

2022 Redhawk PV Invite & York Quad Recap



[PV Results](#) [PV Pictures](#) PRs: 2
[York Results](#) [York Video](#)

PRs: 59



	<p>**Disclaimer** - Every Redhawk who stepped onto the track or into the field makes us the team we are. Each of you deserves to be recognized for your efforts and the work you put in. In this team recap, we wanted to capture the attitudes and actions of a few of you who modeled what our TEAM and your FAMILY is about.</p> <p>It was AMAZING to be back at an Indoor Track and Field Meet. It is hard to believe that it has been just shy of two years since we have been competing indoors. Even harder to believe still is that MOST (90+ out of 140) of our team has never competed indoors! After last weekend's Intra-Squad, we knew we had some nice pieces going into this weekend, and, did the Redhawks showed up!</p>
Friday PV Invite	<p>The events of the weekend started Friday night when 70+ pole vaulters from 12 schools came together at NCHS to compete at the Redhawk Pole Vault Invite. This unique meet highlights the nature of Illinois Track and Field and the community that it is. The Redhawks stepped up to get the fieldhouse ready to host such an event and rolled right into the competition. With a busy weekend ahead, it was a more unique year where the Redhawks tried to jump as high as possible with the fewest jumps possible. Seniors Ryan Eck, Chris Fleschut, and Luke Wehrli started their senior years in a great place. All three return ready to compete down the stretch. Fleschut nabbed a new PR from just four steps and six jumps. The other Redhawk to PR was Andrew Clark who nabbed a PR off of ZERO pole vault practices this season! One more big shout out to Freshman, Evan Gorrell, who pole vaulted in his first meet with less than 20 jumps in a pit under his belt!</p> <p>The last jump of the night was from fellow Redhawk Kait McHale, at about 9:30 which concluded the 70+ pole vaulter competition in four hours (begs the question how a 30 vaulter competition lasts an entire track and field meet?). Could not be prouder of the pole vault Redhawks for setting up, jumping, setting standards, and cleaning up such a great competition. All knowing that most of them were coming back to school to catch a bus to York in just 10 hours at the end of the night!</p>
Saturday York Quad	<p>Official season opener and we made some stuff happen and competed. Typically, the first meet of the season has an electricity to it that goes unmatched the rest of the season. The combination of the unknown-ness of the first meet, fans, and our full team size, makes it a pretty amazing day. With that limited, we were not sure what it would feel like. Without a doubt, the Redhawks brought it right back!</p> <p>The first step of any adventure needs to be bold and confident, and that is true for a Track and Field meet. The first step of any Track and Field meet happen in the field events and we were bold and confident in every way. We earned six first places in 10 of the field event competitions. We earned second place five times in those events too. What a start! Some huge varsity performances from Zach Wood (1st -High Jump & 2nd - Long Jump), Chris Fleschut, who 12 hours earlier was pole vaulting at NCHS (1st - Pole Vault, 4th Long Jump), Sterling Sawicki (1st - Shot Put), and Luke Wehrli (1st - Triple Jump, T6th - Pole Vault). The Frosh-Soph squad was right on their heels with their performances as well. Sophomores Jake Hernandez and Noah McAninch won the Long Jump and High Jump respectively. Freshmen Evan Gorrell</p>

stepped up and finished 2nd in pole vault (making three bars after jumping Friday night as well), **Subash Skanthakumar**, and **Nathan Golonka** finished 2nd and 3rd in Triple Jump with limited practice!

The first race on the track is the 4x800m relay and we saw some tenacious and hungry racing. It was a ton of fun watching Redhawks chase jerseys all over the green track of York and I don't think it is any coincidence that we did it all meet long. The FS set a massive race tone by doing some serious chasing, especially **Dylan Evans**, **Tim Chan**, **Patrick Clune**, and **Julian Brozek**, earning them a first place finish (and also a "Did Not Start" but we'll skip that part :)). Varsity followed up in a really competitive race that saw some PR 800 splits and a close second place finish for **Payton Etzel**, **Owen Foster**, **Paul Villaseñor**, and **Matt Berryman**. Those guys passed the metaphoric baton to the sprinters who took over for the next, and a more unique race, the 300m dash. Out of the "slow" heat, **Caleb Burnell** and **Mark Janssen** finished 2nd and 4th. In the varsity race, **Graham McAninch** and **Nick Erazo** finished 3rd and 6th. Next on the track was the 3200, where again the Redhawks were eating up jerseys for this 16 lap race. In the Frosh-Soph race, **Nick Kamp** set an aggressive and unyielding tone to take an impressive 1st place finish. He was followed up by a methodical and tactical race from **Luke Flessner** who finished 2nd. The varsity race ran very similarly, **Nicholas Keeling** was aggressive and unyielding to dominate the race and **Tommy Mask** was methodical and tactical with a 5th place finish.

From here, we began had some of our hard lessons learned for the Redhawks. Indoor track and field can get confusing. Some meets allow spikes with the metal implements in them, some allow spikes without the metal implements, some don't allow spikes at all. Spike implements come in two sizes for track and field. Outdoors (when we competed last), athletes can wear $\frac{1}{4}$ " spikes. Indoors, the spikes need to be $\frac{1}{8}$ ". The spike changing process can be a cumbersome one and one that shouldn't happen at the meet. In the 55m hurdles and 55m dash, we had a couple Redhawks miss their race due to this spike change. Hopefully it is a lesson our whole team learns just once! Those who did race, ran great! **Bode Smith** (FS) stepped onto the track as the only freshman or sophomore ready to race in the 55m high hurdles and competed. **Graham McAninch** broke 9 seconds for the first time and looked smooth like butter over those hurdles. We got a chance to welcome back **Isaac Yang** to the team and hurdles the season in this race as well! In the 55m dash we saw some great competition and laid down some great speed times for the Redhawks. **Chris Comer** finished 1st for Varsity, followed by **Aidan Velker** in a looked much closer than that 4th place. **Jake Hernandez** followed up his LJ win with a 2nd place finish in the 55.

Next up on the track were the 800, 1000, 4x200m Relay, 400m dash, and 600m run. **Foster Shelbert** and **Tyler Browning** looked strong in their first high school Indoor Track and Field meet. Shelbert took the win and Browning, 3rd. In the varsity we saw **Samir Hussain** and **Sam Barnard** ran some impressive times to finish 2nd and 3rd. When we learned of the running of the 1k, I reached out to my predecessor, Coach Wiesbrook, to see if he knew of the fastest 1k time in Redhawk history. His answer, he'd never seen it in his time at Central (which goes all the way back to 1985). With this news, the 1k runners took to the track to set history and they did not fall short. Sophomore **Sam McBroom** and Junior **Luke "Too Long a Nickname + 1k School Record Holder" Noren**, are officially the fastest 1k runners in school history. According to York's Coach Kern, Noren is the new facility record holder in the event as well. In the 4x200m Relay, the Redhawks had our first truly full speed handoffs and did a great job. With some room to grow, we saw the batons all get passed with no drops and some solid times and finishes. It was great to see the sprinters and distance runners race the 400 and 600 competitively - big congrats to **William Wang**, **Roan Orlanes**, and **Mickey Hughes** who raced their first 400 in a meet. The 600 is a race that we will not likely see again this season so it was great to see **Bode**

Smith (2nd), **Brayden Groenenboom** (6th), **Jackson Tucker** (5th), and **Andrew Rhodes** (2nd) go out and compete. These two races are great tests of range for anyone who runs on our team and as such, the 400 is a race that nearly 80 athletes compete to compete in on race day.

The last four races of the day showed the diversity of Track and Field: 55m low hurdles, 1600m run, 200m dash, and 4x400m Relay. The 55m low hurdles is a great (and again unique) chance to get taste of the hurdles so it was great to see **Boris Rokhmanov** and **Ethan Segvich** get that introduction back into hurdles. The eight lap 1600m run at York was another exciting one with all three returning Redhawks, **Ryan Gewin** (3rd), **Nick Prokopec** (7th), and **Max Henige** (2nd) setting all time 1600m PRs (running even faster than they did outdoors last season!) and freshman **Matthew Wick** getting his first official mile time in! The final individual sprint event of the day was massively competitive! The FS race featured **Jake Hernandez** and **Jonny Cheng** competing from the first heat with each other to finish 2nd and 3rd overall! **Caleb Brown** and **Dylan Kadiyala** faced the same challenge and pushed each other to the very end finishing just .08 hundreths apart!

The 4x400m relay is how nearly all Track and Field meets end (except those rare, but awesome times Shot Put or Pole Vault transcend the whole meet). As such, it is this event that sets the tone for how the meet ends and how “tomorrow” begins. It cannot be taken lightly and it cannot be taken on by solely the four members of the relay. It must be a team event if we are going to end on the greatest note possible to carry us on to the next meet. For this meet, we added some competitiveness to the event by making our relays out of either sprinters or distance runners (with one exception:)). At the end of the meet, the distance relays held on tight to win the frosh-soph race and finish a very close 2nd at the varsity race. The sprinter combos both ran mostly alone in the first heats. Next time, it will be an exciting race getting them both into the same heat and going head to head. It will be a fun competition all season long as both groups try to take command of the 4x400 we will enter at sectionals with the intent to pulling some hardware at the state meet in Charleston.

The first meet is nearly always in my top 5 meets of the season (we’ll race 18+ meets/events this year). The fact that we learn so much about who we are, what we can be, and what we want to be makes this a special day. So, Redhawks, keep in mind what you did well today. We had SO many successes (59 PRs for roughly 80 athletes) that we should be proud. But also, keep in mind where you can grow and pursue that growth.

Finally, keep putting we over me every chance you get. The sooner we buy into the strength of us and the deeper we go for each other, the sooner we will find ourselves running, jumping, and throwing the fastest, highest, and furthest we could possibly imagine! And we’ll be doing it at Eastern Illinois University at the IHSA State Championships.