

ALAH Hosts Track Quadrangular

The ALAH Knights hosted a 4 team meet on Tuesday April 4th in preparation for the ALAH Invite on April 8.

The men topped the team scoring with 72 points followed by Neoga (39), Blue Ridge (36.5), and Tri County (34.5). The Ladies were 2nd with 75 points just 4 behind Blue Ridge. Tri County (41.5) and Neoga (40.5) rounded the scoring.

Cruz Hale was a double winner (800/1600) for the men while the ladies 4x100 (Carillo, E. Edwards, Romine, Graham) and 4x400 (Burton, Carillo, E. Edwards, Graham) teams were both victorious.

ALAH Results:

Men's 100 - Leech/4th/12.7; Schrock/4th/12.7; Gingerich/6th/12.9; Soard/12/13.4; Beck/13/14.0.

Ladies 100 - V a n d a / 6 t h / 1 4 . 9 ; Thompson/8th/15.1.

Men's 200 - Schrock/2nd/25.9; Gingerich/27.2; Casteel/5th/27.6; Soard/7/28.4; Beck/10/30.9.

Ladies 200 - Romine/3/29.5; Vanda/5/32.1; Klay/9/36.5.

Men's 400 - Cash Hale/2nd/1 02.6.

Ladies 400 - Burton/3rd/1:07.4

Men's 800 - Cruz Hale/1st/2:21.2; Keagle/5th/2:48.5; Allen/7/3:09.4

Men's 1600 - Cruz Hale/1st/5:15.1.

Ladies 1600 - Krutsinger/2nd/6:53.3; Rohacs/4/7:59.4.

Men's 110 Hurdles - Waldrop/1/16.3; Taylor/2/22.8.

Ladies 100 Hurdles - Mendoza/4/20.9; Jones/5/21.4; L.



Edwards/8/24.2.

Men's 300 Hurdles - Taylor/1/54.3.

Ladies 300 Hurdles - E. Edwards/1/58.2; Jones/4/1:13.8; L. Edwards/6/1:21.2.

Men's 4x100 Relay - 1st/ Leech, Frederick, Schrock, Warrior.

Ladies 4x100 Relay - 2nd/ Carrillo, E. Edwards, Romine, Graham.

Ladies 4x400 Relay - 1st/ Burton, Carrillo, E. Edwards, Graham.

Men's Shot Put - Tighe/3/12.02; Morfey/11/7.92; Dick/12/7.60.

Ladies Shot Put - Clark/2/8.73pr; Yeakel/4/7.74; Rogers/5/7.60; Mendoza/8/7.21.

Men's Discus - Morfey/8/23 63; Taylor/10/20.25.

Ladies Discus - Clark/2/24.90; Mendoza/6/18.16; Rogers/7/17.24; Yeakel/8/15.40.

Men's High Jump - Cash Hale/2/1.47.

Men's Long Jump - Waldrop/2/5.79; Frederick/4/5.06; Warrior/5/5.03.

Ladies Long Jump - Thompson/3/3.85; Carrillo/4/3.76; Klay/7/3.20; L. Edwards/8/2.96.

Men's Triple Jump - Waldrop/1/12.17

Ladies Triple Jump - Burton/3/7.79



In the "Big Man" relay race made up of shot put and discus throwers sophomore Jacob Tighe, left, runs the anchor leg for the Knights. Tri-County would win the race that was run for fun at the home meet with Tri-County, Blue Ridge and Neoga last week.



ALAH freshman Payton Warrior brings the baton home on the anchor leg of the Knights 4 X 100 meter relay at the high school home quadrangular meet on Tuesday, April 4. The relay was an all freshman affair with Brayden Leech, Easton Frederick and Justin Schrock running the other three legs. The relay took first in 48.9.



Freshman Ruby Burton takes off after receiving the baton from fellow freshman Josie Carrillo in the 4 X 400 meter relay at the high school home meet last week. The other two runners were freshman Skyler Graham and senior Emma Edwards. This foursome won the relay with a time of 4:47.1.



Knights freshman Cruz Hale runs the 800 meters at the home high school quadrangular meet last week. Cruz won the event at 2:21.2 and added another first place finish in the 1600 meters in 5:15.1.



Landon Waldrop goes over a hurdle in the 110 meter hurdle race at the HS home meet on April 4. This was Landon's first 110 meter race and he ran a good time of 16.27. The boys won their portion of the meet with 72 points over Neoga 39, Blue Ridge 36.5 and Tri-County 34.5.



Not only did the Knight track and field athletes compete in the home quadrangular meet last week but also served as event judges and helpers. Here Emma Edwards reads the tape measure at the shot put while Parker Dick pulls the tape through the ring. Several of the students also served as timers at the meet. There has also been a dedicated group of high school athletes that have been very valuable help at the home jr. high track meets!!



ALAH senior Emma Jones clears a hurdle in the high school girls 300 meter hurdles race in the home quadrangular meet on April 4. Emma was fourth in the race. The girls were second in the team standings just four points behind Blue Ridge.



Knights freshman Dalilah Mendoza goes over a hurdle in the high school girls 100 meter hurdle race in the home meet last week. Dalilah took fourth in this event in a PR of 20.9 and also threw the shot put and discus in the meet.