

Full Squads Compete At St. Teresa Inaugural

On Tuesday April 11, a full bus left ALAH with boys and girls to compete at Decatur St. Teresa for their Inaugural meet on their beautiful new track & field facility.

Having never had a track, this was their very first home meet on the fast orange oval surrounding the new all weather turf football field.

Both teams finished 3rd in team scoring at the Quadrangular event.

Several Knights competed in new events with positive results and the distance crew scored new personal bests across the board.

Senior Emma Edwards was the outstanding performer for the ladies. She was one to attempt a new event as she hit the beach 31'4 3/4" from the board to win the Triple Jump by nearly 3 feet. Her winning 300 Hurdle effort of 52.93 was a huge PR and she contributed legs on victorious 4x8 and 4x4 Relays. Both individual efforts rank highly in the girls sectional complex as does the 4x400 relay.

Josie Carrillo ran her 1st open 400 of the season and was first to the finish in 1:06.47. She also ran on the winning 4x8 and 4x4 relays. Her 3rd leg on the 4x4 positioned the team towards victory in a thrilling, come from behind win anchored by Ruby Burton's gritty effort.

Outstanding efforts on the boys side included Lyle Adcock's outdoor season opening 3200 effort in winning the event with a 22 second PR of 10:08.77 (IL 1A #16). Logan Beckmier ran his first outdoor 1600 of 2023 winning by over 8 seconds in a PR of 4:29.51

(IL 1A #3). Jacob Adcock blew his 1600 best out of the water finishing 4th with an 8 second improvement at 4:52.61. Cruz Hale continues improvement with an 800 PR of 2:16.77 finishing 3rd.

Complete ALAH Results:

Girls 4x800 - 1st/11:57.85/ Burton, Carrillo, E.Edwards, Graham. 4th/13:24.61/Arnett, Krutsinger, Rohacs, Forman.

Girls 4x100 - 2nd/57.82/ Richards, Thompson, Vanda, Romine.

Boys 4x100 - 2nd/50.49/ Frederick, Cash Hale, Warrior, Schrock.

3200m Run - 1st/ L Adcock/10:08.77PR

Girls 100H - 5th/ Jones/21.19, 6th/Mendoza/27.20, 9th/L Edwards/23.97.

Boys 110H - 5th/ Appleby/20.66

Girls 100m - 2nd/ Graham/14.24; 4th/ Romine/14.53; 9th/ Richards/15.52; 10th/ Thompson/15.59; 15th/ Klay/17.16

Boys 100m - 7th/ Waldrop/12.31; 13th/ Schrock/13.22; 15th/ Taylor/13.37; 20th/ Casteel /13.72; 23rd/ Soard/ 13.89; 29th/ Beck/14.55; 34th/ Allen/15.57.

Boys 800 - 3rd/ Cruz Hale/2:16.77PR; 6th/ Keagle/2:43.54

Girls 4x200 - 3rd/2:13.68/ Forman, Vanda, Richards, Arnett.

Boys 4x200 - 3rd/1:48.56/ Frederick, Schrock, Taylor, Warrior; 4th/1:57.57/ Zandar, Soard, Casteel, Tighe.

Girls 400 - 1st/ Carrillo/1:06.47

Boys 400 - 5th/Cash Hale/1:02.45

ALAH Boys Track At Sages Invite

The ALAH boys tracksters competed at the Monticello Sages Invitational on Friday April 14th. State 1A powers Decatur St Teresa, Salt Fork, SJO, and Tuscola as well as 2A elites Monticello and Unity along with a dozen other schools. A southerly breeze enhanced the 100/110H times but offered resistance to early distance events. No team scores were kept.

The lone event winner for the Knights was distance standout, Logan Beckmier, who dominated the 3200 winning by 34 seconds in 9:33.43. He was followed by Jacob Adcock in 5th with a PR effort of 10:18.84. Lyle Adcock had another PR meet dropping his 800 best to 2:04.66 placing 2nd.

Landon Waldrop hits TJ sand with a new PR of 41'2 1/4" placing 3rd behind a monster, state leading effort of 47'8" from Craft of STM. Craft also has an excellent long jump effort over 22ft with Waldrop 6th at 20'4 1/4". Waldrop also runs 2nd in the 110H with a nice effort of

16:34 season best.

In one of the best 1A miles of the young season, Lyle Adcock runs to 7th in 4:43.72 followed by Frosh teammate Cruz Hale who goes under 5 minutes again with a new PR of 4:59.69. Beckmier also medals in the 400 @ 6th in 54:19 while Freshman teammate Cash Hale hits the quarter mile in 1:00.19 PR in 15th.

A meet highlight came from Salt Fork strongman Garrett Taylor in the throws rings. The two time defending state Discus champ uncorked a state leading 185'1" platter throw. The Illinois State signee followed with a state #2 Shot Put of 57'3 3/4".

ALAH Results

100m - 41st/Casteel /13.13pr; 43rd/Gingerich /13.22pr; Soard/13.61pr.

200m - 37th/Gingerich/27.60

400m - 6th/Beckmier /54:19; 23rd /Cash Hale/1:00:19pr.

800m - 2nd/Lyle Adcock /2:04.66pr; 28th/Tristan Keagle/2:36.05pr.

ALAH High School Girls Win 5 Team Meet

On Saturday April 15th the ALAH Lady Knights' track squad traveled to Warrensburg-Latham HS for competition. The ladies scored well and totaled 96 points to out-distance Decatur St Teresa (79), W-L (73), Heyworth (42), and Greenview (21). Event winners included Emma Edwards with a 29'10" Triple Jump and the 4x100 (54.77) and 4x200 (1:56.95) Relay teams of Josie Carrillo, Emma Edwards, Skyler Graham, and Grace Romine.

ALAH Results

100m - 2nd/Skyler Graham /13.7pr; 3rd/Grace Romine /13.74pr;6th/Josie

Carrillo/13.96pr;15th/Kaylee Thompson /15.09pr;20th/ Kori Klay /16.45sr;21st/ Emma Forman /16.46pr

200m - 2nd/Grace Romine/28.63pr/3rd/Josie Carrillo /28.84pr;5th/Ruby Burton/29.08pr;11th/Lilian Edwards /31.75pr;15th/ Emma Forman 34.53pr;16th/ Kori Klay/36.23sr

400m - 5th/L Edwards /1:15.07pr

800m - 2nd/Burton /2:44.35pr; 7th/Gracie Arnett /3:16.3pr

1600m - 2nd/Kimberly Krutsinger /6:55.59; 3rd/ Lyndsay Rohacs/8:01.8

100H-4th/Delilah Mendoza



ALAH senior Jacob Adcock, shown here competing at the ALAH HS Invitational ran at the Decatur St. Teresa inaugural track and field meet at the Bulldogs beautiful new track facility. Jacob finished fourth in the 1600 meters at the meet in an 8 second PR of 4:29.51 which is #3 in Illinois Class 1A standings.

Girls 300H - 1st/ E Edwards/ 52.93PR; 7th/ L Edwards/1:11.15; 8th/ Mendoza/1:13.68.

Boys 300H - 5th/ Appleby/56.32; 7th/ Taylor/58.32.

Girls 1600 - 4th/ Burton/6:25.09; 6th/ Krutsinger/6:37.77PR.

Boys 1600 - 1st/ Beckmier/4:29.51PR; 4th/ J Adcock/4:51.61PR

Girls 200m - 15th/ Jones/35.73; 16th/ Klay/36.40

Boys 200m - 3rd/ Waldrop/25.11; 8th/ Schrock/26.08; 11th/ Zandar/ 26.82PR; 14th/ Soard/ 28.58PR; 20th/ Beck/30.80PR; 24th/ Allen/33.23.

Girls 4x400 - 1st/4:33.71/ E Edwards, Graham, Carrillo, Burton.

Boys HJ - 2nd/ Cash



Lyle Adcock, shown here running a leg of the 4 X 4 relay at the local invite competed in the 3200 meters at the St. Teresa inaugural meet. Lyle, a senior on the Knights track team took first place in that event and ran a 22 second PR of 10:08.77 which puts him at #16 on the Illinois Class 1A list of 3200 meter runners. The Knights were among four teams that were privileged to run the first ever meet on St. T's new track.

Hale/5'2"PR

Girls LJ - 4th/ Carrillo/13'9.5"; 6th/ Thompson/13'; 9th/ Klay/12'2.25"; 10th/ Jones/11'5"; 13th/ L Edwards/11'2".

Boys LJ - 2nd/ Waldrop/19'6 3/4"; 11th/ Keagle14'1".

Girls TJ - 1st/ E Edwards/31'4.75"; 3rd/ Burton 26'11.75"PR; 4th/ Thompson/26'11.25PR.

Boys TJ - 5th/ Zandar/31'5 3/4"; 6/ Keagle/31'2 1/2".

Girls Discus - 8th/ Clark/85'4"; 13th/ Rogers/54'2"; 14th/ Mendoza/53'9"; 16th/ Yeakel /51'3".

Boys Discus - 7th/ Morfe/91'3"; 11th/ Taylor/53'1".

Girls Shot Put - 8th/ Clark/27'4"; 12th/ Yeakel/24'7 3/4"; 13th/ Rogers/23'9 1/2"; 14th/ Mendoza/22'2 1/2".

Boys Shot Put - 5th/ Tighe/39'11 1/2"; 16th/ Dick/22'5 1/4"; 17th/ Morfe/22'4 1/4".

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Properties:	1,194,981	
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Shares:	7,079,730	
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Number of Paid Claims:	90,090	
Cash and Share value Returned:	\$125,980,367.74	

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