***212 Warriors Continue BOIL at Niles West SECTIONAL***

On Thursday May 16th the Deerfield Warriors Boys Track & Field Team traveled to the newly renovated MONDO Niles West Track & Field Facility to compete in one very tough IHSA Sectional. This meet is what the entire Track & Field program is based on. STATE LEVEL FOCUS.

It requires great mental toughness, great character, great training, and intense competing in order to set a personal record, earn a sectional medal, and most importantly qualify for the STATE Championships. The Warriors came off a great win at the CSL North Championships and were looking to have another great night on the Track and in the Field. Often when a team comes off such a huge win as a team it can springboard some into bigger and better performances and often at times it becomes a grind for others because of the emotional energy that was given the week before. This was exactly the case as we had a very solid Sectional meet finishing 6th out of 16 teams with some amazing performances, consistent solid performances, and some ones that were just a grind and a little flat which for our younger Warriors is expected after such a long season.

The Warriors finished 6th with 45pts overall which again shows that year in and year out the DHS Track & Field program is one of the most consistent and top teams in the Chicagoland area and continue to qualify athletes to state every year and consistently finish in the Top 6 Teams of Sectionals. Champions of the CSL South Evanston won the Sectional for the 2nd year in a row with a dominating 85pts, Glenbrook South’s 72pts was runner up as they continued to show how deep their team is, with Prospect scoring 70pts, New Trier 58pts, and Niles West 47pts to round out the TOP 5 ahead of Deerfield.

All in all a great day of many personal records, state qualifying berths, and school records dropping once again. Below are the details of the BIG Moments for the 212!

*1st to BOIL UP was Dominic Dibenedetto as he started the meet of with a BOIL as he added 3’9” to his PR to earn a 2nd place finish and not only qualifying on place but beating the State Qualifying Standard on his way to that throw! This know puts Dominic 4th ALL Time at DHS! Congrats DOM!*

*Next Up was the 4x100 relay of Brett Freedberg, Jacob Balder, Donald Middlebrook, and Michael Lee who finished just out of State Qual in 3rd place BUT broke the School Record of 43.53 set in 2012 by Brett Freedberg, Luke Williams, Donald Middlebrook, and Geoff Heiser with a relay of 43.52! 1 one hundredth and it was earned with perfect exchanges and great effort! Congrats Boys!*

*The next highlight was Alex Gold in the 3200m as he raced to his 1st ever Sectional Championship with a tough 9:17.81 well below the State Qual time as the HEAT was a big variable for all distance runners early in the meet. Looking across the state this was right on pace with the best in the State and an excellent effort and focus by this tough racer. He followed that race with a 4th place and State Qual time of 4:21.34. TOUGH STUFF! DFDC Alex!*

*Finally Donald Middlebrook did what we do best in Field Events and that’s find a way to grind and get it done and he did just that on a rough vaulting day for the entire Sectional by placing 2nd and earning the automatic qualifying spot with a 12’9” vault. Although far from his best Donald found a way to get his well earned spot at the State Finals. Due to the bad weather all spring this year vault will be very interesting downstate as you WILL SEE vaulters come out of nowhere as they have great weather to work with this next week. Climb the ladder Donald and congrats! Donald also ran the 5th best 400 time ever at DHS in the open to earn a tough 5th place medal. What a future Decathlete!*

**Below are the 212 Warriors that Medaled at the 2013 Niles West Sectional:**

TJ-5th-Charlie Kogan

Pole Vault-2nd-Donald Middlebrook

Shot Put-2nd Dominic Dibenedetto

4x800R-6th-Charles Nash, Jordan Abosch, Max Rich, Patrick Brunk

4x100R-3rd-Brett Freedberg, Jacob Balder, Donald Middlebrook, Michael Lee

400-5th-Donald Middlebrook

1600m-4th-Alex Gold

***212 Sectional Warriors BOILING UP!***

 

 

 

 

 