckmier forged the pace at the fore part of the race until the Creighton signee Murray charged to the front with Forward in tow. These three proceeded to stay connected while pulling away from the chase pack. As they began to lap the field, Forward started to slow and Beckmier took up the chase of Murray. This pair pulled away from the Rockford standout to both finish with personal bests. The Knight's Senior standout hits the line in 9:34.26 to finish 13 seconds ahead of Forward and 6 seconds behind the winner.

The ALAH 3200 meter relay team came to the start line for the very next event. Senior Lyle Adcock led off and placed

the Knights in a competitive position. Brother Jacob Adcock rolled next with a PR 800 leg. Freshman Cash Hale took the baton next and, running his first career 800 ran competitively. His twin brother Cruz Hale anchored the all twins relay team with another PR as they finished 12th in 9:11.60.

When the gun went up for the 1600 meter championship, Hall of Fame announcer, Matt Piescinski again called Beckmier to the start line. This may have been the feature event of the program as not only did the top three 3200 finishers answer the call but also state 1600 leader and 1A cross country runnerup, Isaac Teal of Pickneyville lined up next to Beckmier. This race went fast as well with Teal covering the metric mile in an outstanding 4:22. Logan runs tough to secure the 6th place medal in another personal best of 4:31.90.

With the conclusion of the Indoor season, the Knights full squad will travel to Arcola Tuesday March 28th to run an event postponed from last week and then go to the Warrensburg-Latham Invite on Saturday April 1.



Knights senior Logan Beckmier #3 gets ready to lap another runner in the 3200 meter run at the Indoor State Championship meet at Illinois Wesleyan University last Friday. Logan rounds the last curve on the sixteenth lap on his way to a state runner up finish in the race.



ALAH senior standout distance runner Logan Beckmier capped off his 2023 indoor season by taking second in the 3200 meter run at the Illinois Top Times Indoor State Championships held at the Shirk Center on the campus of Illinois Wesleyan University on March 24. Logan is shown here with the two medals he earned at the meet, the 3200 meter second place medal for his PR of 9:34.27 in that race and his sixth place medal for the 1600 meter run in which he also ran a PR of 4:31.9. Photo courtesy of Megan Beckmier.



ALAH high school distance coach Lyle Dorjahn, right, is pictured here with the Knights runners that qualified for the State Indoor Track and Field Championship meet. From left to right, Cruz Hale, Jacob Adcock, Logan Beckmier, Lyle Adcock and Cash Hale. This group could also be known as the two and a half twins as the Adcocks are senior twins, the Hales freshmen and Logan has a twin brother, Tanner.



ALAH freshman Cash Hale carries the baton on the third leg of the 4 X 800 meter relay at the Top Times Indoor State Track and Field Championships on March 24. The Knights relay team was one of only twelve teams to qualify for the state meet.

Cruz Hale, a freshman on the Knights high school track team runs the anchor leg of the 4 X 800 meter relay at Indoor State last Friday. Cruz received the baton from his twin brother Cash for the final leg of the relay. The relay finished with a time of 9:11.60. The Knights track teams were to begin their outdoor track season with a meet at Arcola on March 28. The girls have a meet at Okaw Valley on Wednesday, March 29, the boys at Warrensburg Latham on Saturday, April 1 before a home meet for both on April 4. Mark your calendars for the annual ALAH Invite on Saturday, April 8.

Lorenson Scholarship applications available for ALAH graduates

The Robert and Leila Lorenson Scholarship is available for graduates of Arthur Lovington Atwood Hammond High School. Applications are on the school website. High school students should apply by April 15 and post secondary students should apply by June 1.



ALAH senior Lyle Adcock #11 leads the pack of runners in the 4 X 800 meter relay at the Top Times Indoor State Championship Track and Field meet on March 24. Lyle would hand the baton to his twin brother Jacob at the end of his four laps.



Knights senior Jacob Adcock comes into the last curve on his leg of the 4 X 800 meter relay at the Indoor State meet last Friday. Jacob would give the baton to the third runner on the relay, freshman Cash Hale.