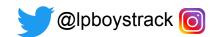


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Hononegah Meet Results

Highlight Video

<u>Pictures</u>

Hononegah Meet Write-up

The team had an outstanding first meet! We had a few goals this week. Give everybody the opportunity to compete, set new standards for personal excellence, and set expectations for the year. Missions accomplished. Every single returner set at least one new PR, or personal record. And a lot of our newcomers had stellar performances, winning many races and putting themselves on leaderboards across the conference and state.

Our highlight performances came from our 5 event winners, all setting new PR's. Tyler Michelini launched a bomb in shot put (56'11.75") and is 3rd in the state. John Turner improved by over a foot from last indoor season in high jump (6'4) to go into the state's top 5. James DiVito won his hurdle race against the best returning conference athlete from St. Charles East and is 8th in the state. Adrian Przestrzelski added 5 feet to his indoor PR (41'5.5) in triple jump to win, and Bryan Pochowicz won the pole vault with a 2 foot PR (11'0).

This week we are at Addison Trail on Thursday and Proviso West & St, Charles East on Saturday!

Personal Records

Christian Khoury (60, 200), James DiVito (60), Josh Brown (60, HJ), Jack Tucci (60, 200), Adrian Przestrzelski (60), Jacob Tourtillot (60, 200), Genji Matsuyama (60, 200), Nicco Gonzalez (60, 200), Evan Pahopos (50, HJ), Giorgio Gambino (60, 200), Kaleb Clifford (60, 200), Kris Szkaradek (200), Andy Gonzalez (200), Wyatt Matson (200), Giancarlo Banducci (800), Gael Bibiano (800), Aiden Bossier (800), Brendan Gaffey (1600), Teigen Allison (1600), Jacob Rymarcsuk (1600), Holden Anderson (3200), Lucas Skupien (3200), Daniel Bernal (3200), Jeff Rustemi (Shot Put), Austin Lindenmuth (Shot Put)

Athletes of the Meet

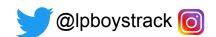
Each meet, we award a varsity athlete our Shield and a frosh/soph athlete our Sword. This week was incredibly difficult to choose because of how many outstanding performances there were.

- Christian Khoury (Sr.) earned the shield for his giant PR's in the 60m and 200m, as well as a great mark in his first time trying long jump. Last year he was not in a varsity invite once and he was our fastest sprinter Saturday.
- Brendan Gaffey (So.) ran over 40 seconds faster than last indoor season in his mile and kept mentally engaged the whole time on his way to this breakthrough!





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Scoring Performances

Top 8 score points for the team at invitationals, so we honor those high placing athletes.

Tyler Michelini	1st - Shot Put (PR)
James DiVito	1st - 60m Hurdles (PR)
John Turner	1st - High Jump (PR)
Adrian Przestrzelski	1st - Triple Jump (PR)
Bryan Pochowicz	1st - Pole Vault (PR)
Josh Brown	2nd - High Jump (PR)
Zack Nygren	2nd - High Jump
Stephen O'Connor	2nd - Pole Vault
Kris Szkaradek	3rd - 60m Hurdles (PR)
Gino Cardone	4th - Shot Put
Alex Panagiotopoulos	5th - Triple Jump (PR)
Genji Matsuyama	6th - Triple Jump (PR)
Jake Zegger	6th - 3200m (PR)
Jonny Ademi	6th - Pole Vault
Armand Voloder	6th - Shot Put (PR)
James Guevarra	8th - 3200m (PR)
Aidan Salter	8th - High Jump (PR)
Zegger, Guevarra, Bossier, Banducci	6th - 4x400m Relay

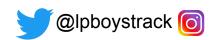
Rankings

Each week we recognize those who have made history for our program by making our all-time top 10 list, as well as athletes who are ranked highly in the state of Illinois.

Top 10 in LP History		
<u>Varsity</u>		
John Turner	#6 High Jump	
Tyler Michelini	#9 Shot Put	
<u>Freshmen</u>		
Anthony Orestano	#3 200m	
Jonny Ademi	#6 PV, #9 200m	
Chris Flores	#7 200m, #8 55m	
Nick Sheklarevski	#8 1600m	



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Top 25 in 3A		
	<u>Varsity</u>	
Tyler Michelini	#3 Shot Put	
John Turner	#4 High Jump	
James DiVito	#8 60m Hurdles	
Gino Cardone	#10 Shot Put	
Adrian Przestrzelski	#11 Triple Jump	
Kris Szkaradek	#12 60m Hurdles	
Josh Brown	#18 High Jump	
Zach Nygren	#18 High Jump	
<u>Sophomore</u>		
Genji Matsuyama	#10 Triple Jump	
Charlie Michelini	#15 Shot Put	
Evan Pahopos	#22 High Jump	
Yhoskar Ruiz Capote	#23 200m	
<u>Freshmen</u>		
Anthony Orestano	#3 200m, #5 PV, #9 60m	
Jonny Ademi	#4 Pole Vault, #14 200m	
Chris Flores	#5 60m, #8 200m, #15 PV	
Demari Richmond	#5 Triple Jump, #9 High Jump	
Aiden Patel	#6 Long Jump, #25 60m	
Wesley Bauernfreund	#11 Triple Jump	
Nathan Larkin	#12 Pole Vault	
Trevor Frey	#12 Pole Vault	
Nick Sheklarevski	#13 1600m	
Kyle Van Winkle	#13 Triple Jump #16 High Jump	
Aleks Stranz	#17 Shot Put	
Nick Zegger	#20 1600m	
Dominick Nash	#22 200m	