

## CSL North Quad #2

Deerpath park  
Vernon Hills, IL  
9/24/2019

### Varsity Results

**WIN** vs. Vernon Hills 15-50

**WIN** vs. Maine East 15-50

**WIN** vs. Maine West 18-44

### Frosh/Soph Results

**WIN** vs. Vernon Hills 20-43

**WIN** vs. Maine East 16-47

**WIN** vs. Maine West 15-49

# Deerfield Tops Vernon Hills, Maine East, and Maine West in CSL North Quad #2, Remains Undefeated in Conference Action



Four CSL North teams descended upon Deerpath Park for the second CSL North Quad Meet. After winning the first Quad Meet last week, Deerfield looked to stay undefeated.

The terrain at the Vernon Hills course was bumpy and uneven—not a course that would produce fast times. But in cross country, all runners compete on the same course, and it's finishing place that really counts.

The top eight to ten Deerfield runners got out together in a single pack. The plan was to have the three top runners set a challenging pace for the rest of the pack, but consequently the pace

wasn't too challenging for them. Unfortunately, the pack fell apart around the mile mark. But Deerfield still ran tough and got the job done. Junior **Josh Puyear** (1st, 16:26) won the race with senior **Ben Kraemer** (2nd, 16:34) in second. Maine West's top runner finished third, and then the rest of the Deerfield pack came in after that, which sealed the three wins by large margins. Most notably, sophomore **Lucas Moskovitz** (4th, 16:51) finished much higher on the team than in previous races. He was decently close to his PR of 16:40 on a day where most runners weren't even close

These conference wins put Deerfield at 5-0 after the CSL North Quad Meets. This is the first time they have finished the Quad Meets undefeated since 2007. The rest of the points towards the CSL North crown will be decided at the CSL Championship Meet on October 19. The last time Deerfield won a CSL North Championship was in 2008, although 2007 was their last outright title.

The frosh/soph team has been displaying its own conference dominance. They too are 5-0 after picking up wins over Vernon Hills, Maine East, and Maine West. None of their wins over conference foes have been particularly close either. They have never had than 20 points against any team. After going undefeated last season too, Deerfield's frosh/soph team has won four CSL North Quad Meets in a row, defeating twelve consecutive opponents.

Sophomore **Jonah Satyr** (2nd, 12:01) was once again the top runner for the frosh/soph team. However, Satyr was not the individual winner this time as a Vernon Hills freshman beat him by two seconds. But Deerfield stacked the rest of the front with 15 runners in the top 19, including several Deerfield freshmen stepped up in a major way finishing way higher than in previous meets. **TJ Mangurten** (3rd, 12:14) was the 2nd runner for the Warriors, **Avi Wolkenberg** (10th, 13:00) was the seventh runner, and **Gavin Picklin** (13th, 13:05) ran up to the 10th spot. Additionally, **Aden Siegel** (25th, 13:38), **Nathan Dubinsky** (28th, 14:41), and **Jack Pinsky** (35th, 14:08) also had stellar races showing much improvement.

Deerfield will have a week-and-a-half off of racing to do some quality training. They will be back in action at the Niles West "Pat Savage" Invite on October 5th.



#### Varsity – 3 miles

PI	Name	Time
1	Josh Puyear (Jr)	16:26
2	Ben Kraemer (Sr)	16:34
4	Cole Bernstein (So)	16:48
5	Lucas Moskovitz (So)	16:51
6	Ben Zamler (Jr)	16:52
7	Ryan Bernstein (So)	17:12
9	Eric Lakemaker (So)	17:21
10	Alex Luo (So)	17:23
12	Jason Dahlberg (Sr)	17:37
13	Jonah Kaplan (Jr)	17:39
17	Mac Cooley (Sr)	17:55
18	Micah Plofsky (Sr)	17:58
20	Elai Spector (Sr)	18:00
22	AJ Osborn (Jr)	18:14
23	Joe Ariano (Sr)	18:15
24	Zack Greco (Jr)	18:24
25	Asher Kriegel (Jr)	18:27
33	Ethan Friedman (Jr)	19:24
34	Brendan Beamer (Jr)	19:29
40	Jeremy Plofsky (Sr)	19:45
43	Hayden Katz (Jr)	19:53
46	Coby Segal (Sr)	20:11
48	Ben Spiegel (Jr)	20:25
50	Mark Goldenberg (Jr)	20:28
53	Max Dunn (Jr)	20:45
54	Matthew Kroscher (Sr)	20:53
55	Logan Lofland (Jr)	21:14
58	Jeremy Rosenblum (Jr)	21:38
59	Stephen DiNardo (Jr)	21:46
60	Sam Voigt (Jr)	21:48
66	Spencer Vernier (Jr)	22:25
67	Zach Luke (Jr)	22:36
72	Max Bolon (Jr)	24:40

#### Frosh/Soph – 2 miles

PI	Name	Time
2	Jonah Satyr (So)	12:01
3	TJ Mangurten (Fr)	12:14
4	Zach Garland (Fr)	12:16
5	Carson Amstutz (So)	12:29
7	Jack Gordon (So)	12:36
8	Ethan Blacher (So)	12:45
10	Avi Wolkenberg (Fr)	13:00
11	Lucas Goldenberg (Fr)	13:01
12	Owen Lacy (Fr)	13:02
13	Gavin Picklin (Fr)	13:05
15	Jeremy Lamm (Fr)	13:11
16	Adam Khan (Fr)	13:16
17	David Fisher (So)	13:16
18	Kyle Jensen (Fr)	13:17
19	Drew Spiegel (Fr)	13:18
23	Jacob Cohn (Fr)	13:34
24	Evan Morris (So)	13:37
25	Aden Siegel (Fr)	13:38
27	Charlie Dumo (Fr)	13:40
28	Nathan Dubinsky (Fr)	13:41
29	Noam Dor (So)	13:45
31	Robert Getty (So)	14:02
32	Brandon Stein (So)	14:06
34	Chase Needelman (So)	14:08
35	Jack Pinsky (Fr)	14:08
37	Yijia Wang (So)	14:15
38	Dylan Teitelbaum (Fr)	14:16
39	Ethan Schott (Fr)	14:17

40	Ben Flaxman (So)	14:18	54	Brandon Kerpel (Fr)	15:24
42	Adam Fenster (Fr)	14:20	59	Nick Krishnan (So)	16:25
46	Noah Fishman (So)	14:26	61	Jordan Plocker (Fr)	16:52
47	Yaokai Yang (Fr)	14:46	62	Jacob Smith (Fr)	17:31
51	Ian Van Every (So)	15:01	68	Emmett Dunn (Fr)	17:43
53	Nathan Kim (Fr)	15:19	71	Aleksandar Burmeister (Sr)	22:58