

Local Invitational Celebrates 50 Years

On Saturday April 8, teams from 18 central Illinois high Schools gathered to compete at the ALAH track & field facility. This event started in 1972 has been noted for outstanding competition. Many state ranked individuals and teams with lofty aspirations for May made for tremendous action in many events.

The ALAH Knights men finished 4th with 55 points while the ladies were 9th with a 35 point tally. The men's distance group accumulated the bulk of their scoring while the ladies used their depth to rack up points in all 4 relay events.

The 3200 meter run featured fast marks with Logan Beckmier running a 3rd place, 6 second PR of 9:28.72 that

stands 5th in 1A and 12th overall in Illinois. Jacob Adcock contributed to the scoring efforts with a 7th place run of 10:39.64. Jacob also owns a season best that ranks him 24th in 1A.

Beckmier came back to finish 2nd in the 400 with a 3 second PR of 53.52 (1A #20). He was chased by frosh Cash Hale's PR of 1:01.63 in 18th.

Lyle Adcock had an outstanding meet running 2 personal bests. He gathered a pair of 4th place finishes in the 800 and 1600 @2:06.07 and 4:41.49 respectively. These times are 19th and 14th in IL 1A rankings.

Though just off the scoring roles in 9th place, frosh Cruz Hale's 1600 was noteworthy

as he joined the sub 5 club at 4:59.85. His PR marks the first time in school history that 4 runners have broken the 5 minute mile barrier in the same season!

Cruz joined with Beckmier and the Adcocks to finish 2nd in the 4 x 400 relay. Each runner ran significant 400 meter bests to accumulate a season record of 3:42.55.

Landon Waldrop continues his excellent work in the horizontal jumps placing 2nd in both events. He hits the sand with a 19'7.5" LJ & 40'5.5" TJ. Jacob Tighe scores 7th with a Shot Put throw of 40'4.25"pr.

Max Duzan scores a point finishing 8th in the 100 (12.23) while the 4x200 quartet of Warrior, Leech, Frederick, and

Schrock score 7th place points in a season best 1:40.35.

Other non-scoring participants included Payton Warrior/100m/13th/12.42; Justin Schrock /200 /10th/26.04pr; Easton Frederick /200/11th /26.10; Tristan Keagle (800/23/ 2:39.56pr; Colton Taylor/110H/12 /26.26 & 300H/13 /57.73; 4x100 Relay of Warrior, Frederick, Leech, Schrock/11th /48.54; Parker Dick/Shot/34th /25'4.5"; Cash Hale/HJ/12th /5'; Frederick/LJ/15th /16'8.5"; Kamden Morfey/Discus/20th /91'4"; Colton Taylor/Discus/29th/64'3".

The depth of the Knight's ladies showed again as all 4 relays placed well. The team of Grace Romine, Emma Edwards, Josie Carrillo and Skylar Graham placed 2nd and 4th respectively in the 4x200

(1:54.43) & 4x100 (54.65) while the 4x400 Relay of E. Edwards, Graham, Carillo and Ruby Burton scored 3rd place in 4:41.95. The 4x8 team of Grace Arnett, Evanger Wiley, Emma Forman, and Lyndsay Rohacs ran 13.26.99 to score in 8th. Emma Edwards ran a season best of 55:75 to finish 4th in the 300 Hurdles.

In the 3200m run Ruby Burton and Kimberly Krutsinger finished 5 and 6 respectively in 14:27.27pr & 14:47.65pr. Kaylee Thompson scores 7th in the Triple Jump (27'8.75"pr) while Alex Clark gets a point for 8th place in the Discus (86'3").

Other non-scoring ladies' results included Grace Romine - 100 (11th/14.33pr) & 200 (10th/29.93); Skylar Graham - 100 (15th (14.82pr); Lily Vanda - 200(18th /32.23); Ruby Burton - 400/9th (1:07.94); Emma For-

man - 800 (18th/3:23.05); Kimberly Krutsinger - 1600 (11th/6:43.76pr); Lyndsay Rohacs - 1600 (17th/7:57.99); Emma Jones - 110H (12th/21.48); Delilah Mendoza - 110H (14th/21.67); Alex Clark - Shot Put (13th/27'11.5"); Addison Yeakel - Shot Put (16th/26'2.75"); Sara Rogers - Discus (25th/56'11.50"pr); Kaylee Thompson - LJ (11th/13'6.25"); Josie Carrillo - LJ (13th/13'5.5"); Ruby Burton - TJ (9th/26'7")

This coming week, the Knight's thinclads go to Decatur St. Teresa on 4/11 for a coed event that is the inaugural meeting at the host's beautiful new facility. The boys travel to the Monticello Sages Invite on 4/14 while the girls go to Warrensburg-Lathom on 4/15.



Senior standout distance runner Logan Beckmier #7, proved his sprint speed also by taking second in the 400 meters in a PR time of 53.54 at the ALAH invite. Logan continued his stellar distance performances also by taking third in the 3200 meters in a PR of 9:28.72. The top three runners in that race shattered the meet record of 9:39.0 that was set in the early years of the original Arthur Invite that began in 1972.



Knights freshman distance runners, Kimberly Krutsinger, #7 and Ruby Burton, #5 take off at the start of the 3200 meter run at the annual home invitational on April 8. Ruby would finish fifth in 14:27.27 with Kimberly taking sixth at 14:47.65.



ALAH junior Kaylee Thompson takes off the board in the triple jump at the ALAH Invite last Saturday. Kaylee's best jump was a PR of 8.45 meters or 27' 9". She also competed in the long jump with a best jump of 4.12 or 13' 6".



Knights freshman Josie Carrillo takes off in the 4 X 400 meter relay after getting the baton from fellow freshman Skyler Graham. Josie made up a lot of ground on the runners ahead of her on her leg and handed the baton to anchor runner Ruby Burton with the Knights in third place. Ruby held that position for her lap to take third place in the event in a time of 4:41.95.



Grace Romine, a freshman on the Knights girls track team, leads the way in the 200 meter dash at the ALAH Invite on Saturday, April 8. Her time was 29.39 in the race. She had a PR in the 100 meters at 14.33 and ran a leg on both the 400 and 800 meter relays.



ALAH freshman Cruz Hale takes off with the baton in the 4 X 400 meter relay at the 50th annual ALAH Invitational on Saturday, April 8. The baton was handed off to Cruz by senior Jacob Adcock, just to Cruz's left. These two were joined by leadoff runner Logan Beckmier and anchorman Lyle Adcock to finish in second place in the relay in 3:42.55.



On Senior Day for the Knights track and field athletes, senior Max Duzan took eighth in the 100 meter dash in 12.23. Here he is leaning at the finish to edge out the Tuscola runner.



Knights freshman Easton Frederick reaches back for the baton pass from fellow freshman Justin Schrock in the 4 X 200 meter relay at the ALAH Invitational last Saturday. The relay team finished in seventh place in 1:40.35. Other members of the relay were Brayden Leech and Payton Warrior.