

Neuqua Valley Men's Track & Field



Arcadia Invitational

April 7-8, 2017

@ Arcadia High School, Arcadia, CA

<u>Varsity Team Standings</u>	<u>Sophomore Team Standings</u>
NA	NA

One way to state Murphy's Law is the following:

"Everything that can go wrong, will, and at the worst possible time."

In many ways, this seemed to be the theme of our trip to the Arcadia Invitational when it came to what occurred on the track. There were some insanely crowded exchanges, some unclear officiating, races with crazy pace changes and a certain unfamiliar style, and the dreaded tactical race when you are trying to run fast.

However, when you look more closely, we were able to strike a balance between success and the pain of learning hard lessons. Our team saw the following list of accomplishments.

- Four athletes ran faster than the State Qualifying Mark in the 3200 m.
- One athlete ran faster than the State Qualifying Mark in the 800 m.
- In the 4 x 200 m, two athlete's splits were faster or near to the State Qualifying Mark in the Open 200 m.
- In the 4 x 1600 m, three athlete's splits were faster or near to the State Qualifying Mark in the 1600 m.
- The 4 x 800 m would have run faster than the State Qualifying Mark without

the problems with the exchanges which will not happen in smaller races.

Only with Neuqua Valley Track and Field, could the above list feel like a disappointment. We all want to do our best, to set our heights high and to achieve more than the past. However, this weekend taught us that we still have work to do before the State Meet in May, while giving us a taste of what could be. Winning has a great feeling, but it does not teach you very much. It is safe to say this Arcadia crew (including the coaches) is much wiser than last week and getting ready to show our new smarts with the rest of the state.

Name	Place	Event/Performance	Comment
Matt Milostan Ryan Kennedy Tyler Bombacino Josh Mollway	2nd	4 x 800 m; 8:02.53 2:01.0 2:03.8 1:59.0 1:57.9	Wow, this was a rough one. 39 teams made for some rough exchanges. Matt and Ryan's exchange took almost 4 seconds to occur because of the traffic. And, after that, we had to run all the way out to lane 9 to make the other two exchanges. We learned that the officials do not dictate anything, and we have to be more aggressive in getting in position to receive the baton.
Kai Larson Nick Mitchell JaQuere Williams Myles Gascon		4 x 200 m; 1:31.54 22.0 22.3 ?? ??	While I do not like to blame officials for the outcomes of races, it is hard not to do so here. This team was running very well with the first two legs running near state qualifying in the 200 m and JaQuere putting us near the lead when he pulled up as Myles could not be seen. The officials had told Myles the incorrect mark. Fortunately, Myles ran back and salvaged the relay with some quick thinking. The lesson here is that you need to be sure of your placement on the track yourself.
Jake McEneaney Tyler Bombacino Scott Anderson Josh Mollway	4th	4 x 1600m; 17:37.22 4:21.8 4:29.2 4:22.8 4:23.8	Who would have thought that this race was going to go out strategic when a national record was on the line? Well, it did, because American Fork ran their slowest guy first. Jake paid with a 66 first lap and could never quite make up the difference in overall time. Tyler is learning what it feels like to double and doubted what he had left. Scott looked simply amazing and coasted a little too much after taking over the lead of the second pack. Josh went out in 60 and paid, especially after running the 4 x 800 m earlier. All in all, a great learning experience for the athletes and coaches.
Jackson Jett	15th	3200 m/9:22.83	This race went out in 30 for the first 200m and then settled to a 37 second 200m. You had trouble

			mentally adjusting to varying paces and did not get into position to challenge the leaders. A strong last 600 m salvaged a decent race, but not what you are capable of running at this point. I like what you said when it was done, "I can't wait until I run with a smaller group because I now have the confidence to run with the best."
Zach Kinne	18th 18th	3200 m/9:31.02 Mile/4:33.48	This was a great experience for you to understand how to run in a crowded field. You made a lot of pace changes that resulted in zapping your strength. The mile showed that you need to do some more racing at higher intensities to get used to running fast. Your focus should now be on doing the little things like getting your sleep, nutrition, and directing your mental energy towards training and developing race plans.
Ryan Kennedy	8th	9:23.08	You did a nice job of running steady and not getting caught up in the varying paces. This resulted in some gaps between you and groups ahead of you, but you did not panic and finished strong. Great effort that should be a huge confidence boost for you to run a fast 1600 m.
Isaiah Robinson	5th	1:55.85	You did a great job of getting out and getting into position. With a little awareness, you can prevent yourself from getting boxed in a set yourself up for a great finish and some big improvements in the next few weeks. Remember, this was only your second 800 m of the season!
JaQuere Williams	30th	50.7	As you get back into racing in the outdoor season, you are going to need to find a balance between getting out and being able to finish and this is something that we will work on in practice. Have faith in your abilities and training and you will see the time drop. You have matured so much in your approach to this sport and it is going to pay off.
Josh Mollway	18th	Mile/4:25.0	You did a nice job of getting up front and making sure the pace stayed honest. However, by doing this, you did more work. Add that to the fact you were tired from the day before, and it was a rough last 600 m for you. After we get in some more races, you will be able to finish much stronger.
Distance Medley Matt Milostan Myles Gascon Tyler Bombacino	14th	10:46.35 3:17 53.7 2:03.0	Wow, we were definitely leg dead. Matt charged hard the last 150 m to finish strong, Myles went for it, Tyler gutted it out, and Ryan realized 500 m into this race that his legs did not want to cooperate.

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