

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

**Event #2 Varsity 4 x 800 Meter Relay**

Place	School	Time
1	Oak Park River Forest	8:05.76
2	York	8:14.72
3	Downers Grove North	8:16.45
4	Lyons Township	8:28.16
5	Hinsdale Central	8:29.11
6	Glenbard West	9:02.85

**Event #4 Varsity 3200 Meter Run**

Place	Name (Yr)	School	Time
1	Sulkin, Steve (Sr)	Y	9:25.80
2	Cecil, Adam (Jr)	Y	9:36.02
3	Silver, Ben (So)	DGN	9:42.61
4	Darbandi, Arash (Jr)	HC	9:57.74
5	Kucera, Robbie (Jr)	LT	10:08.13
6	Newstat, Stu (Jr)	LT	10:17.15

**Event #6 Varsity 55 Meter High Hurdles**

Place	Name (Yr)	School	Time
1	Anderson, Karston (Sr)	LT	7.91
2	Cellini, Mark (Sr)	Y	8.01
3	Lockhart, Stephen (Sr)	PW	8.08
4	Ousley, Cory (Jr)	OPRF	8.23
5	Runnels, Josh (Sr)	OPRF	8.28
6	Garibay, Joe (Sr)	DGN	8.39

**Event #8 Varsity 55 Meter Dash**

Place	Name (Yr)	School	Time
1	Fox, John (Sr)	Y	6.52
2	Banks, Devin (Jr)	OPRF	6.53
3	Williams, Khara (Sr)	Y	6.64
4	Arif, Amir (Jr)	OPRF	6.71
5	Zajeski, Rich (Sr)	HC	6.77
6	Lott, Rob (Jr)	DGN	6.79

**Event #10 Varsity 800 Meter Run**

Place	Name (Yr)	School	Time
1	Way, David (Sr)	Y	1:58.3
2	Morgan, Patrick (Sr)	Y	1:59.0
3	Hostettler, Jack (Sr)	LT	2:01.3
4	Binns, Kevin (Sr)	OPRF	2:01.9
5	Lyons, Alex (Sr)	LT	2:02.9
6	Strouse, Spencer (Sr)	OPRF	2:06.1

**Event #12 Varsity 4 x 200 Meter Relay**

Place	School	Time
1	Oak Park River Forest	1:33.5
2	York	1:33.9
3	Downers Grove North	1:35.9
4	Proviso West	1:37.0
5	Glenbard West	1:39.0
6		DQ

**Event #14 Varsity 400 Meter Dash**

Place	Name (Yr)	School	Time
1	Fox, John (Sr)	Y	51.6
2	Runnels, Josh (Sr)	OPRF	51.9
3	Sullivan, Jimmy (Sr)	Y	52.3
4	Rhode, Pat (Jr)	LT	52.9
5	Krzkowski, Dane (Sr)	LT	53.0
6	Twardowski, Victor (Jr)	HC	53.5

**Event #16 Varsity 600 Meter Run**

Place	Name (Yr)	School	Time
1	Way, David (Sr)	Y	1:24.4
2	Donley, Brendan (So)	OPRF	1:25.1
3	Smith, Andrew (Jr)	Y	1:26.8
4	Lyons, Alex (Sr)	LT	1:27.2
5	Pietrus, Matt (Sr)	GW	1:27.7
6	Hague, Cody (Sr)	OPRF	1:30.6

**Event #18 Varsity 55 Meter Low Hurdles**

Place	Name (Yr)	School	Time
1	Anderson, Karston (Sr)	LT	7.3
2	Awah, Ed (Sr)	LT	7.3
3	Ousley, Cory (Jr)	OPRF	7.4
4	Cellini, Mark (Sr)	Y	7.6
5	Lockhart, Stephen (Sr)	PW	7.7
6	Runnels, Josh (Sr)	OPRF	7.7

**Event #20 Varsity 1600 Meter Run**

Place	Name (Yr)	School	Time
1	Sulkin, Steve (Sr)	Y	4:21.7
2	Hostettler, Jack (Sr)	LT	4:28.2
3	Herbert, Jordan (Sr)	Y	4:29.3
4	Phistry, Dan (Sr)	DGN	4:30.4
5	Yoo, Eunhwan (So)	OPRF	4:33.4
6	Hogenson, Peter (So)	OPRF	4:35.6

**Event #22 Varsity 200 Meter Dash**

Place	Name (Yr)	School	Time
1	Banks, Devin (Jr)	OPRF	22.5
2	Fox, John (Sr)	Y	22.6
3	Anderson, Karston (Sr)	LT	23.2
4	Williams, Tarrence (Sr)	Y	23.3
5	Mitchell, Ryan (Jr)	LT	23.4
6	Johnson, Dee (Sr)	PW	23.7

**Event #24 Varsity 4 x 400 Meter Relay**

Place	School	Time
1	York	3:30.1
2	Lyons Township	3:30.5
3	Oak Park River Forest	3:34.4
4	Hinsdale Central	3:34.4
5	Downers Grove North	3:37.0
6	Glenbard West	3:41.0

**Event #26 Varsity Long Jump**

Place	Name	School	Distance
1	Arif, Amir (Jr)	OPRF	22'05.75"
2	Williams, Tarrence (Sr)	Y	21'10.25"
3	Sullivan, Jimmy (Sr)	Y	21'01.00"
4	Lee, Darnell (Jr)	OPRF	20'11.00"
5	Ervin, Trent (Jr)	PW	20'03.00"
6	Bellisario, David (Sr)	LT	19'02.00"

**Event #28 Varsity Triple Jump**

Place	Name	School	Distance
1	Williams, Khara (Sr)	Y	43'07.00"
2	Geraghty, Peter (Sr)	OPRF	42'06.25"
3	Hilgendorf, Matt (Sr)	Y	41'09.25"
4	MacArtney, Colin (Jr)	DGN	41'05.75"
5	Arif, Amir (Jr)	OPRF	40'10.50"
6	Anderson, Karston (Sr)	LT	40'04.00"

**Event #30 Varsity High Jump**

Place	Name	School	Height
1	Krzyskowski, Dane (Sr)	LT	6'2.00"
2	Heinz, Carl (Fr)	OPRF	6'2.00"
3	Pietrus, Matt (Sr)	GW	6'0.00"
4	Hill, Pat (Sr)	LT	5'10.00"
5	Bruere, Adam (Jr)	GW	5'10.00"
6	Martin, Connor (Sr)	Y	5'6.00"

**Event #32 Varsity Pole Vault**

Place	Name	School	Height
1	Geraghty, Peter (Sr)	OPRF	15'0.00"
2	Whittkamper, Brookes (Jr)	LT	13'0.00"
3	Loch, Dylan (Sr)	GW	12'6.00"
3	Peters, Carl (Sr)	LT	12'6.00"
3	Martin, Connor (Sr)	Y	12'6.00"
6	Ross, Zach (Sr)	OPRF	12'0.00"

**Event #34 Varsity Shot Put**

Place	Name	School	Distance
1	Grant, Dorion (Jr)	OPRF	49'04.50"
2	Newsom, Jim (Jr)	LT	46'04.50"
3	Ahmed, Imran (Sr)	GW	46'03.00"
4	Claus, Pete (Jr)	DGN	46'01.00"
5	Raleigh, Mike (So)	OPRF	45'04.00"
6	Rogers, Mike (Jr)	HC	44'03.00"

**Team Scores**

Place	School	Points
1	York	185
2	Oak Park River Forest	141
3	Lyons Township	113
4	Downers Grove North	34
5	Glenbard West	24
6	Proviso West	15
7	Hinsdale Central	14