

MUSTANG RELAYS 2025

NORTH CENTRAL COLLEGE

MONDAY MARCH 10

OFFICIAL



[RESULTS](#)

FREE TO ALL



[PICTURES](#)

HEADLINES



🔥 4x8 EN FUEGO 🔥

IL #2

8 guys, 8 indoor PRs

Our B-team ran a 4x8 that would be a school record at many schools!

Quinn Davis 1:56.35 (PN #4)

Gavin Hall 1:59.96 (PN #17)

Thomas Czerwinski 2:00.60

Aiden Connors 2:00.64 (PN #22)

James Maso 2:02.65 (PN #27)

Aiden Kyrychenko 2:03.16 (PN #29)

Jake Schmauderer 2:03.40 (PN #30)

Liam Beavers 2:07.39 (PN FS #23)



Our time of 7:57.42 is only 0.46 seconds from our indoor school record set last year by the team of Miller, Davis, Hall, and Stahl. We eventually ran 7:41.85 outdoors (IL #3)

Everyone except Thomas bettered their best OUTDOOR 800 PR.
(Thomas Czerwinski ran 1:59.19 as a freshman at the state meet)

The time of Quinn Davis (1:56.35) is better than his PR outdoors last year at the state meet. It ranks Pntrack #4 All-Time. Amazingly, his time is better than the legendary Easton Miller's best outdoor time last year (1:56.48).

And these sophomores were left at home.
(check out their 4x8 times from Saturday)

Logan Dodson 2:09.6

Dom Frigo 2:10.2

Evan Patchett 2:10.6

(and Dom LaMontagna ran 2:06.1 as a freshman outdoors last year!)

We have a great chance to have 12 guys sub-2:05 this year and 8 sub-2:00.
AND ONLY ONE OF THE 12 IS A SENIOR (Quinn Davis)

Shout out to XC Coach Andy Derks and our new D-Crew coach, Ricky Del Toro.
Also, I'm so proud of our D-Crew's acceptance of their young, first-year coach.



NEW GUYS LOOK SHARP IN 4x4

Our time of 3:32.41 is IL #25

Omar Coleman, who had only run the 400 or 4x4 once in his previous 3 years, led off with a impressive 52.94

Keith Cyracus, who had run the 400 only once in his previous 3 years, ran a PR 54.50.

Aiden Kyrychenko was our 4x4 veteran having run a 52.9 outdoors last year as a sophomore, ran his indoor PR, 53.06

And, senior superstar Quinn Davis, who had never run an open 400 and had run a couple B-team 400s in his early years, ran an inspired 51.94

We graduated all four of our IL #2 4x4 from last year (Alex Brennan, Own Stahl, Ewan Farnum, and Easton Miller). We ran 3:27.37 last year at the same meet, eventually running a school indoor and outdoor record of 3:24.78 and 3:17.42

Josh Ulrey has been sick for much of the preseason and is our top returning 400 runner, 51.31 in the open-400 last year.

Yesterday in practice, we ran our [4x4 Predictor](#) ... Josh Ulrey predicted 51.95, so he's ready to roll.

James Jones predicted 51.28



Treyce Bownes

4x2 CAN'T CATCH A BREAK

We are a 1:32 team but have not shown it yet.

I entered our actual best time that we ran in our first meet, 1:35.14

Coaches were allowed to enter realistic predicted times but I chose to run in a slower heat, eliminating the chaos of a crowded first exchange.

But, two teams in our heat must have had the same idea.

In fact, the meet winner, Naperville Central (1:31.15) ran in our heat (3rd heat of 5).

The key to the 4x2 is to get the lead in the first leg which takes the chaos out of handoffs. It's also nearly impossible to pass a runner on a short indoor track (short straightaways and tight curves).

Getting behind forced us out to lane 3 or 4 to make the final two handoffs.

Freshman Sam Appiah, who ran 23.74 lead off in Bloomington two weeks ago and 23.95 in the open 200 at the U of I, ran 24.71 because he ran the entire lap in the 3rd lane.

In other words, our best 4x2 times are in our future!

Incredibly, last year at Mustang Relays:

Two school records.

16 chances to run personal records, 15 PRs

Relays ranked #2, #6, and #4 in the state of Illinois.

PNTRACK RESULTS

PR* Indoors

4x2

PN 1:34.98

Coleman 23.28

Bownes 23.07*

Cyracus 23.72

Appiah 24.71

4x4

PN 3:32.41*

Coleman 52.92*

Cyracus 54.50*

Kyrychenko 53.06*
Davis 51.94*

4x8
PN-A 7:57.42* (2nd)
Czerwinski 2:00.50*
Connors 2:00.64*
Hall 1:59.96*
Davis 1:56.35*

PN-B 8:16.89
Schmauderer 2:03.40*
Kyrychenko 2:03.16*
Maso 2:02.65*
Beavers 2:07.39*