



BOYS TRACK 2016 STATBOOK

HEAD COACH: Jared Fletcher

ASSISTANT COACH: Brian Keeney

ASSISTANT COACH: Mark Hoekstra

ASSISTANT COACH: Jarrin Davey

ASSISTANT COACH: Ben Tilus

TEAM WEBSITE: <http://carlisleboystack.weebly.com>

TEAM TWITTER: CHSBoysTrack@wildcatsTnF

Team Overview/Highlights from 2016

- 76 boys completed the season in good standing (29 boys earned varsity letters)
- Won 3 regular season meets: Carlisle, ADM, and Winterset
- Runner-up in the Raccoon River Conference (Boone won with 101 pts, we finished with 99.5)
- Runner-up at the Class 3A District 8 State Qualifying meet with 145 points
- Qualified 9 events for the state meet (tied for 12th with 18 points in 3A, 12th best finish at CHS)
- Finished 7th in Class 3A Track and Field Power Rankings
- Qualified 3 events for the prestigious Drake Relays
- 16 boys were named Academic All-Raccoon River Conference
- The team (all 9-12 graders) had a cumulative grade-point-average of 3.122
- Scored 1243 varsity points. This was an average of 106 points per meet.



Individual Highlights from 2016

- The shuttle hurdle team of Andrew Black, Joe Crowley, Peyton Stephens, and Dallas Wright were the Class 3A State champions (2nd best all time at Carlisle in a time of 57.87)



- **Junior JJ Orput set the school record in the 1600 meter run at the Hi Covey Meet in Ames in a time of 4:28.69**



- **Top 10 Points Scored: Dallas Wright (191.5), JJ Orput (139.5), Peyton Stephens (123.75), Max Goodhue (87.75), Andrew Black (84.75), Nic Baack (49), Nate Mortimer (41), Ben Rowray (37), Luke Sinclair (36.5), and Adam VanGorp (36.25).**
- **Joe Crowley was named Academic All State. To be eligible, athletes must have a GPA higher than 3.8, have an ACT score of 28 or higher, and participate in the state meet**
- **Andrew Black, Joe Crowley, Peyton Stephens, and Dallas Wright were all named All-State for their top 2 finish in the state meet**
- **Drake Relays Results**



- **Shuttle Hurdle Relay (Black-Crowley-Stephens-Wright) 8th out of 16 in 59.05**
- **JJ Orput 14th out of 21 in the 1600 meter run (4:30.14)**
- **4x100m relay (Mortimer-Robertson-Seskis-Stephens) 52nd out of 80 (44.67) but got disqualified for runner running 3 consecutive steps on line**

- **Raccoon River Conference Champions**
 - JJ Orput 1600m run and 3200m run
 - Max Goodhue long jump
 - Shuttle hurdle relay team (Black-Crowley-Stephens-Wright)

- **Raccoon River Conference Runner-Ups**
 - Peyton Stephens 100m dash
 - Dallas Wright 400m hurdles

- **Raccoon River Conference 3rd place**
 - Luke Sinclair 3200m run
 - 4x400m relay team (Goodhue-VanGorp-Crowley-Wright)
 - Dallas Wright 110m high hurdles

- **Class 3A District 8 Champions**
 - JJ Orput 1600m run and 3200m run
 - Shuttle Hurdle Relay team (Black-Crowley-Stephens-Wright)

- **Class 3A District 2nd Place Finishers (and state qualifiers)**
 - Wright 110m high hurdles and 400m hurdles
 - Adam VanGorp high jump
 - 4x100m relay (Mortimer-Robertson-Seskis-Stephens)

- **State Meet Results**
 - Shuttle hurdle relay team (Black-Crowley-Stephens-Wright) finish 1st as **STATE CHAMPS** (57.87)
 - JJ Orput 5th in 3200m run (9:57.21)
 - Dallas Wright 6th in 110m high hurdles (14.96)
 - Dallas Wright 8th in 400m hurdles (55.21)
 - Andrew Black 11th in 110m high hurdles (15.88)
 - JJ Orput 14th in 1600m run (4:44.60)
 - 4x400m relay team (Crowley-Rowray-Goodhue-Wright) 15th (3:29.13)
 - Adam VanGorp T-20th in high jump (5'9")
 - 4x100m relay (Mortimer-Robertson-Seskis-Stephens) 22nd (45.20)



• **Top 10 All-Time at Carlisle High School (NEW ADDITIONS FROM 2016)**

➤ 1600 meter run	JJ Orput	4:28.69	1 st
➤ 3200 meter run	JJ Orput	9:57.13	2 nd
➤ Long jump	Max Goodhue	21'1"	4 th
➤ 110 meter high hurdles	Dallas Wright	14.96	4 th
➤ 400 meter hurdles	Dallas Wright	55.21	5 th
➤ 110 meter high hurdles	Andrew Black	15.43	8 th
➤ 4x110 meter shuttle hurdle relay		57.87	2 nd
(Andrew Black, Joe Crowley, Peyton Stephens, Dallas Wright)			
➤ 4x400 meter relay		3:29.13	3 rd
(Joe Crowley, Ben Rowray, Max Goodhue, Dallas Wright)			
➤ 1600 meter distance medley relay		3:41.65	3 rd
(Brian Robertson, Peyton Stephens, Dallas Wright, JJ Orput)			
➤ 4x200 meter relay		1:32.59	5 th
(Nate Mortimer, Brian Robertson, Dallas Wright, Peyton Stephens)			
➤ 4x110 meter shuttle hurdle relay		1:00.14	6 th
(Brandon Tukes, Andrew Black, Peyton Stephens, Dallas Wright)			
➤ 4x110 meter shuttle hurdle relay		1:00.52	9 th
(Dallas Wright, Max Goodhue, Andrew Black, Peyton Stephens)			

Varsity Letter-Winners (29)

Seniors (7): Joe Crowley, Andrew Hill, Brian Robertson, Kire Seskis, Luke Sinclair, Peyton Stephens, and Adam VanGorp

Juniors (6): Andrew Black, Josh Felger, Gabe McCaughey, JJ Orput, Brandon Tukes, and Dallas Wright

Sophomores (14): Nic Baack, Riley Derrickson, Tommy Donovan, Kallen Glawe, Max Goodhue, Cole Henderson, Nate Mortimer, Cutler Palar, Kacyn Pickering, Nate Ramirez, Ben Rowray, Cooper Schettler, Dane Wright, and Ethan Wright

Freshmen (2): Nolan Brunsen and Carter Logue

Carlisle Boys' Track & Field Individual Awards 2016

<i>Varsity Most Valuable Performer</i>	<i>Dallas Wright</i>
<i>Junior Varsity Most Valuable Performer</i>	<i>Nolan Brunsen</i>
<i>Field Events MVP</i>	<i>Max Goodhue</i>
<i>Hurdler of the Year</i>	<i>Dallas Wright</i>
<i>Distance Runner of the Year</i>	<i>JJ Orput</i>
<i>Sprinter of the Year</i>	<i>Peyton Stephens</i>
<i>Mr. Versatility</i>	<i>Dallas Wright</i>
<i>Newcomer of the Year</i>	<i>Nolan Brunsen</i>
<i>Most Improved</i>	<i>Nate Ramirez</i>
<i>GRIT Award (Greatness Requires Intense Training)</i>	<i>Joe Crowley</i>

**these awards are voted on/selected by our entire team*

Meet Competitors

Seniors (7)

Joe Crowley, Andrew Hill, Brian Robertson, Kire Seskis, Luke Sinclair, Peyton Stephens, Adam VanGorp

Juniors (13)

Andrew Black, Gabe McCaughey, JJ Orput, Dallas Wright, Sam Martin, Austin McNeeley, Brandon Tukes, Jacob Howat, Cody Hutchins, Brenden Smith, Anethon Thiravong, Josh Felger, and Josh Black

Sophomores (23)

Nic Baack, Max Goodhue, Ben Rowray, Ethan Wright, Tommy Donovan, Devin Egenberger, Kallen Glawe, Cole Henderson, Mark Hubbell, Cody Jacobs, Nate Mortimer, Grant Mutch, Ben Jones, Grady Laughlin, Zach Phillips, Cam Smalley, Conner Smith, Stephen Owen, Cutler Palar, Kacyn Pickering, Nathan Ramirez, Cooper Schettler, and Dane Wright

Freshmen (18)

Trenton Beck, Janson Briggs, Nolan Brunsen, Seth Curry, Aaron Dykstra, Jonathon Flaws, Vaughn Gibson, Romello Gray, Isaiah Henrichs, Tommy Jones, Carter Logue, Sam McPhee, Hunter Morgan, Lucas Olson, Ethan Reed, Bo Struve, William Voboril, and Zach Willcox

Raccoon River Academic All Conference

(10th-12th grade varsity letter-winners with 3.25 Cumulative GPA or higher)

Seniors

Joe Crowley, Andrew Hill, Brian Robertson, Kire Seskis, Luke Sinclair, Peyton Stephens, and Adam VanGorp

Juniors

Josh Felger, JJ Orput, and Dallas Wright

Sophomores

Nic Baack, Tommy Donovan, Max Goodhue, Kallen Glawe, Kacyn Pickering, and Ben Rowray

CARLISLE HIGH SCHOOL TRACK AND FIELD

2016 Event Sponsors

Shot Put	Fareway (Rod Smith)
Long Jump	Stephany Goodhue (Iowa Realty)
Discus	Wayne and Kathy Fleishman
High Jump	DOT's Gallery & Frame Shop (David and Lori Landgren)
100m dash	Carlisle Veterinary Clinic (Dr. Kylie Sloan)
100m/110m hurdles	Edward Jones (Joe Schettler)
200m dash	Great Western Bank
400m dash	Stephany Goodhue (Iowa Realty)
400m hurdles	Stoner Lawn Care (Tanner Stoner)
800m run	#FightAgainstCancer
1500/1600m run	People's Bank
3000/3200m run	Fogle's Organic Berries
4x100m Relay	Central Iowa Insurance
4x200m Relay	Tami Gerlach Photography
4x400m Relay	Stadium View/Johnny and Mike's
4x800m Relay	Dr. Lee Evans
1600m Medley Relay	Housby-Mack
Shuttle Hurdle Relay	Hy-Vee (Jamie Stephens)
Sprint Medley Relay	FISS'

SPECIAL THANKS TO OUR 2016 EVENT SPONSORS!

CHS BOYS TRACK and FIELD RECORDS

EVENT	RECORD HOLDER(S)	TIME/DISTANCE	YEAR
DISCUS	K. FOGLE	177'-11.5"	2001
SHOT PUT	C. ASHER	57'7-7"	1968
HIGH JUMP	B. BETTERTON	6'7.5"	1991
LONG JUMP	D. TAYLOR	22'9.5"	2006
POLE VAULT	B.A. KEENEY	14'6"	1986
100 M DASH	J. GONZALEZ	10.85	2007
200 M DASH	J. GONZALEZ	22.33	2008
400 M DASH	B. BETTERTON	49.36	1991
800 M DASH	J. GRANDSTAFF	2:00.11	1999
1600 M RUN	J. ORPUT	4:28.69	2016
3200 M RUN	T. OWENS	9:56.08	1995
110 M HURDLES	B. BETTERTON	13.74	1991
400 M HURDLES	P. CAMP	54.16	1992
SH. HURDLE RELAY	P. CAMP S. JOHNSTON J. BROWER B. BETTERTON	56.84	1992
4x110M SH RELAY	D. WRIGHT P. STEPHENS J. HAGEDORN H. SANDERS	57.64	2015
4 x 100 M RELAY	A. LISTER B. ROLAND J. FLAWS N. WILMES	44.07	2011
4 x 200 M RELAY	H. SANDERS A. SMITH J. CROWLEY T. ERB	1:29.93	2015
4 x 400 M RELAY	H. SANDERS J. CROWLEY N. VOLLSTEDT T. ERB	3:25.02	2014
4 x 800 M RELAY	J. SINCLAIR G. JOHNSTON B. SCHOOLER G. WITTKOWSKI	8:10.60	1966
1600 M MEDLEY	N. DAVISON D. JAMES K. HILPIPRE J. NEWMAN	3:40.54	2001

NEWSPAPER ARTICLES AND WRITE-UPS

State Meet Article 2016

Congratulations to the Carlisle boys' track and field squad on their 12th place finish at the Class 3A state meet held at Drake Stadium on May 19th-May 21st. The shuttle hurdle relay squad of Andrew Black, Joe Crowley, Peyton Stephens, and Dallas Wright ran 57.87 in the finals to win the Class 3A state title on Saturday! This was the first state title for CHS boys' track and field since Damarcus Taylor won the long jump in 2006 and the first relay state title since the 440 yard relay struck gold in 1971. Because of their title, all four members made the 2016 IAHSAA All-State Team.

Other highlights of the state meet included Wright in the 110m high hurdles where he finished in 6th place with a career best time of 14.96. Dallas also ran a career best time of 55.21 in the 400m hurdles to finish 8th in Class 3A. Junior distance ace JJ Orput ran a career best of 9:57.21 in the 3200m run to place 5th while also finishing 14th in the 1600m run in 4:44.60. Junior Andrew Black finished 11th in the 110m high hurdles in 15.88 while senior Adam VanGorp finished tied for 20th in the high jump with a career best clearance of 5'9.

The 4x400m relay squad of senior Joe Crowley, sophomore Ben Rowray, sophomore Max Goodhue, and Wright ran a season best 3:29.13 to finish in 15th place. The 4x100m relay squad of sophomore Nate Mortimer, senior Brian Robertson, senior Kire Seskis, and Stephens ran 45.20 to finish 22nd.

Full results from the state track and field meet can be found here: www.iahsaa.org and follow the tabs at the top SPORTS to TRACK & FIELD.

Comments from Coach Fletcher: "What a great weekend of track and field for the Wildcats! I'm extremely proud of how our kids performed on the Blue Oval. These guys all represented CHS in incredible fashion. The shuttle hurdle crew ran a great race in the prelims and an even better race in the finals to bring home the state championship. Coach Keeney does such a great job with our hurdlers and the results speak for themselves. All of our qualifiers/alternates had fantastic seasons and to have four events in the top 8 at the state meet and to finish 12th out of 64 teams at the state meet puts an exclamation point on a successful season. I can't thank our 7 seniors (Joe Crowley, Andrew Hill, Brian Robertson, Kire Seskis, Luke Sinclair, Peyton Stephens, and Adam VanGorp) enough for all of their hard work, dedication, and leadership that they've provided this season. They are all FIRST CLASS and have been amazing WILDCATS. We wish them nothing but the best!"

Boys Finish as District Runner-Ups

Congratulations to the boys' track and field squad on their runner-up finish at the Class 3A District 8 meet last night. DCG won the boys side with 173.5 points while the Wildcats finished second with 145 points. Winterset finished third in the eight team meet with 111 points in the eight team event.

Seven individuals and relays punched their ticket to the state track and field meet with first or second place finishes while two others will participate in the state meet due to gaining an at-large berth/invitation. Automatic state qualifiers include JJ Orput in both the 3200m run and the 1600m run (district champion in both), Dallas Wright in the 400m hurdles and 110m hurdles (district runner-up in both), and Adam VanGorp in the high jump (district runner-up). The shuttle hurdle relay team of Andrew Black-Joe Crowley-Peyton Stephens-Dallas Wright won the district title (the third in a row for Coach Keeney's hurdle crew) and qualified for the state meet while the 4x100m relay team of Nate Mortimer-Brian Robertson-Kire Seskis-Peyton Stephens finished as runner-ups to also qualify for the state meet. Others gaining an at large berth to the state track and field meet were junior Andrew Black in the 110m high hurdles. Black ran 15.73 to qualify for the state meet. The 4x400m relay squad of Ben Rowray-Joe Crowley-Max Goodhue-Dallas Wright ran 3:29.66 to qualify for the state meet. This was the first time all season that this foursome has run this relay together. With Black and the 4x400m relay squad qualifying for the state meet; this brings the Wildcat boys' track and field total to 9 total events!

Third place finishers at the district meet include the 4x400m relay squad of Ben Rowray- Crowley-Max Goodhue-Wright and the distance medley relay squad of Nate Ramirez-Cole Henderson-Adam VanGorp-Riley Derrickson along with Andrew Hill in the discus. Fourth place finishers include Max Goodhue in the long jump. Kallen Glawe in the discus, Luke Sinclair in the 3200m run, Drew Black in the 110m high hurdles, Peyton Stephens in the 200m dash, and the 4x800m relay team of Rowray-Nic Baack-Cutler Palar-Derrickson. Fifth place finishers include Glawe in the discus, Stephens in the 100m dash, Goodhue in the 400m dash, the 4x200m relay team of Ramirez-Henderson-Gabe McCaughey-VanGorp, Mortimer in the 200m dash, and Baack in the 800m run.

The full list of qualifiers along with heat/lane assignments for Class 3A can be found here:http://www.iahsaa.org/wp-content/uploads/2016/05/16_3A_Boys_Heat_Lanes.htm

CHS finishes 2nd in Raccoon River Conference Meet

The Carlisle boys' track and field squad fell just short of defending their conference meet crown as they finished 2nd in the annual Raccoon River Conference meet by 1.5 points. Boone was the team champions as they scored 101 points to Carlisle's 99.5. Carroll finished in third with 94 points followed by Winterset with 77, Bondurant-Farrar with 66.5. Ballard (43), Perry (42), and ADM (34) rounded out the team standings.

Junior JJ Orput was a double-winner for the Cats as he took home conference titles in both the 3200 meter run and the 1600 meter run. Orput's win in the 3200 was the first conference championship in that event for Carlisle since 1999 and his win in the 1600 was the first conference title in that event for the Wildcats since 1984.

Sophomore Max Goodhue successfully defended his conference title with a career best jump of 21'1" on Saturday. Goodhue won the RRC long jump in 2015 with a jump of 20'4.5". With his 21'1" leap, that puts Max now at #4 all-time in Carlisle High School history.

The fourth title came from the shuttle hurdle relay squad of junior Andrew Black, senior Joe Crowley, senior Peyton Stephens, and junior Dallas Wright in a time of 58.36 which is now 2nd best all time in CHS history. This was the third straight conference title in the shuttle hurdle relay for the Wildcats!

Stephens ran 11.36 in the 100 meter dash to finish as conference runner up while Dallas Wright got edged in the 400m hurdles to finish second in 57.46 while senior Luke Sinclair finished third in the 3200 meter run. The 4x400 meter relay squad of Goodhue, senior Adam VanGorp, Crowley, and Wright finished third in 3:35.00. Dallas Wright ran a career best time of 15.09 in the 110m high hurdles to finish third. Wright's time is now 4th all-time at CHS. Fellow classmate Andrew Black was right behind in a career best time of 15.43 to finish 4th. Black's time sits 9th on the all-time list at CHS.

Other top 6 finishers included the sophomore quartet of Ben Rowray, Riley Derrickson, Cutler Palar, and Nic Baack who finished 4th in the 4x800m relay in a time of 8:43.68. The 4x100m relay team of sophomore Nate Mortimer, sophomore Cole Henderson, senior Kire Seskis, and Stephens finished 4th in 45.33. Goodhue also picked up a 4th place finish in the 400m dash while fellow sophomore Dane Wright tied for 5th in the high jump. Sophomore Ben Rowray finished 5th in the 800m run (2:09.78) with teammate Orput right behind him to finish in 6th. Mortimer finished 6th in the 100m dash (11.67) while freshman Nolan Brunsen ran a huge career best in the 400m hurdles to finish 6th in 1:02.06. The 4x200m relay squad of sophomore Nate Ramirez, Mortimer, senior Brian Robertson, and Henderson finished 6th in 1:35.14. Stephens picked up a 6th place finish in the 200m dash in a career best time of 23.30 while the 1600m distance medley squad of Ramirez, VanGorp, sophomore Kacyn Pickering, and Derrickson also finished 6th.

Comments from Coach Fletcher: "We knew coming into the conference meet that we would have to really have some things go in our favor to catch Boone and we came so close to making it happen. I thought our boys competed extremely hard and I'm very proud of their efforts. We'll regroup and look to qualify as many events as possible for the state meet in our district meet on Thursday 5/12 at Winterset."

Cats Compete at Bondurant

The Carlisle boys' track and field squad took a partial squad to Bondurant-Farrar to compete in the Bluejay Coed Invitation on Thursday, May 5th. The Cats scored 70.5 points to finish 6th out of 8 teams overall. The Wildcats had two event winners and four second place finishers in this meet. The 4x200m relay team of Nate Mortimer, Brian Robertson, Dallas Wright, and Peyton Stephens ran a season best 1:32.59 for the win. This time pushes them into 5th all-time in CHS history! Junior Andrew Black won the 110m high hurdles for the Wildcats' only other victory.

Sophomore Max Goodhue ran a career best time in the 400m dash to finish 2nd in 53.10. Freshman Nolan Brunsen finished 2nd in the 110m high hurdles while the shuttle hurdle relay squad of Kacyn Pickering, Brunsen, Brandon Tukes, and Black finished 2nd in 1:02.33. The 1600m distance medley squad of Nate Ramirez, Adam VanGorp, Riley Derrickson, and Cutler Palar also finished 2nd in 3:59. Ben Rowray finished 4th in the 200m dash and the 4x100m relay squad of Anethon Thiravong, Jacob Howat, Kire Seskis, and Tukes also finished 5th.

Other top 8 finishers earning points were Ben Jones in the shot put (39-03.25, 7th place and PR), the 4x800m relay team of Mark Hubbell, Seth Curry, Zach Phillips, and Lucas Olson (9:49.99, 7th place), Kire Seskis 8th place in 100m dash, Zach Willcox 6th in 1600m run and Jon Flaws 7th in 1600m run.

Good luck to the Cats as they try to defend their Raccoon River Conference title at Bondurant on Saturday 5/7 in the annual RRC meet!

Wildcats Compete at Prestigious Drake Relays

Hundreds of track and field athletes from Iowa and across the USA and world came together on April 28th-April 30th for the 109th annual running of the Drake Relays. 11 Drake Relay records were broken and 3 of the times/distances are now rated #1 in the world by some of the Olympic athletes in attendance. What an amazing event!

The Carlisle Wildcats boys' track and field squad had a very eventful weekend on the Blue Oval at the Drake Relays with weather in the mid to low 40's and lots of rain on Saturday! On Friday night the 4x100m relay squad of Nate Mortimer-Brian Robertson-Kire Seskis-Peyton Stephens (along with alternates Dallas Wright and Gabe McCaughey) ran their season best time of 44.67 in the prelims. However, the squad was disqualified for one of the runners taking 3 consecutive steps on the line. The team came in seeded 66th out of 80 teams and would have finished 52nd had their time stood. This was the third year in a row that the 4x100m relay team has qualified for the Drake Relays and the 17th time in school history.

On Saturday morning our shuttle hurdle relay squad took the track as one of the top 16 teams in the state despite class size. Despite getting 4th in our heat, the quartet of Andrew Black-Joe Crowley-Peyton Stephens-Dallas Wright (along with alternates Brandon Tukes and Nolan Brunsen) ran a season best time of 59.05 to finish 8th overall. The top 7 teams were all 4A teams. At the Drake Relays, only the top 4 teams in the shuttle hurdle make the finals but what a great run by these guys to show they deserved to compete at the Relays! This was the second time a Carlisle shuttle hurdle team has qualified for the Drake Relays as they also did in 2015.

Later on Saturday afternoon we welcomed our first 1600m runner in CHS history at the Drake Relays in junior JJ Orput. JJ came in seeded 20th out of 21 competitors from all classes and was the only 3A competitor in the field. Orput ran a gutsy race and finished 14th with a time of 4:30.14, just missing the school record that he currently holds in 4:28.69.

All 3 qualifiers/relays all finished well above their seeds. Great job to these fine young men on great performances on the Blue Oval!

Final results can be found here: <http://results.deltatiming.com/drake/tf/2016-drake-relays>

Comments from Coach Fletcher: "The Drake Relays are such a prestigious event with some of the world's best athletes at the professional level and also at the college/university level. We were also able to witness some amazing performances by the student-athletes of Iowa as well. The Drake Relays serve as a measuring stick for us and also as a means to gain valuable experience at the Blue Oval for our hopeful state meet participants. Our assistant coaches did a great job of preparing our hurdlers, our sprint crew, and Orput in the mile to perform at very high levels at the Relays and the kids went out and did just that. We will use this a building block for what's yet to come this year as we start our championship phase of trying to win conference, district, and state titles in the next three weeks."

Boys' Win 59th Annual Wildcat Relays!

The Carlisle boys' varsity track and field squad knew that defending their team title at the 59th annual Wildcat Relays at Dr. Doane Hakes Memorial Stadium on April 26th was going to be extremely difficult. After getting some huge season and career best throws/jumps/times throughout the meet the Cats had to work extremely hard to overcome Warren County foe Indianola for the championship. The Wildcats racked up 128 team points to narrowly edge Indianola by 1.5 points while Winterset was a distant third with 67 points. The remaining order of finish in team standings was Nevada (59), Ballard (56), Norwalk (51.5), Bondurant-Farrar (50.5), Perry (39), Oskaloosa (36), ADM (31), Chariton (30), Clarke (20.5), Creston (4), and Knoxville (3). Not only did the Wildcats win the meet, they also were able to honor their seven seniors (and senior parents) and all of the boys' track and field state champions in school history during a portion of the meet. There will be separate articles to properly recognize our seniors and all of our former state champions.

The Wildcats claimed five event champions on the night with junior JJ Orput being a double winner in the 3200m (10:13) and 1600m (4:46) runs. The shuttle hurdle squad of Drew Black, Joe Crowley, Peyton Stephens, and Dallas Wright finished in first (59.55) as did Wright in the 400m hurdles (56.83). Sophomore Max Goodhue also took home first in the long jump after a 3 week hiatus due to injury with a career best jump of 20'8.5".

Second place finishers went to the 4x100m relay squad (Nate Mortimer-Brian Robertson-Kire Seskis-Stephens) in 44.97 seconds and Stephens in the 100m dash (11.54). Third place finishers included Mortimer in the 100m dash (11.72), Wright in the 110m high hurdles (15.34), and Ethan Wright with a career best jump of 5'10" in the high jump. The 4x400m relay squad also ran a season best time of 3:38 to place 3rd (Ben Rowray-Adam VanGorp-Crowley-Cole Henderson).

Fourth place finishes went to Luke Sinclair in the 3200m run (10:38) and Stephens in the 200m dash (23.55). Fifth place finishers went to Andrew Hill in the discus (127-08) with a career best throw by over six feet! The all-sophomore 4x800m relay team of Ben Rowray, Riley Derrickson, Cutler Palar, and Nic Baack ran a season best (8:43.12). Andrew Black also finished 5th in the 110m high hurdles as did the 4x200m relay squad in 1:36.13 (Gabe McCaughey-E.Wright-Henderson-Robertson). Seventh place finishers included Seskis in the long jump (19'8.5"),

Goodhue in the 400m dash (53.91), the distance medley team (Tukes-Henderson-Pickering-Sinclair) in 4:01.30.

The Wildcats were also able to field an entire non-scoring squad in the Wildcat Relays. Highlights included freshman Romello Gray with a career best throw of 38'8" in the shot put and sophomore Ben Jones with a PR in the discus at 108'4". Freshman Jonny Flaws ran the 3200m run in 11:14.41 which would have placed him 7th. The shuttle hurdle squad of Tukes, Nolan Brunsen, Trenton Beck, and Pickering ran 1:05.25 which would have finished 7th. Brunsen ran 17.07 in the 110m high hurdles which would have been good enough for 7th as well. The 4x100m relay team of McCaughey-Goodhue-Black (Andrew)-Tukes ran 46.48 which would have placed 7th to round out the highlights.

Comments from Coach Fletcher: "What an amazing night of track and field for the Wildcats and the Carlisle School District! We were able to honor our 7 fantastic seniors and their parents and they all had a huge hand in winning the team title. We were able to recognize and honor all of our boys' track and field state champions including 16 of them that were in attendance! We asked our kids to dig just a little deeper to find a way to win this meet and they stepped up and made it happen. We will use this momentum to propel us into the championship phase of our schedule. I can't even begin to thank all of the people who had a hand in making the 59th annual Wildcat Relays a first class meet! It's a great day to be a Wildcat!"

Wildcats Compete at Ballard (Varsity) and Johnston (JV)

The Carlisle boys' varsity and junior varsity track and field squads went in separate directions on Tuesday, April 19th. The varsity finished in third place with 114 points at the Ballard Classic while the junior varsity competed in the Johnston JV Invitational (no team scores). Both squads had several personal and career best efforts. Events/individuals that finishes in the top six at both meets are below.

VARSITY @ BALLARD CLASSIC (Top 6 Place-Winners)

1st: Shuttle Hurdle Relay	(A. Black-Crowley-Stephens-Dallas Wright)	1:00.38
1st: 110m high hurdles	Dallas Wright	15.20 (5th best time in school history)
1st: 1600m medley relay	(Robertson-Stephens-Wright-Orput)	3:41.65 (3rd best time in school history)
1st: 4x100m Relay	(Mortimer-Robertson-Seskis-Stephens)	45.29
2nd: 4x800m Relay	(Baack-Palar-Derrickson-Sinclair)	8:46.44
2nd: 200m dash	Ethan Wright	23.88
3rd: 110m high hurdles	Andrew Black	15.72 (9th best time in school history)
3rd: 1600m run	Luke Sinclair	5:02.47
3rd: shot put	Kallen Glawe	41'10"
3rd: high jump	Adam VanGorp	5'8"
3rd: 3200m run	Carter Logue	11:18.40
3rd: 800m run	Riley Derrickson	2:10.97
4th: discus	Kallen Glawe	117'10"
4th: 4x200m relay team	(E. Wright-Mortimer-Pickering-Henderson)	1:36.62
5th: 4x400m relay team	(Henderson-VanGorp-Pickering-Crowley)	3:41.09
5th: high jump	Dane Wright	5'8"
5th: 400m hurdles	Nic Baack	1:03.06
5th: 3200m run	Josh Felger	11:29.75
6th: 400m dash	Ben Rowray	54.31
6th: 1600m run	Jon Flaws	5:17.71
6th: 400m hurdles	Nolan Brunsen	1:03.21
6th: 800m run	Cutlar Palar	2:16.98

JUNIOR VARSITY @ JOHNSTON JV INVITATIONAL (Top 6 Place Winners)

100m dash: Brandon Tukes (4th)

200m dash: Jacob Howat (2nd) & Nate Ramirez (4th)

400m dash: Ethan Reed (5th)

110m HH: Tukes (1st) Trenton Beck (2nd)

4x200m Relay: 6th (Brock Steele-Grady Laughlin-Stephen Owen-Conner Smith)

High Jump: Howat (2nd) & Josh Black (3rd)

Shot Put: Ben Jones (2nd), Romello Gray (3rd), Cody Hutchins (4th) Vaughn Gibson (5th), & Nate Ramirez (6th)

Discus: Jones (2nd), Gray (4th), & Aaron Dykstra (5th)

JV and Varsity Compete in Prestigious Hi Covey Relays

The varsity and junior varsity boys track and field squads participated at the Hi Covey Relays in Ames on Thursday April 14th. Perfect weather, unbelievable competition, electric atmosphere, and phenomenal facilities/announcing/meet protocol led to over 35 PR's/career bests for the Wildcats. Other teams at the Hi Covey Relays included WDM Valley, Ames, Cedar Rapids Prairie, Linn-Mar, Waterloo West, Mason City, Ankeny Centennial, Marshalltown, Southeast Polk, and City High (Iowa City).

Junior JJ Orput cemented his name in the Carlisle boys TnF record books as he torched the track in 4:28.69 in the 1600m run to set a new school record! This broke Troy Owens' record of 4:32.22 set in 1995. This moves JJ into the #1 position in Class 3A and the #13 spot in all classes.

The shuttle hurdle squad of Andrew Black, Joe Crowley, Peyton Stephens, and Dallas Wright ran a season best 59.06 in the shuttle hurdle relay to move into #4 all-time in school history. They are currently ranked #1 in the state in Class 3A and #11 overall in all classes.

Dallas Wright ran 15.26 in the 110m high hurdles to finish 3rd overall (his time is 6th best in 3A, 30th overall in all classes, and 5th best in school history). Fellow junior Andrew Black ran 15.95 in the same event to move into 9th all time in school history (18th in Class 3A). Wright also ran a career best 56.87 in the 400m hurdles to finish in 4th place (7th best in 3A and 30th overall in the state).

Other notable performances included the sophomore quartet of Ben Rowray, Riley Derrickson, Cutlar Palar, and Nic Baack who ran a season best time of 8:47.17 in the 4x800m dash which bested their season best time by 15 seconds. This moved the relay squad into 19th place in Class 3A. Peyton Stephens 200m dash time of 23.39 moves him in to 21st place in Class 3A.

The junior varsity squad had a great night with VanGorp and Dane Wright both clearing 5'8.5" to tie for first 1st in the high jump. The JV shuttle hurdle squad of Brandon Tukes-Nolan Brunsen-Trenton Beck-Kacyn Pickering finished 3rd (would be the 22nd best time in Class 3A this season), Kallen Glawe 5th in the shot put with a season best throw of 40'1.5", Brunsen 5th and Beck 6th in the 110m high hurdles (career best times), Zach Willcox 7th in the 1600, Pickering 8th in the 200m dash, and the 4x100m relay team of Anethon Thiraving-Sam Martin-Riley Derrickson-Brandon Tukes finished in 8th as well.

Comments from Coach Fletcher: "What an unbelievable night of track and field and an amazing experience for our athletes, coaches, and fan! This was a big time meet and our kids performed very well. The competition that we faced was outstanding including the 2nd, 3rd, 4th, and 5th ranked teams in 4A and three others in the top 25 in the state. We had over 35 season/career best efforts and that was capped by JJ Orput in the 1600 when he set a new school record. We are very fortunate to have been invited to this meet and we hope to return in 2017."

JV Boys' Track and Field Squad Competes in Varsity Meet at Chariton

The Carlisle junior varsity boys' track and field squad competed in the Chariton Charger Relays in the varsity division. The Albia varsity squad won the meet with 162 points followed by Clarke with 101 and Chariton finished third with 96.5 points. The Cats finished in 7th place with 56 points.

Highlights from the meet include a 2nd place from the shuttle hurdle squad (Nolan Brunsen, Trenton Beck, Adam Pickering, and Ethan Reed) and a 3rd place finish from Dane Wright in the high jump (5'8"). The 4x100m relay team of Anethon Thiravong-Richie Caruso-Sam Martin-Kacyn Pickering also finished 3rd in 48.38 seconds.

Other top finishers for the team included a 4th place finish by the 4x800m team of Devin Egenberger-Zach Phillips-Lucas Olson-Seth Curry and a 4th place finish in the 4x200m relay (Thiravong-Caruso-Martin-Black). Nolan Brunsen finished 4th in the 110m high hurdles while fellow freshman Trenton Beck finished 5th. Brunsen also finished 4th in the 400m hurdles in a career best time of 1:03.29. The 4x400m relay squad of Egenberger-Phillips-William Voboril-Brock Steele ran 4:13.39 to finish in 7th place while Reed also finished in 7th place in the 400m hurdles to round out the events that picked up team points.

Perhaps the biggest highlight of the meet was the 4x100m throwers relay. The Wildcats finished 5th in a time of 55.79. The speed squad included Cameron Smalley, Vaughn Gibson, Brenden Smith, and Cody Hutchins.

Comments from Coach Fletcher: "This was a great experience for our junior varsity boys. Several of them have competed for the varsity squad in events here and there but for many of the boys this was their first meet action of the season. We had several personal bests and career bests and I was very proud of the way we competed all night across the board."

Wildcat Boys' TnF Finish 3rd at Norwalk

The Carlisle boys' track and field squad finished in third place out of nine teams at the Tom Fish Coed Invitational held at Norwalk High School on April 11th. DCG won the meet with 143 points followed by Des Moines Lincoln (107), Carlisle (89.5), Norwalk (83.5), Grinnell (83), South Tama (63), Nevada (48.5), Winterset (47.5) and Knoxville (36).

Senior Peyton Stephens continued to run well for the Wildcats as he won the 100m dash (11.34) and ran on the winning shuttle hurdle team that moved into 5th place all-time in school history (1:00.14). Other members of the shuttle hurdle quartet were Brandon Tukes, Andrew Black, and Dallas Wright. Junior JJ Orput also continued to run well as he won the 1600 in a career best (moves into 5th in school history) time of 4:43.21. Junior Dallas Wright finished second in the 110m high hurdles in 15.25 (tied for 5th best in school history) while senior Brian Robertson finished 3rd in the 200m dash in 23.58. Sophomore Nate Mortimer ran a career best 11.43 in the 100m dash to finish 3rd as well. Other third place finishers include sophomore Nic Baack in the 400m hurdles (59.07, career best) and the 4x400m relay squad of Stephens-Robertson-Adam VanGorp-Orput who crossed the line in 3:40.09.

The Wildcats had two 4th place finishers including senior Andrew Hill in the discus with a career best throw of 121'2" and Baack in the 400m dash (54.73). Placing 5th was the 4x200m relay team of Ethan Wright-Joe Crowley-Kire Seskis-Ben Rowray. The Cats finished 6th in the 4x800m relay (Cutler Palar-VanGorp-Cole Henderson-Josh Felger) and 6th in the distance medley (Wright-Black-Palar-Sinclair).

Comments from Coach Fletcher: "This was a very competitive meet from top to bottom on a chilly and windy night. We set several career bests and had some guys really perform well in some new events. We used this meet as specific training for certain individuals that will pay off later in May. With the Drake Relays cut-off date here next week; we will try to qualify a couple more events in our next two meets."

Cats Win 2nd Meet in a Row!

The Carlisle boys' track and field squad won their second consecutive meet of the young season by piling up 127 team points at ADM's Hugh Norman Relays on Tuesday, April 5th. The Cats also won the team title in 2015. Team standings in order went Carlisle (127), DCG (107), Winterset (91), Van Meter (64), ADM (60), Nevada (55), Clarke (36), and Des Moines North (18).

The Cats were led by senior Peyton Stephens as he racked up three first place finishes (100, 4x100m relay, shuttle hurdle relay) and a runner-up (200m dash, 23.75 seconds). Junior JJ Orput won the 3200 meter run (10:33.25) for the second meet in a row while the shuttle hurdle relay team of Dallas Wright-Max Goodhue-Drew Black-Stephens won with a time of 1:00.52 (season's best time) for their third consecutive meet victory. The 4x100 meter relay squad of Nate Mortimer-Brian Robertson-Kire Seskis-Stephens also ran a season best of 44.85 for the win.

Junior Dallas Wright finished the night with a first (shuttle hurdle), two seconds, and a third. Wright ran a great lead leg on the winning shuttle hurdle squad and also placed second in the 110m high hurdles (15.47, career best) and the 400m hurdles (57.51, also a career best). Wright also had a career best jump of 20'0.25" in the long jump to place 3rd. Also placing second on the night was the 4x800m relay squad of sophomores Ben Rowray, Riley Derrickson, Nic Baack, and senior Luke Sinclair with a finishing time of 9:02.34. Orput also finished as runner-up in the 800m run in career best time of 2:08.98.

Other third place finishers for the Wildcats included Drew Black in the 110m high hurdles (16.14, career best) and Baack in the 800m run (2:11.26, career best). The 4x200m relay team of Brandon Tukes-Mortimer-Seskis-Cole Henderson finished third in a season best time of 1:36.57. Fourth place finishers included sophomore Cooper Schettler in the shot put (40'5", career best), sophomore Ethan Wright in the high jump (5'08"), and the 1600m distance medley squad of Tukes-E. Wright-Kacyn Pickering-Cutler Palar (4:00.83, season best), as well as the 4x400m relay squad of Rowray-Adam VanGorp-Nolan Brunsen-Henderson (3:42.42, season best).

Comments from Coach Fletcher: "This turned out to be a great night to compete from weather stand-point and the boys really stepped up and performed well. We had a very balanced and deep effort from the boys as we scored in all 18 events. We had 23 performances/splits that were season and/or career bests. Our assistant coaches have done a phenomenal job preparing their event groups to go out and compete with grit and toughness. It will be nice to get a few days of training in before we compete next week at Norwalk, Chariton, and Ames."

Wildcats are Team Champs at Husky Relays!

The Carlisle boys' track and field squad won their first meet of the season on Friday, April 1st at the 12-team Winterset Husky Relays. The Cats racked up 99 points en route to defending their 2015 title at the same meet.

The Cats had five 1st place finishes on the night starting with junior JJ Orput who doubled as a winner in both the 3200 meter run (10:24.94) and the 800 meter run (2:09.84). Carlisle also picked up wins in the shuttle hurdle relay (1:01.14), 4x100m relay (45.34), and the 1600m distance medley (4:01.44). Runners on the shuttle hurdle team were Peyton Stephens-Andrew Black-Max Goodhue-Dallas Wright. The 4x100m relay winners were Gabe McCaughey-Brian Robertson-Kire Seskis-Stephens. The distance medley quartet included Brandon Tukes-Kacyn Pickering-Joe Crowley-Nic Baack.

Max Goodhue had his best long jump mark of the season (20'2.5") to finish 2nd while Dallas Wright ran a personal best of 15.44 in the 110m high hurdles to claim second. Wright's time moves him into 8th place on the CHS Top 10 list. The Cats also picked up a 3rd place finish in the 4x400m relay (3:46.76) with Nate Mortimer-Adam VanGorp-Pickering-Cole Henderson. Fourth place finishes for the Cats included Andrew Hill in the discus (114-10), Baack in the 400m dash (56.1), Black in the 110m high hurdles (16.44), Goodhue in the 400m hurdles (1:01.34), and Luke Sinclair in the 1600 meter run in his first race of the season (5:10.54).

Comments from Coach Fletcher: "We were pleased to win some hardware at the Winterset meet and it was truly a team effort with balanced scoring across many event groups. It was a windy and cold evening but our kids showed a lot of grit and toughness, especially late in the meet when team scores were tight. Hopefully next week the weather will improve and we can really start to drop our times as we try to qualify some events for the prestigious Drake Relays as well as just continuing to try and get better each and every day."

The Cats return to action on 4/5 when they travel to Van Meter for the Hugh Norman Relays (hosted by ADM).

Cats Finish 3rd at Nevada Cub Relays

The Carlisle boys' track and field squad ran their second outdoor meet of the season in the Nevada Cub Relays held at Gilbert High School on March 29th. Teams in attendance battled a constant 25-30 mph wind throughout the entire meet. The Cats finished in 3rd place, seven behind second place Mason City. The final team standings were Ankeny Centennial-Mason City-Carlisle-Carroll-Boone-Ballard-Ft. Dodge-Knoxville.

Leading the way for the Wildcats was junior Dallas Wright who picked up two wins on the night. Wright ran a fantastic 58.34 in the 400m hurdles for the win. Wright also teamed with fell junior Andrew Black, sophomore Max Goodhue, and senior Peyton Stephens to win the shuttle hurdle relay in a time of 1:01.66. Junior JJ Orput ran 4:51.76 to finish 2nd in the 1600. The Cats had several 3rd place finishes led by Goodhue in the 110m high hurdles (16.99) and the 4x800m relay squad of sophomores Nic Baack, Ben Rowray, Riley Derrickson, and junior Orput. The 4x400m relay quartet of Rowray, senior Adam VanGorp, Derrickson, and Goodhue also finished 3rd. Fourth place finishers included VanGorp in the 400m dash and Stephens in the 200m dash. Fifth place finishes went to senior Andrew Hill in the discus, junior Andrew Black in the 110m high hurdles, and the 4x100m relay team of Gabe McCaughey, Brian Robertson, Kire Seskis, and Peyton Stephens (45.80).

Teams were also able to enter 1 junior varsity competitor/relay for each event and the Cats did not disappoint as they won six events and placed in the top four of several others (all 16 teams ran the JV class together). JV champions included Robertson (long jump), Jacob Howat (high jump), Dane Wright (400m dash), Cole Henderson (200m dash), Nolan Brunsen (110m high hurdles), and the shuttle hurdle squad of Brandon Tukes-Brunsen-Trenton Beck-Kacyn Pickering also won the JV division. Second place finishers included Kallen Glawe in the shot put as well as the 4x200m relay squad (Sam Martin-Tommy Donovan-Jacob Howat-Pickering) and the distance medley relay team (Martin-Josh Black-Pickering-Egenberger). Third place finishers included the 4x100m relay team (Anethon Thiravong-Donovan-Howat-A. Black) and the 4x400m relay squad (Tukes-Seth Curry-J. Black-Beck).

The Cats return to action on 4/1 when they travel to Winterset for the Husky Invitational. Please check out the team website (<http://carlisleboystack.weebly.com>) for more information on our program.

Simpson Classic Article, Boys Finish 5th

The Carlisle boys' track and field squad opened up their outdoor season by traveling to Indianola on March 22nd to participate in the Simpson Classic. WDM Dowling Catholic won the 8 team title by scoring 148 points. WDM Valley took second with 132.5 while Southeast Polk and Indianola rounded out the top four teams with 96 and 94 points. The Wildcats scored 70.5 points to place 5th followed by Des Moines Lincoln (62), Des Moines Roosevelt (57), and Norwalk (42).

Leading the way for the Wildcats was senior Peyton Stephens with a 2nd place finish in the 200m dash (23.55) and also running the lead leg on the 2nd place shuttle hurdle team (1:00.64) along with Drew Black, Max Goodhue, and Dallas Wright. Senior Kire Seskis placed third in the long jump with a career best leap of 19-11.75. Goodhue finished right behind him in 4th place with a season opening mark of 19-10.5.

The Cats had a lot of 5th place finishes in this super-competitive meet. Junior Ethan Wright cleared 5'8" in the high jump to tie for 5th while junior distance ace JJ Orput ran two personal bests in the 3200 (10:15.84) and the 800 (2:09.55) to pick up two 5th place finishes. Dallas Wright also placed 5th in the 110m high hurdles by running a personal best 15.89 seconds.

Three relays also finished in 5th place led by the sophomore quartet of Nic Baack, Ben Rowray, Cutler Palar, and Riley Derrickson in the 4x800m dash who crossed the line in 9:02.37. The 4x200m relay squad of sophomores Richie Caruso and Kacyn Pickering teamed with juniors Anethon Thiravong and Jacob Howat to also finish 5th. The final relay squad to place 5th was the 4x100m foursome of Nathin Mortimer alongside three seniors (Brian Robertson-Kire Seskis-Peyton Stephens) finished in 45.72.

The Wildcats return to action next week where they travel to Gilbert on 3/29 and Winterset on 4/1.

Boys' Track and Field Squad Competes at Central College Indoor

Several members of the Carlisle High School boys' varsity track and field team competed at the 2016 Central College Indoor Track and Field Meet on March 18th over Spring Break. This meet had 28 teams including seven 4A teams, six 3A teams, eight 2A teams, and seven 1A teams.

Junior Dallas Wright continued to be impressive as he finished with three top 4 performances. Wright ran 8.90 in the 60 meter high hurdles in the prelims to qualify for the finals. In the finals, Wright ran 8.63 to finish 2nd by .02 to Gratt Reed from Atlantic in a photo finish. Wright also finished 4th in the 200m dash and tied for 4th in the long jump with a personal best 19'7" jump. Other top finishers on the day for the Wildcats included sophomore Ethan Wright who finished tied for 8th in the high jump (5'8") while matching his career best jump. Junior Andrew Black finished 11th in the 60m high hurdles while freshman Nolan Brunsen finished 13th in the 60m high hurdles. Junior Jacob Howat, who was competing in his first ever meet, finished tied for 11th in the high jump (5'6") as did senior Adam VanGorp who also cleared 5'6". Others in the top 20 included sophomore Nic Baack who finished 10th in the 400m run out of 88 runners and 19th in the 800m dash out of 98 runners. Junior Gabe McCaughey had two top 20 finishes with an 11th place finish in the 200 and a 16th place finish in the 60m dash. Sophomore Dane Wright finished 17th in the 400m dash while fellow classmate Riley Derrickson finished 19th. Ethan Wright finished 18th in the 60m dash while freshman Carter Logue finished 13th in the 1600m run out of 64 runners.

This meet was the conclusion of the Wildcats' indoor season. They open up the outdoor season with a full squad at the Simpson College High School Classic on March 22nd.

CHS Boys Track and Field Squad Competes in 1st Meet

Several members of the Carlisle High School boys varsity track and field team competed at the 2016 ISU High School Boys Track meet on March 15th while the Carlisle Community School District was on Spring Break. This meet had over 80 teams participating from the largest in the state (West Des Moines Valley) clear down the line to Class 1A competitors from the likes of Lenox and GMG (Green Mountain-Garwin).

The top overall place winner was junior Dallas Wright in the 60 meter high hurdles where he ran 8.94 to finish 17th out of 99 competitors. Fellow junior high hurdler Andrew Black ran 9.02 to finish 24th overall. Wright also ran 53.42 in the 400m dash to finish 26th out of 135 competitors. Sophomore Ben Rowray ran 55.98 to finish 60th in the 400m dash. Other top performances went to junior Gabe McCaughey who ran 7.56 in the 60m dash to finish 48th out of 141 competitors. McCaughey, Wright, and Rowray also combined with freshman Collin Lister to run 46.65 in the 4x100m relay to finish 27th out of 51 teams.

Other individual performance included Rowray (51st) and McCaughey (56th) in the long jump where there were 99 competitors. Freshman Carter Logue ran 5:15.25 to finish 67th out of 117 competitors while junior Josh Felger ran 5:24.21 to finish 78th in his first ever high school track and field meet. The 4x100m relay team of Rowray-Lister-McCaughey-Wright ran four smooth exchanges to finish in 46.65 which was good enough for 27th out of 51 teams. The All-Sophomore 4x800 meter relay squad of Nic Baack, Rowray, Cutler Palar, and Devin Egenberger finished in 9:22.42 to finish 39th out of 62 teams. VanGorp and Derrickson both cleared 5'4" in the high jump while the 4x400m relay squad of VanGorp-Baack-Brunsen-Devin Egenberger ran 3:47.02 to finish 25th out of 46 teams.

The Cats have one more indoor meet at Central College on Friday, March 18th before opening their outdoor season on March 22th at Simpson College against all 4A schools at the Simpson College Invitational.

Season Preview

The Carlisle Wildcat boy's track and field team will look to improve on a successful 2015 campaign by relying on 8 seniors and 16 returning letter-winners. Five of the top ten scorers from 2015 return along with 43% of the teams' scoring from last season where the Wildcats won the Raccoon River Conference title, the Class 3A District 7 state qualifying meet title, and placed 8th at the Class 3A state meet. There are currently 86 Wildcats on the roster including 8 seniors, 16 juniors, 34 sophomores, and 28 freshmen.

The top returners (in terms of points scored in 2015) include sophomore Max Goodhue, junior JJ Orput, junior Dallas Wright, senior Joe Crowley, senior Luke Sinclair, and senior Peyton Stephens. Other returning letter-winners include seniors Andrew Hill, Kire Seskis, and Adam VanGorp along with juniors Andrew Black and Gabe McCaughey. We had three freshmen varsity letter-winners a year ago (along with Goodhue) that all return this year; Nic Baack, Ben Rowray, and Ethan Wright. Orput, Wright, Crowley, and Stephens are all returning state qualifiers from a year ago.

There will be several new faces in the Wildcat line-up this season at different points. These top newcomers include senior Andrew Burnett, juniors Josh Felger and Anethon Thiravong, sophomores Richie Caruso, Riley Derrickson, Cutlar Palar, Cole Henderson, Mark Hubbell, Nate Mortimer, Cooper Schettler, Kallen Glawe, Kacyn Pickering, and Dane Wright. There are also some very talented freshmen who could see time in the varsity line-up.

The Cats will take a partial squad to both the ISU Indoor Meet on 3/15 and the Central College Indoor Meet on 3/18 to help prepare for our outdoor season. The team's first outdoor meet will be held on 3/22 at Simpson College. The head coach of this year's squad is Jared Fletcher and he is assisted by Brian Keeney, Mark Hoekstra, Jarrin Davey, and Ben Tilus.