

Neuqua Valley Men's Track & Field



Bob Cahoon Invitational (comments on meet with WN/NC also included) April 21st, 2017 @ DGS

<u>Varsity Team Standings</u>	<u>Sophomore Team Standings</u>
1. Oak Park-River Forest 78.5 2. Minooka 73 3. Downers Grove (North) 62.5 4. Bloomington 56 5. Lockport (Twp.) 50 6. Neuqua Valley 38 6. Lincolnshire (Steven...) 38 8. Carol Stream (Glenba...) 35 9. Downers Grove (South) 31 10. Whitney Young 28 11. Winnetka (New Trier) 22 12. Sandburg 14 13. Proviso West 12 14. Hinsdale South 11 15. Benet Academy 5 16. Warren Township 2 16. Morton 2	N/A

<u>Name</u>	<u>Place</u>	<u>Event/Performance</u>	<u>Comment</u>
Blake Stroe	WN/NC Triangular	4:57.6	First time under 5:00! Confidence is growing. Your gait is getting smoother and you are not afraid to test yourself.
Josh Mollway	5th	800 m/1:59.45	You beat some very good runners in this race. By not surging in the middle of the race, you will save that energy to finish strong next time. It sometimes takes 4-5x to figure how to run a race in a season. You are ready to bust one.

Zach Kinne	5th	1600 m/4:23.64	You are starting to show some strength in your races. Running that fast on a cold night, shows you are very capable of running sub 4:20 down the road.
Danny Winek	6th	1600 m/4:24.35	Wow, I would say that was a nice debut. To run that fast in your first all-out effort in 10 months, says a lot about the work you did when you could not run. Champions do what is necessary when no one is looking. You have shown you are championship material.
Ryan Kennedy	7th	1600 m/4:25.54	I was very proud of your effort. You were ENGAGED in this race the entire time. You now KNOW you can run with the State's best. Exciting times ahead.....
Jeremy Hayhurst	9th	3200 m/9:39.86	Most seniors in your position on this team would have phoned it in a long time ago. Your last race at Schaumburg was not good. Instead of giving up, you made it your mission that it would not happen again. Great race that shows you can dip under 9:30 given the right conditions.
Myles Gascon	1st WN/NC Triangular	100 m/10.6	You tied a school record and now you know that you can go under 11 seconds consistently. You are moving from believing that you can do it to knowing that you can. In the 4 x 100 m on Friday, you let go and ran one of the most impressive splits in team history and did so into the wind. Keep doing what you are doing. The marks will follow.
Donovan Turner	1st 1st WN/NC Triangular	110 m HH/15.3 300 m IH/41.9	You have come so far in one year. Even with joining us late, you have already claimed a school record and become our top hurdler while only a sophomore. You have shown that you can not only compete at the Varsity level, but that you can do so with some of the best athletes in the State. Know that you belong and watch what happens!
Isaiah Robinson	2nd 4th	800 m/1:56.57 200 m/22.84	This was the best 800 m race that I have ever seen you run, even if it was not the best time. You got out strong, held your position and finished hard. You only got beat by the best distance runner in the State and he had to work hard to beat you. Plus, placing in the 800 m and 200 m is something that may never be repeated in a competitive invitational. The road ahead is exciting for you.
Kai Larson	2nd	400 m/51.07	The wind and cold kept you from running a great time, but this was a great 400 m from you. You did not get out too hard and were able to have a move at the end. Very soon you will find the sweet spot for balancing getting out hard and being able to finish and when you do, you are going to see some great marks. Also, you are showing some outstanding promise in the short sprints by breaking 11 seconds in the 100 m at the Tuesday meet.
Mitch Donahue	16th	300 m IH/44.63	You just keep dropping time with every meet, despite the conditions. You are quickly figuring out this sport

			and have risen to be one of our top Varsity athletes. You show great tenacity while finishing and never give up. This is going to push you to some great marks as we end the season.
AJ Lighthall		shot put/45-3	You finally broke through this meet! You are consistently one of the hardest working athletes that we have. When you got your right hip to drive through rather than lifting the shot it took off!
Sam Jourdan		shot put / 33-3	You got your mark in! After scratching so many throws you got a solid mark. You are going to be making some great gains at the end of the spring and into the summer as you continue to get better at technique.
Josh Krajacic		shot put/ 45-4	I know the hamstring and the wrist have been bothering you recently but when you put the movement together and trust the training it works!