



ALAH 8th Grade Girls Win Arcola JH Invite

On Saturday, April 22 the jr. high track teams competed at the annual Arcola JH Invite on a cold, windy day. Pictured here after the meet with their second first place trophy in as many weeks are: Head Coach Bryton Ragon, Macelyn Boddy, Gwen Herring, Embrey Reardon, Cassidy Rohacs, Riley Strode, Ashby Coblentz, and Emily Keagle.

ALAH Eighth Grade Girls Claim Arcola Jr. High Invite Championship Seventh Grade Girls Finish Third

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The Arthur Lovington Atwood Hammond eighth grade girls track and field team captured their second invite title in two weeks. After winning their own invitational last week they brought home the first place trophy from Arcola's annual JH Invite on Saturday, April 22. They scored 122 points to second place Arcola's 50.

Eighth grade distance runner, Embrey Reardon was a double winner for the Knights taking first in the 800 and 1600 meter runs plus along with Cassidy Rohacs, Reece Oye and Gwen Herring captured first in the 4 X 400 meter relay. Ashby Coblentz scored first place points in the eighth grade shot put. The 4 X 200 meter relay of Norma Mendoza, Macelyn Boddy, Laila Sanchez and Zoey Mendoza also won that event. Adding second place points in seven other events helped in the team scoring 122 total points.

The seventh grade girls squad missed a second place trophy by one point finishing behind first place Cerro Gordo Bement who scored 102 for first place and second place Arcola who scored 45. The 4 X 400 meter relay team of Sophia Johnson, Norman and Zoey Mendoza and Ella Oye took first for the seventh grade Knights.

7th Grade Girls Team and Individual Results Arcola JH Invitational April 22, 2023

Team Results: 1. Cerro Gordo Bement 102; 2. Arcola 45; 3. Arthur Lovington Atwood Hammond 44; 4. Neoga 43; 5. Central A & M 40; 6. Lake Crest

Elementary 36; 7. Meridian and Okaw Valley 35; 9. Judah Christian 18

Shot Put: Emily Keagle 19' 3"

Discus: Emily Keagle 52' 5", fifth

High Jump: Macelyn Boddy 3' 10", fourth

Long Jump: None

100 M Hurdles: None

100M: Macelyn Boddy 15.66; Laila Sanchez 16.53

200M: Norma Mendoza 31.74, second; Zoey Mendoza 32.42, fourth

400M: None

800M: Ella Oye 3:08.92, second

1600M: Ella Oye 6:43.57, second

400M Relay: None

800M Relay: None

1600M Relay: Arthur Lovington Atwood Hammond 5:17.07, first (Norma Mendoza, Zoey Mendoza, Ella Oye, Sophia Johnson)

**8th Grade Girls Team and Individual Results
Arcola JH Invitational
April 22, 2023**

Team Results: 1. Arthur Lovington Atwood Hammond 122; 2. Arcola 50; 3. Cerro Gordo Bement 47; 4. Meridian 44; 5. Okaw Valley 37; 6. Villa Grove 31; 7. Lake Crest Elementary and Central A & M 26; 9. Neoga 13;

Shot Put: Ashby Coblentz 24' 10", first

Discus: Laila Sanchez 58; 4", third; Ashby Coblentz 56' 1", fourth

High Jump: Cassidy Rohacs, 3' 10", third

Long Jump: Maleyna Vanusdoll 12' 9.25", fourth

100 M Hurdles: Cassidy Rohacs 17.77, second; Riley Strode 20.56

100M: Leighton Poulos

14.31, fourth; Maleyna Vanusdoll 15.06

200M: Leighton Poulos 29.58, second; Reece Oye 32.61

400M: Sophia Johnson 1:14.24, second

800M: Embrey Reardon 2:53.86, first; Gwen Herring 3:00.35, second

1600M: Embrey Reardon, 6:25.33, first; Gwen Herring 6:33.03, second

400M Relay: Arthur Lovington Atwood Hammond 57.88, second (Leighton Poulos, Cassidy Rohacs, Reece Oye, Maleyna Vanusdoll)

800M Relay: Arthur Lovington Atwood Hammond 2:07.91, first (Norma Mendoza, Zoey Mendoza, Laila Sanchez, Macelyn Boddy)

1600M Relay: Arthur Lovington Atwood Hammond 5:10.00, first (Cassidy Rohacs, Gwen Herring, Embrey Reardon, Reece Oye)



Gwen Herring, left and Embrey Reardon, running in the eighth grade 1600 meters scored big points for the champion eighth grade girls team at the Arcola JH Invite last Saturday. Embrey won the 800 and 1600 while Gwen, a sixth grader running with the eighth grade, was runner up in both races. These two plus Cassidy Rohacs and Reece Oye were also on the first place 4 X 400 meter relay.



Sisters Zoey, lane 5 and Norma, lane 3, take off at the start of the seventh grade girls 200 meter dash at the JH Invite at Arcola on April 22. Norma would finish second in 31.74 while Zoey was fourth in 32.42. The seventh grade girls were third in the team standings just one point behind second place.



ALAH eighth grader Cassidy Rohacs easily wins her heat in the girls 100 meter hurdle race at Arcola last Saturday. Cassidy would end up second overall in the event as a Meridian girl ran a faster time in another heat. The eighth grade girls team also easily won the meet with 122 points to 50 for second place in the team standings.



Knights eighth grader Leighton Poulos sprints out of the blocks at the start of the 200 meter dash at Arcola last Saturday. The white specks in the picture are graupel that fell periodically in the morning at the meet. The weather, that was also cold and windy, didn't seem to affect the girls' performances as they scored 122 points in the meet.