



# Freedman Leads The Way For Deerfield At Lake Park Invite

## Lake Park Invite

Lake Park HS  
Roselle, IL  
9/9/2023

## RESULTS

### [FULL RESULTS](#)

**Varsity** (Deerfield's B-team\*)  
16th place of 22 teams

**Junior Varsity**  
No team score (<5 runners)

**Frosh/Soph** (Deerfield's B-team\*)  
11th place of 19 teams

\*The top seven varsity and top seven frosh/  
soph runners were at a different meet.

### Varsity - 3 miles

Pl	Name	Time
38	Ben Freedman (Jr)	16:30.9
82	Danny Kriegel (Jr)	17:22.8
88	Zach Bolon (Sr)	17:30.3
113	Andrew Calderon (Fr)	18:03.6
117	Logan Luo (Fr)	18:10.9
122	Sam Rush (Jr)	18:22.1
142	Jay Noren (So)	19:31.7

### Junior Varsity - 3 miles

Pl	Name	Time
90	Zach Lieberman (Jr)	20:43.2
111	Aadi Desai (Sr)	21:36.8

### Frosh/Soph - 2 miles

Pl	Name	Time
60	Alex McManamna (Fr)	12:13.9
67	Eli Duncan (Fr)	12:18.6
69	Ethan Reich (Fr)	12:22.2
73	Edward Minev (Fr)	12:24.7
78	Reed Galasinski (So)	12:28.2
87	Cooper Baum (Fr)	12:36.6
100	Brady Knutsen (Fr)	12:42.5
110	Jasper Fine (Fr)	12:46.6
116	Aurin Dasgupta (So)	12:49.7
122	Benji Deutsch (Fr)	12:54.3
137	Lucas Bryan (Fr)	13:12.3
159	Sammy Kogan (Fr)	13:34.1
171	Zach Berman (Fr)	13:42.7
203	MJ Wilson (Fr)	14:26.9
206	Reid Gandy (So)	14:28.5
208	Eliot Naylor (Fr)	14:30.9
256	Mayer Peters (Fr)	18:19.4



On Saturday, the Warriors travelled to Roselle, IL to compete in the Lake Park Harvey Braus Invitational. The course comprises two or three laps of the athletic fields at the Lake Park high school campus, and ends with an exhilarating 300 meter long track finish. It's a fast course, and with cool temperatures in the 60s on Saturday, it was an opportunity for great times.

With the top-7 varsity and frosh/soph squads competing at a different meet in Peoria, there were plenty of opportunities for new faces to cross the finish line in scoring position. But it was a tough task given that Deerfield's B-teams were up against other school's A-teams.

In the varsity race, **Ben Freedman** had a breakout day. He got out faster than usual and was able to hold on strong. He ran a 23-second PR of 16:30 for 38th place. **Danny Kriegel** had a harder time holding onto the fast pace and finished in 17:22 as Deerfield's #2. **Zach Bolon** had his best race of the season so far in 17:30 and was Deerfield's third finisher. Further back in the race, two freshmen had major impact for the Warriors. **Andrew Calderon** and **Logan Luo** were scoring varsity runners finishing in the team's #4 and #5 spots. They worked

together throughout the entire race with a conservative start and closed with a monster final mile to finish in just over 18-minutes. Deerfield finished in 16th place as a team, which is very impressive given how many of their top runners were at a different meet.

Earlier in the morning, **Zach Lieberman** had a big day in the JV race. He ran very tough and finished with a time of 20:43, which was a PR by over a minute.

The frosh/soph race was particularly exciting for Deerfield. It was this group's first two-mile race since their season opener, so they got to show off how much they've improved in the last few weeks. All 17 Deerfield runners in the frosh/soph race set new PRs. **Alex McManamna**, **Eli Duncan**, **Ethan Reich**, **Edward Minev**, **Reed Galasinski**, and **Cooper Baum** ran in a tight pack through the first mile. Their team racing style made them look like much more mature runners than their age would imply. Further back in the race, the biggest PR came from **MJ Wilson** who has been quietly grinding since day one. He lowered his two-mile best from 16:50 to 14:26. The frosh/soph group finished in 11th of 19 teams, which is incredibly impressive given that the ten best freshman and sophomore runners were either at another meet or in the varsity race. Deerfield's frosh/soph squad is deep and improving rapidly.

