

Knights Track Opens At Arcola

The ALAH boys and girls track teams opened their outdoor schedule at Arcola on March 28. Both squads dominated the triangular meet with quality and depth. Other schools included Villa Grove as well as the host Purple Riders. Multi event winners included Lyle Adcock (1600/800), Max Duzan(HJ/100), Landon Waldrop(LJ/TJ/300H).

Boys Team Scores:

ALAH 82; Arcola 33; VG. 30.

Girls Team Scores:

ALAH 63; Arcola 38; VG. 29

Individual Results:

Boys 100: 1)Max Duzan - 11.98PR. 2)Payton Warrior-12.23PR. 5)Easton Frederick-12.78. 6)Justin Schrock- 13.04. 10)Garrett Casteel - 13.71. 11)Dana Soard - 13.84.

Girls 100: 1)Grace Romine-14.39. 3)Lily Vanda - 15.12. 6) Alyssa Richards - 15.59. 10) Kori Klay - 17.31

Boys 200: 2)Duzan - 24.49. 4)Frederick - 26.35. 5) Nathan Zandar - 27.02. 6)Schrock - 27.13. 10)Parker Beck - 30.81.

Girls 200: 2)Romine - 30.36. 5)Vanda - 32.02. 7)Richards - 33.93. 9)Klay.- 37.07.

Boys 400: 1)Logan Beckmier. - 56.35. 2)Cash Hale-1:03.89. 3)Soard - 1:14.92. 4) Kayden Allen 1:21.68.

Girls 400: 2)Ruby Burton- 1:09.39.

Boys 800: 1)Lyle Adcock - 2:07.79 PR. 2)Beckmier-2:07.82. 3)Cruz Hale- 2:19.50. 4)Tristan Keagle - 2:51.33. 6) Kayden Allen- 3:16.77.

Girls 800: 1)Gracie Arnett- 3:25.61. 2)Emma Forman - 3:26.64.

Boys 1600: 1)Lyle Adcock - 4:57.34. 2)Jacob Adcock- 4:59.17PR. 3)Cruz Hale- 5:10.35PR.

Girls 1600: 2)Kimberly Krutsinger- 6:50.73PR. 3)

Lindsay Rohacs- 7:39.46.

Boys 3200: 1)Jacob Adcock- 10:28.05.

Boys 300H: 1)Landon Waldrop - 44.32

Girls 300H: 1)Emma Edwards- 57.28. 2)Emma Jones- 1:07.89. 3)Lilian Edwards- 1:17.24.

Girls 100H: 2)Emma Jones- 21.16. 3)Delilah Mendoza - 24.11. 4)Lilian Edwards- 24.91.

Boys 400 Relay: 2) 47.44 (Warrior, Schrock, Leech, Duzan).

Girls 400 Relay: 1) 54.65(Romine, Josie Carrillo, E. Edwards, Skyler Graham)

Boys 800 Relay: 3) Warrior, Leech, Schrock, Frederick.

Girls 3200 Relay: 2) 12:56.59 (Krutsinger, Rohacs, Evanger Wiley, Burton).

Boys Shot Put: 2)Jacob Tighe- 36'8.5" 12)Parker Dick- 24'6.5". 13)Colton Taylor- 24'5.75". 14)Kamden Morfey- 23'6".

Girls Shot Put: 3)Alex Clark - 25'9.25". 9)Sarah Rogers- 22'7". 10)Delilah Mendoza- 21'9.5"

Boys Discus: 5) Morfey- 89'6". 12) Taylor- 63'9".

Girls Discus: 3)Clark- 76'10". 8)Rogers- 56'4". 11) Mendoza-52'9".

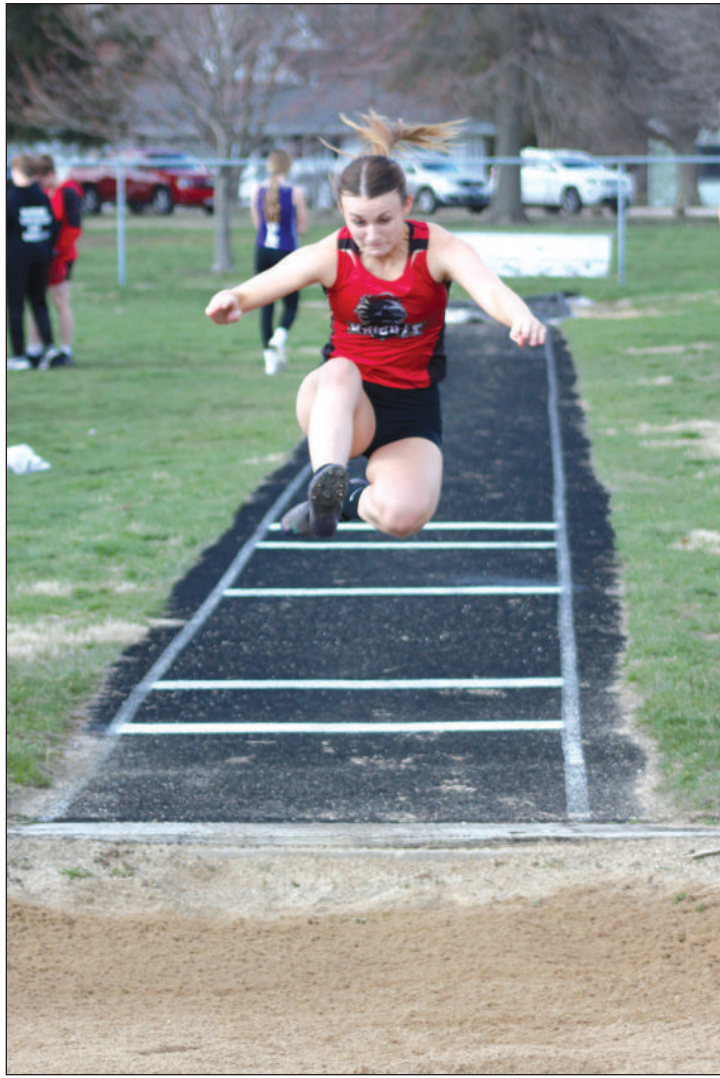
Boys High Jump: 1)Duzan - 5'4.75". 3)Cash Hale- 5'

Boys Long Jump: 1)Waldrop- 20'8"PR. 2)Frederick- 18'3.75"PR. 5)Keagle- 14'7.75".

Girls Long Jump: 2)Kaylee Thompson- 13'6.75". 3)Carrillo- 12'10.75". 4)Emma Jones- 12'8.25". 5)Kori Klays- 12'6.5". 6)Lilian Edwards-11'11.5".

Boys Triple Jump: 1)Waldrop- 40'7.75"PR. 4)Zandar- 34'2.75".

Girls Triple Jump: 2)Ruby Burton- 25'5".



Junior Kaylee Thompson soars into the long jump pit at the Knights first outdoor track and field meet of the season at Arcola on March 28. Kaylee's best jump of 13' 6.75" was good for second place.



Landon Waldrop sails through the air after taking off the runway in the triple jump at the high school meet at Arcola on March 28. Landon would take second in this event with a leap of 40' 8". He won the long jump with a jump of 20' 8" and also took first in the 300 meter hurdles in 44.32.



Knights senior Max Duzan, lane 3 leads his teammates down the track in the 100 meter dash. Max finished first with a time of 11.98. Payton Warrior, lane 4, would take second in a time of 12.23 while Easton Frederick, far left, was fifth in the event in 12.78.



Knights Gracie Arnett, sophomore and Emma Forman, freshman, battle around the curve at the beginning of the last lap of the 800 meter run at Arcola on March 28. Gracie would end up taking first with a time of 3:25.61 with Emma close behind in second with a time of 3:26.64.



ALAH's Easton Frederick takes off after receiving the baton from Justin Schrock in the 4 X 200 meter relay last week at the meet at Arcola. Brayden Leech led off the relay and Payton Warrior was the anchor on the all freshman relay that ran a time of 1:43.41.



Senior Emma Edwards clears the last hurdle in the 300 meter hurdle race at Arcola last week. Emma's time of 57.28 led the sweep by the Knights in the event with Emma Jones taking second and Emma's sister Lilian coming in third. The girls team won the triangular meet over hosts Arcola and Villa Grove.



ALAH freshman Cruz Hale comes to the finish in the 1600 meter run at the first outdoor meet for the Knights last week at Arcola. Cruz's time of 5:10.35 earned him third place behind Knight seniors Lyle and Jacob Adcock. The Knights boys team won the triangular meet over the hosts Arcola and Villa Grove.

Josie Carrillo takes off in the 4 X 100 meter relay after the baton handoff from Grace Romine at the Arcola meet last week. The Knights would take first in the relay in a time of 54.65. The last two runners in the relay were Emma Edwards and Skyler Graham.

