

Indoor Track

by Chris McGuire

Indoor what? Oh, indoor track, that's that sport where you spend the winter running in the basement corridor with Mr. Quinlisk, right? Wrong! We have run in Canada, Cortland, and Hamilton. This year we are going to Pennsylvania, West Point, and the "Big Apple." Last year the indoor track team placed third in the Section Five Championships at the University of Rochester. This year we are going to win.

You see, the two teams which placed ahead of McQuaid last March had a case of Senior-Prominence. McQuaid has seven of fifteen lettermen returning from last year, one with experience at last year's State meet. This year McQuaid will not be denied.

Of the seven returning lettermen, three are seniors. Middle distance runners Joe Eckl and Greg "Riles" Riley will be important figures in this year's team. "Riles" also runs the 40m high hurdles. The third senior is Bob Esposito. He throws the shot putt for the team. Another senior who will make major contributions to the team is Tim Warth, who also runs middle distances. Incidentally, for those of you who are not in tune with Indoor Track, middle distance ranges from 300m to 800m.

These seniors are backed by a very strong group of Juniors led by Dave Warth, Mike Wilmot, Mike Cain, Rod Cooper, Alex Ferris, and Tim Donahue. All of these guys are capable of outstanding performances. Dave went to the State meet last year and Wilmot, Cain, Cooper and Donahue had impressive seasons in last year's outdoor season. John Buck and Bill Sapp will provide Bob Esposito with their support in the shot. On the whole, it will be a very strong nucleus for next year's Sectional champs!

Junior Chris Lyboldt and Sophomore Scott Patterson will be in the forefront of the distance man's crew. Patterson and Lyboldt are both coming off of tremendously successful Cross-Country seasons and should fare well in this year's Sectional meet. "Riles" will be supported in the 40m high hurdles by John Dice, another Sophomore.

If you have not been to an indoor track meet before, how about trying our opener at the University of Rochester on December 17 at 9:00 a.m.? If you want to see your name in print see Mr. Quinlisk and come out for the team.

BOYS INDOOR TRACK Area's best performances

45-meter dash	
Ken Burke, East	5.4
Lavone Richards, East	5.5
Mark Sherman, Monroe	5.5
55-meter dash	
Mike McCarter, Penfield	6.7
Ed Benson, Aquinas	6.7
Sheldon Spicer, Aquinas	6.8
Dave Cliffel, Mooney	6.8
300-meter dash	
Dave Cliffel, Mooney	37.3
Terry Richards, East	37.8
Chris Townsend, Monroe	38.2
600-meter run	
Dave Cliffel, Mooney	1:24.7
Dave Warth, McQuaid	1:25.6
LaMar Green, Franklin	1:28.6
1,000-meter run	
Doug Nazarian, Penfield	2:40.5
Frank Poletta, R-H	2:41.5
Dave Warth, McQuaid	2:41.6
1,600-meter run	
Dan Fernandez, Greece	4:31.0
Joe Burke, R-H	4:33.6
Paul Hilling, Mooney	4:34.8
3,200-meter run	
Joe Burke, R-H	9:30.4
Paul Hilling, Mooney	9:48.3
Mike Oberholzer, Greece	9:48.6
40-meter high hurdles	
Martin Ellis, R-H	5.7
Sheldon Spicer, Aquinas	5.9
Mike McCarter, Penfield	5.9
Greg Ellis, R-H	5.9
55-meter high hurdles	
Martin Ellis, R-H	7.6
Greg Ellis, R-H	7.8
Mike McCarter, Penfield	8.0
Shot Put	
Robert Lewis, Franklin	49.7
Chris Heh, Mooney	47.8
Paul Mills, Greece	45.9
Long Jump	
Ted Bartus, Penfield	20-11 1/4
Martin Ellis, R-H	20-6 1/4
Craig St. Amand, Spencerport	19-5 1/2
Triple Jump	
Mike DiGennaro, R-H	41- 1/4
Mike Wilmot, McQuaid	39-1 1/4
Chris Kocher, McQuaid	38-10
High Jump	
Dan Gnaf, Fairport	6-6
Bruce Gaynor, Greece	6-0
Robert Messenger, Penfield	6-0
Martin Ellis, R-H	6-0
Pole Vault	
John Arthur, Geneva	12-0
Sam Reynolds, Penfield	11-6
Arnold Henderson, Greece	10-9
Mike Malinowski, R-H	10-9
800-meter relay	
East (Ken Burke, Lavonne Richards, Terry Richards, Carlton Davis)	1:36.5
McQuaid	1:39.3
Spencerport	1:39.5
1,600-meter relay	
McQuaid (Mike Cain, Greg Riley, Mike Wilmot, Chris McGuire)	3:35.1
Rush-Henrietta	3:40.0
Penfield	3:42.2
Mooney	3:42.2
3,200-meter relay	
McQuaid (Andy Major, Dave Sauter, Rich Post, Mark Clow)	8:25.0
McQuaid	8:29.2
Brighton	8:33.4
4x1 lap relay	
East (Ken Burke, Lavonne Richards, Terry Richards, Carlton Davis)	1:40.6
Monroe	1:44
Aquinas	1:45.6