

Southwest Prairie Conference Championships

The Southwest Prairie Conference Championship is contested on the Wednesday after our last Outdoor Invitational of the season. This year it will be on May 14th. That meet is currently the Ron Gummerson Cougar Classic. The reason this meet is contested on a Wednesday is in part to possible weather situations and lack of officials due to the Girls Sectional Meets. This meet is hosted by a conference school based on a set rotation. The next 12 years should look like this:

2025: Joliet Central	2026: Joliet West
2027: Minooka	2028: Oswego
2029: Oswego East	2030: Plainfield Central
2031: Plainfield East	2032: Plainfield North
2033: Plainfield South	2034: Romeoville
2035: Bolingbrook	2036: Joliet Central

Each school has the opportunity to either host the meet at their home location or at Joliet Memorial Stadium located in Joliet.

The current Conference Schools were brought together for the first time in 2017 when Joliet Central and Joliet West were added. In 2020, West Aurora and Yorkville were added to our Conference making it a 12 team Conference. In 2025, West Aurora left the conference and Bolingbrook replaced them.

The first year our Track and Field teams competed in the Southwest Prairie Conference was in 2006. Minooka has earned 9 Varsity Conference Championships in the last fourteen seasons and 8 Frosh/Soph Conference Championships in the last 17 seasons. Furthermore, Minooka has won either the Frosh/Soph Conference Championship, Varsity Championship, or both every year since 2009.

Results will be posted on Athletic.net

Scoring will be: 10-8-6-5-4-3-2-1

Varsity All-Conference is 1st thru 6th for Individuals; 1st thru 3rd for Relays

Medals for 1st thru 6th for Individuals; 1st thru 3rd for Relays at Varsity Level

Ribbons for 1st thru 4th for Individuals; 1st thru 3rd for Relays at Fr/So Level

Meet Sheet: [Click Here](#)

[2025 Information](#) **[Parking Map](#)** **Admission: \$0**

Early Release for Field Event Athletes - South Campus: 11:30am; Bus leaves from Door 20 at sharp - Central Campus: 11:45am; Bus leaves from Stadium at 12:00pm sharp.

***Bring Tent**

Field Events begin at 1:30pm

Fr/So Discus, Long Jump, Shot Put, & Discus will have 4 total jumps/throws.

Varsity Discus, Long Jump, Shot Put, & Discus will have 3 total jumps/throws. Top 9 to Finals.
Fr/So Shot Put will throw first. Varsity Discus will throw first. Both run to completion.
Fr/So and Varsity Long Jump Top Flights will jump first. (Two Runways)
Fr/So High Jump will jump second. Starting Height will be 5'2"
Varsity High Jump will jump first. Starting Height will be 5'8"
Varsity Pole Vault will vault first. Starting Height will be 9'8"
Fr/So Pole Vault will vault second. Starting Height will be 8'2"

Fr/So Discus - Flight 1: Alexander Esquivel - Flight 2: Ben Clark
Varsity Discus - Flight 2: Jeremy McPherson & Wyatt Stupak
Fr/So High Jump - Flight 1: Nehemiah Brown
Varsity High Jump - None
Fr/So Long Jump - Flight 1: Nehemiah Brown - Flight 2: Dominic Loffredo
Varsity Long Jump - Flight 1: Trevor Cichon - Flight 2: James Miller
Fr/So Pole Vault - Flight 1: Riley Boyer & Parker Waddell
Varsity Pole Vault - Flight 1: Cooper Bowman & Jaxson Waddell
Fr/So Shot Put - Flight 2: Ceaser Tomlinson & Michael Dwyer
Varsity Shot Put - Flight 2: Jeremy McPherson & Wyatt Stupak
Fr/So Triple Jump - Flight 1: Dominic Loffredo & Jayden Mills
Varsity Triple Jump - Flight 1: Brian Rodely & Grant Schumacher

Running Schedule:

Running Event Athletes - Early Release day. No need to leave class early. Get to Central, change, and head to the bus. Bus location, Stadium. Bus will leave no later than 2:00pm.

3:45 pm Varsity 3200m Run Heat 1 Nathan Janulis

Finals begin at 4:00 pm, then rolling schedule:

Fr/So 4x800m Relay: Jayden Reid - Cayson Traxler - Jacob Von Holten - Matthew Whalen

Var 4x800m Relay: Evan Wilson - Nico Cimino - Nate Schalk - Carter Wikoff

Fr/So 4x100m Relay: Heat 2; Lane 6
 Ethan Gonzalez - Giovanni Rycraft - Blake Larson - Max Smith

Var 4x100m Relay: Heat 2; Lane 7
 Hayden Bowman - Noah Allen - James Miller - Sean O'Connor

Fr/So 3200m Run: Sammy Kies - Ryan Resar

Varsity 3200m Run: Alex Null

Fr/So 110m HH	Heat 3; Lane 3: Heat 3; Lane 5:	Nehemiah Brown Blake Larson
Varsity 110m HH:	Heat 2; Lane 1: Heat 3; Lane 7:	Danny Divello Kobey Dannenberg
Fr/So 100m Dash:	Heat 1; Lane 4: Heat 3; Lane 3:	Jayden DeBaltz Giovanni Rycraft
Varsity 100m Dash:	Heat 1; Lane 7: Heat 3; Lane 6:	Izaac Gonzalez Max Smith
Fr/So 800m Run:	Heat 2	Cayson Traxler & Matthew Whalen
Varsity 800m Run:	Heat 1	Sam Cernetich & Bryce Fuhrman
Fr/So 4x200m Relay:	Heat 2; Lane 2 Cristian Vargas - Jayden DeBaltz - Ethan Gonzalez - Josh Jimoh	
Var 4x200m Relay:	Heat 2; Lane 2 Max Smith - Giovanni Rycraft - James Miller - Sean O'Connor	
Fr/So 400m Dash:	Heat 2; Lane 4: Heat 3; Lane 6:	Blake Davis Jayden Reid
Varsity 400m Dash:	Heat 2; Lane 8: Heat 1; Lane 8:	Brian Rodely Evan Wilson
Fr/So 300m Int Hur:	Heat 3; Lane 2: Heat 3; Lane 4:	Nehemiah Brown Blake Larson
Varsity 300m Int Hur:	Heat 1; Lane 4: Heat 3; Lane 7:	Ethan Denton Kobey Dannenberg
Fr/So 1600m Run:	Heat 1: Heat 2:	Brendan Chew Ryan Resar
Varsity 1600m Run:	Heat 1: Heat 2:	Rylan McFadden Nico Cimino
Fr/So 200m Dash:	Heat 1; Lane 5: Heat 2; Lane 2:	Cristian Vargas Ethan Gonzalez

Varsity 200m Dash: Heat 1; Lane 2: Kameron Kapellas
Heat 1; Lane 7: Grant Schumacher

Fr/So 4x400m Relay: Heat 2; Lane 3
Blake Davis - Giovanni Rycraft - Jayden Reid - Matthew Whalen

Var 4x400m Relay: Heat 2; Lane 3
Max Smith - Noah Allen - Carter Wikoff - Bryce Fuhrman

[Results and Recaps](#) Click the bottom tabs for previous year's results.
[SPC Outdoor Rewind](#)

Leaving the meet early:

Athletes are expected to stay until the team break at the end but then can leave the meet with their parents after checking out with a Coach. The form **MUST** be filled out ahead of time. If you don't until the meet, it will be okay as long as it's filled out. [Click Here](#)