# 2025

#### IHSA Sectional Championship 5/23/25

Varsity - Jacob Rasmussen 4:20 1600m Sectional Champion



#### **NSC Championship** 5/15/25

Varsity - Chris McBride – Triple Jump  $2^{nd}$  <u>PR</u> (State Qu) / 4x1  $2^{nd}$  <u>PR</u> / Long Jump  $7^{th}$  <u>PR</u> / 100m  $6^{th}$ 

Frosh/Soph - Guy Cooley - 1st TJ PR / LJ 7th



#### **Lake County Invitational** 5/8/25

Varsity - Jackson Wicklund (PRd 110s & 300s, ran 4x4)



Mustang Invite at Rolling Meadows 5/2/25

Varsity - Co AOM - Rayshawn Martin (PRd 300s, 4x4) and Jake Donahue (2nd 400 Anchor 4x4)

JV - Jaden Wright 2nd 400m / 4x4 PR



#### **NSC Quad Week 3** 4/28/25

Varsity - Cam Beckom PR 100m

JV - Demariay Thomas-Duncan 100m 400m 4x1



#### **Niles North Dan Horyn Invitational** 4/25/25

Varsity - Weston Locke 11.08 100m / 22.6 200m JV - Demariay Thomas Duncan 100m 2nd 11.5 / 200m 2nd 23.8



#### **NSC Quad Week 2** 4/21/25

Varsity - Mekhi Cabell 11.6 100m PR / 23.36 200m 2nd & PR / 4x1 / Long Jump

JV - Jon Randolph 4x1 1st / 100m 11.9



## **Metea Valley Invite** 4/19/25

Co-Varsity - Chris McBride Triple Jump Champion & Jacob Rasmussen PR and Sub 2:00 800m

Frosh Soph - Jaden Wright





**NSC Quad Week 1** 4/14/25

Varsity - Weston Locke 100m 1st / 4x1 1st JV - Shaheem Dunn





**Best 4 Invitational at Wheaton North HS** 4/12/25

Varsity - Hunter Axton - 30' PR Discus



#### Lake Michigan Invitational 3/21/25

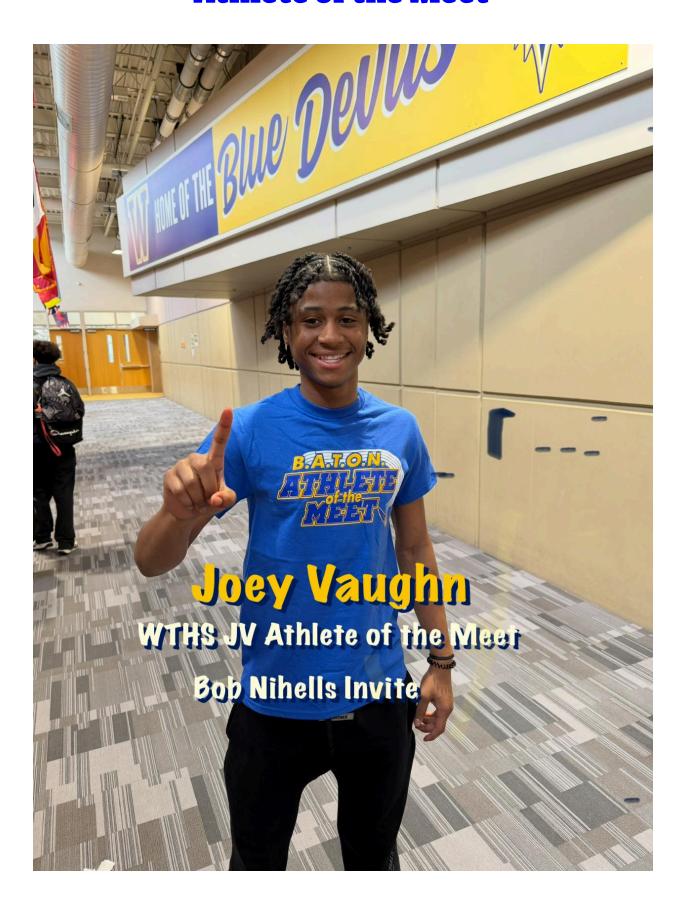
Varsity - Eli Hagstrom - 1st place Triple Jump / 3rd place High Jump



**Bob Nihells Invite at NCC** 3/15/25

Varsity-Nate Welch - 3rd 200 (PR) & 3rd 4x200 Anchor





## **Glenbrook South Quad** 3/14/25

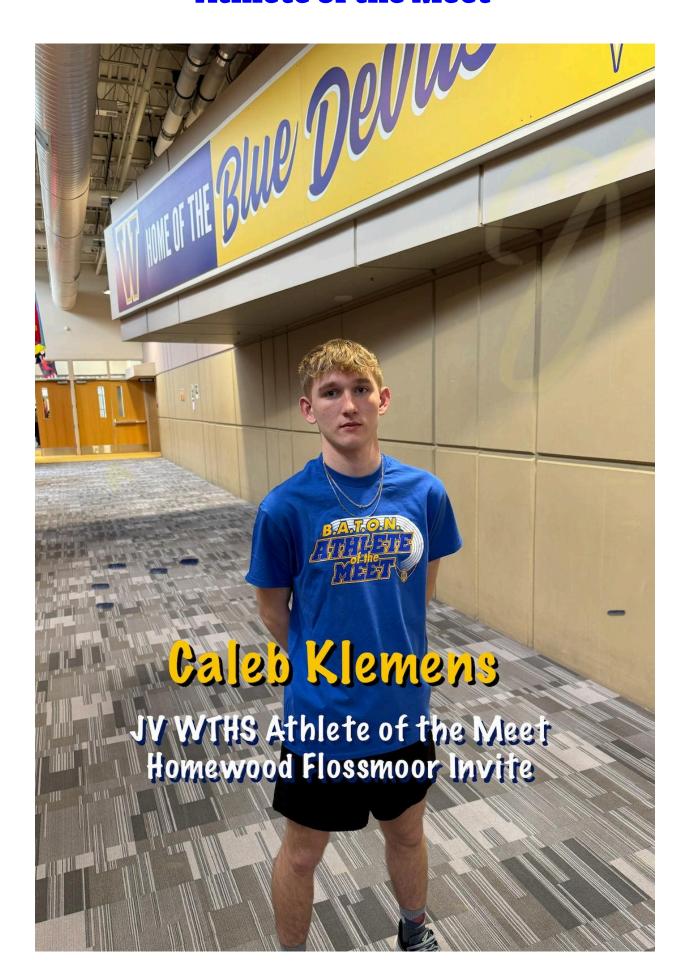
Mekhi Cabell



#### **Homewood Flossmoor Invite** 3/7/25

Varsity-Weston Locke Frosh-Soph-Caleb Klemens





## Lakes Sequoit Invite - 3/1/25

Varsity-Jakobe Jones-Tolbert

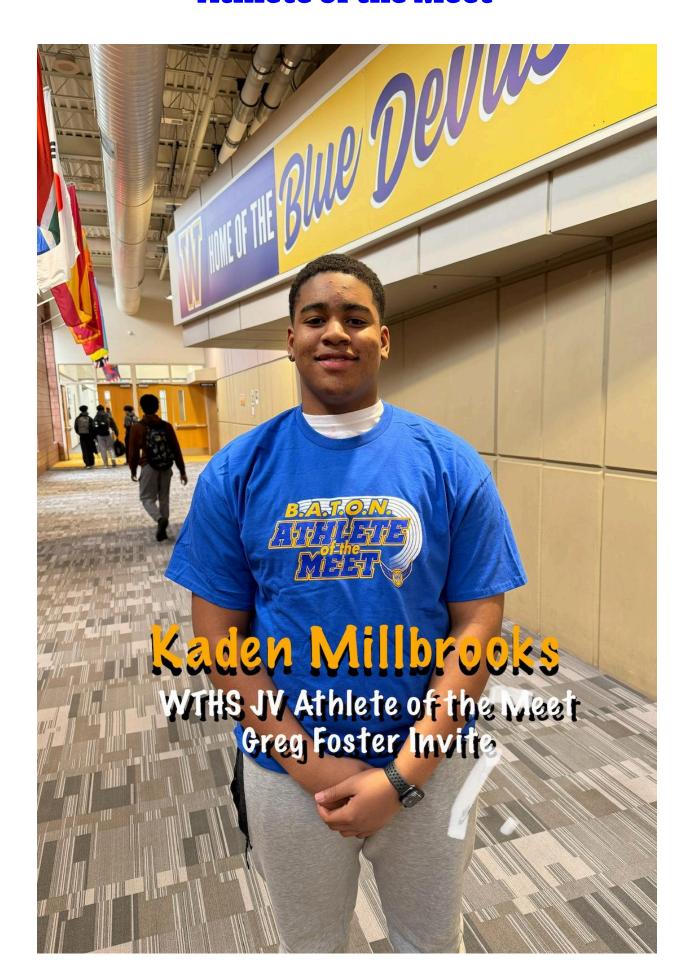


## **Greg Foster Invite 2/20/25**

\*Jackson Wicklund (Varsity)



<sup>\*</sup>Kaden Millbrooks -Shot Put Champion (Frosh/Soph)



## Lakes Clash at the Coliseum: 2/15/25

\*Eli Hagsrom and Jalen Patterson





# 2024

#### **NSC** Championship

\*Ryan Moats (Varsity)

\*Weston Locke (Frosh-Soph)

#### Tri-Meet vs Libertyville & Mundelein at Libertyville

\*Jordan Ellis (Varsity)

### Mustang Invite at Rolling Meadows

\* (Varsity)

#### Dual-Meet vs Waukegan at WTHS

\*Tennesy Niebrugge (Varsity)

#### Niles North Dan Horyn Invitational

\*4x400 Team (Varsity)



#### Tri-Meet vs Stevenson & Zion Benton at Zion

\*JD Lim (Varsity)

#### Metea Valley Invite

\*Jayden Johnson (Varsity)

#### Tri-Meet vs Lake Forest & Lake Zurich at WTHS

\*JD Lim (Varsity)



#### **Best 4 Invitational at Wheaton North HS**

\*Chris McBride (Varsity)



## Lake Michigan Invitational

\*Dajhir Gordon (Varsity)



#### Lake Park High School Bob Nihells Invite 3/9/24

\*Jesse Kowalski (Varsity) / \*Damariay Thomas-Duncan (Frosh-Soph)



#### **Glenbrook South Invite JV Meet** 3/8/24

\*Jakobe Jones-Tolbert (Frosh-Soph)

#### **Homewood Flossmoor Invitational** 3/1/24

\*Aidan Porecca (Varsity) / \*Jackson Wicklund (Frosh-Soph)



#### Lakes Invite - Clash at the Coliseum 2/24/24

\*(Varsity) - Kyle Newton / \*(Frosh/Soph) - none



## **Greg Foster Invite 2/17/24**

\*Eddie Lim (Varsity)



\*Andre Koehl (Frosh/Soph)

2023

**Greg Foster Invite:** 

#### **Ryan Moats:**



Lakes Clash at the Coliseum: **Aydan Porecca:** Won the Shot Put



**Bob Nihells Indoor Classic:** 

#### Caleb Levy:



#### Lake Michigan Invite:

#### **Nate Foster:**



## **Wheaton North Invite:**

Jaden Turner:



## **Metea Valley Invite:**

Jaden Turner:



## **Proviso East Invite:**

#### **Ximir Wilson:**



#### Rolling Meadows Invite:

Jaden Turner:



Lake County Invite:

North Suburban Conference Championships	
Sectionals	
IHSA State Meet:	