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# Hynes breaks school record again

NAPERVILLE – Even if St. Charles East didn't place first in the Upstate Conference Girls Track Meet, there was plenty of reasons for the Saints' camp to celebrate.

The greatest of which arguably came from Lizzy Hynes' second school record-breaking time in the 3,200-meter run in two weeks.

Hynes kept close behind Lake Park's Lindsay Flanagan, for the first 1,200 meters, before breaking ahead.

"I didn't want to be leading early and then die out in the end," she said.

Hynes ably avoided a flameout, speeding to first in 10:32.2, outpacing Flanagan by nine seconds. East's Mallory Abel followed them both to place third in 11:36.75.

"It's pretty cool taking first," Hynes said. "I really wanted to run against the top runner in the state. I'm pretty excited for sectionals now."

And she's not the only one according to East coach Denise Hefferin. With Hynes ruling the long-distances on Thursday night, East also flexed its muscles in the 4x200-meter relay, placing second in 1:49.44.

"This is the year we've had a sprints team, instead of just a few really good sprinters," Hefferin said. "It started during [the indoor season] and has solidified outdoors."

East finished second to Waubonsie Valley with 94 points. St. Charles North finished in sixth place.

Hefferin said the Saints just needed to keep their heads going into their post-season.

"We just to need keep doing what we're doing," she said. "As long as they're calm and focused on sectionals, we'll be all right."

St. Charles North hung around fifth place in the team scores for most of the day, with highlights sprinkled throughout. Jenna Loynachan showed off her season-long improvements by taking first in the 400-meter dash with a time of 1:00.94.

North also earned big points in the pole vault, with Meredith Beird and Danielle Goebbert clearing 10-feet to place second and third respectively.

"They're coming out strong," North coach Sarah Manwaring said of her team. "I think we've continually dropped our times all season."

Nonetheless, Manwaring said that missing out on the Kane County Meet because of Batavia's swine flu closure was a hurdle for the North Stars to get over before the conference meet.

"I still think our big break will be at sectionals," she said. "We're testing things out here that we wanted to do at the Kane County Meet."

The meet was delayed for 30 minutes after a short thunderstorm rolled by Neuqua Valley. But both coaches said the weather is the least of their concerns going into sectionals.

"We just need to keep off injury, sickness, soreness," Manwaring said. "The delay was no big deal. I'm just glad they got to run."

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