

SPORTS

Seventh grade girls, eighth grade boys win in first home meet

By Mike Monahan

ARCOLA –The Arcola seventh grade girls and the eighth grade boys track teams won a quadrangular meet March 30. The seventh grade girls had 76 points beating Okaw Valley (48), Tri-County (41) and Villa Grove (3), while the eighth grade boys won with 72.5 points, which was 10 more than second place Villa Grove. Placing third was Okaw Valley (38) and fourth was Tri-County (15).

The season began March 28 in a triangular meet at Cumberland's Kathryn Connor Hodges Memorial Track and all but the seventh grade girls placed second.

Results from Monday's meet at Arthur-Lovington-Atwood-Hammond were unavailable at press time.

March 30 quadrangular

The seventh grade girls were led by Tenley Thomas, a sixth grader, who won the 200 (33.50), 100 hurdles (21.65) and was part of the winning 4x400 relay (6:06.85) along

with Kayla Lyons, Sofia Mora and Carlett Monteno and was on the winning 4x100 relay team (1:05.47) along with Anahi Campos, Maya Behrends and Averi Kutz, who won the high jump at 3-10. Olivia Gisinger won the 400 with a time of 1:18.37.

On the boys side Remi Robrerts-McGeehon won all four events he was in. He ran the 200 in 26.59 and went 18-8 in the long jump. He was also on the winning 4x100 and 4x400 relay teams that had times of 50.62 and 4:31.47. Other members on the 4x100 were Carson Jewell, Brandon Sanches, Brody Phillips and other members of the 4x400 were Phillips, A.J. Stevens and Jewell.

Other winners were Phillips in the high jump (5-6), Jewell won the 800 (2:20.05), Stevens in the 1,600 (5:46.49) and Bryan Sanchez in the discus at 96-4.

Brandon Sanchez won the seventh grade boys 100 and 200 with times of 14.35 and 29.08 respectively, while Ronnie Vega won the long jump at 14-3.

March 28 triangular

Seventh grade girls winners were Gisinger in the 400 (1:17.38) and Thomas in the 100 hurdles (21.68), while in the eighth grade Jaiden Miller won three events, including being part of the 4x100 (57.18) along with Emmalee Reel, Aymara Leal, and Keyla Hernandez. Miller also won the 100 (14.37) and long jump (14-3).

On the boys side in the seventh grade Brandon Sanchez was the lone winner. He sprinted the 100 in 13.87

In the eighth grade Phillips won two individual events, the 100 (12.46) and the high jump (5-4) plus he was part of the winning team that also included Stevens, Jewell and Roberts-McGeehon.

From March 30

Girls seventh grade team scores
1. Arcola 76, 2. Okaw Valley 48, 3. Tri-County 41.4, Villa Grove 3
Arcola placers (top 3)
100: 3. Olivia Gisinger 16.57
200: 1. Tenley Thomas 33.50; 2. Scarlett Monteno 34.69

400: 1. Gisinger 1:18.37; 3. Averi Kutz 1:26.44
800: 2. Audrina Gonzalez 3:32.50; 3. Briseida Condarco 3:36.95
100 hurdles: 1. Thomas 21.65; 2. Kutz, 22.40

4x100: 1. Anahi Campos, Maya Behrends, Thomas, Kutz 1:05.47;
4x200: 2. Daniela Saldivar, Sofia Mora, Stevee Griffith, Montano 2:35.74
4x400: 1. Kayla Lyons, Mora, Montano, Thomas 6:06.85

Discus: 3. Lyons 44-3
High jump: 1. Kutz 3-10
Long jump: 3. Gisinger 11-5
Girls eighth grade team scores
1. Okaw Valley 62, 2. Villa Grove 53, 3. Tri-County 32, 4. Arcola 25

Arcola placers (top 3)
100: 3. Jaiden Miller 15.19
100 hurdles: 2. Aymara Leal 21.07
4x100: 3. Gisinger, Jaiden Miller, Leal, Keyla Hernandez 58.61

4x200: 2. Megan Miller, Jazlyn Moreno, Condarco, Audrina Gonzalez 2:24.16
Discus: 3. Megan Miller 42-4
High jump: 2. Leal 4-4
Long jump: 2. Jaiden Miller 13-6

Boys seventh grade team scores
1. Villa Grove 69, 2. Arcola 61, 3. Okaw Valley 42, 4. Tri-County 21
Arcola placers (top 3)
100: 1. Brandon Sanchez 14.35
200: 1. Sanchez 29.08
400: 3. Laison Barron 1:16.46
800: 1. Sawyer Maxwell 2:46.89
4x100: 2. Jordan Gingerich, Levi Fifield, Ronnie Vega, Jahel Galaviz 1:00.63

4x200: 2. Lucas Janes, Alex Cortez, Barron, William Biggs 2:16.31
4x400: 2. Galaviz, Maxwell, Vega, Sanchez 5:00.72
Shot put: 2. Jayden Smith 24-8; 3. Conner Truex 24-4

Discus; 2. Trevin Plank 73-1
Long jump: 1. Vega 14-3
Boys eighth grade team scores
1. Arcola 72.5, 2. Villa Grove 62.5, 3. Okaw Valley 38, 4. Tri-County 15

Arcola placers (top 3)
100: 2. Brody Phillips 12.92
200: 1. Remi Roberts-McGeehon 26.59
800: 1. Carson Jewell 2:22.05
1,600: 1. A.J. Stevens 5:46.49
110 hurdles: 3. Josiah Hout 22.09
4x100: 1. Roberts-McGeehon, Jewell, Phillips, Brandon Sanchez 50.62
4x200: 2. Eddie Garcia, Christian Rocha, Blain Helmuth, Oliver Diaz 2:09.65
4x400: 1. Phillips, Stevens, Roberts-McGeehon, Jewell 4:31.47
Shot put: 2. Byran Sanchez 31-8; 3. Tony De la Garza 29-2
Discus: 1. Bryan Sanchez 96-4; 3. De la Garza 74-1
High jump: 1. Phillips 5-6
Long jump: 1. Roberts-McGeehon 18-8

1. Cumberland 118, 2. Arcola 36, 3. Red Hill 27, 4. Marshall 17
Arcola placers (top 3)
100: 1. Brandon Sanchez 13.87
200: 2. Brandon Sanchez 29.57
400: 3. Galaviz 1:12.89
4x100: 2. Brandon Sanchez, Vega, Fifield, Gingerich 58.89
4x200: 2. Biggs, Barron, Janes, Cortez 2:23.71
4x400: 2. Galaviz, Brandon Sanchez, Vega, Maxwell 5:00.58
Shot put: 3. Smith 25-4.5
Discus: 3. Plank 57-6

Boys seventh grade team scores
1. Cumberland 66, 2. Red Hill 56, 3. Marshall 35, 4. Arcola 33
Arcola placers (top 3)
400: 1. Gisinger 1:17.38; 3. Kutz 1:21.89
100 hurdles: 1. Thomas 21.67; 3. Kutz 25.11
4x200: 3. Saldivar, Griffith, Mora, Montano 2:38.92
4x400: 2. Lyons, Mora, Montano, Thomas 6:04.66

Girls eighth grade team scores
1. Marshall 75, 2. Arcola 49, 3. Cumberland 31, 4. Red Hill 26
Arcola placers (top 3)
100: 1. Jaiden Miller 14.37
100 hurdles: 3. Emmalee Reel 19.33
4x100: 1. Reel, Jaiden Miller, Leal,

and jumping. I feel like that will be an area where we can see the most return on our investment. We still have several athletes that need development so focusing on the fundamentals is really important for this group."

Leadership is coming from Moore, Rameriz and Vazaquez. "Leadership has been very good this year," said Reel. "Moore has really stepped up and shown lots of positive leadership by encouraging our younger athletes as well as her consistent hard work."

As for the A-L-A-H Invite Reel said, "We are still working on things, so my expectations for this meet are very reasonable. Our relays are getting better, but need more time to gel. I believe we should have some strong performances in some of our individual events but the overall message is the same as our goal for the season. Just focus on getting a little bit better each week."

Reel does not want a repeat of last season when they started strong in the indoor, but struggled early in the outdoors and could not get the momentum back.

"Our goal as a team has been to stay patient and focus on gradual improvement," said Reel, who wants to peak in May. This season is all about focusing on being our best at the end rather than placing unrealistic expectations on ourselves right off the bat. I think we have a pretty good team this year. I like what we have; a great group of kids and they work hard and you can't ask for more."

2023 Arcola Track Schedule
Saturday at Arthur-Lovington-Atwood-Hammond Invite (10 a.m.),
April 11 at Central A&M (4 p.m.),
April 14 at Monticello Invite (4:30 p.m.),
April 18 at Sullivan in Tri-County meet (4 p.m.),
April 21 at Tuscola Invite (4 p.m.),
April 28 boys at St. Joseph-Ogden Spartan Classic (4:30 pm.)
May 1 at Tuscola freshman/sophomore (4:30 p.m.);
May 2 at Sullivan Relays (4 p.m.),
May 5 Lincoln Prairie Conference meet at Arthur-Lovington-Atwood-Hammond (3:30 p.m.),
May 8 at Salt Fork (4 p.m.);

May 11 girls Class 1A sectional at Okaw Valley (4 p.m.);
May 13 boys at Shelbyville Open (9:30 a.m.),
May 15- Champaign-Urbana News-Gazette Honor Roll meet at Urbana, TBA;
May 17 boys Class 1A sectional at Tuscola (4:30 p.m.);
May 18-Class 1A state girls preliminaries at Eastern Illinois Universities O'Brien Stadium, TBA;
May 20-Class 1A state girls finals at Eastern Illinois Universities O'Brien Stadium, TBA;
May 25-Class 1A boys state preliminaries at Eastern Illinois Universities O'Brien Stadium, TBA;
May 27-Class 1A boys state finals at Eastern Illinois Universities O'Brien Stadium, TBA

Arcola boys roster
Seniors: Elian Aguilera (sprints), Michael Gauna (throws), Mitchel Myers (throws), Christian Ramos (throws/sprints)
Juniors: Kenyon Andrews (sprints), Oden Barron (sprints), Raul Guerra (throws), Ryan Lindstrom (sprints/triple jump), Chris Olivar (sprints, long jump), Max Rodriguez (throws), Aden York (middle distance/sprints)
Sophomores: Alan Guevarra (sprints/high jump), Orlando Marcos (throws), Andy Perez (sprints/long jump), Braden Phillips (sprints/triple jump), Tyler Smith (throws), Tanner Thomas (Sprints/high jump)
Freshmen: Nic Alanis (sprints/long jump), Dawson McMillan (sprints/throws/long jump), Miguel Trevino (sprints)

Arcola girls roster
Seniors: Aaliyah Garza (throws), Eva Hopkins (sprints/triple jump), Emma Vazquez (throws), Karina Warfel (throws)
Juniors: Kelsey Moore (sprints/hurdles), Laci Ozee (sprints/hurdles)
Sophomores: Hayden Gauna (throws), Shelby Roberts-McGeehon (throws), Crystal Rameriz (sprints/high jump)
Freshmen: Myka Gomez (throws), Delia Leal (sprints/long jump), Laney Nelson (sprints), Ema Simpson (sprints, long jump), Ximena Vazquez (throws)

Arcola track preparing for A-L-A-H Invite

By Mike Monahan

ARCOLA – The Arcola boys and girls track outdoor season started March 28 and now the teams are preparing for the first big meet of the season, the Arthur-Lovington-Atwood-Hammond Invitational, which is at Wilson Field Saturday at 10 .m.

Boys

A total of 20 boys are out this season, including Tanner Thomas, a sophomore and four seniors, including Mitchel Myers, who has both the indoor and outdoor records at AHS, set this season and finished third in the discus in the Class 1A state meet last May with a throw of 166-3. A total of seven juniors, six sophomores and three freshmen.

In the first meet Eddleman said, "Braden Phillips had a PR in the triple jump (39-2) so, I was excited for him. I think he has a really good chance to make it to state in that event this year. Oden Barron and Ryan Lindstrom did a good job for us in the 100 and on the relays. I am excited to see them progress this season."

As for the indoor season Eddleman said, "The indoor season was good. We got some great experience going up against bigger schools at some big meets. I think that will help us with our confidence. It was awesome to see Mitchel break the indoor school record in shot. He also got third at the indoor state and that was really big for him."

Edelman is happy with the total number out of 20.

"It allows us to put people

in a lot of events and try and score as many points as we can," said Eddleman. "It also allows us to compete against each other in practice and that makes us better."

Leadership is always important and Eddleman singled out Myers, Lindstrom and Barron.

"At practice Myers is always helping out the other throwers with technique and it is like having another coach at practice," said Eddleman. "Lindstrom and Barron have also shown leadership by practicing really hard and trying to make each other better."

Gone from last year due to graduation are Zach Butler, Saul Torres Kareem Trejo and Beau Edwards who finished his career with school records in the 400 (50.75) 800 (1:56.62), 1,600 (4:28.50) and 3,200 (10:10.38).

Look for field events to be strong for the Purple Riders.

"Throwing is definitely a strong point for us this season," said Eddleman. "I think Mitchel Myers and Mikey Gauna are going to score a lot of points in those events this year. Mitchel has put a lot of work in this offseason on his own and you can definitely tell it is paying off. Braden Philips and Ryan Lindstrom are going to get us points in the triple jump in most meets."

Edelman also believes the 4x100 and 4x2 relay teams (Lindstrom, Phillips, Elian Aguilera and Barron) will be good

"Everyone wants to keep getting better each day and try to qualify for the state meet," said Edleman. "Our goal is to have as many athletes at the state meet as we can. We also want to try and win the conference meet and I know Myers really wants to break the record in the discus this year and I think he has a good chance for that (Terry Miller has the record at 181-0)."

Edelman said he is happy with where the team is coming into the outdoor season and said the relays need to work on handoffs as well as to clean up some smaller technique things in field events.

As for the A-L-A-H Invite, which used to be held in the third week of March and in anything from snow to sleet, Edelman said, "Our goals are to just go out and compete to the best of our ability. We want to try and place in as many events as we can. We are

looking to get some new PRs and season bests in each event as the weather is starting to warm up a little and so I think we have a good chance to start running some faster times."

Girls

Although no one advanced to the state meet, Arcola does have junior Kelsey Moore back and had a season best in the 300 hurdles with a time of 51.27, good for third place. Sophomore Crystal Rameriz was third in the high jump at 4-10 and Eva Hopkins set a personal best in the triple jump at 29-6 ¼.

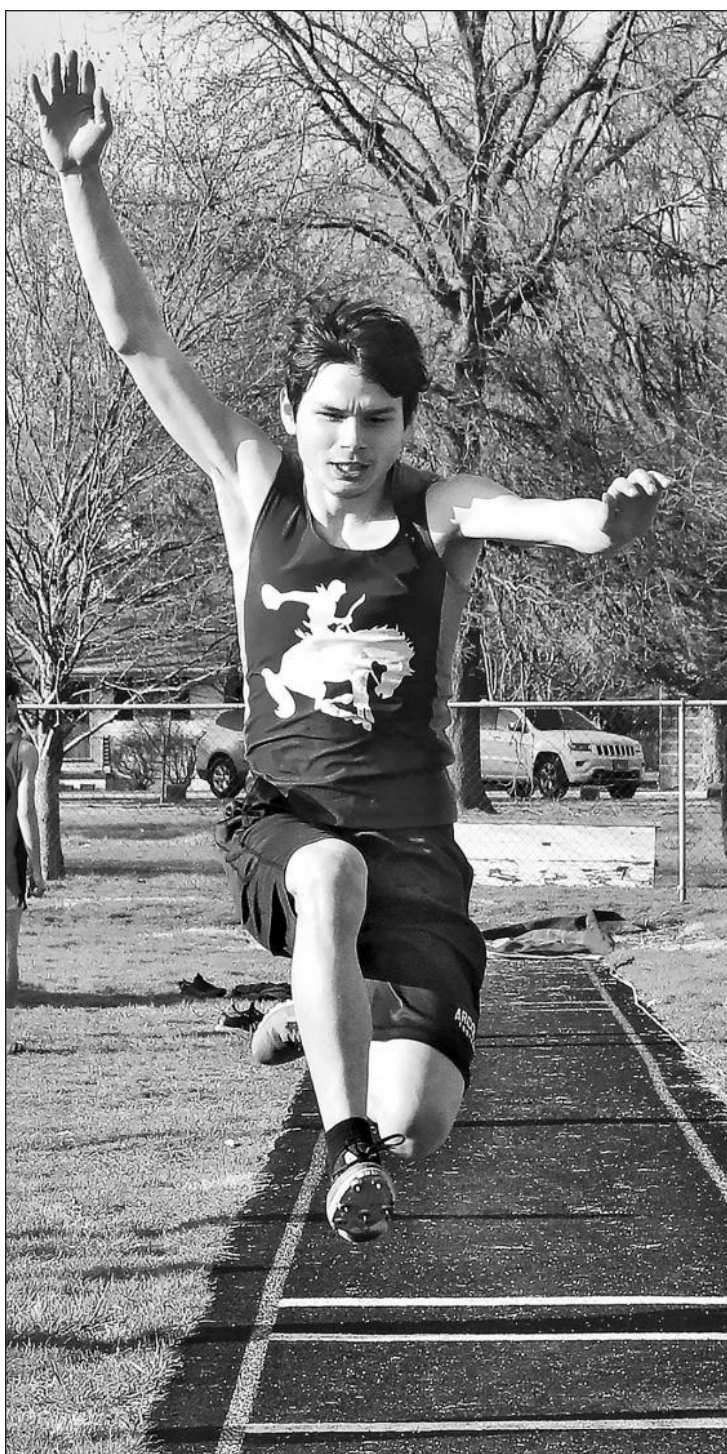
"It is such a great feeling to get all my athletes back from the previous year," said Arcola girls' track coach Adam Reel. "Some of our student-athletes like Aaliyah (Garza), Emma (Vazquez) and Eva (Hopkins) have been in the program for three or more years. It's been awesome to watch them grow and develop but also bitter-sweet to realize this is their final season. As a coach I take extreme pride in seeing our athletes start as freshmen and end their senior year. I think their hard work should serve as a shining example to our younger athletes that success is built over time and through hard work."

The three mentioned above are seniors along with Karina Warfel. There are two juniors, three sophomores and five freshmen for a total of 14.

"I really like our number this year," said Reel. "We have a lot of new throwers this year, which has me very excited for the future of the throwing crew."

Moore (in the 100 hurdles, 300 hurdles and 400) as well as Ramirez (high jump) and Ema Simpson (freshman) (long jump and 200) all have really good chances this year to place in the top ranks in most meets, according to Reel. "All three should have opportunities to potentially qualify for state and should be at the top of the conference. I also like our 4x100 and 4x200 as they should be very competitive and potentially challenge for a top spot at conference."

When asked what events have you been working on to improve either from indoor season or from practices Reel said, "Since the start of the indoor season we have worked a ton on short sprints/running mechanics



ARCOLA JUNIOR Ryan Lindstrom participated in the triple jump in a triangular track meet at Arcola on March 28. Arcola hosted ALAH and Villa Grove. Photo by Nancy Rairden.