

ALAH Girls At Okaw Valley

The Lady Knights traveled across Moultrie County on March 29 to run a 5 team event in Bethany hosted by Okaw Valley HS. Running back to back nights, many girls saw a performance improvement. The ladies again used squad depth, winning three relays, to secure their second team win in two nights. Top performers included Freshmen Skyler Graham, Josie Carrillo, Ruby Burton and Gracie Romine, and Senior Emma Edwards.

Team Scores

ALAH 86; Blue Ridge 83; Sangamon Valley 64; Central A & M 46; Okaw Valley 32

Individual Results

100: 2)Skyler Graham-13.8. 7)Kaylee Thompson-15.4. 7)Alyssa Richards- 15.4.
200: 5)Lily Vanda- 31.8. 7) Richards- 33.5.
400: 2) Ruby Burton- 1:08.9

800: 9)Emma Forman - 3:14.4
100 Hurdles: 3)Emma Jones- 21.0. 4)Emma Edwards- 21.3. 5)Delilah Mendoza- 22.3.
300 Hurdles: 3)Jones- 1:05.8
400 Relay: 1) 57.1 (Romine, Carrillo, Thompson, Vanda)
800 Relay: 1) 1:58.6 (Romine, Carrillo, E.Edwards, Graham)
1600 Relay: 1) 4:52.8 (Burton, E. Edwards Carrillo, Graham).
Shot Put: 1)Alex Clark- 27'1.75". 5)Addison Yeakel- 25'2.5". 7)Mendoza- 24'10".
Discus: 3)Clark- 87'1". 8) Mendoza- 50'5.25". 10) Yeakel- 44'1.75".
Long Jump: 2) Thompson- 13'3.5". 6) Jones- 11'2.25". 7) Carrillo- 11'1.5".
Triple Jump: 2)Thompson- 26'7". 3)Burton- 25'5.25".

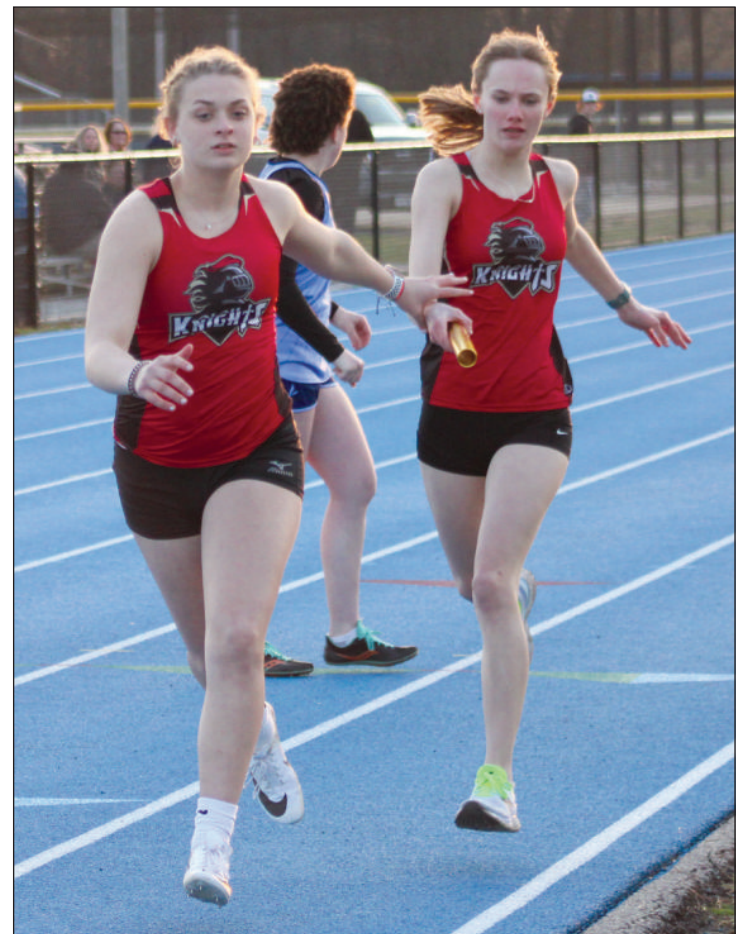


The Knights girls track team had back to back meets on Tuesday and Wednesday last week. On Wednesday, they repeated their first place team finish at a five team meet at Okaw Valley. Here Knight sophomore Addison Yeakel throws the shot put at that meet. Her best toss of the day was 25' 2" good for fifth in the event.

Josie Carrillo reaches back for the baton from Skyler Graham in the Knights 4 X 400 meter relay at the Okaw Valley meet last Wednesday. Emma Edwards led off the relay and Ruby Burton was the anchor. The relay finished first in a time of 4:52.8. The Knights boys and girls track teams were to have a home meet on Tuesday, April 4 and the will host the annual ALAH High School Invitational on Saturday, April 8.



ALAH freshman Ruby Burton heads around the curve on a lap of the 3200 meter run at the girls track meet at Okaw Valley last Wednesday. Ruby would win the race in a PR time of 14:29.6. She also took third in the triple jump, second in the 400 meters and anchored the Knights winning 4 X 400 meter relay.



Knights freshman Alex Clark watches her discus sail in the meet at Okaw Valley on March 29. Alex had a PR in the event with a throw of 87' 1" which was good for third place and she won the shot put with another PR of 27' 2".

ALAH HIGH SCHOOL SOFTBALL



ALAH high school softball pitcher Madison Schweighart winds up to throw the first pitch of the home game against the Oakwood Comets on Thursday, March 30.



Kailee Otto slides towards home ahead of the ball after her long fly ball to the left fence in the first inning of the home game vs. Oakwood on March 30. She would be safe at the plate, scoring the Knights second run to give them a 2-1 lead at the end of the first.



Charley Condill keeps her eye on the fly ball hit to left field by an Oakwood batter. It was a very windy day but Charley kept track of the ball and caught it for the first out of the game last Thursday.



The umpire signals safe as Kaci Beachy slides into second with a stolen base in the bottom of the seventh inning of the Knights home softball game with Oakwood. The Knights trailed 5-8 heading into their last at bat but tied it up scoring three runs. There were two outs when Kaci stole second. Anna Rawlins was up to bat and she hit a fly ball that fell between the Oakwood infield and the outfield. Kaci was able to score from second to give the home team the thrilling 9-8 victory!!