



Issue 5, March 15th, 2023



[Team Website](#)

[Dundee Crown Meet Results](#) - [Bob Nihells Meet Results](#) - [Pictures](#)

## [Nihells Highlight Video](#)

### **Meet Recaps**

This week, we had an open meet at Dundee Crown followed by hosting the Bob Nihells Invite on Saturday. The Dundee Crown meet saw the distance runners and jumpers lead a PR parade, setting up the team for success on Saturday.

Saturday was by far our team's best performance of the year, capturing 2nd place on both Varsity and Fresh/Soph. The team took to heart the idea of performing well for our home meet, and it was a delight to see so many athletes stand up at the team meeting when we announced our PR's.

Tyler Michelini broke the 60 foot barrier in his shot put victory, making him the 4th thrower in Lake Park history to do so. Other event winners included our varsity 4x8 breaking 9 minutes, Charlie Michelini in the F/S shot put, and Josh Brown clearing 6'2 to win the varsity high jump.

This upcoming week is the DuKane Conference championship, which is our most important team meet of the indoor season. We look forward to seeing where our boys stack up against our conference rivals. Meet info and bus times are on our team website under "Meet Schedule."



Varsity (Left) and Fresh/Soph (Right) proudly displaying the team awards



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### **Athletes of the Meet**

Each meet, we award a varsity athlete our Shield and a frosh/soph athlete our Sword.

- Shield
  - Dundee Crown - Rodrigo Gonzalez for his 2 foot PR in the shot put and going up to #5 all-time in Lake Park history
  - Nihells #1 - Josh Brown for a double PR, including 4 inches in the high jump to win and jump 6'2, which is an all-time top 10 mark
  - Nihells #2 - Alex Panagiotopoulos for a 2 foot PR in the triple jump and cracking the 40 barrier
- Sword
  - Dundee Crown - Wesley Bauernfreund for his double PR in the 55 hurdles and triple jump
  - Nihells #1 - Yhoskar Ruiz Capote for a half second PR and win in the 55 hurdles, plus two fast relay legs on the 4x2 and 4x4
  - Nihells #2 - Charlie Michelini for winning the shot put with a PR



### **Personal Records**

DJ Ritter (55, 200), PJ Anderson (55, Long Jump), Anthony Orestano (200), Sheryaar Khan (200), Andy Gonzalez (400), Teigen Allison (800), Jimmy Jalowiec (1600), Bob Sibigroth (HJ), Andrew Donato (200), Aiden Bossier (1600), Connor Ballard (1600), Xavier Vargas (1600), Gershon Acolatse (1600), Andy Gonzalez (55 Hurdles), Wesley Bauernfreund (55 Hurdles, Triple Jump), Austin Lindenmuth (Shot Put), Lucas Boebel (Pole Vault), Gino Orestano (Triple Jump), Kyle Van Winkle (Triple Jump, High Jump)



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### **Scoring Performances at Bob Nihells Invite**

Top 8 score points for the team at invationals, so we honor those high placing athletes.

#### **Varsity**

Tyler Michelini	1st - Shot Put (PR)
Josh Brown	1st - High Jump (PR)
Zegger, Torres	1st - 4x800 Relay (PR)
Bossier, Banducci	
Stephen O'Connor	2nd - Pole Vault (PR)
James Guevarra	2nd - 3200m (PR)
Adrian Przestrzelski	3rd - Triple Jump
Nick Sheklarevski	3rd - 3200m (PR)
Gino Cardone	4th - Shot Put
Bryan Pochowicz	5th - High Jump (PR)
Vinny Lanzito	5th - Pole Vault (PR)
Armand Voloder	6th - Shot Put (PR)
Jake Zegger	6th - 1600m (PR)
D. Tucci, Khoury,	5th - 4x200m Relay (PR)
Gironda, J. Tucci	
Alex Panagiotopoulos	8th - Triple Jump (PR)
A. Gonzalez, Bossier,	8th - 4x400m Relay (PR)
Torres, Matson	

#### **Fresh/Soph**

Yhoskar Ruiz Capote	1st - 55m Hurdles (PR)
Charlie Michelini	1st - Shot Put (PR)
Genji Matsuyama	2nd - Triple Jump
	7th - Long Jump (PR)
Anthony Orestano	2nd - Pole Vault (PR)
Bibiano, Gaffey	2nd - 4x800m Relay (PR)
Bernal, Skupien	
Ademi, Ruiz Capote	3rd - 4x400m Relay (PR)
Biagi, Nash	







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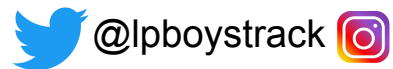
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Jonny Ademi	3rd - Pole Vault (PR)
Demari Richmond	4th - 55m Hurdles (PR)
	5th - Triple Jump
Gael Bibiano	4th - 800m (PR)
Brendan Gaffey	4th - 1600m (PR)
Joe Bruce	4th - 3200m (PR)
Joe Juliano	4th - High Jump (PR)
Aiden Patel	5th - Long Jump (PR)
Ademi, Ruiz Capote	5th - 4x200m Relay (PR)
Nash, A. Orestano	
Rodrigo Gonzalez	5th - Shot Put
KJ Hoytt	6th - Triple Jump (PR)
Jamarious Bassette	6th - 3200m (PR)
Holden Anderson	6th - 1600m (PR)
Nick Zegger	6th - 800m (PR)
Sam Biagi	6th - 400m (PR)
Zino DiFranco	7th - Pole Vault (PR)
Joey Michelini	8th - Shot Put (PR)





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## **Rankings**

Each week we recognize those who have made history for our program by making our all-time top 10 list, as well as athletes who are ranked highly in the state of Illinois.

### **Top 10 in LP History**

#### **Varsity**

Tyler Michelini	#4 Shot Put - 60'2.5
D. Tucci, Khoury, Girona, J. Tucci	#8 4x200m - 1:36.71
Josh Brown	#9 High Jump - 6'2

#### **Sophomore**

Ademi, Ruiz Capote, Nash Orestano	#2 4x200m - 1:40.58
Yhoskar Ruiz Capote	#9 55m Hurdles - 8.60

#### **Freshmen**

Anthony Orestano	#2 200m - 24.87
	#3 Pole Vault - 10'2
Demari Richmond	#4 55m Hurdles - 9.32
Jonny Ademi	#4 Pole Vault - 10'0
Rodrigo Gonzalez	#5 Shot Put - 41'5.5
Nick Sheklarevski	#6 3200m - 10:35.97
	#8 800m - 2:19.34
Sam Biagi	#6 400m - 58.96
Lucas Boebel	#7 Pole Vault - 9'0
Jamarious Bassette	#9 800m - 2:19.54
Aiden Patel	#9 Long Jump - 18'10
Nick Zegger	#10 800m - 2:20.07

### **Top 25 in 3A**

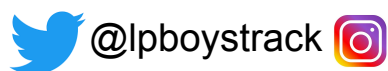
#### **Varsity**

Tyler Michelini	#3 Shot Put - 60'2.5
John Turner	#9 High Jump - 6'4
Jake Zegger	#12 Mile - 4:52.04
Gino Cardone	#13 Shot Put - 51'5
Josh Brown	#18 High Jump - 6'2
James Guevarra	#19 Mile - 5:00.74
Stephen O'Connor	#23 Pole Vault - 13'2





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### **Sophomore**

Charlie Michelini #5 Shot Put - 46'6.75  
Yhoskar Ruiz-Capote #8 55m Hurdles - 8.60

### **Freshmen**

Rodrigo Gonzalez #3 Shot Put - 41'5.5  
Anthony Orestano #5 Pole Vault - 10'2  
#9 400m - 55.90  
#12 55m - 7.11  
#24 200m - 24.87  
Demari Richmond #6 55m Hurdles - 9.32  
#7 Triple Jump - 37'8  
Jonny Ademi #6 Pole Vault - 10'0  
Lucas Boebel #9 Pole Vault - 9'0  
Nick Sheklarevski #11 3200m - 10:35.97  
Jamarious Bassette #11 600m - 1:39.82  
Aiden Patel #11 Long Jump - 18'7.25  
#21 55m - 7.18  
Joey Michelini #24 Shot Put - 36'2

