

## BOYS ACCOMPLISHMENTS 2009

[PIAA Championships](#)

[WPIAL Championships](#)

[West Central Coaches Meet](#)

[Mt. Pleasant Relays](#)

[WCCA Championships](#)

[Greater Latrobe Invitational](#)

[Indiana Area 9/10 Meet](#)

### PIAA Championships

May 22 and May 23 – Shippensburg University

Tony Lamosek	Discus	157' 6"	5 <sup>th</sup> Place
--------------	--------	---------	-----------------------

### WPIAL Championships

May 15 – Baldwin High School

Tony Lamosek	Discus	151' 6"	3 <sup>rd</sup> Place
--------------	--------	---------	-----------------------

Tyler Somers	Pole Vault	13' 0"	6 <sup>th</sup> Place
--------------	------------	--------	-----------------------

#### Qualifiers:

Jeff Elam	300M Hurdles
-----------	--------------

Ryan LaDuke	400M
-------------	------

Zack LaDuke	200M
-------------	------

Montana Miller	3200M
----------------	-------

Rudy Rhodes	Javelin
-------------	---------

Ryan LaDuke	4 x 400M Relay
-------------	----------------

Zack LaDuke	
-------------	--

Jeff Elam	
-----------	--

Nathaniel Helfferich	
----------------------	--

## West Central Coaches Meet

May 1, 2009 – Mansion Park Stadium, Altoona

3<sup>rd</sup> Place Finish

Tony Lamosek	Discus	151' 10"	Champion
Tyler Somers	Pole Vault	14' 0"	Champion
Montana Miller	3200M	9:54.08	3 <sup>rd</sup> Place
Ryan LaDuke Andrew Stewart Zack LaDuke Nathaniel Helfferich	4 x 100M Relay	45.83	3 <sup>rd</sup> Place
Jeff Elam	300M Hurdles	42.42	4 <sup>th</sup> Place
	110M Hurdles	17.37	8 <sup>th</sup> Place
Andrew Fisher	High Jump	6' 0"	4 <sup>th</sup> Place
Ryan Van Fleet	Long Jump	20' 6"	4 <sup>th</sup> Place
Ryan LaDuke Andrew Stewart Zack Laduke Nathaniel Helfferich	4 x 400M Relay	3:31.59	4 <sup>th</sup> Place
Ryan LaDuke	400M	52.14	5 <sup>th</sup> Place
Zack LaDuke	200M	23.48	6 <sup>th</sup> Place
	100M	11.84	7 <sup>th</sup> place
Nick Klohonatz	110M Hurdles	17.27	7 <sup>th</sup> Place
	300m Hurdles	43.35	7 <sup>th</sup> Place
James Orange	Triple Jump	40' 4.5"	7 <sup>th</sup> Place

[Top of Document](#)

## Mt. Pleasant Relays

April 28, 2009 – Mt Pleasant Area High School

Tyler Somers Andrew Menard Mitch Kalning	Pole Vault	Champions
Joe Bobula Cole DeLuca Aaron Pennesi Colin Shepard	4 x 200M Relay	6 <sup>th</sup> Place
Brett Hutira Ryan Keys Brandon Perillo	Javelin	6 <sup>th</sup> Place

[Top of Document](#)

## Westmoreland County Coaches Association Championships

April 25 – Latrobe Memorial Stadium

7<sup>th</sup> Place Finish

Montana Miller	3200M	10:15.76	Champion
	1600M	4:41.88	5 <sup>th</sup> Place
Tony Lamosek	Discus	155' 9"	Champion
Tyler Somers	Pole Vault	12' 6"	3 <sup>rd</sup> Place (T)
Rudy Rhodes	Javelin	165' 1"	4 <sup>th</sup> Place
Ryan LaDuke Andrew Stewart Ryan Van Fleet Zach LaDuke	4 x 400M Relay	3:38.88	4 <sup>th</sup> Place
Jeff Elam	110M Hurdles	17.54	5 <sup>th</sup> Place

Ryan LaDuke	400M	53.05	5 <sup>th</sup> Place
Zach LaDuke	200M	24.00	5 <sup>th</sup> Place
Nick Klohonatz	110M Hurdles	17.55	6 <sup>th</sup> Place

[Top of Document](#)

## Greater Latrobe Wildcat Invitational

April 17, 2009 – Latrobe Memorial Stadium

2<sup>nd</sup> Place Team Finish

Tyler Somers	Pole Vault	13' 3"	Champion
Ryan LaDuke	400M	52.19	2 <sup>nd</sup> Place
Tony Lamosek	Discus	150' 2"	2 <sup>nd</sup> Place
Zach LaDuke	200M	23.48	3 <sup>rd</sup> Place
	100M	11.75	4 <sup>th</sup> Place
Montana Miller	3200M	10:04.48	3 <sup>rd</sup> Place
	1600M	4:35.50	4 <sup>th</sup> Place
Andrew Fisher	High Jump	6' 0"	3 <sup>rd</sup> Place
Rudy Rhodes	Javelin	164' 11"	3 <sup>rd</sup> Place
Jeff Elam	110M Hurdles	16.82	4 <sup>th</sup> Place
Nick Klohonatz	110M Hurdles	17.19	5 <sup>th</sup> Place
Ryan LaDuke Andrew Stewart Zack Laduke Nathaniel Helfferich	4 x 100M Relay	46.91	5 <sup>th</sup> Place

[Top of Document](#)

## Indiana Area 9/10 Meet

April 9, 2009 – Indiana Area High School

Andrew Menard	Pole Vault	12' 0"	Champion
Zack LaDuke Matt Batis Jeff Elam Cole DeLuca	4 x 100M Relay	47.0	Champions
Jeff Elam	300M Hurdles	44.3	2 <sup>nd</sup> Place
	110M Hurdles	17.3	4 <sup>th</sup> Place
Matt Batis	200M	23.6	2 <sup>nd</sup> Place
Zack LaDuke	400M	53.1	2 <sup>nd</sup> Place
Dan Kubus	1600m	5:00.1	3 <sup>rd</sup> Place
Dan Ferguson	Pole Vault	9' 6"	4 <sup>th</sup> Place
	110M Hurdles	17.5	5 <sup>th</sup> Place
Jeff Elam Cole DeLuca Dan Kubus Zack LaDuke	4 x 400M Relay	3:47.9	4 <sup>th</sup> Place

[Top of Document](#)