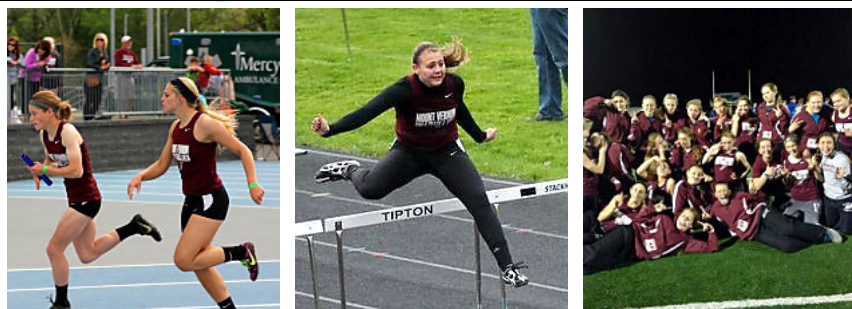


Track



Left: Senior Miranda Chapman hands off the baton to freshman Maggie Davis during the Sprint Medley at the State Track meet on May 24. *Middle:* Senior Maddy "Maddawg" Ebel bounds over a hurdle at the Tipton track meet on May 15. Luckily, the hurdlers were able to run before the rain and wind came, landing them a spot in the state meet. *Right:* The girls track team poses for a "fierce" picture after a long night of running which ended up in the Stangs winning the Conference Championship Title.

Fantastic four takes home the gold

By Laura Deininger

Despite horrendous weather conditions at the beginning of the season, the girls track team was able to prepare to win and that showed on the blue oval May 22 through 24 during the State Track meet. The Mustangs sent 15 runners, including the girls 4x400 team: freshmen **Maggie Davis** and **Libby Ryan** and juniors **Emma Cochrane** and **Sam Walters**. "To train, we had to do a lot of broken 4s. They sucked, but it was worth it," said Sam.

The prelims for the 4x400 were on Friday, May 23, and the team qualified with the fastest time of 4:02.14. This meant the fantastic four would compete in the finals the

following day.

Going into the race, they knew it wouldn't be easy to come away with a win. "We knew that it was going to be between us and Cascade for the title," said Emma, who ran the final leg. "I trusted the other girls in my relay to compete so I was excited for the race knowing we could do it!"

The results proved that Emma had no need to worry. With a time of 4:01.15, beating Cascade, the state record holding by just over one second, the four became the 4x400 State Champions. "It felt amazing to win! It's definitely something I'll keep with me forever," said Emma. Sam also agreed, saying she felt proud of her team.



Emma Cochrane



STATE CHAMPS!
Above: The Fantastic Four (Maggie Davis, Libby Ryan, Sam Walters, and Emma Cochrane) pose after winning the girls 4x4 State title. *Right:* Freshman Zach Krogmann leaps over a hurdle at the home meet.



BOYS TRACK TEAM. *Front Row:* J. Timm, J. Krogmann, S. Moore, H. Hormann, I. Reid, Z. Vislisl, Z. Krogmann, J. Young, S. Murray, J. Booth, J. Manternach, J. Steele. *Row 2:* T. Baty, D. Keller, M. Kragenbrink, J. Randall, J. Cochrane, T. Wirfs, JJ Peters, J. Feldman, J. Engelbrecht, M. Hines, P. Wilch, B. Gilbert. *Back Row:* Coach John Bellamy, R. Muller, N. Dahlstrom, J. Leopold, R. Peters, J. Pisarik, N. Teubel, A. Reid, J. Hof, T. Ryan, L. Muller, Coach Ryan Whitman.



GIRLS TRACK TEAM. *Front Row:* M. Hartl, T. Sherman, A. Teubel, M. Chapman, M. Ebel, A. Ruden, S. Walters, K. Lynott, M. Melchert. *Row 2:* A. Maddocks, H. Baker, N. Binsfield, S. Meeker, L. Frey, L. Ryan, M. Davis, F. Anton, S. Banwart. *Back Row:* Coach Maggie Willems, L. Conroy, A. Vesely, M. Hawtrey, D. Dicus, E. Norton, M. Babcock, L. Dahlstrom, E. Cochrane, B. Kelley, M. Jeppson, Coach Margo Massey.



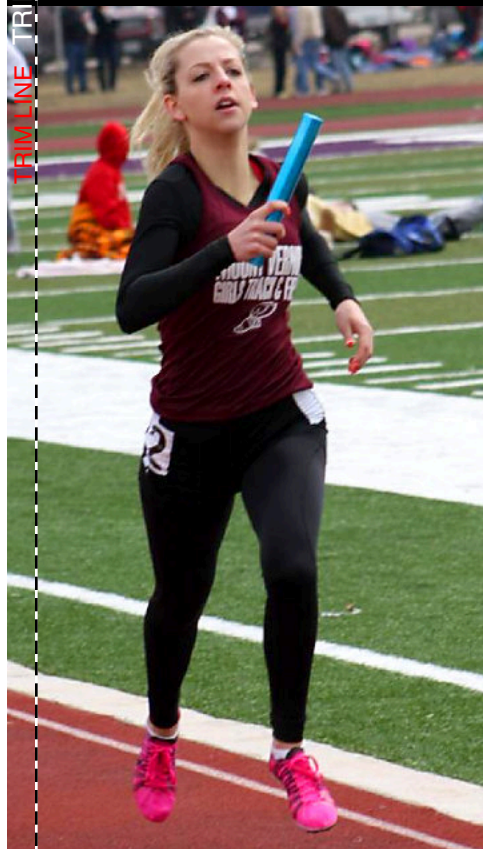
Above: Senior Noah Dahlstrom runs with the baton during his 4x400 race at the co-ed Mount Vernon meet at the Cornell track. The 4x8 qualified for state where Noah led off the race, handing off to freshman Jack Cochrane, followed by Nolan Teubel, and completed by Jake Leopold. *Right:* Sophomore Maren Jeppson runs in her relay at Cornell on a cold and windy afternoon.



Left: Junior Lucy Conroy hands off the baton to freshman Lydia Frey during a track meet in Monticello.

Above: Junior Nolan Teubel runs his leg of the 4x800 during the State Track meet on May 22. Nolan ran a 1:58 800 and his team placed 5th with a time of 8:05.

Far Above: Sophomore Lily Dahlstrom flies over a hurdle during a track meet in Tipton on May 15.



Favorite state track memory?

State Qualifiers

Taking a jacuzzi with Nolan the night after we ran the 4x8.

- Jake Leopold '14



When I broke both of the toasters at the hotel.

- Libby Ryan '17

Running in the 4x800 and dinner at The Cheesecake Factory.

- Jack Cochran '17



Event	Place
BOYS	
800 - Teubel	7th
4x400	20th
4x800	5th
Distance Medley	19th
Discus - Peters	10th
Shot Put - Peters	9th
GIRLS	
400 - Davis	8th
800 - Jeppson	18th
1500 - Jeppson	18th
3000 - Conroy	16th
Shuttle Hurdle	20th
4x400	1st
4x800	5th
Sprint Medley	5th
Long Jump - Ryan	11th
Distance Medley	4th