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# Girls track notebook: Hinsdale South's 'two big hitters' qualify for state again

By HEATHER RULE  
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Hinsdale South girls track coach **Matt Guritz** pointed out the "two big hitters" in the program: Seniors **Rachel Arellano**, a shot put specialist, and **Raquel Blumenstein**, a standout in the triple jump. Both were state qualifiers in 2017.

Arellano and Blumenstein will head to the Class 3A state meet again after qualifying at the Plainfield North Sectional on Thursday. Arellano took second place in the shot put (38 feet, 6.75 inches), while Blumenstein took sixth in the triple jump (36-6.00).

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Guritz said Arellano has improved her balance and coordination the past couple seasons, which resulted in some personal records this season once the weather cooperated. She's the second-best thrower in the history of the school, according to her coach.

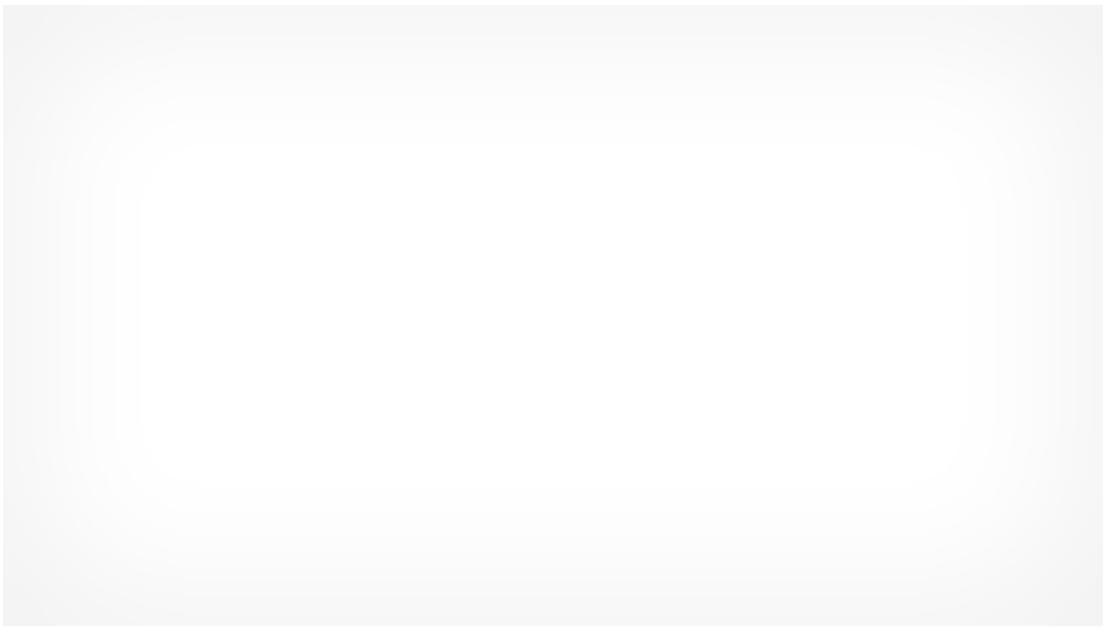
"She doesn't mind getting dirty in the mud and stuff," Guritz said. "She's a real competitor."

Meanwhile, Blumenstein is gifted with the technique for the triple jump, Guritz said, and she does everything just right to make the most of her talent. Her coach said she's balanced in all three phases of the jump as well.

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"I think her attention to detail and her attention to technique in other aspects of her life as a kid has carried over into her track and field career," Guritz said, adding that earning a state medal is the goal for both Blumenstein and Arellano.

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## **Red Devils show depth through relay success**

Hinsdale Central qualified for state in three relays and six individual events at the Class 3A Plainfield North Sectional.

The Red Devils' 4x800-meter relay took second place in 9 minutes, 14.52 seconds, the 4x400 was third (4:02.99) and the 4x100 was fifth (49.21).

**FEEDBACK**

Hinsdale Central's McKenna Revord (right) will join her sister Reilly at the state meet. (Mike Mantucca / Pioneer Press)

Hinsdale Central placed second in the 4x800 at state last year. Sophomore **McKenna Revord**, senior **Grace McCabe**, senior **Reilly Revord** and junior **Bella Pisani** make up the relay this season, and coach **Pat Richards** said he will look for that team to bring home a medal at state once again.

Sophomore **Dior Nicholson** qualified in the shot put (38-3.25) and discus (113-11.00). She also won the conference title in both events.

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"She's probably our most consistent performer," Richards said. "And she's still a puppy. The sky is the limit for her."

Senior **Chinazaekpere Nwankpa** qualified for state in the 100- and 200-meter dash. She also qualified as part of the 4x100 relay.

"She's carried us in our sprints," Richards said.

McKenna Revord, the No. 1 cross country runner for the Red Devils, finished the 3,200 in 11:01.82 to make state, while her older sister, Reilly Revord, took third in the 800 (2:18.64).

## Plenty of Dukes heading to Charleston

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Fans of the York girls track team will have plenty of opportunities to cheer on the Dukes at state.

York qualified two relays for state at the Class 3A Wheaton South Sectional on Thursday. The 4x800 relay team won a sectional title (9:23.72), and the Dukes also advanced in the 4x400 (4:03.79). **Sarah May** ran a leg of the winning 4x800 relay and also qualified for state in the 1,600.

The 4x400 team that qualified for state is made up entirely of underclassmen.

"The fun part about watching them last night was they just wanted it so bad," second-year coach **Keegan Kilrea** said of the 4x400 relay team. "And they went and they took it."

Freshman **Lilly Curry** will represent the Dukes in the high jump after clearing 5-2 at the sectional meet. Kilrea said that was the first time Curry has cleared 5 feet in competition.

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In the long jump, sophomore **Zoe Clark** qualified with a leap of 17 feet, 6 inches. Clark had never cleared 17 feet until Thursday.

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Senior captain **Molly Evans** is now a second-year state qualifier after logging a 36-4.50 in the triple jump. She's worked on her speed this season to improve her jump and overall strength, Kilrea said.

"She's jumping better than she was last year, which has been really fun to watch in her senior season," Kilrea said.

**Heather Rule is a freelance reporter for Pioneer Press.**

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