

# INDOOR TRACK 1983-84 BEST PERFORMANCES

## 45m Dash

Cooper 5.85  
Cain 5.91  
Wilmot 6.03  
G.Williams 6.07  
Kocher 6.20  
Hendrie 6.30  
Noga 6.30  
Rapp 6.37

## 300m Dash

Wilmot 38.7  
McGuire 38.8  
Riley 39.7  
Cain 39.8  
G.Williams 41.2  
Cooper 41.4  
Eckl 41.7  
Kocher 41.8  
J.Monahan 42.6

## 600m Run

D.Warth 1:25.6\*  
T.Warth 1:25.7  
McGuire 1:30.4  
Donahue 1:32.6  
Riley 1:35.3  
Byrne 1:37.5  
Ferris 1:37.9  
J.Monahan 1:38.2

## 1000m Run

D.Warth 2:37.0  
Smillie 2:46.1  
Hanley 2:54.2  
T.Warth 2:56.6  
Cusack 3:07.5\*\*

## 1600m Run

D.Warth 4:37.8  
Smillie 4:48.3  
Paterson 4:51.4  
Smith 5:19.4  
Cusack 5:20.1  
Lavallee 5:27.4

## 3200m Run

Smillie 9:59.6  
Lyboldt 10:14.5  
Paterson 10:14.6

## High Jump

Riley 6-0\*  
D.Warth 5-6  
Urban 5-0

## Long Jump

Wilmot 18-6½  
Cain 18-3  
J.Monahan 17-6½  
Eckl 16-11½  
Urban 16-0

## Triple Jump

Wilmot 42-0\*  
Kocher 38-0  
J.Monahan 34-4

## Shot Put

Esposito 41-7½  
Noga 36-9½  
Stemmler 35-0  
Buck 30-9½

## 800m Run

D.Warth 2:00.70\*

## 55m HH

Riley 8.3

## 55m Dash

Cain 7.0  
Wilmot 7.1  
Cooper 7.2  
G.Williams 7.2

## 45m High Hurdles

Riley 5.9\*\*\*  
Dice 6.9  
Schraml 7.7  
Urban 7.8

## 4 x 200m Relay

1:39.3 Roch.Relays  
1:39.8 Cortland  
1:39.9 Cortland  
1:40.7 Roch.Relays  
1:41.5 Sectionals

## 4 x 400m Relay

3:35.1 West Point \*  
3:39.5 Roch.Relays  
3:40.1 Cortland  
3:41.0 Xmas City  
3:43.2 Sectionals

## 4 x 800m Relay

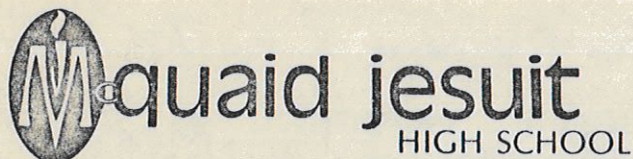
8:11.77 States  
8:23.9 Sectionals  
8:29.2 Roch.Relays

## Distance Medley

11:14.6 Xmas City

\*-denotes School Record    \*\*-denotes Frosh Record    \*\*\*-ties School Record





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# INDOOR TRACK 1983-84

| <u>Name</u>     | <u># Meets</u> | <u>Points</u> | <u>Year</u> |
|-----------------|----------------|---------------|-------------|
| Dave Warth      | 10             | 59½           | 11          |
| Tim Warth       | 9              | 53            | 12          |
| Greg Riley      | 9              | 50            | 12          |
| Mike Wilmot     | 9              | 31            | 11          |
| Chris McGuire   | 9              | 28            | 11          |
| Mike Cain       | 8              | 24            | 11          |
| Tim Hanley      | 8              | 18½           | 12          |
| Rob Smillie     | 8              | 18½           | 11          |
| Tim Donahue     | 6              | 15½           | 11          |
| Rod Cooper      | 7              | 15            | 11          |
| Joe Eckl        | 7              | 15            | 12          |
| Steve Rapp      | 6              | 12            | 11          |
| Pete Byrne      | 7              | 10            | 12          |
| Scott Paterson  | 9              | 9             | 10          |
| Bob Esposito    | 6              | 8             | 12          |
| Greg Williams   | 6              | 7             | 11          |
| Alex Ferris     | 6              | 6½            | 11          |
| Min Kocher      | 3              | 6             | 11          |
| John Monahan    | 6              | 6             | 11          |
| Conor Cusack    | 5              | 5             | 9           |
| Mark Hendrie    | 5              | 5             | 10          |
| Joe Noga        | 5              | 5             | 10          |
| Matt Smith      | 5              | 5             | 9           |
| Chris Lyboldt   | 4              | 4             | 11          |
| Kevin Scott     | 4              | 4             | 9           |
| Dennis Stemmler | 4              | 4             | 9           |
| Dennis Wilmot   | 4              | 4             | 9           |
| Joe DiMaria     | 3              | 3             | 10          |
| Vince DiStefano | 3              | 3             | 9           |
| Marc Lavallee   | 3              | 3             | 9           |
| Phil Monahan    | 3              | 3             | 10          |
| Mark Schraml    | 3              | 3             | 10          |
| Bill Urban      | 3              | 3             | 8           |
| John Dice       | 2              | 2             | 10          |
| John Buck       | 1              | 1             | 11          |
| Tom Patamia     | 1              | 1             | 9           |
| Joe Williams    | 1              | 1             | 9           |
| Mark Zigadlo    | 1              | 1             | 10          |

38 runners scored 452½ points

6 Seniors scored 154½

14 Juniors scored 234

8 Sophs scored 31

9 Frosh scored 30

1 8th scored 3



# McQuaid Indoor Track 1983-83

## Meet # 1 Results

### Rochester Winter Track League Developmental Meet #1

Saturday, December 17, 1983 at Univ. of Rochester Field House

#### Shot Put

|      |          |                    |      |
|------|----------|--------------------|------|
| Var. | Esposito | 40-9 $\frac{1}{2}$ | *    |
| VarB | Noga     | 36-2 $\frac{1}{4}$ | 2nd* |
|      | Buck     | 30-9 $\frac{1}{2}$ | *    |
| Mod. | Stemmle  | 34-5               | 1st* |

#### 40m High Hurdles

|      |       |     |     |
|------|-------|-----|-----|
| Var. | Riley | 6.0 | 2nd |
| VarB | Dice  | 7.0 | 3rd |

#### 45m Dash

|           |     |
|-----------|-----|
| Var.*Noga | 6.3 |
|-----------|-----|

#### 300m Dash

|      |            |      |     |
|------|------------|------|-----|
| Var. | *Wilmot    | 38.7 | 3rd |
|      | McGuire    | 39.6 |     |
|      | Riley      | 39.7 |     |
|      | *Cain      | 39.9 |     |
|      | *Cooper    | 41.4 |     |
|      | *Williams  | 41.6 |     |
| VarB | *Dice      | 43.0 |     |
|      | *J.Monahan | 43.5 |     |
|      | *Hendrie   | 43.8 |     |
|      | *DiMaria   | 43.9 |     |
| Mod. | *D.Wilmot  | 46.6 |     |
|      | *Urban     | 47.3 |     |
|      | *Patamia   | 53.2 |     |

|                |                 |     |
|----------------|-----------------|-----|
| Var.*T.Warth   | 29-29-31/1:28.9 | 1st |
| *Donahue       | 29-34-30/1:32.6 |     |
| *Byrne         | 30-31-37/1:37.9 |     |
| Ferris         | 28-32-39/1:38.8 |     |
| VarB*P.Monahan | 34-37-40/1:51.0 |     |

#### 1000m Run

|             |                       |
|-------------|-----------------------|
| Var. Hanley | 33-33-36-38-40/3:00.6 |
|-------------|-----------------------|

#### 1600m Run

|          |           |                                |
|----------|-----------|--------------------------------|
| 1st Var. | *D.Warth  | 32-34-36-36-37-37-35-31/4:37.6 |
|          | *Paterson | 32-35-36-37-40-39-38-39/4:56.4 |
| VarB     | *Zigadlo  | 37-38-41-43-45-43-45-38/5:29.9 |
| 1st Mod. | *Cusack   | 37-40-42-41-43-41-42-34/5:20.1 |
| 2nd      | *Smith    | 39-41-43-40-44-41-43-38/5:29.5 |

#### 4 x 1 Lap Relay

|      |          |        |
|------|----------|--------|
| Var. | Cain     | 27.3   |
|      | Cooper   | 27.0   |
|      | Wilmot   | 34.1   |
|      | Williams | 27.6   |
|      |          | 1:56.0 |

#### 4 x 1 Lap Relay

|      |          |        |
|------|----------|--------|
| Mod. | D.Wilmot | 30.3   |
|      | Urban    | 31.0   |
|      | Patamia  | 34.4   |
|      | Scott    | 32.0   |
|      |          | 2:07.7 |

|      |           |        |
|------|-----------|--------|
| VarB | J.Monahan | 29.1   |
|      | T.Warth   | 26.6   |
|      | Ferris    | 27.7   |
|      | Donahue   | 27.2   |
|      |           | 1:50.6 |

|      |           |        |
|------|-----------|--------|
| VarB | DiMaria   | 29.3   |
|      | Hendrie   | 28.6   |
|      | P.Monahan | 32.7   |
|      | Paterson  | 29.2   |
|      |           | 1:59/8 |

#### 4 x 2 Lap Relay

|      |         |                           |
|------|---------|---------------------------|
| Var. | D.Warth | 28-31/58.9                |
|      | Byrne   | 29-32/60.6                |
|      | McGuire | 28 $\frac{1}{2}$ -31/59.7 |
|      |         | incomplete team           |

BOYS' INDOOR TRACK  
Rochester Winter League  
Developmental meet  
At University of Rochester  
Boys  
Shot put — Tom Murphy (Fairport) 43-3;  
45-meter dash — LaVonne Richards (East)  
:5.5; 3,200-meter run — Joe Burke (Rush-  
Henrietta) 9:50; 40-meter hurdles — Greg  
Ellis (Rush-Henrietta) :5.9; long jump — Mar-  
tin Ellis (R-H) 20-4 $\frac{1}{2}$ ; 1,000 — Doug Na-  
zarian (Penfield) 2:44.8; 1,600 — Dave Warth  
(McQuaid) 4:37.8; 1,600 walk — Mike DiNar-  
do (Rush-Henrietta) 8:32; pole vault — John  
Arthur (Geneva) :11.6; 300 — Dave Cliftel  
(Cardinal Mooney) :38.6; high jump — Dan  
Graf (Fairport) 6-3; 600 — Tim Warth  
(McQuaid) 1:28.9; 400 relay — East (Ken  
Burke, LaVonne Richards, Terry Richards,  
Carlton Davis) 1:46.9; 1,600 relay — Rush-  
Henrietta (Frank Poletta, Ed Cichon, Joe  
Burke, Fred Jamieson) 9:04; 800 relay —  
Franklin (LaMar Green, Charles Riley, Zach  
Dunbar, Jeff Holmes) 3:56.

\* - denotes personal best

Next Meet: Tuesday, December 27th Christmas City Relays at Lehigh Univ.  
Wednesday, December 28th RWTL Developmental Meet #2 at UR  
Saturday, January 7th Rochester Relays at UR



# McQuaid Indoor Track 1983-84 Meet #2 Results

7th Annual Christmas City Relays  
Tuesday, December 27, 1983 at Lehigh Univ., Bethlehem, Pa.

## 880 yd. Relay

Cain 24.5  
Wilmot 24.8  
McGuire 24.6  
Riley dropped  
baton

## Mile Relay

Riley 55.6  
Eckl 56.5  
Cain 54.5  
McGuire 54.4  
3:41.0

## Distance Medley

T.Warth 30.9-30.6-31.9-33.3  
61.5-65.2/ 2:06.7  
Wilmot 25.1-30.3/ 55.4  
Paterson 66.1-71.3-73.9/3:31.3  
D.Warth 66.4-70.5-71.9-72.4  
2:16.9-2:24.3/4:41.2  
11:14.6

## Meet #3 Results

Rochester Winter Track League Developmental Meet #2  
Wednesday, December 28, 1983 at U.R.

## 40m High Hurdles

VarB 3. Dice 6.9  
Mod. 1. Urban 7.8  
VarB Schraml 7.7

## 45m Dash

VarB Kocher 6.2  
Hendrie 6.3  
Mod. Wilmot 6.6  
Scott 6.9

## 300m Dash

Var. Kocher 41.8  
Monahan 42.6  
VarB Dice 43.3  
Hendrie 44.5  
DiMaria 44.7  
Schraml 47.5  
Mod. 2. Urban 45.8  
3. Wilmot 45.8  
Scott 47.2

## 1600m Run

Var. Hanley 36-73-1:52-2:31-3:13-3:55-4:36-5:24  
Mod. 1. Cusack 34-70-1:50-2:31-3:15-3:58-4:42-5:21.8  
2. Smith 36-75-1:57-2:39-3:22-4:02-4:45-5:25.5  
4. Lavallee 37-76-1:58-2:40-3:23-4:05-4:49-5:27.4

## 600m Run

Var. Ferris 30.6-62.6-1:37.9  
Byrne 31.6-65.0-1:39.1

## Shot Put

Var. Esposito 40-6  
VarB Noga 40-7\*illegal Shot  
not 12 lbs.

## Long Jump

VarB 3. Monahan 17-0

Next Meet: Rochester Relays at UR, Sat. January 7, 1984

## Indoor track

McQuaid's mile-relay team finished ninth in a field of 32 schools in the seventh annual Christmas City Relays at Lehigh University in Bethlehem, Pa. The Knights' team of Greg Riley, Joe Eckl, Mike Cain, and Chris McGuire posted a 3:40.9.

Philadelphia Overbrook won the race in 3:23.7, a meet record. No team scoring was kept.

**BOYS' INDOOR TRACK**  
Rochester Winter League  
Developmental meet  
At University of Rochester  
45-meter dash—Kenny Burke (East) :5.4;  
40-meter hurdles—Martin Ellis (Rush-  
Henrietta) :5.9; 3,200-meter run—Dan Fer-  
nandez (Greece) 9:50.6; long jump—Greg  
Ellis (R-H) 19-½; 1,000-meter—Joe Burke  
(R-H) 2:42; 300-meter—Dave Cliftel (Cardi-  
nal Mooney) :38.8; shot put—Paul Mills  
(Greece) 45-9; 600-meter—Andrew Good-  
rum (Monroe) 1:29.2; 1,600-meter—Joe  
Burke (R-H) 4:33.6; high jump—Dan Graf  
(Fairport) 6-6; pole vault—John Arthur (Gen-  
eva) 11-6; 1,600-meter walk—Bob Hacker  
(Fairport) 9:03; 800-meter relay—East (Ken  
Burke, Lavonne Richards, Carlton Davis,  
Terry Richards) 1:42.2; 3,200-meter relay—  
Brighton (Shannon Trice, Nick Tislesbes, Joe  
Clark, Paul Hutchinson) 9:05.8; 1,600-meter  
relay—Monroe (Andrew Goodrum, Kevin  
Presha, Salford Dailey, Rodman King)  
3:56.9.  
ley 10.



## McQuaid Indoor Track Meet #4 Results

18th Annual Rochester Relays at UR, 1/7/84

### 3200m Run

Smillie 10:26.7  
Paterson 10:47.0

### Shot Put

Noga 36-9½  
Stemmle 35-0

### Long Jump

Monahan 17-6½

### 3200m Relay

1st 8:29.2  
Hanley 31.8-32.6-33.8-34.9/2:13.1  
Donahue 28.8-32.4-34.7-34.7/2:10.6  
T.Warth 29.4-30.0-31.9-34.9/2:04.3  
D.Warth 31.0-31.0-30.0-29.2/2:01.2

### Double 4-Lap Relay

5th 3:49.2

Eckl 26.8 31.5  
Kocher 27.7 30.6  
Williams 27.8 30.8  
Riley 25.7 28.3

### Distance Medley

Disqualified for passing out of zone  
12:10.1

Ferris 34.8-35.5-37.4-30.4/2:18.1  
Byrne 27.9-32.0/59.9  
Paterson 3:50.6  
Lyboldt 67.9-74.8-79.7-79.1/5:01.5

### Progressive Relay

2nd 7:38.6

Eckl 28.0-31.2/59.2  
Donahue 29.7-32.1-34.7/1:36.6  
T.Warth 32.3-32.9-32.8-36.6/2:14.6  
D.Warth 32.4-33.5-34.9-34.3-33.2/2:48.3

### 40m High Hurdles

4. Riley 6.2 6.1 6.1  
Dico

### 800m Relay

2nd 1:39.3 Finals  
1:40.7 Trials

Cain 24.8 24.5  
Wilmot 25.0 24.7  
Cooper 26.2 25.7  
McGuire 24.7 24.4

### 1600m Relay

1st 3:39.5

Riley 55.1  
Wilmot 54.7  
McGuire 53.9  
Cain 55.8

### Sprint Medley

Cooper 30-30.3/60.3  
Monahan 27.0  
Williams 27.1  
Lyboldt 32.6-34.5-37.5-36.7  
2:21.3  
4:15.7

### Team Scores (26 teams)

1. R-H 53  
2. Penfield 47  
3. Clarence 45  
4. McQuaid 40  
5. Franklin 20  
6. Brighton 19 etc.

Next Meet: Sat. 1/14 at Buffalo State, Holiday Invitational, noon



## McQuaid Indoor Track Meet #5 Results

Holiday Invitational at Univ. of Buffalo 1/14/84  
Track 160m per lap, hard macadam surface

### 3200m Relay

Donahue 61.2-72.6/2:13.8  
Hanley 65.2-74.9/2:20.1  
Ferris 61.9- ? /1:41.5\*  
Byrne /2:20.4  
disqualified 8:35.8  
\*Ferris ran 160m short of  
his 800m leg.

### Long Jump

Cain 15-9 V4. Wilmot 38-1  
Monahan 15-8 Monahan 34-4

### Triple Jump

### 55m High Hurdles

V3. Riley 8.6 8.3  
Schraml 10.1

### 55m Dash

Wilmot 7.1  
Cooper 7.2  
Williams 7.2

### 400m Dash

V3. McGuire 54.7  
T. Warth 55.8  
Eckl 57.6  
Cain 57.7  
DiMaria 28.7-61.9  
DiStefano 29.4-62.8  
D. Wilmot 29.7-63.7  
Hendrie 30.3-65.1

### 1600m Run

V4. D. Warth 68.5-70.3-71.2-70.3/4:40.3  
FS2. Paterson 70.1-74.8-74.2-72.8/4:51.9  
Smith 76.9-83.1-81.0-78.4/5:19.4  
Lavallee 77.8-85.8-84.4-80.5/5:28.5  
Cusack 79.0-88.8-89.2-79.5/5:36.5(fell)

### Shot Put

V3. Esposito 41-7½  
Noga Foul  
Stemmle 34-6½

### 3200m Run

V4. Smillie 72.4-76.3-76.4-77.6-77.9-76.8-78.3-74.6/10:10.3

### 6 Lap Relay

FS 4. 160m D. Wilmot 25.8 V5. Cain 24.5  
240m DiStefano 33.9 M. Wilmot 30.8  
240m Scott 37.9 Cooper 33.3  
240m Hendrie 34.8 McGuire 30.2  
2:12.4

Next Meet: 1/21/84 10 am Southern Tier Classic at Cortland State

| INDOOR TRACK                                                      |  | 1/14   |
|-------------------------------------------------------------------|--|--------|
| Area best performances                                            |  | 1984   |
| BOYS                                                              |  |        |
| 45 meter dash                                                     |  | 5.4    |
| Ken Burke, East                                                   |  | 5.5    |
| Lavonne Richards, East                                            |  | 5.5    |
| Mike McCarter, Penfield                                           |  | 5.5    |
| 300 meter dash                                                    |  | 38.6   |
| Dave Cliffe, Mooney                                               |  | 38.7   |
| Mike Wilmot, McQuaid                                              |  | 38.7   |
| Chris McGuire, McQuaid                                            |  | 39.6   |
| 600 meter dash                                                    |  | 1:28.6 |
| Tim Warth, McQuaid                                                |  | 1:28.6 |
| Andrew Goodrum, Monroe                                            |  | 1:29.2 |
| Andy Major, Penfield                                              |  | 1:29.9 |
| 1000 meter run                                                    |  | 2:42.0 |
| Joe Burke, R-H Sperry                                             |  | 2:42.0 |
| Doug Nazarian, Penfield                                           |  | 2:44.8 |
| Tim Blodgett, Aquinas                                             |  | 2:50.6 |
| 1600 meter run                                                    |  | 4:33.6 |
| Joe Burke, R-H Sperry                                             |  | 4:33.6 |
| Dave Warth, McQuaid                                               |  | 4:37.8 |
| Harry Derck, Aquinas                                              |  | 4:45.0 |
| 3200 meter run                                                    |  | 9:50.0 |
| Joe Burke, R-H Sperry                                             |  | 9:50.0 |
| Dan Fernandez, Greece                                             |  | 9:50.6 |
| Rick Admiral, Newark                                              |  | 9:52.7 |
| 40 meter high hurdles                                             |  | 5.8    |
| Martin Ellis, R-H Sperry                                          |  | 5.8    |
| Mike McCarter, Penfield                                           |  | 5.9    |
| Greg Ellis, R-H Sperry                                            |  | 5.9    |
| Shot put                                                          |  | 47-0   |
| Robert Lewis, Franklin                                            |  | 47-0   |
| Paul Mills, Greece                                                |  | 45-9   |
| Chris Heh, Mooney                                                 |  | 45-7   |
| Long jump                                                         |  | 20-11¾ |
| Ted Bartus, Penfield                                              |  | 20-11¾ |
| Martin Ellis, R-H Sperry                                          |  | 20-6¼  |
| Craig St. Amant, Spencerport                                      |  | 19-5½  |
| High jump                                                         |  | 6-6    |
| Dan Gnat, Fairport                                                |  | 6-6    |
| Bruce Gaynor, Greece                                              |  | 6-0    |
| Tom Laminande, Spencerport                                        |  | 5-10   |
| Tim Irving, Spencerport                                           |  | 5-10   |
| Pole vault                                                        |  | 12-0   |
| John Arthur, Geneva                                               |  | 12-0   |
| Sam Reynolds, Penfield                                            |  | 11-6   |
| Arnold Henderson, Greece                                          |  | 10-9   |
| Mike Malinowski, R-H Sperry                                       |  | 10-9   |
| 800 meter relay                                                   |  | 1:36.5 |
| East (Ken Burke, Lavonne Richards, Terry Richards, Carlton Davis) |  | 1:36.5 |
| McQuaid                                                           |  | 1:38.3 |
| Edison Tech                                                       |  | 1:40.1 |
| 1600 meter relay                                                  |  | 3:39.5 |
| McQuaid (Greg Riley, Mike Wilmot, Chris McGuire, Mike Cain)       |  | 3:39.5 |
| R-H Sperry                                                        |  | 3:40.5 |
| Penfield                                                          |  | 4:42.2 |
| 3200 meter relay                                                  |  | 8:29.2 |
| McQuaid (Tim Hanley, Tim Donahue, Tim Warth, Dave Warth)          |  | 8:29.2 |
| Brighton                                                          |  | 8:33.4 |
| Penfield                                                          |  | 8:36.1 |



# McQuaid Indoor Track Results Meet #6

Southern Tier Track Classic at Cortland State 1/21/84

## 4 x 400m Relay

|               |           |                   |           |
|---------------|-----------|-------------------|-----------|
| Trials 3:40.1 |           | Finals 3rd 3:46.2 |           |
| D.Warth       | 26.0-54.1 | Eckl              | 26.1-56.5 |
| T.Warth       | 25.7-54.1 | Byrne             | 27.6-59.8 |
| Eckl          | 26.2-56.2 | Riley             | 26.3-56.0 |
| Riley         | 26.0-55.7 | D.Warth           | 26.6-53.9 |

## Triple Jump

|           |          |
|-----------|----------|
| 5. Wilmot | 39-1 3/4 |
| 6. Kocher | 38-10    |

## Shot Put

|          |       |
|----------|-------|
| Esposito | 38-10 |
|----------|-------|

## 4 x 200m Relay

|               |      |                   |      |
|---------------|------|-------------------|------|
| Trials 1:39.9 |      | Finals 2nd 1:39.8 |      |
| McGuire       | 24.6 | Cain              | 25.0 |
| Wilmot        | 24.7 | Wilmot            | 24.7 |
| Cooper        | 26.3 | Cooper            | 25.9 |
| Cain          | 24.3 | McGuire           | 24.2 |

## Long Jump

|         |          |
|---------|----------|
| Cain    | 17-7 1/2 |
| Monahan | 16-6 1/2 |

## 3200m Run

|            |                                                                                 |         |
|------------|---------------------------------------------------------------------------------|---------|
| 4. Smillie | 35.1-36.3-36.3-37.5-37.3-38.5-38.9-39.1-38.3-37.7-38.1-39.4-39.1-38.3-38.0-36.0 | 10:03.9 |
|------------|---------------------------------------------------------------------------------|---------|

## 55m Dash

|          |     |
|----------|-----|
| Cain     | 7.0 |
| Williams | 7.3 |

## 1000m Run

|            |                          |        |
|------------|--------------------------|--------|
| 3. D.Warth | 30.8-32.1-33.5-34.0-31.1 | 2:41.5 |
| Byrne      | 32.1-34.0-38.2-40.8-44.5 | 3:09.6 |

## 600m Run

|            |                |        |
|------------|----------------|--------|
| 3. T.Warth | 28.2-28.9-31.8 | 1:28.9 |
| Donahue    | 28.5-31.6-33.7 | 1:33.8 |

## 55m High Hurdles

|          |     |     |
|----------|-----|-----|
| 5. Riley | 8.5 | 8.5 |
|----------|-----|-----|

## 1600m Run

|          |                                         |        |
|----------|-----------------------------------------|--------|
| Paterson | 34.8-35.4-37.0-37.7-36.0-38.8-37.9-34.4 | 4:52.0 |
|----------|-----------------------------------------|--------|

## 300m Dash

|            |      |      |
|------------|------|------|
| 5. Wilmot  | 38.8 | 38.7 |
| 6. McGuire | 38.9 | 38.9 |

## High Jump

|               |     |
|---------------|-----|
| 6.(tie) Riley | 5-8 |
| D.Warth       | 5-6 |

## 4 x 800m Relay

|         |                     |        |
|---------|---------------------|--------|
| Rapp    | 31.7-32.6-33.5-31.5 | 2:09.3 |
| Donahue | 30.2-32.8-34.0-34.3 | 2:11.3 |
| Hanley  | 31.8-34.7-34.3-32.2 | 2:13.0 |
| Ferris  | 31.3-33.4-35.7-33.1 | 2:13.5 |
| 6th     |                     | 8:47.1 |

## Team Scores (25 schools)

|               |    |
|---------------|----|
| 1. R-H        | 63 |
| 2. Monticello | 61 |
| 3. Columbia   | 56 |
| 4. Mooney     | 46 |
| 5. McQuaid    | 39 |

Next Meet: Sunday, Jan. 29, 1 p.m. RWTL Developmental Meet #3 at UR



# Track

Defending champion Rush-Henrietta finished first in the boys' team standings of the Southern Tier Classic at Cortland State with 63 points. **Martin Ellis** won the 55-meter high hurdles for Rush-Henrietta in 7.7 seconds. Cardinal Mooney finished fourth with 46 points, second-best among Section 5 schools. Mooney's **Dave Clissel** shared most outstanding athlete honors with Elmira Southside's **Merrick Jones**. Clissel won the 55-meter dash and the 300-meter dash.

Monticello was the top team in the girls' standings with 80 points.

## INDOOR TRACK Area best performances BOYS

|                                                                   |           |
|-------------------------------------------------------------------|-----------|
| <b>45-meter dash</b>                                              |           |
| Ken Burke, East                                                   | 5.4       |
| Lavonne Richards, East                                            | 5.5       |
| Mike McCarter, Penfield                                           | 5.5       |
| <b>55-meter dash</b>                                              |           |
| Mike McCarter, Penfield                                           | 6.7       |
| Dave Cliffel, Mooney                                              | 6.8       |
| Sheldon Spicer, Aquinas                                           | 6.9       |
| Ed Benson, Aquinas                                                | 6.9       |
| <b>300-meter dash</b>                                             |           |
| Dave Cliffel, Mooney                                              | 38.6      |
| Mike Wilmot, McQuaid                                              | 38.7      |
| Chris McGuire, McQuaid                                            | 39.6      |
| <b>600-meter dash</b>                                             |           |
| Tim Warth, McQuaid                                                | 1:28.6    |
| Andrew Goodrum, Monroe                                            | 1:29.2    |
| Andy Major, Penfield                                              | 1:29.9    |
| <b>1,000-meter run</b>                                            |           |
| Joe Burke, R-H Sperry                                             | 2:42.0    |
| Doug Nazarian, Penfield                                           | 2:44.8    |
| Tim Blodgett, Aquinas                                             | 2:50.6    |
| <b>1,600-meter run</b>                                            |           |
| Joe Burke, R-H Sperry                                             | 4:33.6    |
| Dave Warth, McQuaid                                               | 4:37.8    |
| Harry Derck, Aquinas                                              | 4:45.0    |
| <b>3,200-meter run</b>                                            |           |
| Joe Burke, R-H Sperry                                             | 9:30.4    |
| Dan Fernandez, Greece                                             | 9:50.6    |
| Rick Admiral, Newark                                              | 9:52.7    |
| <b>40-meter high hurdles</b>                                      |           |
| Martin Ellis, R-H Sperry                                          | 5.8       |
| Mike McCarter, Penfield                                           | 5.9       |
| Greg Ellis, R-H Sperry                                            | 5.9       |
| <b>55-meter high hurdles</b>                                      |           |
| Mike McCarter, Penfield                                           | 8.2       |
| Greg Riley, McQuaid                                               | 8.6       |
| <b>Shot Put</b>                                                   |           |
| Robert Lewis, Franklin                                            | 47-0      |
| Paul Mills, Greece                                                | 45-9      |
| Chris Heh, Mooney                                                 | 45-7      |
| <b>Long Jump</b>                                                  |           |
| Ted Bartus, Penfield                                              | 20-11 1/4 |
| Martin Ellis, R-H Sperry                                          | 20-6 1/4  |
| Craig St. Amand, Spencerport                                      | 19-5 1/2  |
| <b>High Jump</b>                                                  |           |
| Dan Gnaf, Fairport                                                | 6-6       |
| Bruce Gaynor, Greece                                              | 6-0       |
| Tom Laminande, Spencerport                                        | 5-10      |
| Tim Irving, Spencerport                                           | 5-10      |
| <b>Pole Vault</b>                                                 |           |
| John Arthur, Geneva                                               | 12-0      |
| Sam Reynolds, Penfield                                            | 11-6      |
| Arnold Henderson, Greece                                          | 10-9      |
| Mike Malinowski, R-H Sperry                                       | 10-9      |
| <b>800-meter relay</b>                                            |           |
| East (Ken Burke, Lavonne Richards, Terry Richards, Carlton Davis) | 1:36.5    |
| McQuaid                                                           | 1:39.3    |
| Edison Tech                                                       | 1:40.1    |
| <b>1,600-meter relay</b>                                          |           |
| McQuaid (Greg Riley, Mike Wilmot, Chris McGuire, Mike Cain)       | 3:39.5    |
| R-H Sperry                                                        | 3:40.5    |
| Penfield                                                          | 4:42.2    |
| <b>3,200-meter relay</b>                                          |           |
| McQuaid (Tim Hanley, Tim Donahue, Tim Warth, Dave Warth)          | 8:29.2    |
| Brighton                                                          | 8:33.4    |
| Penfield                                                          | 8:36.1    |



# McQuaid Indoor Track Meet #7

## Rochester Winter Track League Developmental Meet #3 University Of Rochester 1/29/84

### 400m Run-off

Riley 27.2-56.8  
Eckl 26.7-57.7  
Cooper 27.3-59.2

### 800m Run-off

Rapp 31.0-63.2-1:35.0-2:09.0  
Donahue 31.2-64.0-1:36.0-2:11.0  
Hanley 31.5-63.0-1:37.0-2:14.0  
Wilmot 32.0-65.0-1:40.0-2:15.4  
Ferris 31.8-65.0-1:39.0-2:16.8

### 45m Dash

Cooper 6.03  
Williams 6.33  
Rapp 6.37

### Long Jump

Cain 17-11  
Monahan 17-5  
Eckl 16-11½  
Urban 16-0  
Scott 13-1

### High Jump

Riley 5-6  
D.Warth 5-4  
1.Urban 5-0 1st Mod.

### Shot Put

Esposito 38-8¼  
Noga 35-9  
Stemmler 33-2

### 600m Run

1.D.Warth 26.9-54.0-1:25.6\*\*1st Varsity also  
3.McGuire 28.0-56.9-1:30.4 School Record  
Byrne 30.3-63.2-1:37.5  
J.Monahan 30.2-62.8-1:38.2  
D.Wilmot 31.5-67.4-1:44.3  
P.Monahan 33.4-67.5-1:44.6  
Hendrie 35.7-71.7-1:45.2  
Scott 35.1-74.2-1:57.0

### 300m Dash

Cain 39.8  
Williams 41.2  
DiStefano 43.3  
Hendrie 43.7  
Schraml 45.3

### 3200m Run

3.Smillie 37-37-36-37.5-38.3-36.9-38.3-38-36-38.4-36.6-38-38-38-38-37.6  
74-73.5-75.2-75.2-76.3-74.4-74.6-76-75.6/ 9:59.6 3rd Varsity  
Lyboldt 37.5-36.5-36.5-38-38-37.5-39-41-40-42-39-39-38-40-41-34.1  
74-74.5-75.5-80-82-78-82-75.1/ 10:21.1  
Paterson 37.5-36.5-36.2-37.3-38.3-36.9-39.3-38-38-42-42-42-44-42-43-40.5  
74-73.5-75.2-77.3-80-84-86-83.5/ 10:33.5

### 1000m Run

Cusick 71.3-79.2-37.0/ 3:07.5 \* New Frosh Record

### 1600m Run

Smith 39.6-44.3-43.0-44.7-42.9-43.9-45.1-39.2/ 5:42.7

Next Meets: 2/4/84 West Point Invitational  
2/4/84 New Hartford Invitational at Hamilton College

## HIGH SCHOOLS

Yesterday  
ROCHESTER WINTER  
TRACK LEAGUE  
Developmental Meet  
At University of Rochester  
Boys

Shot put-Robert Lewis (Franklin) 49-3¼; 45-meter dash-(tie) Mark Sherman (Monroe) and LaVonne Richards (East) :05.5; 3200-Paul Hilling (Mooney) 9:48.3; 40 hurdles-Martin Ellis (Rush-Henrietta) :05.7; 1,000-Doug Nazarian (Penfield) 2:40.5; Long jump-Ted Bartus (Penfield) 20-1; 300-Terry Richards (East) :37.8; Pole vault-Kevin Facinelli (Penfield) 10-0; 1,600-Dan Fernandez (Greece) 4:41.8; 600-Dave Warth (McQuaid) 1:25.6; 4 x 1 lap relay-East 1:40.6; 4 x 4 lap relay-Penfield 9:38.2; 4 x 2 lap-Franklin 3:58.6; High jump-Dan Graf (Fairport) 6-4.



# Fieldhouse Fellas

by Chris McGuire

The Indoor Track team is off to another impressive start in the Rochester Winter Track League. Having competed in five meets, the team is holding its own with several personal bests as well as a fourth place finish in the Rochester Relays held on January 7.

Twenty personal bests were recorded at the first meet on the seventeenth of December. Among these was a Section 5 best in the 600m run by senior Tim Warth. Juniors Mike Wilmot, Chris McGuire, Mike Cain, Rod Cooper, Greg Williams, and John Monahan all had personal bests in the 300m dash. Wilmot's time is the second best time in Section 5. The distance men, Tim Donahue, Peter Byrne, Dave Warth, Scott Paterson, and Conner Cusack all had personal bests.

Mr. Quinlisk took eight runners to Bethlehem, Penn-

sylvania over the Christmas Holidays to run at the Christmas City Relays. The mile relay team of Greg Riley, Joe Eckl, Cain, and McGuire ran a good early season time as did the distance medley team of Warth, Wilmot, Paterson, and Warth.

Two weeks later the team placed fourth out of 26 teams in the Rochester Relays at the University of Rochester. The 3200m relay of Tim Hanley, Donahue, Warth, and Warth placed first running Sections 5's best time this year. The 1600m relay team of Riley, Wilmot, McGuire, and Cain also ran a Section 5 best while winning that event. Riley also placed fourth in the 40m high hurdles. Placing second only to East High, (last year's state champion), the 800m relay team of Cain, Wilmot, Cooper, and McGuire also ran an impressive time.



Members of the Indoor Track team pose for a picture



McQuaid Indoor Track Results Meet #8

7th Annual West Point Invitational 2/4/84

800m Run

7. D.Warth 29.8-60.2-1:31.0-2:00.70  
29.8-30.4-30.8-29.7

1600m Relay

M.Cain 24.6-31.2/ 55.8  
G.Riley 24.9-28.7/ 53.6  
M.Wilmot 24.2-28.4/ 52.6  
C.McGuire 25.1-28.0/ 53.1

3200m Relay

S.Rapp 29.5-31.1-33.2-35.8/2:09.6  
T.Donahue 29.8-30.7-34.9-35.7/2:12.1  
T.Warth 30.5-30.7-31.2-31.8/2:04.2  
D.Warth 29.8-32.2-33.4-34.5/2:10.0

3:35.10\* School Record

8:35.90

McQuaid Indoor Track Results Meet #9

New Hartford Invitational at Hamilton College 2/4/84

1000m Run

7. Smillie 65-2:11-2:46.1

3200m Run

Lyboldt 2:25-5:00-7:38-10:14.5  
Paterson 2:25-5:00-7:39-10:14.6

Next Meet: RWTL Developmental Meet #4 at Brockport State 2/11, 10 am

**Indoor track**

Rush-Henrietta finished third in the Hamilton Invitational with 37 points. Syracuse Henninger of Section 3 finished first with 75 and Liverpool of Section 3 was second with 57.

Martin Ellis of Rush-Henrietta won the 55-meter hurdles (7.6 seconds) and his brother, Greg, finished second in :7.8. Ed Cichon of Rush-Henrietta finished sixth at 3,200 meters (9:50.3) and teammate Mike DiGennaro finished third in triple jump (41-3/4).

Dave Cliffel of Cardinal Mooney set a meet record in winning the 600-meter run in 1:24.7. Robert Lewis of Franklin finished third in the shot put (49-7) and Chris Heh of Mooney was fifth (45-9).

McQuaid's 1,600 meter relay team of Mike Cain, Greg Riley, Mike Wilmot and Chris McGuire set a school record 3:35.10 in the West Point Invitational. The time was the best for a Section 5 team this season. Wilmot's 400-meter split of :52.6 was the fastest for the Knights. Dave Warth finished seventh in the 800-meter run (2:00.70).

**BOYS' INDOOR TRACK**  
Hamilton College Invitational  
Team

Henninger 75, Liverpool 57, Rush-Henrietta 37, Baldwinsville 29, Jamesville-DeWitt 29, Chittenango 28, Nottingham 25, Cicero-North Syracuse 23, West Genesee 21, South Jefferson 16, Auburn 16, Fayetteville-Manlius 14, Marcellus 12, Cardinal Mooney 12, Bishop Grimes 12, Onondaga 12, Newark 10, Corcoran 9, CBA Syracuse 9, Holland-Patent 8, Camden 8, Bishop Cummings 6, Aquinas 5, Greece 2, Geneva 2, McQuaid 0

**Individual (area finishers)**

1600—5. Fernandez (Greece) 4:31.600—1. Cliffel (Mooney) 1:24.7 (meet record). Distance medley relay—1. Newark 11:03.0. 3200—6. Cichon (R-H) 9:50.3. 800—4. Aquinas 1:41.8. 55 high hurdles—1. M. Ellis (R-H) :07.6. 2. G. Ellis (R-H) :07.8. 1000—6. Lumm (Aquinas) 2:46.0. 300—6. Day (R-H) :38.4. 1600 relay—2. Rush-Henrietta 3:40.00. High jump—6. Poole (R-H) 5-6. Shot put—3. Lewis (Franklin) 49-7. 5. Heh (Mooney) 45-9. Triple jump—3. DiGennaro (R-H) 41-3/4.



McQuaid Indoor Track Results Meet #8

7th Annual West Point Invitational 2/1/84

INDOOR TRACK  
Area's best performances

BOYS

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  
Sheldon Spicer, Aquinas ..... 6.8  
Dave Cliffler, Mooney ..... 6.8

300-meter dash  
Dave Cliffler, Mooney ..... 37.3  
Terry Richards, East ..... 37.8  
Chris Townsend, Monroe ..... 38.2

600-meter dash  
Dave Warth, McQuaid ..... 1:25.6  
LaMar Green, Franklin ..... 1:28.6  
Andrew Goodrum, Monroe ..... 1:29.2

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  
Joe Burke, R-H ..... 4:33.6  
Paul Hilling, Mooney ..... 4:34.8  
Ed Cichon, R-H ..... 4:36.5

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 ..... 7.7  
Greg Ellis, R-H ..... 8.0  
Mike McCarter, Penfield ..... 8.1

Shot Put  
Robert Lewis, Franklin ..... 49-3 1/4  
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 ..... 40-5 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 (Greg Riley, Mike Wilmot, Chris McQuire, Mike Cain) ..... 3:39.5  
Rush-Henrietta ..... 3:40.5  
Penfield ..... 3:42.2  
Mooney ..... 3:42.2

3,200-meter relay  
McQuaid (Tim Hanley, Tim Donahue, Tim Warth, Dave Warth) ..... 8:29.2  
Brighton ..... 8:33.4  
Penfield ..... 8:36.1

4x1 lap relay  
East (Ken Burke, LaVonne Richards, Terry Richards, Carlton Davis) ..... 1:40.6  
Monroe ..... 1:44  
Aquinas ..... 1:45.6

1000m Relay

M. Cain 24.6-31.2 / 52.8  
G. Riley 24.9-28.7 / 53.6  
M. Wilmot 24.2-28.4 / 53.6  
G. McGuire 25.1-28.0 / 53.1

3:35.10\* School Record

College 2/1/84

800m Run

7. D. Warth 29.8-30.2  
29.8-30.1

3200m Relay

S. Rapp 29.5-31.1-  
T. Donahue 29.8-30.7-  
T. Warth 30.2-30.7-  
D. Warth 29.8-32.2-

8:35.90

McQuaid Indoor Track

New Hartford Invitat

1000m Run

7. Smilie 65-2-11-2

3200m Run

Lyboldt 2:25-5:00  
Paterson 2:25-5:00

Next Meet: RWTI Devel

at Brookport State 2/11, 10 am



McQuaid Indoor Track Results Meet #10

RWTL Developmental Meet #4 at Brockport College, 2/11/84  
125m per lap hardwood gym floor track

45m Dash

|            |      |
|------------|------|
| M.Wilmot   | 6.03 |
| G.Williams | 6.07 |
| Byrne      | 6.50 |
| DiStefano  | 6.55 |
| J.Williams | 6.69 |

300m Dash

|            |      |
|------------|------|
| M.Wilmot   | 39.9 |
| Eckl       | 41.7 |
| G.Williams | 42.3 |
| Cooper     | 42.4 |
| J.Williams | 47.7 |

600m Run

|           |        |
|-----------|--------|
| Riley     | 1:35.3 |
| DiStefano | 1:45.4 |
| Hendrie   | 1:46.5 |
| P.Monahan | 1:49.5 |
| Lavallee  | 1:49.9 |

1000m Run

|         |             |
|---------|-------------|
| Hanley  | 1:29-2:54.2 |
| T.Warth | 1:27-2:56.6 |
| Byrne   | 1:34-3:07.7 |
| Rapp    | 1:29-3:15.2 |
| Cusack  | 1:31-3:16.5 |
| McGuire | 1:32-3:16.7 |

3200m Run

|          |              |
|----------|--------------|
| Smillie  | 5:10-10:13.7 |
| Lyboldt  | 5:23-10:44.3 |
| D.Warth  | 5:23-10:50.3 |
| Paterson | 5:22-10:55.5 |
| Smith    | 5:35-11:25.0 |

Next Meet: Section V Championships at U.R. 2/24/84 6 pm



# McQuaid Indoor Track Results Meet #11

## Section V Championships and State Qualifier at UR 2/24/84

### 3200m Run

7. Smillie 36.5-37.5-37-36-38-37-39-38-37-38-39-39-41-40-40-38  
74-73-75-77-76-78-81-78/ 2:27-2:32-2:34-2:39  
4:59-5:12/ 10:11.2  
10. Paterson 37-37.5-37-36-38-37.5-38.5-38-39.5-41-41-41-43-43-43-41  
74.5-73-75.5-76.5-80.5-82-86-84/ 2:27.5-2:32-2:42.5-2:50  
4:59.5-5:33/ 10:32.3

### 45m Dash

Cooper 5.85  
Cain 5.91

### 1000m Run

1. D. Warth 32.9-32.1-33.2-30.8-30.5  
65-64-30.5/ 2:39.5

### High Jump

3. Riley 6-0 \*\*  
\*\*School Record\*\*

### 600m Run

2. T. Warth 27-28.9-29.8  
55.9-29.8/ 1:25.7

### 300m Dash

6. (tie) McGuire  
39.6 38.8

### Long Jump

Wilmot 18-6½  
Cain 18-3

### Shot Put

6. Esposito 41-3½

### 40m High Hurdles

5. Riley 6.3 6.0 5.9\*ties School Record\*

### 1600m Run

6. Smillie 68.5-37.7-36.6-36.9-37-37-34.6/68.5-74.3-73.9-71.6/ 4:48.3  
Paterson 68.8-37.5-36.6-36.7-37.4-38.7-35.7/68.8-74.1-74.1-74.4/4:51.4

### 3200m Relay

1. 8:23.9

Rapp 30.2-31.9-34.2-32.7/ 62.1-66.9/ 2:09.0  
Hanley 29.0-32.4-32.9-33.4/ 61.4-66.3/ 2:07.7  
T. Warth 29.8-30.9-31.3-31.7/ 60.7-63.0/ 2:03.7  
D. Warth 29.4-31.4-32.0-30.7/ 60.8-62.7/ 2:03.5

### 1600m Relay

3. 3:43.2

Riley 26.1-30.0/ 56.1  
Cain 25.9-29.7/ 55.6  
McGuire 26.3-30.1/ 56.4  
Wilmot 25.0-30.1/ 55.1

### 800m Relay

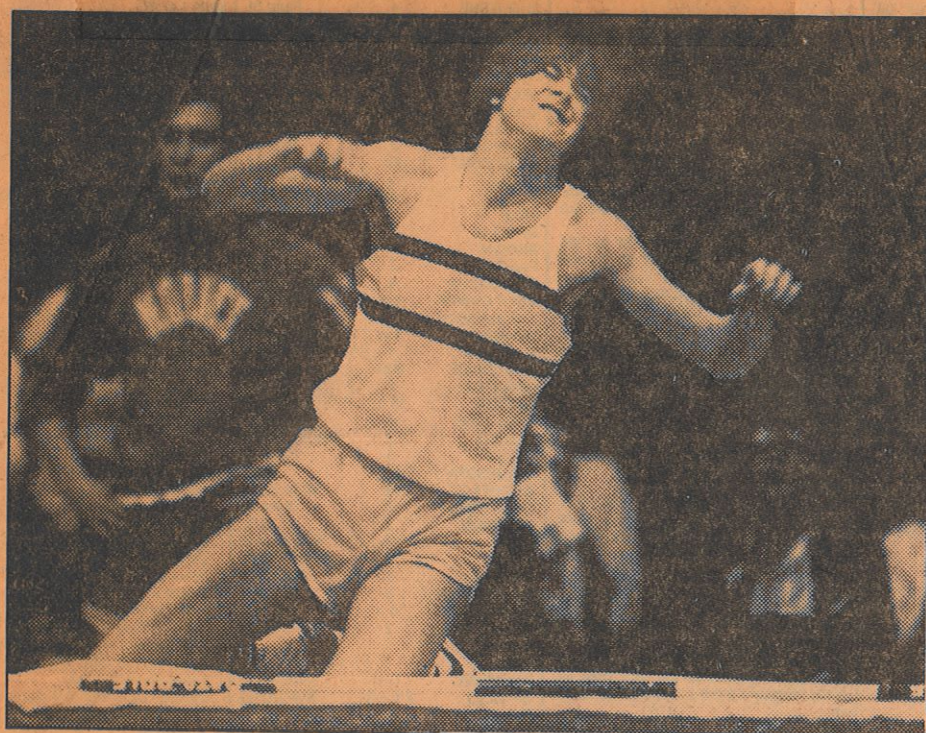
7. 1:41.5

Eckl 24.9  
Cooper 24.8  
Donahue 25.7  
T. Warth 25.1

**BOYS' TRACK**  
Section 5 indoor championships  
At University of Rochester  
Team  
Rush-Henrietta 104½, Penfield 54½,  
McQuaid 44½, East 40, Monroe 34, Cardinal  
Mooney 34, Spencerport 30½, Brighton 27,  
Newark 18, Aquinas 16, Greece 16, Franklin  
13, Geneva 12, Fairport 11, Edison 9, York 1,  
Alexander 0.  
Individual  
3200 run-Ed Cichon (R-H) 9:46, Mike Obr-  
holzer (Gr) 9:48.6; 1000 run-Dave Warth  
(McQ) 2:29.5, Frank Poletta (R-H) 2:42; 600  
run-Dave Cliffl (CM) 1:24.6 (meet record),  
Tim Warth (McQ) 1:25.7; 45 dash-LaVonne  
Richards (E) :05.4 (ties meet record); Terry  
Richards (E) :05.4; Long jump-Martin Ellis  
(R-H) 21-3, Greg Ellis (R-H) 21-3; High jump  
— Dan Graf (Fair) 6-6, Tom Lamirdande  
(Spen) 6-0; 1600 run-Paul Hilling (CM) 4:33.2,  
Pete Knowlton (New) 4:35.2; Shot put-Robert  
Lewis (Frank) 48-9, Chris Heh (CM) 47-3; 40  
hurdles-Martin Ellis (R-H) :05.6 (meet re-  
cord), Mike McCarter (Pen) :05.8; 1600 walk-  
Mike DiNardo (R-H) 8:14.2, Dave Cordts  
(Bright) 8:32.3; 300 dash-Terry Richards  
(East) :37.0 (meet record), Chris Townsend  
(Mon) :37.2; Pole vault-John Arthur (Gen)  
12-0, Sam Reynolds (Pen) 11-6; 3200 relay-  
McQuaid (Tim Hanley, Steve Rapp, Dave  
Warth, Tim Warth) 8:23.9; 800 relay-East  
(Ken Burke, LaVonne Richards, Terry Rich-  
ards, Carlton Davis) 1:36.4 (tied meet re-  
cord); 1600 relay-Monroe (Kevin Presha, Mark  
Sherman, Chris Townsend, Sefford Bailey)  
3:36.2 (meet record).

Next Meet: State Meet at Carrier Dome, Syracuse, 3/10/84, 4pm





Michael Schwarz Democrat and Chronicle

The pole on the ground, and expression on his face portray feelings of Tom Irving from Spencerport after he missed at 6-0. Irving finished in 5th place.

## Ellis brothers help Rush-Henrietta capture Section 5 indoor track title

By Brett Avery

Democrat and Chronicle

It was a meet made for brothers last night at the Section 5 high school boys' indoor track championships.

Junior Martin Ellis doubled in the long jump (21 feet, 3 inches) and set a meet record in the 40-meter hurdles (5.6 seconds) and was named the meet's most valuable competitor.

His sophomore brother, Greg Ellis, was his runner-up in the long jump (21-3)

and third in the hurdles (:05.9) as Rush-Henrietta stormed to the team title.

Terry Richards of East cracked the meet mark in the 300 meters (:37) and finished second as his brother, LaVonne Richards, tied the meet record in the 40-meter dash (:05.4). The pair then joined teammates Ken Burke and Carlton Davis to form the state's defending 800-meter relay squad and cap the five-hour meet

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## Indoor track title to Rush-Henrietta

FROM PAGE 1C

by equaling Monroe's 1980 section record.

The Ellis and Richards brothers will form the foundation for the Section 5 team that will compete in two weeks at the Carrier Dome in Syracuse in the New York State Public High School Athletic Association meet.

"I think it (competition) is the same between all brothers and sisters," said Martin Ellis.

In the long jump, he passed on his first two jumps in the finals, having jumped 20-11½ in the trials. When Greg hit 21-3 on his last jump, Martin was pushed to clear 21-1½ in his final jump to claim the title with the longer second jump.

"It's a big help having Greg. Every week the team is looking at Greg and asking, 'Can he beat Martin this week?' I've been tested each week," Martin smiled, "and I haven't gotten a chance to rest."

Rush-Henrietta surprised the crowd of about 150 at the University of Rochester's Alumni Gym Field House by gathering 104½ team points, almost double the output of second-place Penfield (54½).

Two other records were cracked in the 15-event meet.

Pre-race favorite Dave Cliffel of Cardinal Mooney, running in only his third 600-meter race, was timed in 1:24.6. And the 1,600-meter relay team from Monroe — Selford Barley, Kevin Presha, Mark Sherman and Chris Townsend — was clocked in 3:36.2.

Fairport's Dan Graf was the only individual to repeat, in the high jump (6-6), and remained the only Section 5 athlete to jump that high this season.

Graf made his first jump at 6-0, a height most of the field couldn't reach. His rocking stance when preparing to jump, and his sprinting approach, became more deliberate as the bar rose and his opponents were eliminated.

A mild upset occurred in the 3,200 meters, where defending champ Joe Burke of Rush-Henrietta, bothered by knee and tendon injuries, finished third (9:54.4). Teammate Ed Cichon (9:46) edged Greece's Mike Oberholzer (9:48.6) for the title.

Burke, a senior, posted the section's fastest time (9:30.4) in the second meet of the season before injury sidelined him for two months. Cichon was at Burke's shoulder as the pair went 1-2 much of the race, but pulled ahead with two laps remaining.



## BOYS' WINTER TRACK SECTIONALS

at UNIVERSITY OF ROCHESTER

FRIDAY, FEBRUARY 24, 1984

3200m Run

|                    |                |         |
|--------------------|----------------|---------|
| 1. Ed Cichon       | Rush-Henrietta | 9:46    |
| 2. Mike Oberholzer | Greece         | 9:48.6  |
| 3. Joe Burke       | Rush-Henrietta | 9:54.4  |
| 4. Brett Yost      | Brighton       | 9:58.1  |
| 5. Shannon Trice   | Brighton       | 9:58.8  |
| 6. Harry Derck     | Aquinas        | 10:06.0 |

600m Run

|                  |                 |         |
|------------------|-----------------|---------|
| 1. Dave Cliffl   | Cardinal Mooney | 1:24.6* |
| 2. Tim Warth     | McQuaid         | 1:25.7  |
| 3. Kevin Presha  | Monroe          | 1:26.0  |
| 4. Frank Poletta | Rush-Henrietta  | 1:28.8  |
| 5. Louie Jacquin | Newark          | 1:29.0  |
| 6. Charles Wiley | Franklin        | 1:30.2  |

Long Jump

|                    |                |         |
|--------------------|----------------|---------|
| 1. Martin Ellis    | Rush-Henrietta | 21'3"   |
| 2. Greg Ellis      | Rush-Henrietta | 21'3"   |
| 3. Mike DiGennero  | Rush-Henrietta | 20'9½"  |
| 4. Ted Bartus      | Penfield       | 20'4½"  |
| 5. Craig St.Armand | Spencerport    | 19'10½" |
| 6. Chris Hixon     | Fairport       | 18'8½"  |

1600m Run

|                  |                 |        |
|------------------|-----------------|--------|
| 1. Paul Hilling  | Cardinal Mooney | 4:33.2 |
| 2. Pete Knowlton | Newark          | 4:35.2 |
| 3. Tim Heinle    | Brighton        | 4:35.4 |
| 4. Joe Burke     | Rush-Henrietta  | 4:41.3 |
| 5. Ed Cichon     | Rush-Henrietta  | 4:44.2 |
| 6. Rod Smillie   | McQuaid         | 4:48.3 |

Shot

|                  |                 |        |
|------------------|-----------------|--------|
| 1. Robert Lewis  | Franklin        | 48'9"  |
| 2. Chris Heh     | Cardinal Mooney | 47'3"  |
| 3. Paul Mills    | Greece          | 46'7"  |
| 4. Hank Williams | Brighton        | 44'1½" |
| 5. Brad Roach    | Geneva          | 42'5½" |
| 6. Bob Esposito  | McQuaid         | 41'4"  |

40m Hurdles

|                   |                |      |
|-------------------|----------------|------|
| 1. Martin Ellis   | Rush-Henrietta | 5.6* |
| 2. Mike McCarter  | Penfield       | 5.8  |
| 3. Greg Ellis     | Rush-Henrietta | 5.9  |
| 4. Sheldon Spicer | Aquinas        | 5.9  |
| 5. Greg Riley     | McQuaid        | 6.0  |
| 6. John Quirk     | Spencerport    | 6.5  |

1000m Run

|                   |                |        |
|-------------------|----------------|--------|
| 1. Dave Warth     | McQuaid        | 2:39.5 |
| 2. Frank Poletta  | Rush-Henrietta | 2:42.0 |
| 3. Dave Sauter    | Penfield       | 2:42.3 |
| 4. Doug Nazarian  | Penfield       | 2:45.4 |
| 5. Randy Hawkes   | Spencerport    | 2:46.3 |
| 6. David Campbell | Franklin       | 2:48.7 |

45m Dash

|                     |          |      |
|---------------------|----------|------|
| 1. LaVonne Richards | East     | 5.4* |
| 2. Terry Richards   | East     | 5.4  |
| 3. Mark Sherman     | Monroe   | 5.5  |
| 4. Chris Townsend   | Monroe   | 5.5  |
| 5. Ken Burke        | East     | 5.7  |
| 6. David Levinson   | Brighton | 5.8  |

High Jump

|                  |             |       |
|------------------|-------------|-------|
| 1. Dan Graf      | Fairport    | 6'6"  |
| 2. Tom Lamirande | Spencerport | 6'0"  |
| 3. Greg Riley    | McQuaid     | 6'0"  |
| 4. Bruce Gaynor  | Greece      | 5'10" |
| 5. Rob Messenger | Penfield    | 5'10" |
| 5. Tim Irving    | Spencerport | 5'10" |

1600m Racewalk

|                 |                |         |
|-----------------|----------------|---------|
| 1. Mike DiNardo | Rush-Henrietta | 8:14.2  |
| 2. Dave Cordts  | Brighton       | 8:32.3  |
| 3. Sand Kapoor  | Penfield       | 8:32.6  |
| 4. Rick Bohn    | Penfield       | 9:49.1  |
| 5. Alan Smith   | Penfield       | 10:21.0 |
| 6. Sean Murphy  | Penfield       | 10:27.0 |

Pole Vault

|                     |                |       |
|---------------------|----------------|-------|
| 1. John Arthur      | Geneva         | 12'0" |
| 2. Sam Reynolds     | Penfield       | 11'6" |
| 3. Mike Malinowski  | Rush-Henrietta | 10'   |
| 4. Joe Dickinson    | Newark         | 9'6"  |
| 5. Matt Pembroke    | Spencerport    | 9'6"  |
| 6. Gerry Mazurowski | York           | 8'6"  |

300m Dash

|                   |                 |       |
|-------------------|-----------------|-------|
| 1. Terry Richards | East            | 37.0* |
| 2. Chris Townsend | Monroe          | 37.2  |
| 3. Dave Cliffl    | Cardinal Mooney | 38.0  |
| 4. Andy Dayes     | Spencerport     | 38.3  |
| 5. Steve Frey     | Spencerport     | 38.5  |
| 6. Tom Day        | Rush-Henrietta  | 38.8  |
| Chris McGuire     | McQuaid         | 38.8  |



#### 4x800 Relay

1. McQuaid ( Tim Hanley, Steve Rapp, Tim Warth, Dave Warth) 8:23.9
2. Penfield 8:38.2
3. Aquinas 8:46.8
4. Newark 8:48.4
5. Rush-Henrietta 8:49.5
6. Franklin 8:49.6

#### 4x400m Relay

1. Monroe ( Selford Bailey, Kevin Fresha, Mark Sherman, Chris Townsend) 3:36.2\*
2. Rush-Henrietta 3:36.4
3. McQuaid 3:43.3
4. Edison 3:50.1
5. Brighton 3:55.3
6. Penfield 3:55.9

#### 4x200m Relay

1. East ( Ken Burke, LaVonne Richards, Terry Richards, Carlton Davis) 1:36.4\*\*
2. Spencerport 1:38.6
3. Aquinas 1:40.5
3. Edison 1:40.5
5. Rush-Henrietta 1:41.2
6. Penfield 1:41.2

\* indicates new meet record

\*\* indicates ties meet record

#### Team Score

1. Rush-Henrietta 104½
2. Penfield 54½
3. McQuaid 44½
4. East 40
5. Cardinal Mooney 34
5. Monroe 34
7. Spencerport 30½
8. Brighton 27
9. Newark 18
10. Greece 16
- 10 Aquinas 16
12. Franklin 13
13. Geneva 12
14. Fairport 11
15. Edison 9
16. York 1
17. Alexander 0

Martin Ellis of Rush-Henrietta won the Father Michael Wesley Award as the Outstanding Competitor in the 1984 Boys' Sectionals



McQuaid Indoor Track Results Meet #12

NYS PHSAA Intersectionals at Carrier Dome, Syracuse 3/10/84

1000m Run

9. D.Warth 30.2-30.5-32.7-32.9-30.7/ 2:37.0

600m Run

T.Warth 26.8-28.5-31.4/ 1:26.7

Triple Jump

M.Wilmot 42-0\*School Record

3200m Relay

6. 8:11.4

|           |                      |            |        |
|-----------|----------------------|------------|--------|
| T.Warth   | 29.5-30.8-32.2-33.3/ | 60.3-65.5/ | 2:05.8 |
| S.Rapp    | 27.8-30.2-31.5-33.0/ | 58.0-64.5/ | 2:02.5 |
| D.Warth   | 28.2-29.4-30.5-31.3/ | 57.6-61.8/ | 1:59.4 |
| R.Smillie | 29.2-30.6-31.5-32.4/ | 59.8-63.9/ | 2:03.7 |

Next Meet: Outdoor Track