

ALAH JV Track At Salt Fork

The Frosh/Soph members of the ALAH Track squads traveled to Catlin April 24 to compete with Rantoul, Urbana Uni High, and the hosts Salt Fork. Tolono Unity Sent their boys only. The girls won their division with 156 points to out pace Rantoul's 102. The boys finished 4th with 76.

The girl's win was led by Alex Clark's double win in the throwing rings (SP-29'6 1/2"/ Discus-82'6") and 1st place efforts in all 4 relay events. Grace Romine, Alyssa Richards, Ruby Burton, and Skyleer Graham won the 4x100 Relay in 54.47. Romine and Graham teamed with Josie Carrillo and Lily Vanda to capture the 4x200 in 1:57.28. Vanda shared the baton with Gracie Arnett, Emma Forman, and Lyndsay Rohacs to win the 4x400 (5:14.61), while Arnett, Forman, Vanda, and Kimberly Krutsinger teamed up to win the 4x800(12:57.00). The 100m & 200m sprints featured 2,3,4 finishes by Gra-

ham/13.94, Romine/14.41, Carrillo/14.42 and Carrillo/29.54, Graham/29.67, Burton/29.96 respectively.

Boys highlights included Cruz Hale and his lone 1st place finish for the Knights. He dominated his first attempt at the 3200m in 11:17.51. The 4x100(48.67) and 4x200 (1:40.27) group of Zander, Schrock, Frederick, Warrior finished 2nd both races while the 4x400(3:56.39) of Schrock, Frederick and the Hale twins also crossed the line in 2nd. The 4x800 quartet of Keagle, Allen and the Hale's finished 3rd in 9:58.

Other results include: Boys 100 - Gingerich, 8th, 13.04; Soard, 13th, 13.89.

Boys 200 - Frederick, 4th, 25.83pr; Gingerich, 8th, 26.41pr; Soard, 14th, 27.73pr.

Boys 400 - Cash Hale, 4th, 59.80

Girls 400 - Vanda, 3rd, 1:13.13pr; Rohacs, 7th, 1:20.16.

Boys 800 - Keagle, 9th,

2:37.75; Allen, 11th, 3:08.83.

Girls 800 - Krutsinger, 2nd, 2:51.88pr; Arnett, 6th, 3:32.63.

Girls 1600 - Krutsinger, 2nd, 6:39.40

Boys 110H - Appleby, 5th, 19.91pr

Girls 100H - Mendoza, 2nd, 21.00pr; Edwards, 3rd, 25.05

Boys 300H - Appleby, 11th, 54.32

Girls 300H - Romine, 3rd, 1:01.64; Mendoza, 4th, 1:10.10; Edwards, 1:15.03

Boys Shot Put - Tighe, 2nd, 40' 1/2"; Morfey, 14th, 25'8 1/4"

Girls Shot Put - Mendoza, 5th, 21'11"

Boys Discus - Morfey, 3rd/86'11"; Tighe, 4th/85'1"

Girls Discus - Mendoza, 7th, 54'8 3/4"

Boys High Jump - Cash Hale, 2nd, 4'8"

Boys Long Jump - Keagle, 7th, 13'7 1/2"

Girls Long Jump - Edwards, 6th, 9'7 1/2"

Girls Triple Jump - Burton, 2nd, 26'7 1/2"

ALAH Girls Track At Monticello

The ALAH Lady Knights Track & Field team attended the Lady Sages Invitational on Friday, April 28. This meet always features a loaded entry list. The top 3 schools in this deal (Seneca, Unity, Normal University High) may very well be the three Class 2A trophy winners at State in 3 weeks. Throw in possible 1A podium dwellers Tuscola and Shelbyville and the locals faced the toughest test of the season.

The Knight's relays continue to be their strong suit with the 4 x 100 and 4x200 teams scoring the only points of the evening. Both finished 6th with Carrillo, E.Edwards, Graham, and Romine in the 4x100 (53.62) season best, and Car-

rillo, Burton, Graham and Romine in the 4x2(1:54.22). Personal Best efforts came from Alex Clark in Shot Put (8th/31'), Lily Vanda 400 (18th/1:11.21), Grace Romine 200 (7th/28.47), and Emma Forman 200(27th/33.65).

Next up is the Tuscola JV Invite on Monday May 1 and the Lincoln Prairie Conference Championships on Friday May 5th hosted by ALAH starting at 2:30pm.

Other Results - 100m, Graham, 11th, 14.02; Richards, 30th, 15.31.

400m: Rohacs, 27th, 1:20.81

800m: Arnett, 30th, 3:09.91

1600: Krutsinger, 21st, 6:38.63

3200: Burton, 12th,

13:57.55; Krutsinger, 15th, 14:28.29.

100H: Mendoza, 19th, 23.15

300H: E. Edwards, 12th, 56:02

4x400 Relay: 10th, 4:49.88, Burton, Carrillo, E.Edwards, Graham

4x800 Relay: 9th, 12:47.90, Arnett, Forman, Vanda, Rohacs.

Shot Put: Rogers, 21st, 25'3 1/4"

Discus: Clark, 17th, 75'10 1/4"

Long Jump: Thompson, 18th, 13'11 3/4"; Klay, 30th, 12'3".

Triple Jump: E. Edwards, 12th, 29'3 1/4"; Thompson, 16th, 27'7 1/2".

Knights Baseball Goes 2-0; Hilligoss Throws No-Hitter

ALAH Blows Away Argenta-Oreana by Eight Runs

The Knights cruised to an easy victory over the Bombers 10-2 last Friday on the road.

ALAH opened up the scoring in the first inning. A sacrifice bunt by Dalton Vanausdoll scored one run for ALAH.

Senior Clay Seal pitched the Knights to victory. The lefty went six and two-thirds innings, allowing two runs on four hits and striking out ten. Will Hilligoss threw one-third of an inning in relief out of the bullpen.

ALAH totaled ten hits in the game. Wyatt Hilligoss, Logan Schrock, and Maddix Stirrett

each managed multiple hits. Logan Schrock and Wyatt Hilligoss each collected three hits to lead the team.

Knights Hilligoss Throws No-Hitter to Defeat Heritage Hawks

Senior Wyatt Hilligoss was brilliant on the hill on Monday at home as Hilligoss threw a no-hitter to lead ALAH past Heritage 9-0.

The Knights fired up the offense in the first inning when Maddix Stirrett grounded out, scoring one run.

ALAH tallied four runs in the second inning driven by a single by Lucas Butcher, Kody Kornewald, and an error on a

ball put in play by Maddix Stirrett.

Hilligoss earned the win as the righthander went seven innings, allowing zero runs on zero hits and striking out 15.

Rylan White was on the pitcher's mound for Heritage Hawks.

ALAH tallied ten hits in the game. Will Hilligoss, Lucas Butcher, and Braden Kauffman all managed multiple hits. Will Hilligoss led ALAH with three hits in four at bats.

The Knights didn't commit a single error in the field. Hunter Grant had the most chances in the field with 16.

Arthur Christian School Scoreboard

Girls Varsity Soccer

Michael Robey, Head Coach

April 28 @ ACS

Record 7-7-1

ACS 2

Uni High 1

Game Stats:

Goals: Lucy Rutledge, Malaya Brady

Assists: Lucy Rutledge

GK Saves: Liana Kauffman 5, Libby Henry 4, Izzy Swanson 2

April 26 @ Bloomington

ACS 4

Bloomington 6

Game Stats:

Goals: Malaya Brady 2, Lucy Rutledge 2

Assists: Malaya Brady, Lucy Rutledge, Liana Kauffman, Selah Wheeler

GK Saves: Liana Kauffman 6, Libby Henry 2

Baseball

April 29 @ ACS

Game 1

ACS 3

Heritage Christian 5

ACS splits the doubleheader with Heritage Christian (IN), Saturday afternoon at home.

Game 2

ACS 8

Heritage Christian 1

Game 2 was all Conquering Riders as senior Caden Henry hit for the cycle and Brock Helmuth pitched 6.1 innings of 1 run baseball, striking out 6 batters. Junior outfielder, Samuel Goff also played a big part, finishing the day with four hits and several quality defensive plays in right field.

April 25 @ Paris

ACS 5

Paris 14

Six Conquering Riders recorded a hit led by Ethan Petersheim who doubled and drove in a run.

April 24 @ ACS

ACS 13

Cornerstone Christian 6

Conquering Riders won their fourth game in a row, downing fellow ECIC member Bloomington Cornerstone, 13-6. Brock Helmuth struck out five over six innings of work to earn the win. Cody Kuhns led the way at the plate going 3-4 with a HR and 2 RBI. Caden Henry had a big day as well, finishing 2-3 with 3 RBI and 2 walks.

Next games: May 8 @ Cornerstone, May 11 @ Marshall, May 16 @ Rantoul, and May 18 & 19 @ Calumet, IN.



Lyle Adcock heads to the finish line of 800 meters to finish 4th at Spartan Classic.

Knight's Boys Run Spartan Classic

The ALAH boys track and field squad went to St. Joseph Friday April 28th to participate in the SJO Spartan Classic. Class 2A powers Mt Zion and Mahomet-Seymour dominated team scoring with host and future 2A school SJO finishing 3rd. Judah Christian's one man powerhouse Daryl Okeke finished 4th with 1A State trophy hopefuls Tuscola, Ridgeview and Salt Fork in the top 10.

The local tracksters wind up 12th of 28 teams with 25 points. Lyle Adcock and Logan Beckmier score 24 of them with the F/S 4x100 team of Gingerich, Schrock, Frederick, and Warrior gathering 1 point for 6th in 48.19.

Lyle Adcock has a career meet finishing 4th in the 800 at 2:05.34 and following that with a monster 1600 effort of 4:32.27 (9 second PR) while out-sprinting teammate Logan Beckmier (4:32.70) to the finish. They finish 2nd and 3rd respectively behind Mt.Zion standout Julian Baker. Beckmier warmed up for the 1600 with a 3rd place finish in the 3200 (9:33.11).

Boys run next at Tuscola JV Invite Monday May 1 and LPC Championship at home on Friday May 5.

Other Results -

100m Varsity, Gingerich, 29, 13.13; Casteel, 35, 13.73;

100m JV, Warrior, 8, 12.35;

Frederick, 29, 13.20

200 Varsity, Schrock, 23,

26.50; 200 JV, Gingerich, 26.96

400 JV, Cash Hale, 31,

1:03.35; Beck, 1:10.91pr

800, Cruz Hale, 14, 2:12.87

1600 JV, Cruz Hale, 10,

4:59.66; Keagle, 29, 5:54.75pr

3200, Jacob Adcock, 8,

10:28.27

110H, Appleby, 29, 20.98

300H, Appleby, 34, 53.86

4x200 Relay, 14, 1:41.16

(Gingerich, Schrock, Freder-

ick, Warrior)

4x400 Relay, 14, 3:59.94

(Hale, Hale, Schrock, Warrior)

Shot Put, Tighe, 15, 42'6"pr

Triple Jump, Cash Hale,

33'11 1/2"pr.



Lyle Adcock (#6) and Cruz Hale (#12) at start of 800 meter run at Spartan Classic.

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