

West Suburban Conference Silver Division  
Indoor Track and Field Championships - Sophomores  
Friday, March 20, 2009

**Event #1 Sophomore 4 x 800 Meter Relay**

Place	School	Time
1	Oak Park River Forest	8:26.32
2	Lyons Township	8:27.99
3	York	8:30.17
4	Downers Grove North	8:59.32
5	Hinsdale Central	9:10.17
6	Glenbard West	9:13.10

**Event #3 Sophomore 3200 Meter Run**

Place	Name (Yr)	School	Time
1	Hedman, Ron (So)	Y	10:00.31
2	Fayette, Billy (So)	HC	10:01.91
3	Kokoris, Mike (So)	LT	10:05.58
4	Withal, Zac (So)	HC	10:06.28
5	Holt, Mark (So)	LT	10:08.27
6	Reyes, Nick (Fr)	OPRF	10:29.67

**Event #5 Sophomore 55 Meter High Hurdles**

Place	Name (Yr)	School	Time
1	Prentice, Sam (So)	LT	8.30
2	Marshall, Zach (So)	GW	8.70
3	Watson, CJ (So)	GW	8.91
4	Green, Mitch (So)	HC	9.00
5	Burns, John (Fr)	OPRF	9.06
6	Daleen, Ryan (Fr)	HC	9.08

**Event #7 Sophomore 55 Meter Dash**

Place	Name (Yr)	School	Time
1	Navy, Jeff (So)	OPRF	6.87
2	Nibbe, Josh (So)	GW	6.93
3	Jackson, Lavaris (So)	OPRF	6.96
4	Romanczyk, Kris (So)	Y	6.99
5	Skona, John (So)	HC	7.02
6	Boensenberg, Ken (Fr)	Y	7.07

**Event #9 Sophomore 800 Meter Run**

Place	Name (Yr)	School	Time
1	Driggs, Jack (So)	Y	2:04.0
2	Economou, Alex (So)	LT	2:05.2
3	Hedman, Tom (So)	Y	2:07.1
4	MacMillan, Grant (So)	OPRF	2:07.2
5	Darbandi, Azad (So)	HC	2:10.1
6	Bauer, Reuben (Fr)	OPRF	2:11.0

**Event #11 Sophomore 4 x 200 Meter Relay**

Place	School	Time
1	Oak Park River Forest	1:36.7
2	Hinsdale Central	1:38.6
3	Glenbard West	1:40.0
4	Proviso West	1:41.6
5	Downers Grove North	1:44.5
6		DQ

**Event #13 Sophomore 400 Meter Dash**

Place	Name (Yr)	School	Time
1	Hill, Mac (So)	LT	53.8
2	Romanczyk, Kris (So)	Y	55.1
3	Nwoko, Chinedu (So)	OPRF	55.7
4	Johnson, Brian (So)	OPRF	56.4
5	Fox, Joe (So)	DGN	56.4
6	Kelly, Jack (So)	HC	56.4

**Event #15 Sophomore 600 Meter Run**

Place	Name (Yr)	School	Time
1	Pollard, Tim (So)	LT	1:29.2
2	Jones, Dreylon (So)	PW	1:29.8
3	Hedman, Ron (So)	Y	1:31.7
4	Bakker, Kevin (So)	OPRF	1:32.0
5	Cooney, Tom (So)	Y	1:32.4
6	Ellis, David (So)	LT	1:36.9

**Event #17 Sophomore 55 Meter Low Hurdles**

Place	Name (Yr)	School	Time
1	Prentice, Sam (So)	LT	7.7
2	Watson, CJ (So)	GW	8.2
3	Burns, John (Fr)	OPRF	8.2
4	Marshall, Zach (So)	GW	8.2
5	Green, Mitch (So)	HC	8.2
6	Daleen, Ryan (Fr)	HC	8.5

**Event #19 Sophomore 1600 Meter Run**

Place	Name (Yr)	School	Time
1	Driggs, Jack (So)	Y	4:32.3
2	Stapleton, Jack (So)	OPRF	4:32.8
3	Telfer, Sam (So)	LT	4:33.0
4	Schrobilgen, Malachy (Fr)	OPRF	4:34.0
5	Llamas, Brian (So)	DGN	4:35.4
6	Fayette, Billy (So)	HC	4:36.8

**Event #21 Sophomore 200 Meter Dash**

Place	Name (Yr)	School	Time
1	Navy, Jeff (So)	OPRF	23.4
2	Romancyzk, Kris (So)	Y	24.4
2	Skokna, John (So)	HC	24.4
4	Nibbe, Josh (So)	GW	24.4
5	Keys, Jeremy (So)	LT	24.4
6	Jackson, Lavaris (So)	OPRF	24.9

**Event #23 Sophomore 4 x 400 Meter Relay**

Place	School	Time
1	Lyons Township	3:38.5
2	Oak Park River Forest	3:41.8
3	Hinsdale Central	3:42.8
4	York	3:52.3
5	Downers Grove North	3:53.5
6	Glenbard West	3:57.2

**Event #25 Sophomore Long Jump**

Place	Name	School	Distance
1	Jackson, Lavaris (So)	OPRF	19'07.00"
2	Klotz, Chris (So)	LT	19'03.00"
3	Burrello, Nick (So)	GW	19'02.25"
4	Klien, Sam (So)	DGN	18'06.00"
5	Lawrence, Glenn (So)	OPRF	18'04.00"
6	Fiedler, Dylan (So)	LT	18'03.00"

**Event #27 Sophomore Triple Jump**

Place	Name	School	Distance
1	Irakunda, Dennis (So)	GW	39'01.25"
2	Ravenna, Mike (So)	Y	38'09.50"
3	Vondrak, Kevin (So)	GW	37'10.50"
4	Klien, Sam (So)	DGN	37'09.00"
5	Wegner, Gavin (So)	Y	37'08.00"
6	Nwoko, Chinedu (So)	OPRF	37'01.50"

**Event #29 Sophomore High Jump**

Place	Name	School	Height
1	Hill, Mac (So)	LT	5'10.00"
2	Klien, Sam (So)	DGN	5'6.00"
3	Watson, CJ (So)	GW	5'6.00"
4	Jones, Dreylon (So)	PW	5'4.00"
5	Watkins, Alex (So)	GW	5'4.00"
6	Fiedler, Dylan (So)	LT	5'4.00"

**Event #31 Sophomore Pole Vault**

Place	Name	School	Height
1	Ellis, David (So)	LT	10'6.00"
2	Vondrak, Kevin (So)	GW	10'6.00"
3	McDonough, Brian (So)	GW	10'0.00"
4	Sgarbossa, Nick (Fr)	Y	9'6.00"
5	Blank, Kyle (So)	Y	9'6.00"
6	Peters, Bryan (Fr)	LT	8'6.00"

**Event #33 Sophomore Shot Put**

Place	Name	School	Distance
1	Callahan, Tom (So)	LT	42'10.00"
2	Walsh, Jordan (So)	GW	40'08.00"
3	Freres, Kyle (So)	DGN	40'01.50"
4	Grippando, Tony (So)	DGN	39'08.50"
5	Monat, Bill (So)	HC	39'03.00"
6	Digioia, Frank (So)	LT	38'09.00"

**Team Scores**

Place	School	Points
1	Lyons Township	125
2	Oak Park River Forest	107
3	Glenbard West	98
4	York	90
5	Hinsdale Central	51
6	Downers Grove North	39
7	Proviso West	16