

# Knights Boys Win LPC Championship

ALAH played host to 10 conference rivals for the Lincoln Prairie Conference Track & Field Championships Friday May 5. The boys squad wins the meet for the 3rd year in a row capturing the championship by 6 points with a victory in the day's final event, the 4 x 400 Relay.

As has been the case most of the season, the Knight's talented distance runners provided a big chunk of the points. All-Stater Logan Beckmier dominated the 1600 (4:41.33) and 3200 (9:51.48) (new meet record) and picked up valuable 3rd place points in the 400 (54.89) while also running the opening leg of the victorious, record setting 4 x 400 relay (3:45.84). Lyle Adcock played a big role while winning the 800 (2:06.22), placing 2nd in the 1600 (4:46.01) and anchoring the winning 4 x 400 race. Jacob Adcock contributed a 3rd place finish in the 3200 (10:36.15) and the 2nd leg on the 4 x 4 while Freshman Cruz Hale secures 5th in the 800 (2:11.14) while also pitching in a quarter mile in the 4 x 4 team and a half mile leg in the 4 x 800.

Frosh Easton Frederick made a statement winning his section of the 200m (25.35pr) to secure the 4th place points. Landon Waldrop bounds to 2nd place in the Long Jump (19'2") but suffered injury on his final jump. He was forced to withdraw from his other events where he was the #1 pre meet seed in each. Cash Hale places 6th in both the High Jump (5'4") and Triple Jump (34'8"pr) while running a leg on the 5th place 4 x 800 quartet. Jacob Tighe scored a 3rd in the Shot Put with a PR effort of 41'10" while Ryan Appleby takes a 3rd in the 110H (20.30) and Colton Taylor takes 4th in the 300H (55.34).

Besides the 4 x 400 championship, the Knights scored in the other 3 relays as well. The 4x100 and 4x200 teams of freshmen Gingerich, Schrock, Frederick, and Warrior ran to 4th(48.19) and 3rd (1:40.59) respectively. The all freshmen 4 x 800 group of Cash & Cruz Hale, Parker Beck, and Tristan Keagle take 5th in 10:09.95.

## Other Knight's Boys Results:

**100m:** Payton Warrior, 7th, 12.29

**400m:** Cash Hale, 9th, 1:00.16

**Shot Put:** Parker Dick, 21st, 26'5"

**Discus:** Jacob Tighe, 9th, 98'7"pr; Kamden Morfeý, 10th, 98'1"pr.

**Boys Team Scores:** ALAH - 104, Villa Grove-98, Cerro Gordo Bement-86, Cumberland-65, Arcola-60, Blue Ridge-44, Argenta-Oreana-41, Heritage-21, Okaw Valley-16, Tri County-13, Sangamon Valley-5.

The Lady Knights ran, jumped, and threw to a competitive 3rd in the team standings with a team dominated by Freshmen. The relays provided points in each event with the highlight being the winning 4 x 200 team of Emma Edwards, Ruby Burton, Grace Romine, and Skyler Graham setting a meet record of 1:55.36. The 4 x 400 quartet of Edwards, Lilly Vanda, Burton and Josie Carrillo place 2nd in 4:34.12. The 4 x 100 squad (Romine, Carillo, Kaylee Thompson, and Graham) pass the stick to 5th place in 54.32. The 4x800 runners (Lyndsay Rohacs, Emma Forman, Lilly Vanda, and Grace Arnett) gather the 6th place point (12:52.93)

Besides her outstanding relay efforts, Josie Carrillo completes a very difficult double dropping a big PR in the 800 finishing 2nd in 2:37.97 and



ALAH distance Lyle Dorjahn is with four of his distance runners who had just finished winning the 4 X 400 meter relay to close the 2023 Lincoln Prairie Conference meet. Their victory also earned the Knights boys team the conference team title. The relay's time of 3:45.84 established a new meet record breaking the old record of 3:46.75 that was set by CGB last year.

6th in the 400 at 1:06.88. Ruby Burton and Kimberly Krutsinger each double up in the 1600/3200. Ruby takes 3rd in 3200 (14:05.65) and 5th in 1600 (6:18.77) while Kimberly scores 5th place 3200 points (14:22.28pr) and takes 7th in 1600 (6:37.46). Skyler Graham (100/14.03) and Grace Romine (200/29.20) both take 5th in the short sprints. Delilah Mendoza scores 6th in the 110H (22.28) while Senior leader Emma Edwards takes a 2nd in Triple

Jump (29'11 1/2") and 3rd in 300H (54.81) and contributes to the record setting 4x200 team and the 4x400 group. Alex Clark takes a pair of 3rd place ribbons home in the Shot Put (29'7 1/2") and Discus (86'3").

## Other Knight's Ladies Results:

**100m:** Romine, 7th, 14.09.

**200m:** Graham, 8th, 29.71

**400m:** Vanda, 9th, 1:11.06pr

**800m:** Arnett, 9th, 3:16.82

**100H:** Lilian Edwards, 7th, 23.60

**300H:** Mendoza, 1:08.19pr

**Shot Put:** Sarah Rogers, 11th, 25'9 1/2"

**Discus:** Mendoza, 14th, 60' 1/2"

**Long Jump:** Thompson, 10th, 13'

**Triple Jump:** Thompson, 7th, 25'11 1/2"

**Girls Team Scores:** Cerro

Gordo Bement-121, Arcola-77,

ALAH-71, Blue Ridge-59, Sangamon

Valley-56, Argenta-

Oreana-31, Okaw Valley-30, Tri County-30, Cumberland-23, Villa Grove-20, Heritage-8

Next up for the ALAH thin-clads, girls run state qualifying Sectionals at Okaw Valley (Bethany) on Thursday May 11. The boys JV squad runs at Unity on Wednesday May 10 and the boys varsity runs the first ever Decatur St Teresa Invite on Friday May 12.



Running in her last Lincoln Prairie Conference meet, senior Emma Edwards passes the baton to teammate Lily Vanda in the 4 X 400 meter relay at home last Friday. Ruby Burton and Josie Carrillo ran the other two legs of the relay that finished third with a time of 4:34.12. The Knights girls team was third in the team standings, just six points behind second.



Knights junior Landon Waldrop leaps into the long jump pit at the LPC meet at home on May 5. Landon's best jump of 5.85 meters or about 19' 2" was good for second place in the event. Unfortunately a nagging injury kept him from his other three events, the triple jump and the 110 and 300 meter hurdles races in which he was the favorite.



Veteran track meet starter, Bruce Weiman rings the bell as the Knights' Logan Beckmier heads into the last of his eight laps of the 3200 meter run at the annual conference meet at home last Friday. Logan would win a conference championship in the event and shatter the meet record of 10:38.01 set in 2021 with a time of 9:51.48.



Alex Clark, a freshman on the Knights girls track and field team, lets her discus fly in the LPC meet at home on May 5. Alex has a very bright future as she took third in both of the throws events in the annual conference meet. Her discus throw was 26.28 meters or about 86' 2" and her shot put went 9.03 meters or about 29' 8".



Skyler Graham #4 brings home the baton in the 4 X 200 meter relay at the conference meet last week. Skyler along with two other freshmen, Gracie Romine and Ruby Burton and senior Emma Edwards won the race in a time of 1:55.36 which broke the meet record of 2:00.22 set in 2021 by Okaw Valley.



In the girls 800 meter run Josie Carrillo #7 comes down the straightaway to the finish line. Her time of 2:37.97 was a PR and earned her second place in the event. Josie is another promising freshman on the Knights girls team.



ALAH senior distance runner Lyle Adcock holds off CGB's Will Fuson #2 in the last fifty meters of the 800 meter race at the Lincoln Prairie Conference meet at home on May 2. Lyle ran a 2:06.22 to earn a conference championship in the event.