

Hornet-Red Devil Invite

Katherine Legge Park
Hinsdale, IL
9/7/2019

Results

Varsity: 10th of 17
Soph: 1st of 17
Frosh: 14th of 16

Sophomores Win Stacked Hornet-Red Devil Invite Over Powerhouse Programs!

Varsity Finishes Solid 10th Place

Varsity – 3 miles

PI	Name	Time
21	Ben Kraemer (Sr)	15:53.6
24	Josh Puyear (Jr)	15:58.9
72	Ben Zamler (Jr)	16:55.2
78	Jason Dahlberg (Sr)	17:01.9
98	Jonah Kaplan (Jr)	17:21.1
137	Elai Spector (Sr)	17:50.3
147	Mac Cooley (Sr)	17:55.6
151	AJ Osborn (Jr)	17:59.4
162	Micah Plofsky (Sr)	18:18.3
169	Asher Kriegel (Jr)	18:26.6
196	Zack Greco (Jr)	18:42.7
197	Brendan Beamer (Jr)	18:25.0
207	Ethan Friedman (Jr)	18:52.6
237	Coby Segal (Sr)	19:17.8
238	Hayden Katz (Jr)	19:20.0
259	Jeremy Plofsky (Sr)	19:46.2
262	Ben Spiegel (Jr)	19:49.0
281	Mark Goldenberg (Jr)	20:12.3
282	Sam Voigt (Jr)	20:13.2
303	Matthew Kroscher (Sr)	20:38.0
306	Brian Reich (Jr)	20:40.3
336	Jeremy Rosenblum (Jr)	21:38.8
341	Zach Luke (Jr)	21:47.3
343	Spencer Vernier (Jr)	21:48.8
349	Logan Lofland (Jr)	21:56.0
361	Max Dunn (Jr)	22:26.0
363	Stephen DiNardo (Jr)	22:30.2
376	Max Bolon (Jr)	24:36.6
385	Tyler Nagelbach (Jr)	26:27.4

Sophomore – 3 miles

PI	Name	Time
3	Cole Bernstein (So)	15:58.5
10	Ryan Bernstein (So)	16:37.5
16	Alex Luo (So)	16:57.4
17	Lucas Moskovitz (So)	17:00.7
23	Eric Lakemaker (So)	17:44.9
88	Jonah Satyr (So)	18:44.9
106	Carson Amstutz (So)	19:12.4
115	Jack Gordon (So)	19:23.0
122	Ethan Blacher (So)	19:26.9
138	David Fisher (So)	19:59.4
175	Ben Flaxman (So)	20:59.2
181	Noam Dor (So)	21:09.7
182	Brandon Stein (So)	21:20.1
190	Evan Morris (So)	21:33.0
196	Chase Needelman (So)	21:51.0
201	Ian Van Every (So)	22:15.5
202	Yijia Wang (So)	22:19.1
217	Noah Fishman (So)	23:17.0
224	Jack Aronson (So)	24:00.3
228	Nick Krishnan (So)	24:24.9

Freshmen – 1.93 miles

PI	Name	Time
62	TJ Mangurten (Fr)	11:36.2
75	Zach Garland (Fr)	11:43.7
87	Owen Lacy (Fr)	11:52.8
89	Lucas Goldenberg (Fr)	11:56.6
92	Avi Wolkenberg (Fr)	11:59.4
93	Jeremy Lamm (Fr)	12:00.3
101	Adam Khan (Fr)	12:06.2
122	Gavin Picklin (Fr)	12:28.3
131	Drew Spiegel (Fr)	12:34.4
150	Jacob Cohn (Fr)	12:50.0
156	Nathan Dubinsky (Fr)	12:58.7



Despite the short-handed Varsity lineup, Deerfield finished 10th. That ties the highest finish ever in this meet since Deerfield started attending in 2011. And eight of the nine teams that beat Deerfield are ranked in the top 25 in Illinois in at least one of the two major media polls. Senior **Ben Kraemer** had perhaps the best race of his career so far completing the challenging course in 15:53 for 21st place. Senior **Jason Dahlberg** (78th, 17:01) and junior **Jonah Kaplan** (98th, 17:21) stepped up into the top five to solidify Deerfield's impressive team performance.

In the sophomore race, Deerfield made history. Teams like Neuqua Valley, Hinsdale Central, New Trier, Wheaton -Warrenville South, Palatine, Naperville Central, and Naperville North are synonymous with cross country success year in and year out. In the last decade, 14 of the 30 state trophies for finishing in the top-three at the IHSA state championships went to these teams. But in the sophomore race on Saturday, Deerfield stood above them all. Led by **Cole Bernstein's** third place finish, Deerfield topped the field with 69 points over Neuqua Valley's 104 for second and New Trier's 123 for third. One key New Trier sophomore was absent because he was in the Varsity race, but even if he had won the sophomore race, New Trier would only jump Neuqua Valley for second and Deerfield would remain on top. Behind Cole, all five scorers earned top 25 medals: **Ryan Bernstein** (10th, 16:37), **Alex Luo** (16th, 16:57), **Lucas Moskovitz** (17th, 17:00), and **Eric Lakemaker** (23rd, 17:44). Seeing Deerfield win a race at Hornet-Red Devil was unexpected and turned heads. But whether this group will earn similar success on the Varsity level in the future is still unknown.

Finally, the freshmen ran a 1.93 mile race and showed how quickly consistent training actually makes you improve. If you convert their times to a two mile distance, every single freshman set a new personal best, improving on their last two mile race on August 29. In fact, the average margin of improvement was over 60 seconds! The freshmen squad finished 14th out of 16 teams, so there is a lot of work still to be done. But with this kind of improvement in only nine days, the sky is the limit.



178	Charlie Sandberg (Fr)	13:13.5	195	Jack Pinsky (Fr)	13:38.7
182	Charlie Dumo (Fr)	13:18.7	198	Yaokai Yang (Fr)	13:40.4
187	Aden Siegel (Fr)	13:29.0	203	Nathan Kim (Fr)	13:54.5
188	Dylan Teitelbaum (Fr)	13:29.3	223	Jacob Smith (Fr)	14:49.4
189	Ethan Schott (Fr)	13:33.4	237	Jordan Plocker (Fr)	15:52.9
192	Adam Fenster (Fr)	13:35.1	242	Emmett Dunn (Fr)	16:52.5

[FULL RACE RESULTS](#)