

## JHOC

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24' 10", second

**Discus:** Ashby Coblentz 67' 10", second; Laila Sanchez 49' 0"

**Long Jump:** Leighton Poulos 15' 0.5", third; Maleyna Vanausdoll 13' 5"

**High Jump:** Ella Oye 4' 3", fourth; Cassidy Rohacs 3' 10", fifth

**100 M Hurdles:** Cassidy Rohacs 17.16, first; Riley Strode 19.59, fourth

**100M:** Leighton Poulos 13.90, third; Maleyna Vanausdoll 14.67

**200M:** Reece Oye 31.03; Norma Mendoza 31.41

**400M:** Sophia Johnson 1:12.88; third; Riley Strode 1:14.21, fourth

**800M:** Morgan Casteel 2:42.41, first; Embrey Reardon 2:49.45, second

**1600M:** Morgan Casteel 6:00.92, first; Embrey Reardon 6:17.84, second

**400M Relay:** Arthur Lovington Atwood Hammond 56.80, fourth (Cassidy Rohacs, Reece Oye, Leighton Poulos, Maleyna Vanausdoll)

**800M Relay:** None

**1600M Relay:** Arthur Lovington Atwood Hammond 5:03.43, first (Riley Strode, Reece Oye, Embrey Reardon, Cassidy Rohacs)

### 7th Grade ALAH Boys Team and Individual Results Jr. High Okaw Conference May 2, 2023

**Team results:** 1. Arthur Lovington Atwood Hammond 103; 2. Villa Grove 91; 3. Tuscola 74; 4. Arcola 49; 5. Okaw Valley 40; 6. Cerro Gordo Bement 29; 7. Oakland Lake Crest 14

**Discus:** Alex Olivero 93' 7", second; Donovan Vanausdoll 76' 9", sixth

**Shot Put:** Alex Olivero 35' 0", second; Donovan Vanausdoll 28' 6", fifth

**Long Jump:** Greyson Yoder 12' 1.5"; Conner Crabtree 11' 3"

**High Jump:** Beau Green 4' 7", fourth

**110 M Hurdles:** Jase Kingery 20.01, second; Conner Crabtree 22.55

**100M:** Faemus Davison 13.35, third; Bentley Hutson 13.60, sixth

**200M:** Faemus Davison



ALAH Cassidy Rohacs has a big lead in the 100 meter hurdle race at the Jr. High Okaw Conference meet last week. She won the event in a PR of 17.16. Teammate Riley Strode, second from left, would finish fourth in a PR of 19.59.

27.54, second; Alex Olivero 29.95

**400M:** Bentley Hutson 1:03.42, first; Solly Binion 1:20.73

**800M:** Beau Green 2:33.79, first; Colton Snyder 2:46.39, sixth

**1600M:** Beau Green 5:32.14, first; Colton Snyder 5:49.88, second

**400M Relay:** Arthur Lovington Atwood Hammond 1:00.85, fourth (Donovan Vanausdoll, Anthony Graham, Conner Crabtree, Cannon Doggett)

**800M Relay:** Arthur Lovington Atwood Hammond 1:58.60, second (Bentley Hutson, Alex Olivero, Jase Kingery, Faemus Davison)

**1600M Relay:** Arthur Lovington Atwood Hammond 4:38.99, second (Jase Kingery, Beau Green, Anden Berry, Bentley Hutson)

### 8th Grade ALAH Boys Team and Individual Results Jr. High Okaw Conference May 2, 2023

**Team results:** 1. Tuscola 106; 2. Arcola 102; 3. Arthur Lovington Atwood Hammond 71; 4. Villa Grove 48; 5. Okaw Valley 33; 6. Cerro Gordo Bement 27; 7. Oakland Lake Crest 13

**Discus:** Cameron McGill 64' 8"

**Shot Put:** Joshua Taylor 32' 8"; Nick Rafferty 31' 1.25"

**High Jump:** Cooper Shoemaker 5' 7", second; Tyler Lisanby 4' 9", fourth

**Long Jump:** Coye Grant 13' 2"

**110 M Hurdles:** Tyler Lisanby 20.55, fifth

**100M:** Max Boddy 12.38,

third; Owen Herring 13.13, sixth

**200M:** Max Boddy 24.92, second; Owen Herring 26.84, fifth

**400M:** Cooper Shoemaker 1:09.05; Joshua Taylor 1:09.33

**800M:** Preston Gingerich 2:34.13, third; Coye Grant 2:47.62, fifth

**1600M:** Preston Gingerich 5:19.16, first; Coye Grant 5:38.96, fourth

**400M Relay:** Arthur Lovington Atwood Hammond 58.17, fifth (Preston Gingerich, Dylan Ingersoll, Coye Grant, Joshua Taylor)

**800M Relay:** Arthur Lovington Atwood Hammond 1:49.00, second (Owen Herring, Tyler Lisanby, Cooper Shoemaker, Max Boddy)

**1600M Relay:** Arthur Lovington Atwood Hammond 4:14.83, second (Owen Herring, Max Boddy, Cooper Shoemaker, Tyler Lisanby)



ALAH eighth grader Preston Gingerich sprints to the finish of the JHOC 1600 meter run last week at Tuscola. Preston earned a conference title with the win in a time of 5:1



ALAH's Bentley Hutson comes down the straightaway in the seventh grade boys 400 meters at the Jr. High Okaw Conference meet in Tuscola last week. Bentley won the race with a time of 1:03.42.



Ella Oye, left and Gwen Herring, right, compete in the 1600 meter run at the JH conference meet on May 2 at Tuscola. Ella would finish third in 6:36.89 with Gwen right behind her in fourth at 6:41.11.



Knights eighth grader Max Boddy takes the relay baton from teammate Owen Herring in the 4 X 400 meter relay at the conference meet at Tuscola on May 2. Cooper Shoemaker and Tyler Lisanby ran the other two legs of the relay that finished second with a time of 4:14.83. Max and Owen scored in the 100 and 200 meters and also ran legs of the second place 4 X 200 meter relay. The eighth grade boys just missed earning a conference plaque as they finished in third place in the team standings.



In the eighth grade 1600 meter run, ALAH's Morgan Casteel in front, and Embrey Reardon, behind Morgan, took first and second in times of 6:00.92 and 6:17.84 respectively. 1-2 finishes like theirs enabled the eighth grade girls to bring home the Jr. High Okaw Conference team championship.