

Lakota West Junior High Track & Field 2021



Mt. Healthy Invitational Champions
Hopewell Invitational Champions
Princeton Invitational Champions
Kings Invitational Runner-ups
Mason Jamboree Runner-ups
GMC Championship Runner-ups
Wayne Last Chance Champions
9th Place OHSAA State Meet

First Name	Last Name	110 H	100 m dash	1600 m	400 relay	400 m	800 relay	200 H	800 m	200 m	1600 relay	Shot Put	Discus	Long Jump	High Jump	Pole Vault	4x800
Sam	Afari		11.83		47.38		1:39.13			25.38		15-00	42-06	11-02.5			
Maxwell	Armstrong																
Max	Asbeck									28.21	5:04.8			12-05.5	4-00		
Andrew	Atwood												60-07	12-03			
Zack	Barbarawi																
Zander	Brewer		16.36											8-10.5		6-0	
Ace	Burkhart	18.09				1:02.0		28.59									
Jaylen	Butts		12.34							28.44	5:04						
Sawyer	Carr											13-11	42-07	9-01			
Ayden	Caudill		13.29							32.03							
Ethan	Cloud													9-01			
Benjamin	Cornist											23.11		10-04			
Gavin	Crossin					59.13				4:07.33							9:43.61
Hunter	Day		15.82											8-11			
Peniel	Banniful		15.25														
Cameron	Fiasco									5:04				11-08.5	4-04		
Jordan	Finch		14.1														
Noah	Ford																
Brandon	Freeman																
Joseph	Gemmaria			6:01					2:48								
Devan	Harris	20.1	12.29					34.7									
Jeremiah	Harville											25-02	66-00		11-00	4-00	
Ian	Hershner		16.44														
Julius	Jackson																
Porter	Johnston																
Leontrae	Jordan												90-03.50				
Lamarion	Jordan											33-11	93-06.00			7-00.00	
Vladimir	Kholodov											32-07					
Judah	King											41-09.25	84-00.00				
Andrew	Komensky		14.53											8-09			
Mitchell	Krupnick					56.51	1:39.13				4:04.02						
Ethan	Lutz																
Carter	Mang			5:38.16					2:40.68					72	15-03.00		

2021 Morning Track and Field Announcements

Mt. Healthy Invitational

Congratulations to our boys Track and Field team that won the Mt. Healthy Invitational last evening scoring in every event. The meet hosting some of the fastest sprinters in the Cincinnati Area.

Event winners were Michael Schumacher winning the 1600 meters run. Cole Shaffer winning the 800 meter run.

Our 400 meter relay of Joel Nimoh, Sam Afari, Finn Mason and Derion Prophet. Also our 1600 meter relay of Michael Schumacher, Gavin Crossin, Mitchell Krupnick and Cole Shaffer.

The boys compete again at the Hopewell Invitational on Thursday at Lakota West Freshman Track.

Hopewell Invitational

Congratulations to our boys and girls Track and Field teams for Winning both of the Hopewell Junior Invitational championships last night.

The boys tandem of Ace Burkhart and Wyatt Stratton finished first and second respectfully in both the 110 hurdles and 200 hurdles. Chloe Messmer was the female 200 hurdle champ.

Joel Nimoh won the 100 meter dash. Mitchell Krupnick won the 400 meter dash and Evelyn Prodoehl won the 1600 meter run.

Our always strong relays didn't disappoint winning 5 of the 6 races.

Champions were: Wilson, Willbrand, Sheppard and Claggett in the Girls 400 meter relay.

Nimoh, Afari, Mason and Prophet in the boys 400 meter relay.

Moore, Mason, Afari and Nimoh in the 800 meter relay.

Kashipski, Vatsal, Downing and Prodoehl in the 1600 meter relay for the girls and Krupnick, Sanders, Zehring and Shaffer for the boys.

Our Field events held their own with a boys first and second in the Long Jump with Derion Prohett and Carter Sizemore. Our Girls with their own one-two punch in the Discus with Amy Claggett and Camar Williams.

Great Job to all!

Princeton Invitational

Congratulations to our Boys and Girls Track and Field teams who won the Princeton Invitational last evening.

The ladies relied on a great team effort for the victory with many 2nds and 3rds.

Jenna Wilson was our sole individual champion in the Pole Vault.

The Girls 1600 meter relay was victorious with Alyese Downing, Jaliyah Steagall, Prashi Vatsal and Evelyn Prodoehl.

Evelyn did provide a highlight race dualling throughout the 800 meter run, although she finished second, both runners have the two fastest times in the state by 3 seconds. She also broke Coach McManus' school record by 2 seconds.

For the Boys, they competed fiercely throughout.

Judah King won the Shot Put.

Ace Burkhart won the 110 meter hurdles.

Mitchell Krupnick won the 400 meter dash.

Joel Nimoh won the 100 meter dash and currently has the fourth fastest time in the state.

All Four Boys Relay teams were champions.

The teams consisted of the following members. The 400 meter relay of Joel Nimoh, Sam Afari, Finn Mason and Derion Prohett; the 800 meter relay of Kennan Moore, Finn Mason, Sam Afari and Joel Nimoh and the 1600 meter relay of Mitchell Krupnick, Isaac Sanders, Michael Schumacher and Gavin Crossin.

Tomorrow we host a chilly All-run at Lakota West Freshman Track and Thursday we travel to the highly competitive Kings Invitational where we will truly be tested.

Kings Invite

Congratulations to our Track and Field athletes who competed in the Kings Invitational last evening. Our girls finished a respectable third and our boys brought home the runner-up trophy.

Evelyne Prodehl led from start to finish in the 1600 meter run and Margo Petterson out-jumped the field to win the High Jump.

The boys 4 by 100 meter relay ran into each other and still won. Legs were Keenan Moore, Sam Afari, Finn Mason and Joel Nimoh. This same group cleaned up their exchanges and also won the 4 by 200 meter relay.

We travel to Mason on Monday to fine-tune for our league Championship. On a side-note, make sure everyone asks Coach Jones the Mississippi joke, really funny.

Mason Jamboree

Congratulations to our boys and girls Track and Field athletes who competed in the Mason Jamboree last night. Both teams were runner-up.

The Girls were led by Evelyn Prodehl who set a Personal Record and new state standard in the 1600 meter run and led our 4x800 meter relay. Other members of the relay were Ashley Pate, Alyese Downing and Prashi Vatsal.

Our girls also had a one, two finish in the 200 meter dash by Ava Claggett and Elaina Willbrand and the Long Jump by Dayanna Lopez and Ella Hagman.

Our boys were led by our sprinters. Joel Nimoh and Sam Afari were one and two in the 100 meter dash and both set new standards for the state meet. Our 400 meter relay and the 800 meter relay were both champions. Team members are: Keenan Moore, Finn Mason, Sam Afari and Joel Nimoh.

Dylan Skelton was also a standout in the High Jump.

The tracksters run their last All-run meet on Thursday and the League Championship next Monday and Tuesday at Lakota West High School.

GMC Prelims

Congratulations to our Track and Field Athletes that competed in the GMC Championship last evening at Lakota West High School.

We have almost all of our athletes qualifying for the finals tonight. Some field events were finals tonight.

Porter Johnston and Zander Brewer both scored in the Pole Vault.

Amy Claggett finished 5th in the Shot put.

Jenna Wilson finished tied for 2nd in the Pole Vault and Margo Petterson is this years High Jump Champion with a leap of 4 feet 10 inches.

Good luck to all that qualified. Let's see all our Firebirds on the podium!

GMC Championship Girls

Congratulations goes out to the Lakota West Girls Track & Field team members that earned an impressive 2nd place finish out of 16 schools in the league championships yesterday. Third place finishers were Amy Claggett in discus & Jenna Wilson in the Pole Vault. Second place honors go to Ava Claggett in the 100 dash, the 400 meter relay team of Elaina Willbrand, Ava Claggett, Jenna Wilson, & Maddy Sheppard, the 800 meter relay team consisting of Elaina Willbrand, Dayanna Lopez, Jenna Wilson, & Maddy Sheppard & Evelyn Prodoehl in the 800 meter run. And then a huge shout out goes to all of our girls GMC champions which are Margo Petterson in the High jump, Evelyn Prodoehl in the mile, and the 1600 meter relay team consisting of Evelyn Prodoehl, Kaitlin Kaszubski, Alyese Downing, & Prashi Vatsal. The coaches want to thank all of the staff & parents that helped out our meet be such a success, despite the rain!

GMC Championship Boys

Congratulations goes out to the Lakota West Boys Track & Field team members that earned an impressive 2nd place finish out of 16 schools in the league championships yesterday. Third place finishers were Michael Schumacher in the mile & Issaac Sanders in the 800 meter run. Second place honors go to Sam Afari in the 100 dash, Mitchell Krupnick in the 400 dash, Cole Shaffer in the 800 meter run, & the 1600 meter relay team consisting of Cole Shaffer, Isaac Sanders, Drew Zehring, & Mitchell Krupnick. And then a huge shout out goes to all of our boys GMC champions which are Judah King in shot put, Joel Nimoh in both the 100 and 200 dashes, & the 4X200 relay team consisting of Derion Prohett, Sam Afari, Finn Mason, & Keenan Moore. The coaches again want to thank all of the staff & parents that helped out our meet be such a success despite the rain!

Wayne Last Chance Meet

This weekend was the Wayne "Last Chance" Track and Field Invitational. We went to the meet to fine-tune and increase our chances to qualify for next week's OHSAA State Championship and our athletes did exactly what they set out to accomplish. Our boys won the meet and we set numerous personal records.

Evelyn Prodoehl (Pro Dell) set a PR, won and set a Meet record and also lowering the State best mile time by 4 seconds.

Judah King won the Shot Put.

Ace Burkhardt set a PR in the 110 hurdles and finished 3rd.

Michael Schumacher finished 4th in the 1600 meters.

Cole Shaffer and Isaac Sanders set PR's in the 800 meter run finishing 2nd and 3rd and putting them in contention to qualify for the State meet.

Joel Nimoh won the 200 meter dash setting a personal record and improving his seed in the State meet.

Both our 4 by 100 and our 4 by 200 relays set PR's, meet records and improved their seed for the State meet. Members are Keenan Moore, Finn Mason, Derion Prophett, Sam Afari and Joel Nimoh.

Declaration day is Tuesday to Finalize who qualifies for the State Meet and we have some great chances!

OHSAA State Track and Field Meet

Congratulations to our Track and Field athletes that traveled to Columbus for the State Meet.

Our girls finished 18th and the Boys finished 9th; we set 7 personal bests, 4 school records and beat 1 state record by 4 seconds.

Evelyn Pro-Dell beat the state record by 6 seconds finishing with a 5:00.89 second 1600 meter dash.

Joel Nimoh ran a personal best 200 meter finishing State Runner-up and doing so outside of the hot heat. Joel also finished 3rd in the 100 meters and Sam Afari 17th. Joel finished the meet ranked 3rd for the State track MVP for the meet!

Evelyn Pro-Dell and Kaitlin Ka-ships-ski also ran their personal bests in the 800 meter dash finishing 6th and 12th in the state.

All of our relays set seasons bests and two set school records!

The 4 by 400 meters runners were Evelyn Pro-Dell, Prashi Vatsal, Kaitlin Ka-ships-ski and Ava Claggett.

The 4 by 100 meter consisted of Keenan Moore, Sam Afari, Finn Mason and Joel Nimoh.

The 4 by 200 meter set a school record, team members were Mitchell Krupnick, Finn Mason, Keenan Moore and Sam Afari.

Judah King also finished an outstanding season finishing 17th in the Shot Put.

Fantastic season!

West Junior Track & Field Records Boys

Shot

1.	Gunnar Graves	2010	42-08 1/2
2.	Steven Faucheux	2015	42-7
3.	Judah King	2021	41-09.25
4.	KC Harris	2017	41-01
5.	Justin Hinds	2005	41-0
6.	Keegan Hurst	2018	38-00 1/2
7.	Danny Otakasongo	2012	37' 11 3/4"
8.	Matt Mallaley	2005	37-9
9.	Troy Jones	2011	36-9
10.	Cody Taylor	2004	36-3

Discus

1.	Jake Keiffer	2016	116-0
2.	Tyrone Meade	2010	115-9
3.	Steven Faucheux	2015	114-2
4.	Gunnar Graves	2010	111-6
5.	Justin Hinds	2005	109-10
6.	Pete Fenton	2017	106-07
7.	Cody Taylor	2004	103
8.	KC Harris	2017	102-10
9.	Tim Tanner-Blair	2012	102"1"
10.	Steven Wahl	2012	101'3"

Long Jump

1.	Chad Richardson	2006	18-9 1/2
2.	Milo Hutchins	2010	18-0
3.	D.J. Robinson	2015	17-8.5
4.	Jake Butler	2012	17-7 3/4
5.	Andrew Weigel	2012	17-1 3/4
6.	John Hopkins	2012	16-6
7.	Matthew Manicke	2012	16-5 3/4
8.	Patrick Claggett	2018	16-5
9.	Michael Klunk	2009	16-4
10.	Matt Bahner	2004	15-9

High Jump

1.	Andrew Weigel	2012	5 10
2.	Bakari Bussey	2004	5-9
3.	Dylan Jones	2015	5-7
4.	Logan Curington	2013	5 6
5.	Brian Cerone	2010	5-4
5.	Jordan Griffin	2006	5-4
5.	Obi Nwankwo	2005	5-4
8.	Zachary Herkins	2018	5-3
9.	Shawnte Darden	2009	5-2 1/2
10.	Nick Bengal	2009	5-2 1/4

West Junior Track & Field Records Boys

Pole Vault

1.	Sebastian DeSantiago	2009	9-09
2.	Josh Hatterschide	2008	9-00
3.	Jake Butler	2012	8-06
	Jamie Keesling	2008	8-06
	Seth Agler	2007	8-06
6.	Jarid Taylor	2006	8-03
7.	Jonathan Gill	2012	7-06
	Scottie Johnson	2019	7-06
9.	Porter Johnston	2021	7-00
	Michael Klunk	2009	7-00
	Andrew Taylor	2009	7-00
	Brian Shell	2004	7-00

110 hurdles

1.	Chad Richardson	2006	15.8
2.	Brandon Gillis	2013	15.88 FAT
3.	Stephen Chitwood	2018	16.50 FAT
4.	Chris Connell	2008	16.8
5.	Joel Bruggen	2017	17.00 FAT
6.	Grant Losey	2012	17.2
7.	Tyler Ochs	2011	17.2
8.	Milo Hutchins	2010	17.3
9.	Greg Schuster	2008	17.6
10.	Tony Arnold	2019	17.65 FAT

100 meters

1.	Tristan Crowe	2010	11.4
1.	Justin Dwyer	2015	11.46 FAT
3.	Evan Baber	2017	11.57 FAT
4.	Joel Nimoh	2021	11.60 FAT
5.	Danny Otakasongo	2012	11.6
5.	Zelwyn Robinson	2012	11.6
5.	Logan Curington	2013	11.6
5.	Marc Brogden	2004	11.6
9.	Todd Barnett	2008	11.8
9.	Jalen Mundy	2013	11.8
9.	Sam Afari	2021	11.83 FAT

1600m

1.	Cole Cronk	2017	4:42.42 FAT
2.	Garrett Shelby	2014	4:55.5
3.	Brady Holmer	2008	4:56
4.	Michael Lane	2017	5:01.64 FAT
5.	Michael Schumacher	2021	5:02.61 FAT
6.	Brandon Candella	2005	5:02.6
7.	Alex Kelker	2015	5:03.18 FAT
8.	Nadir Emlemdi	2015	5:06.26 FAT
9.	Aaron Gehring	2006	5:07.5
10.	Bryan Romak	2019	5:12.79 FAT

West Junior Track & Field Records Boys

400 meters

1.	Justin Dwyer	2015	52.09 FAT
2.	Dylan Jones	2015	54.18 FAT
3.	Logan Curington	2013	54.45 FAT
4.	Shawnte Darden	2009	55.51 FAT
5.	Michael Klunk	2010	56.10 FAT
6.	Mitchell Krupnick	2021	56.51 FAT
7.	Andrew McEwen	2012	56.5
8.	Brian Osinski	2005	57.2
9.	Bakari Bussey	2004	57.6
10.	Isaac Elliot	2018	57.64 FAT

200 hurdles

1.	Brandon Gillis	2013	25.6
2.	Chad Richardson	2006	27.1
3.	Nick McGill	2009	27.41 FAT
4.	Rick Clemons	2004	27.8
5.	John Trygier	2012	28.1
6.	Tyler Jones	2010	28.3
7.	Stephen Chitwood	2018	28.37 FAT
8.	Greg Schuster	2008	28.5
9.	Tony Arnold	2019	28.51 FAT
10.	Ace Burkhart	2021	28.59 FAT

800 meters

1.	Cole Cronk	2017	2:06.26 FAT
2.	Luc Gendreau	2012	2:12.3
3.	Ben Zimmerer	2018	2:13.22 FAT
4.	Kevin Riesenber	2013	2:13.81 FAT
5.	Garrett Shelby	2014	2:13.85 FAT
6.	Brandon Candella	2005	2:14.1
7.	Cole Shaffer	2021	2:14.46 FAT
8.	Nadir Emlemdi	2015	2:14.82 FAT
9.	Isaac Sanders	2021	2:14.98 FAT
10.	Aaron Gehring	2006	2:16.2

West Junior Track & Field Records Boys

200 meter

1.	Justin Dwyer	2015	23.11 FAT
2.	Joel Nimoh	2021	23.65 FAT
3.	Tristan Crowe	2010	24.15 FAT
4.	Zelwyn Robinson	2012	24.2
5.	Jeremiah Howard	2014	24.39 FAT
6.	Evan Baber	2017	24.67
7.	Tyler Vincent	2012	24.7
8.	Marc Brogden	2004	24.8
9.	Derion Prophet	2021	25.09 FAT
10.	Michael Klunk	2010	25.1

4 x 100

2012	46.02 FAT	Brandon Gillis,	Danny Otasongo,	Tyler Vincent,	Zelwyn Robinson
2021	47.38 FAT	Keenan Moore	Sam Afari	Finn Mason	Joel Nimoh
2010	47.46 FAT	Tyler Jones	Trent Rogers	Milo Hutchins	Tristan Crowe
2009	47.65 FAT	Clemons	McGill	Tristan Crowe	R. Hutchins
2015	47.79 FAT	Quinton Moss	DJ Robinson	Kurt Riesenber	Nick Hjort
2013	48.03 FAT	Brandon Gillis	Jeremiah Howard	Eli Smith	Zelwyn Robinson
2008	48.5	Barnett 12.9	Smith 11.5	Laxton 11.8	Hamilton 12.4
2004	48.5	Brogden 12.4	Dooley 12.6	Lutz 12.3	Clemons 11.3
2014	48.53 FAT	Zelwin Robinson	Jeremiah Howard	Cedric Thomas	Linden Eberle
2011	48.7	McEwen	Weigel	Vincent	Jones

4 x 200

2021	1:39.13	Mitchell Krupnick	Keenan Moore	Finn Mason	Sam Afari
2012	1:40.8	Logan Currington,	Tyler Vincent	Andrew McEwen	Andrew Weigel
2009	1:41.7	Clemons	R. Hutchins	Bengal	Crowe
2008	1:42.1	Barnett 25.6	Smith 24.5	Heithaus 27.1	Hamilton 25.0
2015	1:42.40 FAT	Quinton Moss	Kurt Riesenber	Josh Laine	Nick Hjort
2013	1:42.82	Brian Gillis,	Jeremiah Howard,	Eli Smith,	Jalen Mundy
2010	1:43.8	Tyler Jones	Bryan Kirwen	Trent Rogers	Milo Hutchins
2018	1:44.02 FAT	Aaron Khayo	Liam Otto	Nick Hempel	Logan Melford
2014	1:44.17	Nick Hjort	Watkins	Nie Welcher	Linden Eberle
2019	1:44.46	Aaron Khayo	Dylan Meadors	Matt Szczepaniak	Jiovani Wilson-Hunter

4 x 400

2015	3:51.71 FAT	Alex Kelker (60.3)	Erik Corona-Luna (60.9)	Nadir Emlemdi (56.9)	Dylan Jones (53.6)
2010	3:51.8	Joe Clear	Gunnar Graves	Michael Klunk	Bashir Emlemdi
2014	3:52.12 FAT	Eberle	Gendreau, Evan	Krumme	Jones, Dylan
2005	3:53.7	Nwanko 60.9	Candella 56.9	Osinski 57.4	Reid 58.6
2018	3:55.15 FAT	Daniel Moftakhar	Torshawn Crawford	Isaac Elliot	Ben Zimmerer
2004	3:56.1	Brown 60.4	Courts 60.1	Dooley 59.9	Bacari Bussey 56.0
2012	3:56.2	Jake King,	Logan Currington,	Luc Gendreau,	Andrew McEwen
2009	3:58.08	Shante' Darden	Nick Bengal	Kevin Barbour	Michael Klunk
2013	3:59.92 FAT	Garrett Shelby,	Kevin Riesenber,	Brian Gillis,	Logan Currington
2008	4:00.9	Ryan Connell 62.2	Piere Foster 58.1	Crabtree 61.6	Nate Laxton 59.2

4 x 800

2021	9:43.61 FAT	Cole Shaffer	Isaac Sanders	Gavin Crossin	Michael Schumacher
2013	9:45.6	Kevin Reisenberg,	Garrett Shelby,	Sam McLaughlin,	Nick Brandenburg
2019	9:50.46 FAT	Vinny Do	Justin Wilson	Alex Krause	Bryan Romak
2008	10:01.7	Lindberg 2:33	Holmer 2:33	Haynes 2:22	Payne 2:33
201	10:02.82	Gendreau (2:18)	Stiles (2:36)	Haynes (2:35)	Oney (2:30)
2009	10:03	Payne	Barbour	Valentine	A. Taylor
2015	10:04.61 FAT	Mitchell Marshall	Erik Corona-Luna	Charlie Plummer	Shane Gladysz
2018	10:17.37 FAT	Collin Shanks	Justin Wilson	Kevin Chen	Ben Zimmerer
2012	10:18.6	Luc Gendreau,	Kyle Haynes,	Kwaku Yeboah,	Sam McLaughlin
2014	10:20.8	Moore	McEwen	Rivera	Khanna
2007	10:20.9	Webber 2:30.5	Gibson 2:40	Haynes 2:40	Fortun 2:30.7