

## Varsity boys capture seven golds

Written by Deb Egenberger

Wednesday, 31 March 2010 21:59 -

---



### **Mroczek sweeps sprints.**

KEARNEY—Improve from one week to the next.

That's what Gothenburg track coach Steve Reeves asks of his team.

If the first two meets of the season—both indoors—are any indication of the rest of the spring, Reeves will get what he wants.

The Swede boys earned five individual gold medals and two relay wins at the Kearney High Indoor track meet Friday at the University of Nebraska at Kearney.

What's more important, Reeves said, is that nearly every competitor improved his performance from the previous week on the same Cushing Coliseum track.

"The thing that impresses me most so far is that top to bottom, the kids are competing hard," Reeves said. "We've got some tremendous upperclassmen who lead by example and do a great job of encouraging the younger kids."

Junior Tannor Mroczek led the way with three gold medals.

Mroczek swept the sprint events, taking first in both the 55-meter and 200-meter dashes and improving his time in both.

## Varsity boys capture seven golds

Written by Deb Egenberger

Wednesday, 31 March 2010 21:59 -

---

Mroczek also ran the lead leg of the 4x160 relay, an indoor-only track event.

“We call it the roller derby relay because they’re so close together,” Reeves said. “We ran Tannor first to see if we could break things open and he got us a substantial lead.”

Relay teammates were Logan Sheets, Brandon Wlasiuk and Landen Haake.

Seniors Mark Hilderbrand and Patrick Reeves were double winners, each taking first in an individual event and both running legs on the winning 4x400 relay.

Hilderbrand ran the 600-meter race for the first time, the coach said, winning in 1:28.17.

Patrick Reeves took first in the triple jump with a distance of 41 feet, 8.25 inches. He was also second in the long jump.

“Patrick was exceptional in the jumps,” coach Reeves said. “Both were personal bests.”

Andrew Collins and Eric Stevens joined Hilderbrand and Reeves on the 4x400 relay, which shaved about five seconds off last week’s time.

Luke Rehmert was the other individual gold medalist, winning the 1000-meter run, another indoor-only race, in 2:50.66.

“We had a lot of very good performances for this time of year,” Reeves said.

Other teams represented were Class A schools from Grand Island, Kearney and Omaha South.

## Varsity boys capture seven golds

Written by Deb Egenberger  
Wednesday, 31 March 2010 21:59 -

---

No team scores were kept.

This week, the Swedes head to Ogallala on Thursday for their first outdoor meet of the spring.

Reeves expects Ogallala and Sidney to be strong competition for the boys and Sidney to lead the girls.

The meet begins at 9:30 a.m. MT.

**For complete individual results see our print edition. Receive the entire issue of the Gothenburg Times on-line in PDF format each Wednesday for only \$25 per year. Call 308-537-3636 to subscribe.**