

**In 2013, junior Emma Gambol turned her first full season of triple jump into the first Glenbard West girls track team's first all-state medal in the event.**

**Gambol took eighth at the Class 3A state meet with a jump of 37 feet-1/2 inch, the longest by anyone in school history.**

**"It definitely kind of boosted my confidence, knowing that I went that far with just having started that year," Gambol said. "I feel it really did fuel the fire in me. I'm more serious now whereas this is an event I can compete in and it's also unique because we don't have a lot of triple jumpers on the team."**

**Gambol added to her accomplishments at the indoor West Suburban Conference Silver Division Meet Friday, March 21, at Proviso West. She won the event with a distance of 35-2 3/4 to become the Hilltoppers' first indoor Silver Meet champion in the event since it was added in 1996.**

**Sophomore Lindsay Graham also won a blistering fast 3,200 in a season-best 10:45.37 fully automatic time. Junior Lisa Luczak was second in the 1,600 (5:22.13) and fourth in the 3,200 (11:07.64) and the 1,600 relay of sophomores Emma Winans and Ellen Daniels, junior Morgan McEnroe and Graham was second (4:16.01).**

**The Hilltoppers (64 points) finished fifth in a tight battle between fourth and sixth even with several regulars out of the lineup. That included senior Madeline Perez, the 2013 state champion in the 3,200 and 1,600.**

**Glenbard West was one point behind fourth-place Proviso West (65) and two ahead of sixth-place Downers Grove North (62) with Oak Park-River Forest (41) seventh. Lyons Township won its third straight indoor title by edging Hinsdale Central 96-93 with York (75 third).**

**"Considering who was out, the goal was to out and give our kids a shot at something and I think they really responded well," Glenbard West head coach Kelly Hass said. "Even though we were not at full strength, it was awesome to go in and compete like we did. We were really close (to third)**

and missing some of our top kids.”

In her first Silver track meet, Graham broke 11:00 for the first time this season, and she needed to in holding off OPRF freshman Mary Blankemeier (10:47.90) by 2.53 seconds. According to DyeStat Illinois, Graham, a transfer from Glenbard East, has the second-fastest indoor 3,200 time this season only to Perez’s 10:34.48 at Proviso West March 8.

”I was really happy with the time. That was a really hard conference (race),” Graham said. ”I think I’m making good progress. I just hope I can keep improving and not get hurt.”

At last year’s indoor Silver Meet, Gambol won the 300, but she her events were different Friday. Besides triple jump, Gambol was third in the 200 (26.47) and fourth in long jump (16-3 1/2), both with season bests, and led off the 800 relay with sophomores Jessica Michel, Daniels and Isabella Salafatinos, which finished seventh (1:53.81).

In 2013, Gambol was second in triple jump to graduated Jabria Stainback of Proviso West (36-3 to 35-5). LT junior Emma Haugen, the 2012 champion and third last year, only competed in high jump as she returns from an ankle injury. Haugen won the 2012 state high jump and was second in 2013.

On Friday, Gambol won by 2-2 3/4 and passed on her last two jumps in finals to conserve energy and because of her recent ankle injury.

”I was kind of surprised because I only hit two of the jumps (I took). It feels really good to win a conference title,” Gambol said.

”I feel like overall I’m a better jumper (this season), especially with the experience. It helps a lot, and knowing how it’s run at the meets. I’m jumping more 34s and 35s whereas last year I was jumping 33s. I’ve yet to reach 36, but I’m hoping to soon.”

As a freshman, Gambol said she was not familiar with triple jump when she tried it and high jump among other events. When Hass began the

annual search for triple jumpers last year, Gambol gave it another attempt. In the 2013 indoor season opener, Gambol won varsity triple jump with a 33-7.

"It piqued my interest," Gambol said. "(Freshman year), I wasn't very good. I was all over the place. When I first jumped a 33 (last season), I thought, 'This is kind of fun.' I was already jumping far for not doing it for very long."

Could the same thing happen in long jump? This is Gambol's first season dedicated to the event and she already is in the low 16s on multiple occasions.

Gambol is hopeful that the long jump training also will improve her final phase in triple jump. She also enjoys that Hass competed in long jump and triple jump during her high-school days at Glenbard South, earning two all-state medals in Class AA long jump, including a tie for second in 1987.

"It's kind of fun having that similar career path, that love for jumping," Gambol said. "I need to stay consistent (in triple jump) because last year at this time I wasn't doing very well and I kind of came back towards the end of the year."

Graham entered the 3,200 with the top seed time of 11:06.7 and ended up having to run like it. She led throughout the 3,200, mostly with Hinsdale Central freshman Alexa Haff on her shoulder.

"I knew I was a contender (to win) so then when I got in front right at the beginning, I was like, 'Darn it. Now I can't lose,' " Graham said. "I would turn my head four degrees and see Alexis right behind me the whole time. I just heard, 'Go Mary,' right when I passed (the spectator bleachers) so I assumed (Blankemeier) was right on my heels."

With about 500 meters left, Graham used a surge to finally break from Haff. Blankemeier soon passed Haff but could not seriously close the gap until her strong kick. Haff ended up third (10:58.49) and became the sixth runner this season to break 11:00.

**"I hated (leading) I did not like that at all," Graham said. "I was in front the whole time and didn't really want to get passed at all. I hate losing at the end. I was really tired, but I tried to pretend I wasn't."**

**Graham is Glenbard West's first indoor Silver champion in the 3,200 since Farah Jadran in 2003. Perez was edged for last year's title by graduated York standout Emma Fisher (10:26.06 to 10:28.18).**

**"I was very impressed with Lindsay's (race)," Glenbard West distance coach Paul Hass said. "That was a tough field and it was neck and neck until the last 400. It was anyone's race and who wanted it and Lindsay wanted it most."**

**In 2013, Graham also was a formidable 3,200 runner for Glenbard East. She was an all-state fifth at state (10:42.42) behind Perez and three seniors after running a lifetime-best 10:41.92 at the York Sectional, where Glenbard West also competed.**

**At the 2013 indoor DuPage Valley Conference Meet at North Central College, Graham also won that 3,200 (11:02.43) and came back for second in the 1,600 (5:12.47).**

**"This (3,200 title) was a lot harder to get," Graham said.**

**Luczak also ran well in the 3,200, posting a season best by four seconds. She later came back for an impressive second to Hinsdale Central sophomore Annie Zaher (5:16.01) in her first race of the meet. At the 2013 state meet, Zaher was 17th in the 1,600 (5:07.89) while Luczak made the finals and was 10th (10:51.08), one place from the last all-state medal, after a 5:08.13 in the preliminaries.**

**"The 3,200 went well. Of course, I thought I went out a little bit fast and died a little bit towards the second half, but there was such great competition that it helped my time a lot," Luczak said. "For the 1,600, that was just giving it all I had left because I was so dead after the 3,200. That was like whatever you have left. Of course, I wasn't super happy with my**

time but for doing the 3,200 beforehand and getting a PR, I was like, 'OK. I did it.' I was pretty satisfied."

Freshman Anna Gambol, Emma's sister, threw 33-11 3/4 – a personal best by more than two feet – to finish an impressive third in shot put. Senior Dee Dee Burns was sixth (30-5).

Gambol would have won the sophomore level by 9 3/4 inches with her throw that came during preliminaries. It surpassed her then-best 31-6 1/4 from her varsity debut in her previous outing March 14 at York.

"I thought I was going to get a 32 on that (33-11 3/4) throw, but I ended up popping it really far. I think I just turned my hips more than I was and I really just popped and released high," Gambol said.

"It's really exciting, especially because it's a big meet. I think I just pushed it and I did really well. I wanted to get a new PR. My goal was about 32. I reached it."

Gambol already is thinking about a couple of feet further outdoors. She's also enthusiastic about the addition of discus, which was her stronger event as an eighth grader.

"She's looking really good. She seems to respond well in competition," Glenbard West throws coach Nick Posegay said. "Who knows? She's a freshman. She probably would have broke 34 (Friday) with her final throw, but she touched the toe board a little bit (and scratched)."

In the 55 hurdles finals, senior Erin Spiech (10.42) and junior Deena Harnboonzong (10.56) were sixth and seventh. Senior Grace Lupo (4-10 in high jump) and Michel (55 in 8.00) also were sixth and senior Annika Manning (800 in 2:34.37) and Winans (44.49) also were seventh.

The Hilltoppers hope to be healthier soon. Perez sat out the final two indoor meets to hasten her recovery from a lower leg injury that has included wearing a protective boot.

**During the cross country season, Perez did not compete until the conference meet after recovering from a calf injury. She went on to take third at the state meet after winning in 2012 in record time.**

**"Hopefully (I'll return) pretty soon. I don't have an exact time table. I'm just really keeping it low key because it's not anything major or anything like that," Perez said.**

**"It's definitely disappointing because I love to compete and it's hard to watch your team and not be able to be out there with them on the track, but I'm excited to also watch and see how everyone does."**

**Perez quickly was put to work Friday. Before any track events, Perez recorded marks from the jumping pit to help out Kelly Hass, an event supervisor.**

**Perez's last indoor meet was at the same track for the Proviso West Invite. Besides her state-best 3,200, Perez won the 1,600 in 4:59.04, the state's No. 2 time, to break both of her previous invite records.**

**"I was really pleased with my meet here two weeks ago," Perez said. "I love this track. I was happy with that double and I'm just kind of looking forward from here on out."**