Varsity Results
WIN vs. Highland Park 22-39
WIN vs. Niles North 15-49
WIN vs. Maine West 16-45

Frosh/Soph Results
WIN vs. Highland Park 19-42
WIN vs. Niles North 20-41
WIN vs. Maine West 15-50

Varsity – 3 miles

Pl	Name	Time
2	Josh Puyear (Jr)	15:55
3	Cole Bernstein (So)	16:05
4	Ben Kraemer (Sr)	16:09
6	Ryan Bernstein (So)	16:29
8	Ben Zamler (Jr)	16:39
9	Lucas Moskovitz (So)	16:40
13	Eric Lakemaker (So)	16:54
15	Alex Luo (So)	16:58
16	Jonah Kaplan (Jr)	17:02
19	AJ Osborn (Jr)	17:18
21	Zack Greco (Jr)	17:30
22	Elai Spector (Sr)	17:36
25	Mac Cooley (Sr)	17:39
27	Joe Ariano (Sr)	17:45
28	Micah Plofsky (Sr)	17:46
33	Asher Kriegel (Jr)	18:11
43	Ethan Friedman (Jr)	18:49
44	Joe Healy (Jr)	18:50
49	Hayden Katz (Jr)	19:12
53	Ben Spiegel (Jr)	19:20
54	Jeremy Plofsky (Sr)	19:26
60	Sam Voigt (Jr)	19:52
61	Mark Goldenberg (Jr)	20:07
63	Matthew Kroscher (Sr)	20:10
66	Coby Segal (Sr)	20:32
67	Max Dunn (Jr)	20:38
68	Logan Lofland (Jr)	20:39
69	Jeremy Rosenblum (Jr)	20:40
71	Brian Reich (Jr)	21:08
79	Stephen DiNardo (Jr)	22:30
84	Max Bolon (Jr)	24:22
85	Tyler Nagelbach (Jr)	26:12

Frosh/Soph – 2.1 miles

Pl	Name	Time
1	Jonah Satyr (So)	12:48
2	Zach Garland (Fr)	12:49
4	Carson Amstutz (So)	12:57
8	Jack Gordon (So)	13:15
9	TJ Mangurten (Fr)	13:28
10	Ethan Blacher (So)	13:33
11	Adam Khan (Fr)	13:36
12	Owen Lacy (Fr)	13:42
15	Lucas Goldenberg (Fr)	13:46
16	Avi Wolkenberg (Fr)	13:50
18	David Fisher (So)	13:57
19	Jeremy Lamm (Fr)	14:09
20	Gavin Picklin (Fr)	14:10
24	Jacob Cohn (Fr)	14:23
26	Drew Spiegel (Fr)	14:35
28	Evan Morris (So)	14:39
29	Kyle Jensen (Fr)	14:44
30	Charlie Dumo (Fr)	14:45
31	Chase Needelman (So)	14:49
33	Charlie Sandberg (Fr)	14:55
34	Nathan Dubinsky (Fr)	15:00
35	Brandon Stein (So)	15:02
37	Yijia Wang (So)	15:08
38	Ben Flaxman (So)	15:09
41	Aden Siegel (Fr)	15:11
42	Noam Dor (So)	15:12
43	Dylan Teitelbaum (Fr)	15:13
44	Noah Fishman (So)	15:15
45	Jack Pinsky (Fr)	15:21

Deerfield Snaps Highland Park's Eight-Year Quad Meet Winning Streak! Sweeps CSL North Quad #1 On Both Levels

It was a long time coming. Eight years to be exact. That was the last time Highland Park lost to any team in a CSL Quad Meet. That's 15 straight Quads won, and 45 consecutive opponents beaten. But that incredible streak ended on Tuesday.

Maine West hosted Highland Park, Deerfield, and Niles North in the first of two CSL North Quad meets that count towards the conference standings. Deerfield felt extra anticipation about this Quad meet that pitted Highland Park's win streak against perhaps the best Deerfield team in many years.

The Deerfield seniors remembered a 2016 Quad their freshman year when Highland Park was the heavy favorite, and underdog Deerfield threw every ounce of energy their way. At that meet, some middle-of-the-pack Deerfield runners ran the first mile with the leaders just to try to throw them off and maybe increase their tiny odds of winning by just a little bit. But this year, the tides had turned, and Deerfield was ready for Highland Park to show the return the same fight.

Highland Park did get out hot, but after a few minutes the Deerfield runners settled into their places which would secure the win if held. Junior **Josh Puyear** (2nd, 15:55) clinged to the back of Highland Park's Jason Polydoris as the two separated from the rest of the field. Puyear took the lead in the second mile, but Polydoris battled back and won with Puyear 16 seconds behind in second place. Further back, sophomore **Cole Bernstein** (3rd, 16:05) and senior **Ben Kraemer** (4th, 16:09) worked together and solidly did their job of holding off Highland Park's #2 runner. Then the Deerfield put the trio of sophomore **Ryan Bernstein** (6th, 16:29), junior **Ben Zamler** (8th 16:39), and a strong race from sophomore **Lucas Moskovitz** (9th, 16:40) in front of Highland Park's #3 to seal the deal.

In addition to Highland Park, Deerfield also picked up important conference wins over Niles North and a much improved Maine West team.

Deerfield's frosh/soph runners also won all three matchups handily. The pack of sophomore **Jonah Satyr** (1st, 12:48), freshman **Zach Garland** (2nd, 12:49), and sophomore **Carson Amstutz** (4th, 12:57) worked together nicely and traded off the lead. After the race, Amstutz explained why he took over the pacing duties on the course's tough hill, "If I'm going to win something, I'll win the hill." His work on the hill helped Satyr's and Garland's overall performance by challenging them to push at a part where most might ease off the gas. After going through the Quad Meets undefeated last season, the Deerfield frosh/soph team has a mini streak of its own, currently at three Quads and nine straight opponents defeated.

The remainder of conference standings will be decided at next Tuesday's Quad Meet and at the Conference Championships on Oct. 19th. Deerfield understands that early success does

Pl	Name	Time		Pl	Name	Time
48	Ethan Schott (Fr)	15:27		57	Brandon Kerpel (Fr)	16:25
49	Yaokai Yang (Fr)	15:49		64	Jack Aronson (So)	17:26
51	Nathan Kim (Fr)	15:55		65	Nick Krishnan (So)	17:36
52	Ian Van Every (So)	16:03		66	Jordan Plocker (Fr)	17:48
55	Adam Fenster (Fr)	16:18		71	Emmett Dunnn (Fr)	20:22