

# **Lake County Invite**

Bulldog Athletic Complex Ingleside, IL 8/30/2023

## **RESULTS**

## **FULL RESULTS**

Varsity
10th place of 16 teams
Open
6th place of 13 teams

#### Varsity - 3 miles

ΡI	Name	Time
28	Scott Harvey (So)	16:48.45
39	Ben Freedman (Jr)	17:13.47
50	Danny Kriegel (Jr)	17:28.48
56	Sam Chaban (So)	17:41.92
64	Will Lambert (So)	17:52.05
88	Zach Bolon (Sr)	18:28.37
89	Noelan Tossing (So)	18:31.46
92	Charlie Marks (So)	18:37.89
105	Sam Rush (Jr)	19:04.89
113	Hugo Albrecht-Buehler (So)	19.19 46

### Open - 3 miles

	<u> </u>	
ΡI	Name	Time
21	Andrew Calderon (Fr)	18:43.33
22	Logan Luo (Fr)	18:46.14
26	Jon Weissmueller (So)	18:51.44
28	Jay Noren (So)	18:53.28
62	Aurin Dasgupta (So)	20:25.39
67	Eli Duncan (Fr)	20:33.33
74	Edward Minev (Fr)	20:42.58
89	Reed Galasinski (So)	21:11.67
98	Ethan Reich (Fr)	21:25.58
101	Jasper Fine (Fr)	21:26.43
102	Cooper Baum (Fr)	21:26.69
116	Seth Frank (So)	21:48.35
124	Zach Lieberman (Jr)	21:57.16
137	Brady Knutsen (Fr)	22:28.56
139	Aadi Desai (Sr)	22:30.55
153	Jonathan Heid (Jr)	22:52.85
156	Lucas Bryan (Fr)	22:53.88
161	Zachary Berman (Fr)	23:02.65
166	Sammy Kogan (Fr)	23:08.66
180	Benji Deutsch (Fr)	23:29.45
190	Reid Gandy (So)	24:02.57
193	Eliot Naylor (Fr)	24:03.62
196	Ben Simon (Sr)	24:07.96
212	MJ Wilson (Fr)	24:53.62
245	Jonathan Greenspon (Fr)	34:42.94
246	Mayer Peters (Fr)	35:09.50

# Deerfield's Depth On Display with Tenth Place Finish At Lake County Invite



Grant High School's Bulldog Athletic Complex was the site of Wednesday's Lake County Invite. Sixteen team from across Lake County competed on the challenging course that featured many winding turns and three very steep hill climbs.

With two meets this week, Deerfield rested key runners on Wednesday to prioritize Saturday's race. The top eight finishers at last week's Deerfield Opener did not race, which mean the next guys in line had to represent Deerfield against other school's A-teams.

The Deerfield runners followed a gameplan that included a conservative start through the first steep hill before moving up throughout the rest of the race. And they did just that. There were no Deerfield singlets in the front half of the field initially, but then they came charging. Sophomore **Scott Harvey** had his second stellar race in a row, moving up all the way to 28th place in a big PR of 16:48. He finished as Deerfield's #1 runner. Next were juniors **Ben Freedman** and **Danny Kriegel** in 39th and 50th. **Sam Chaban** and **Will Lambert** battled together for most of the race until Chaban took off with a great final mile to finish in 56th and Lambert was the final scorer for

the Warriors in 64th. The Warriors took tenth place as a team, which was very impressive for the "next up" guys who filled in for the usual varsity runners. They were able to beat several other school's best runners, which shows just how deep Deerfield rolls.

In the Open race, 26 Deerfield runners continued the display of depth by finishing in sixth place of 13 teams. This result was very impressive given that Deerfield was missing their best sub-varsity runners too because they were pulled up to the varsity race, so it was really like Deerfield's C-team against other school's B-teams, and the Warriors finished in the top half. Jay Noren led the charge out of the gate with a hot start. Ultimately he was passed by teammates Logan Luo and Jon Weissmueller, and then Andrew Calderon who ran his way into the #1 spot with a hot final mile. Luo and Weissmueller crossed the finish line shortly after Calderon solidifying an all-new-runner 1-2-3 for Deerfield with two freshmen and a new sophomore. Noren finished right on the back of that group getting Deerfield four runners under 19 minutes. The Warriors waited a while for the fifth and final scorer, and it was Aurin Dasgupta who emerged with a big PR of 20:25. Dasgupta may not have been expected to be a scoring runner, but he has improved a ton and now figures to be an important piece for Deerfield this season.

Importantly, 16 Warrior freshmen completed the first three-mile race of their careers after running just two miles in the season -opening meet. Finishing the race is the foundational objective in distance running, and now the freshmen can look to improve from there.

Even though the top varsity runners sat out of this meet, The Warriors achieved a lot. The depth they showed is a testament to a strong culture where it's not just the talented runners who work hard. It's more difficult to stay consistently motivated when the spotlight isn't on you, but Deerfield, despite being significantly smaller than many Lake County teams, somehow builds consistent depth that is able to compete above their level.

Next the Warriors move on to Saturday where they will run their full squad at the extremely high-caliber Hinsdale Central Red Devil Invitational against some of the best cross country teams in Illinois.

