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Tri-Cities girls track season preview

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St. Charles North's Meridith Beird (Jr.) clears the bar in the pole vault during Friday's semifinal action at the girl's state track meet at Eastern Illinois University in Charleston. →

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By Kevin McGavin

Aurora Central Catholic

Coach: Troy Kerber (25th year)

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Last year: seventh in Suburban Christian Conference; ninth at Class 2A



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Glenbard South sectional.

Top returnees: Allison Alosio, sr., middle distance; Nicole Bohr, sr., sprints; Jordan Clifton, jr., throws; Katie Colyer, jr., sprints; Kari Hinterlong, so., middle distance; Jenna Koerner, so., sprints, middle distance; Rachel Rahn, so., sprints; Sara Ramirez, so., middle distance; Hanna Sentak, jr., middle distance; Ashley Wilk, jr., sprints, jumps.

Top newcomers: Amanda Contreras, jr., sprints, middle distance; Natalie Krafiat, fr., jumps; Emily Maurer, fr., sprints;

Paulina Morales, jr., distance; Emily Schwender, jr., distance; Lauren Weisbrock, fr., sprints, jumps.

Outlook: The Chargers' central priority is to improve its bottom-half finish in the Suburban Christian. "We think we're going to be improved from last year," said coach Troy Kerber. "It's going to take some time, though." Aurora Central is traditionally strongest at middle distance, and this season should be no different. Koerner is coming off a place-making finish at 800 meters at the Prep Top Times meet last weekend in Bloomington. In addition, Sentak and Hinterlong return as well from their appearance last spring in the Class 2A 3,200 relay. "The strength of the team is going to be—as it has been traditionally—at middle distance," Kerber said. "The key for us will be how well we can develop our sprinters." Kerber is particularly excited about the potential athleticism of Wilk and Rahn. Contreras is the top newcomer after playing soccer the last two years. "Of the newcomers, Amanda Contreras is going to have the biggest impact," said Kerber.

Aurora Christian

Coach: Dr. Jeff Schutt (seventh year)

Last year: sixth in Suburban Christian Conference;

Top returnees: Amy Berger, sr., middle distance; MacKenzie Bollinger, so., sprints, hurdles, triple jump; Alyssa Henzel, jr., sprints; Taylor Knaus, so., sprints; Sage Millard, sr., sprints, hurdles; Sarina Oleson, jr., distance; Anna Pape, so., sprints, middle distance; Lisa Rodriguez, so., sprints.

Top newcomers: Alyssa Andersen, fr., sprints; Teagan Terrando, fr., middle distance, distance; Peyton Wade, fr., sprints.

Outlook: Bollinger is the heart and soul of the Aurora Christian program. The sophomore extraordinaire defended her unofficial indoor Class 1A state championship in the triple jump. Last season, Bollinger was a four-event state qualifier who demonstrated both athleticism and determination. "She sprained her ankle in the semifinals of the triple jump (at the state meet)," Schutt said of her making the finals in three events. "She ended up getting her best times on sheer guts." Bollinger will switch her fourth event from last year—the open 400—to the 300 hurdles. The Eagles' standout will also attempt to qualify again in the 100 hurdles and 200 dash. Schutt said his primary aim this year is individual progression. "We don't have the depth to compete as a team (in major competitions)," Schutt said. "Our focus is on the individual events."

Batavia

Coach: Chad Hillman (fourth year)

Last year: second in the Western Sun; sixth at Class 3A Bartlett sectional.

Top returnees: Hailey Clabough, jr., sprints, hurdles; Tamar Norville, jr., hurdles, jumps; Bari Robinson, so., middle distance; Monique Saucedo, sr., jumps; Skylar Schoen, so., pole vault; Rachel Spalding, so., distance; Kaytlin St. Clair, jr., hurdles; Haleigh

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Theuerkauf, jr., throws; Liz Worden, jr., sprints.

Top newcomers: Jessica Hartmann, fr., sprints, hurdles, jumps; Kimberly Howland, fr., sprints, hurdles.

Outlook: After being blessed with extraordinarily gifted athletes such as former state champions Brittney Bernardoni, Natalie Tarter and Kathryn Warner in the past five years, Batavia enters the new-look Upstate Eight River an untested commodity. "It's hard to tell how well you match up with other teams in your division," Hillman said of the single-division indoor conference meet. The outdoor championships will be contested in the seven-team division format.

There are no question marks about Theuerkauf, who will undoubtedly be the Bulldogs' most consistent point producer this spring. The junior advanced to the Class 3A state finals but failed to place in the shot put last year. "The shot put has become one of the premier events in the state," Hillman said. "You have to throw 43 or 44 feet to be in the top five or six." Clabough will be asked to continue the Bulldogs' rich hurdles tradition; the junior was second at indoor conference. Sophomores Robinson and Spalding are expected to anchor the Bulldogs' middle distance and distance events, respectively, while Hartmann and Howland showcase versatility as the most notable newcomers. Hillman has been around track and field long enough to know that the sport is an entirely different creature when moved outside. "I'm hoping the additional events will change (our conference result)," Hillman said. Norville is the latest in a long line of siblings who have excelled in track at Batavia.

Geneva

Coach: Peter Raak (sixth year)

Last year: Western Sun Conference champion; second in the Class 3A Bartlett sectional

Top returnees: Emma Anderson, so., jumps; Megan Brady, sr., distance; Katie Costello, jr., sprints; Tess Ehrhardt, sr., distance; Rachel Hammond, sr., distance; Erin Kluck, sr., sprints, pole vault; Megan Malone, jr., throws; Liza Tauscher, sr., distance; Mady Temple, jr., sprints; Taylor Wickware, sr., middle distance.

Top newcomers: Kathryn Adleman, fr., distance; Haley Carroll, so., jumps, pole vault; Aimee Dappas, fr., sprints, hurdles; Sydney Geils, fr., distance; Amelia Grady, fr., sprints, pole vault; Taylor Keating, jr., hurdles, high jump; Kelly McKenna, so., jumps, pole vault.

Outlook: The Vikings enter the Upstate Eight River Division after claiming the Western Sun the final two years of its existence. But many of the familiar faces on the Geneva consecutive championship squads are at the next level. "Obviously, we graduated a lot of talented seniors the last couple of years," said Raak. Much will be asked of Wickware, the Vikings' Miami of Ohio-bound half-miler who was sixth in the 800-meter run last year in the Class 3A state meet after transitioning from the quarter-mile during the regular season. "I'm looking for (Wickware) to be a workhorse for us," said Raak.

Wickware was fifth over the weekend in the Illinois Prep Top Times meet in Bloomington. The Vikings' battle-hardened distance contingent featuring former team state cross country champions Brady, Ehrhardt, Hammond and Tauscher return for a final running campaign. Kluck will be asked to provide valuable points that 2010 state champion Allie Pace (Yale) did for the squad at its loaded invitational schedule. The Vikings have the benefit of an infusion of good numbers among their underclass ranks, but its upperclassmen have to fulfill their duties for the team to duplicate its achievement of the past two years. "It's definitely going to be a different team this year," Tauscher said at the indoor conference meet.

Kaneland

Coach: Doug Ecker (second year)

Last year: seventh in Western Sun; tied for fifth at Class 2A Rochelle sectional.

Top returnees: Kris Bowen, sr., middle distance; Ashley Castellanos, so., middle distance,

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long jump; Abby Dodis, so., middle distance; Nicole Ketz, sr., throws; Brooke Patterson, sr., sprints, triple jump, pole vault; Andie Strang, sr., middle distance.

Top newcomers: Sydney Strang, fr., middle distance, distance; Lauren Zick, fr., sprints, long jump.

Outlook: Kaneland is seeking to continue the growth displayed during the indoor season after capturing the Big XII Northern crown. Patterson and Andie Strang are the two senior standouts for the Knights. The former, competing for the first time last year, qualified for state in both the triple jump and pole vault. Strang is looking to close out her prep career on a high note after being hampered by a basketball-related injury last season. "All of our distance runners are healthy," said Ecker. As an underlining goal, Kaneland will seek to nurture its large underclass contingent.

"We have 55 kids out, which is nice," said Ecker. "Like a lot of teams, we are pretty good in certain events and there are other events where we are developing." Castellanos is another state returnee; the sophomore made the individual cut in the long jump, and she is expected to play a key role on the Knights' state hopeful 3,200 relay. Much like the Knights previous conference, the Western Sun, the Big Northern has exceptional individual talent. "Even though we beat them at the indoor conference, I think Geneseo is the favorite (for outdoor supremacy)," said Ecker.

Rosary

Coach: Vic Meade (22nd year)

Last year: fourth in the Suburban Christian; fourth at the Class 2A Glenbard South sectional.

Top returnees: Courtney Cox, so., hurdles, middle distance; Anna Deufel, sr., sprints; Yesenia Garcia, jr., sprints; Meghan Hales, jr., sprints, long jump; MaryRose Hill, sr., sprints, triple jump; Kara Kalisz, so., middle distance; Kelly Keiffer, sr., distance; Amy Kus, sr., sprints, hurdles, high jump; Jessica Mejia, jr., sprints; Helen Offerman, jr., middle distance; Grace Petry, jr., long jump, pole vault; Aly Rindone, sr., sprints; Maggie Rowley, so., sprints; Mia Schulte, jr., throws; Christine Slade, so., sprints.

Top newcomers: Abby Hammer, fr., hurdles, middle distance; Biv Nasharr, fr., middle distance, distance; Sarah Nyarme, fr., sprints, triple jump; Sydney Varagoza, fr., sprints, long jump.

Outlook: The Royals' success could very well hinge on Kus' health. The extremely athletic senior, third in the Class AA high jump as a freshman, was lost for the entire outdoor season last year with a knee injury. If the Colorado recruit can return to form, Rosary has an electric duo when Kus is paired with classmate Deufel. The latter earned medals in both the 100 and 200 meters last year. "We have Deufel and some good sprint relays," Meade said. "We're hoping (Kus) can come back and help us in the sprints and maybe the hurdles."

Rindone is a third speedster for the Royals' relays, bolstered with several promising underclassmen. Rosary seeks to improve its finishes at both conference and the sectional. "After the surprise (champion) Walther Lutheran gave us last year, they're the team we're looking out for (at conference)," Mead said. "I think (St.) Francis has pretty good balance." St. Francis' Scott Nelson gives the Royals the edge. "Rosary is the team to beat," Nelson said.

St. Charles East

Coach: Denise Heffernin (third season)

Last year: Upstate Eight Conference champion; fourth at Class 3A Bartlett sectional.

Top returnees: Mallory Abel, jr., distance; Laney Deckrow, so., Colleen Earl, sr., sprints middle distance; Kelsey Gentry, junior, sprints; Sarah Hill, so., distance; Annie Martinez, jr., sprints, hurdles; Rachel Rawson, sr., sprints, middle distance; Brittney Williams, so., sprints.



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Top newcomer: Jordan Schead, fr., sprints, hurdles.

Outlook: St. Charles East employed depth and consistency to mitigate the dazzling athleticism of Waubonsie Valley to win the conference championship last spring. After significant graduation losses last year, the Saints look to defend their title in the River Division. Rawson is the Saints' emotional leader and senior mainstay. "(Rawson) has a lot of speed," said Heffernin. "Her range is irreplaceable. She can go all the way up from the 200 to the 800." Abel, a returning state qualifier at 3,200 meters, is the top distance runner for the Saints, who are led by Williams' speed in the shorter events. The talented sophomore won the indoor league 400, with Rawson in close pursuit

. Heffernin is counting on her girls' experience paying dividends. "We don't have a ton of seniors, but we have girls who have competed at the highest level," Heffernin said. Gentry and Martines look to return to state in some capacity. "We're looking forward to another strong season," Heffernin said. "We think we have a good chance to qualify some relays (to state)." The Saints' 400- and 1,600-meter quartets made the state grade last spring.

St. Charles North

Coach: Kathleen Thompson (first year)

Last year: sixth in the Upstate Eight; ninth at the Class 3A Bartlett sectional.

Top returnees: Jerica Balousek, jr., jumps; Erica Bauerbach, sr., middle distance, distance; Meredith Beird, sr., pole vault; Olivia Cessarone, so., jumps; Ania Gawlik, jr., distance; Patrice Groomes, sr., sprints; Molly Hupp, so., sprints; Bailey Paskey, jr., jumps; Jessica Scheets, jr., middle distance; Molly Soltesz, so., sprints; Sydney Stuenkel, jr., middle distance; Katie Thomka, sr., hurdles.

Top newcomers: Natalia Gawlik, fr., middle distance; Lorie Hutchinson, fr., sprints, middle distance; Sydney Olson, fr., jumps; Kara Smith, jr., sprints; Anita Tynda, so., sprints.

Outlook: First-year coach Thompson, a standout middle distance runner at Geneva, takes over the North Stars' program. "We are looking to compete better with these bigger and better schools," said Thompson. Beird, a two-time state qualifier in the pole vault, should be in medal contention for the event come May. On the track, the North Stars should be more than competitive in the middle to longer distances behind Bauerbach and Scheets. Bauerbach placed at Prep Top Times in the open 3,200 run, and Beird notched the North Stars' other medal in her specialty event. The North Stars' 3,200 relay is particularly viable for state consideration. "We improved from last year," said Thompson. The North Stars struggled in the score in the field—with the notable exception of Beird—last year, but an influx of jumpers has Thompson excited for the River Division championship. "With the divisions split up, we can be in the top three," Thompson said.

West Aurora

Coach: Theresa Towles (seventh year)

Last year: second in the DuPage Valley; Class 3A Plainfield Central champion; seventh at state meet.

Top athletes: Nicky Bartell, so., middle distance, distance; Rachel Cavendar, so., distance; Kehlay Dunah, sr., sprints; Marin Lehman, sr., pole vault; Megan McKinley, jr., sprints, middle distance; Tykia Neal, sprints, hurdles, jumps; Jasmine Ranson, sr., sprints, jumps; Anita Saffa, so., sprints; Cynthia Smith, jr., sprints; Chastity Smith, sr., throws; Carmen Vonpatterson, jr., jumps.

Top newcomers: Maya Marion, fr., throws; Rebecca Moore, fr., sprints, pole vault; Emma Spagnola, fr., sprints, hurdles, jumps; DeAndra Stewart, fr., sprints; Kyla Walton, fr., sprints, middle distance, long jump.

Outlook: Two-thousand-10 was without question the most bountiful season in program history for West Aurora. The Blackhawks captured prestigious titles at Kane County and

the Plainfield Central sectional and concluded those program firsts with an unprecedented seventh-place finish at the state meet. "I think we have the makeup to be as successful as we were last year," Towles said. Ranson is a central key for West Aurora this spring. The returning medal-winner in the triple jump has to assume the senior leadership role vacated by graduated stars Shanice Andrews (Wichita State) and Mariah Smith (Illinois).

Ranson is an extremely versatile athlete who can compete at the highest levels in triple and high jump while anchoring the Blackhawks' explosive sprint relays. Bartell has boundless talents to spearhead the Blackhawks' distance group, and speed abounds with the likes of Cynthia Smith, Dunah and Saffa. The squad is committed to rebounding from a surprise loss to Wheaton Warrenville South at outdoor conference last year. "They have unbelievable talent," WW South coach Rob Harvey said of his main rival. "They're going to give us everything we can handle. I don't think we can beat them (outdoors)." West Aurora also has the top area freshman newcomer in Spagnola. "Emma is just like Shanice," said Towles. "Coming in as a freshman, her work ethic is phenomenal."

Back in action:

Top returnees

Marks in parentheses are 2011 fully automated qualifying standards for Class 1A, 2A and 3A, respectively.

*** — 2010 Class 3A state qualifier

** — 2010 Class 2A state qualifier

* — 2010 Class 1A state qualifier

a — hand-time converted to fully automated time (FAT) by adding .24 seconds

100 meters (12.94, 12.64, 12.44)

(4th-2A) Anna Deufel (Rosary, sr.) 12.34a

Anita Saffa (West Aurora, so.) 12.44a

Cynthia Smith (West Aurora, jr.) 12.64

Amber Farrell (IMSA, sr.) 12.99

Aly Rindone (Rosary, sr.) 13.04

Taylor Wickware (Geneva, sr.) 13.04a

200 meters (27.04 26.24, 25.94)

(6th-2A) Amber Farrell (IMSA, sr.) 25.38

(5th-1A) Mackenzie Bollinger (Aurora Christian, so.) 25.70

(9th-2A) Anna Deufel (Rosary, sr.) 25.86

Jasmine Ranson (West Aurora, sr.) 25.94

Taylor Wickware (Geneva, sr.) 26.04a

400 meters (1:02.04, 1:00.64, 59.44)

(7th-1A) MacKenzie Bollinger (Aurora Christian, so.) 59.29

Taylor Wickware (Geneva, sr.) 59.51

Anna Deufel (Rosary, sr.) 59.96

Brittney Williams (St. Charles East, so.) 1:00.05

Amber Farrell (IMSA, sr.) 1:00.44a

800 meters (2:26.64, 2:23.34, 2:19.74)

(6th-3A) Taylor Wickware (Geneva, sr.) 2:14.46

*** Tess Ehrhardt (Geneva, sr.) 2:19.12

Bari Robinson (Batavia, so.) 2:22.68

** Andie Strang (Kaneland, sr.) 2:23.31

Rachel Cavender (West Aurora, so.) 2:26.47

1,600 meters (5:35.14, 5:25.24, 5:15.24)

*** Megan Brady (Geneva, sr.) 5:14.97

Mallory Abel (St. Charles East, jr.) 5:21.27

Erica Bauerbach (St. Charles North, sr.) 5:25.51

Jessica Scheets (St. Charles North, jr.) 5:28.64a

Anna Sestak (Aurora Central, jr.) 5:28.97

3,200 meters (12:12.24, 11:48.04, 11:22.00)

(21st-3A) Mallory Abel (St. Charles East, jr.) 11:15.18

Erica Bauerbach (St. Charles North, sr.) 11:20.49

(32nd-3A) Liza Tauscher (Geneva, sr.) 11:26.09

Rachael Spalding (Batavia, so.) 11:42.94

Emily Launer (Rosary, jr.) 12:04.00

100 high hurdles (16.54, 15.94, 15.34)

(1st-2A) Amber Farrell (IMSA, sr.) 14.17

* MacKenzie Bollinger (Aurora Christian, so.) 15.54

Tykia Neal (West Aurora, so.) 16.34a

** Brielle James (IMSA, sr.) 16.35

Annie Martines (St. Charles East, jr.) 16.54a

300 low hurdles (48.84, 47.84, 46.94)

(1st-2A) Amber Farrell (IMSA, sr.) 43.08

Lydia Warren (St. Charles East, jr.) 47.61

Mackenzie Bollinger (Aurora Christian, so.) 47.64a

Annie Martines (St. Charles East, jr.) 47.77

Kaytlin St. Clair (Batavia, jr.) 49.64a

400 relay (51.94, 50.84, 49.44)

*** St. Charles East 48.89

*** West Aurora 49.24a

** Rosary 49.83

Batavia 50.58

Geneva 50.74a

800 relay (1:50.34, 1:48.04, 1:44.74)

*** West Aurora 1:43.57

** Rosary 1:46.39

** St. Francis 1:48.15

St. Charles North 1:49.28

Batavia 1:50.04a

1,600 relay (4:14.34, 4:10.04, 4:04.24)

*** Geneva 3:56.37

*** Batavia 3:56.66

*** St. Charles East 4:01.42

*** West Aurora 4:03.94a

** Rosary 4:11.65

3,200 relay (10:22.24, 10:05.04, 9:38.24)

(7th-2A) St. Francis 9:41.11

West Aurora 9:47.24a

Geneva 9:51.07

** Kaneland 9:55.51

** Aurora Central Catholic 9:58.11

Pole vault (9-0, 9-6, 10-3)

*** Meredith Beird (St. Charles North, sr.) 10-9

*** Erin Kluck (Geneva, sr.) 10-9

(10th-2A) Brooke Patterson (Kaneland, sr.) 10-6

Danielle Engel (St. Charles North, jr.) 9-6

Marin Lehman (West Aurora, sr.) 9-6

High jump (5-2, 5-2, 5-3)

(6th-2A) Katy Garcia (St. Francis, sr.) 5-3

*** Jasmine Ranson (West Aurora, sr.) 5-3

Emma Anderson (Geneva, so.) 5-0

Gabby Aguirre (Kaneland, so.) 4-11

Laney Deckrow (St. Charles East, so.) 4-11

Long jump (16-4, 16-11, 17-3)

** Ashley Castellanos (Kaneland, so.) 16-10

Katy Garcia (St. Francis, sr.) 16-9

Brooke Patterson (Kaneland, sr.) 16-5

Tamar Norville (Batavia, jr.) 15-6½

Shadae Pickett (West Aurora, jr.) 15-6

Triple jump (33-8, 34-8, 35-6)

(7th-3A) Jasmine Ranson (West Aurora, sr.) 37-9¼

(7th-1A) MacKenzie Bollinger (Aurora Christian, so.) 36-7½

** Brooke Patterson (Kaneland, sr.) 35-9¼

Ashley Castellanos (Kaneland, so.) 34-6

Kaylee Raucci (St. Charles North, so.) 34-3

Shot put (35-6, 36-6, 37-6)

(8th-3A) Haleigh Theuerkauf (Batavia, jr.) 39-4

Nicole Ketzka (Kaneland, jr.) 31-2½

Megan Malone (Geneva, jr.) 30-2½

Keara Palpant (Kaneland, sr.) 29-10

Mariah Zwart (Batavia, jr.) 29-8

Discus (108-0, 112-6, 117-6)

Chastity Smith (West Aurora, sr.) 105-11

Nicole Ketzka (Kaneland, jr.) 105-3

Haleigh Theuerkauf (Batavia, jr.) 103-4¾

Allison Wright (Geneva, jr.) 95-7

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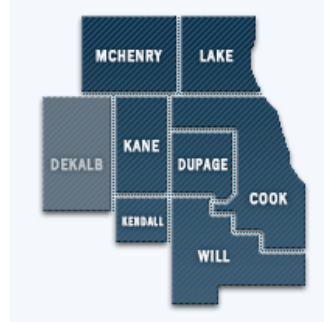
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