

IHSA Regionals

Hammell Woods

10/26/13

Results from IHSA website: [HERE](#)

**PNHS Team places 9th
Jack Sebok and Ben Wolendowski qualify for
Sectionals next week at Hinsdale Central**

PNHS Individual Results

Sebok- 16:38 (26th)- SECTIONAL QUALIFIER

**Wolendowski- 16:56 (30th)- NEW PR- 1st sub 17!- SECTIONAL
QUALIFIER**

Schrank- 17:05 (37th)

Thurman- 17:28 (46th)

McGath- 17:40 (51st)

Billapando- 17:44 (52nd)

May- 17:52 (54th)

ADVANCEMENT: Hinsdale Central Sectional, Race to be held on 11/2/13 at Kathryn Legge Memorial Park. For both boys and girls, the first 6 teams and the first 5 individuals not on one of the advancing teams will advance to the Sectional.



Sectional Qualifiers Jack Sebok (So) and Ben Wolendowski (Jr)



Schrank (Jr), Sebok (So), Wolendowski (Jr), Thurman (Jr), Billapando (Jr), McGath So), May (Fr)

Everyone who ran Regionals is back next year. 34/36 runners on the team return...



Sebok led the way for PNHS. Jack will get one more shot at an XC PR next week at Sectionals



Wolendowski ran a lifetime PR (16:56) on a windy day on a not-so-fast course. His PR could go way down after Sectionals...

Ben will challenge the sub 10:00 barrier in the 3200 in track this season



Schrank was PNHS #3 man. He ran a 1600m PR on Tuesday (4:49) Look for him to put in a huge winter of training and go for low 4:30's this season in track



Thurman was PNHS #4 man today. Tanner was a Sectional qualifier last year. Life as a runner

is full of ups and downs, he will no doubt be back and better than ever this track season and next year as he leads the team in XC 2014.



Brenden McGath was a soccer player last year. Today he was our varsity #5 runner. He ran

5:07 in track as a FR, look for him to be sub challenging for sub 4:50 this track season if he puts in a strong winter of training.



Jacke Billapando had a fantastic season. He is starting to see his potential as a runner and contributor to this program. Ran a 1600m PR of 5:01 on Tuesday, what will he run in track???

Look for 4:45 to be challenged



Hunter May had one of, if not the greatest XC seasons by a PNHS freshman ever. He had a PR of 16:49. He ran 10:56 in the 3200 in a time trial. The sky is the limit for this light-footed young runner. Look for some freshman distance records to go down this spring.



Calm before the storm....

This week:

Monday- meet in 190. Practice on your own after meeting. Medium recovery runs.. Anyone who wants to continue to practice with Ben and Jack are welcome to.

Tuesday- Workout

Wed- Practice and Uniform turn in for anyone not running or going to Sectionals.

Thursday- Mini-bus to Kathryn Legge Park in Hinsdale to run

Sectionals course