

# ALAH Track Squads Run At Tri-County Invite

The ALAH boys and girls track and field teams went cross county April 18th to run the annual Tri-County Invitational hosted by Sullivan HS. The ladies finished 3rd in the team standings behind winner Shelbyville and runnerup Sullivan. The boys scored a 4th place behind Sullivan, Pana, and Shelbyville in spite of resting the distance group in individual events.

Several girls scored well and hit personal bests. Ruby Burton tallied in several events featured by a win in the 3200m with a new PR. She also ran a 400m PR (1:07.46) finishing 4th while also scoring 7th in the Triple Jump and anchoring the 3rd place 4x400 Relay. Skyler Graham scored a big 200m PR of 28.99 while contributing solid legs on the 4x100 and 4x200 relays. Kimberly Krutsinger did the distance double placing 3rd in the 3200m (14:31.29pr) and 4th in the 1600m (6:45.76). Senior Emma Edwards and Freshman Josie Carrillo continue to provide excellent relay contributions with their powerful running. Grace Romine was 4th in 100m and ran on 3 placing relays. Alex Clark

hit a nice PR in Shot Put placing 2nd and added a 5th place Discus toss.

Landon Waldrop led the boys efforts with wins in the long jump, triple jump, and 110H. The boys other winners were the 4x800 Relay team of Logan Beckmier, Jacob Adcock, Cruz Hale, and Lyle Adcock at 8:46.11 for a 12 second victory. Max Duzan sprinted to victory in the 200m in an excellent 23.55pr. Cash Hale rounded the quarter mile in a PR of 58.42 and contributed to the 2nd place 4x400 quartet that included Easton Frederick, Justin Schrock, and Payton Warrior (3:51.43).

## ALAH Results

**Girls 100m** - 4th - Romine, 14.19; 11th - Thompson, 15.43.

**Boys 100m** - 13th - Gingerich, 13.23; 18th - Soard, 13.73.

**Girls 200m** - 3rd - Graham, 28.99pr; 8th - Vanda, 31.5pr; 14th - Richards, 33.86.

**Boys 200m** - 1st - Duzan, 23:55; 9th, Gingerich - 26.61.

**Girls 400m** - 4th - Burton, 1:07.46pr; 16th - Forman, 1:21.61pr

**Boys 400m** - 9th - Cash Hale, 58.42pr; 19th - Beck,

1:11.49pr.

**Boys 800m** - 8th - Keagle, 2:41.14; 11th - Allen, 2:59.69.

**Girls 1600m** - 4th - Krutsinger, 6:45.76.

**Girls 3200m** - 1st - Ruby Burton, 13:43.54pr; 3rd - Kimberly Krutsinger, 14:31.29.

**Girls 100H** - 8th - Mendoza, 21:02; 11th - L Edwards, 24.76

**Boys 110H** - 1st - Waldrop, 16.87; 4th - Appleby, 20.77.

**Boys 300H** - 4th - Appleby, 51.63; 5th - Taylor, 52.36.

**Girls 4x100 Relay** - 2nd - 53.94, Romine, E Edwards, Carrillo, Graham.

**Boys 4x100 Relay** - 7th - 48:05, Frederick, Warrior, Schrock, Zander.

**Girls 4x200 Relay** - 2nd - 1:54.67, Romine, E Edwards, Carrillo, Graham.

**Boys 4x200 Relay** - 6th - 1:40.10, Frederick, Warrior, Schrock, Zander.

**Girls 4x400 Relay** - 3rd - 4:33.49, E Edwards Romine, Carrillo, Burton.

**Boys 4x400 Relay** - 2nd - 3:51.43, Cash Hale, Warrior, Schrock, Frederick

**Girls 4x800 Relay** - 3rd - 13:02.30, Arnett, Forman, Vanda, Rohacs.

**Boys 4x800 Relay** - 1st - 8:46.11, Beckmier, J Adcock, Cruz Hale, L Adcock.

**Girls Shot Put** - 2nd - Clark, 9.24m; 11th - Rogers, 7.70m

**Boys Shot Put** - 5th - Tighe, 11.66m; 24th - Dick, 7.41m; 25th - Morfey, 6.85m.

**Girls Discus** - 5th - Clark, 24.43m; 16th - Mendoza,



Kimberly Krutsinger, left and Ruby Burton, middle, both freshman on the ALAH high school girls track team run in the 3200 meter run at the Tri-Co. meet at Sullivan last week. Ruby would finish in first place with a PR time of 13:43.54 and Kimberly would take third in 14:31.29, also a PR.

18.99m

**Boys Discus** - 12th - Tighe, 29.84m; 16th - Morfey, 28.31m; 25th - Taylor, 18.63m.

**Girls Long Jump** - 8th - Thompson, 4.12; 12th - Klay, 3.57

**Boys Long Jump** - 1st - Waldrop, 6.16m; 7th - Frederick, 5.20m; 18th - Keagle, 4.37m.

**Girls Triple Jump** - 3rd - E Edwards, 9.26m; 7th - Burton, 8.16m; 9th - Thompson, 8.03m

**Boys Triple Jump** - 1st - Waldrop, 12.40; 9th - Keagle, 9.37m; 10th - Zandar, 9.36m.



Knights sophomore Kori Klay sails into the long jump pit at the high school Tri-County meet at Sullivan on April 18. Kori's best effort at the meet was 3.57m or about 11' 9".



Sophomore Naithan Zander takes off on the lead leg of the Knights 4 X 200 meter relay in the high school Tri-County meet at Sullivan. Justin Schrock, Easton Frederick and Payton Warrior ran the other three legs on the relay that placed sixth in a time of 1:40.10.



The 4 X 800 meter relay team of Gracie Arnett, Lily Vanda, pictured here, Emma Forman and Lindsay Rohacs took third place in the event at the Tri-County (Douglas, Moultrie and Shelby) meet at Sullivan on April 18.



In the 400 meters at the Tri-County meet last week, Knights freshman Cash Hale ran a PR time of 58.42. Cash would also run a leg of the Knights 4 X 400 meter relay that finished in second place in an exciting last race of the meet.



Skyler Gingerich, second from right, a sophomore on the Knights boys track team sprints to the finish in his heat of the 100 meter dash at the Tri-County meet at Sullivan last week. Skyler ran a time of 13.23 in the race.



ALAH junior Kaylee Thompson, second from left, runs in her heat of the 100 meter dash at the annual Tri-County meet held in Sullivan last week. She ran a time of 15.43 in the race. The Knights girls team finished in third in the team standings with ten teams competing in the meet.



ALAH freshman Parker Beck takes off in the 400 meters at the annual Tri-County meet at Sullivan on Tuesday, April 18. Parker's time of 1:11.49 was a PR for him. The Knights boys team finished in fourth place in the ten team meet.