

Locals at home in 800

By Dom Amore
Special to the Register

Local athletes didn't have many chances to star this weekend at the Yale Invitational Indoor Track Meet at Coxe Cage, but when the 800-meter run came around late Saturday afternoon, Connecticut's top runners proved they could stand up to runners from New York and New Jersey.

Three of the top six in the close 800 competition were from the state with Bernie Radomski of Bloomfield coming in second with an outstanding time of 1:57.58, Mike Remigino of Northwest Catholic fifth at 1:58.93 and Mike Lewis of Cheshire sixth at 1:59.29.

"For all three to come in under 2:00, that is an outstanding race," said Cheshire coach Ron McReavy. "It's too bad they weren't all in the same heat, or Mike (Lewis) might have done much better."

Lewis, the English-born Cheshire senior, was the runaway winner of his heat and missed by .36 seconds of beating out Remigino for the last medal. The others, along with Norman McHugh of Stamford Westhill, ran in the seeded race. St. Clair Blackman of Prospect Heights, N.Y., won the gold with 1:56.56.

Coming into the meet, there was a lot of talk about Remigino, whose father Lindy won two gold medals in the 1956 Olympics. The younger Remigino, just a sophomore, figured that one day this race will be his.

"I was happy with the time," he said, "but I think I can finish first in this event before I graduate. This is the toughest competition I have faced."

Radomski was the dark horse of sorts. He missed the last state championships with an illness and his placement in the seeded race was something of a surprise. When the gun went off, he immediately dropped to the rear of the pack, running seventh after 200 meters. Then he dug into Coxe's famous "tuned track" and was through the last turn at 1:50. He made a move on Blackman, but the New Yorker was a little too far in front and the Bloomfield senior had to settle for a silver medal and Connecticut's unofficial bragging rights.



Staff photo by Brad Clift
Steve Rapp has the shoulder of teammate David Warth to cry on after the McQuaid-Jesuit of New York runner had a disappointing finish in the 1,000 meters.

Emphasis placed on participation, not on winning

Indoor track motivator with non-scoring meets

By Gary Fallesen

Democrat and Chronicle

Lost, at times, in the must-win mentality of athletics is the No. 1 reason for high school sports: To encourage participation of as many students as possible.

That is the objective of indoor track and field.

"We don't like to call them developmental meets, but they are non-scoring," Section 5 coordinator Dave Hennessey said recently. "They allow athletes to try and test other events. It's a more relaxed type of atmosphere. But the kids are still trying to give their best."

Twenty area high schools are involved

TURN TO PAGE 5D



Patrick Sander Democrat and Chronicle

Winning is secondary at the indoor track meets, like this recent meet at UR, where participation is encouraged from students with a wide variety of athletic abilities.

Indoor track encourages participation

FROM PAGE 1D

in the Rochester Winter Track Association. They compete in nine regular-season meets (from mid-December through February), and the Section 5 championship on March 2 at the University of Rochester. Section 5 also attends the state championships, which are to be run in conjunction with the NCAA indoor championships March 9 at the Carrier Dome in Syracuse.

Hennessey said that between 400 and 500 athletes attend each meet during the season. Races are run in three classes — varsity, varsity 'B,' and modified (for grades 7-9).

"Each of the athletes is able to compete with someone of his or her own ability," he said. "Here they go in and have a chance to improve."

"To a certain degree it is preparation for the outdoor season," said Hennessey, the indoor and outdoor track coach at Penfield. "But you won't see anyone who wins the indoor sectionals willing to give back their trophies or patches."

"It gives a lot of kids who might not play a winter sport something

to do," he added. "A lot of distance kids, for instance, wouldn't necessarily be doing a winter sport if it weren't for indoor track. It's constructive training. A good distance runner might go out and do his road work, but this keeps them sharp. They stay competitive."

Hennessey said indoor track also allows a coach "more time to work with the kids in specialty events — like hurdles."

The 40-meter hurdles is one of 11 track events. The others are the 45 dash, the 300 dash, the 600, the 1,000, the girls' 1,500, boys' 1,600, the girls' 3,000, boys' 3,200, the girls' 1,500 race walk, boys' 1,600 race walk and three relays (4 by 1 207-meter lap, 4 by 2 laps and 4 by 4 laps). There also are five field events — the shot put, high jump, long jump, girls' triple jump, and boys' pole vault.

"Indoor track is a season in itself," said Hennessey, who has been the 19-year-old sports' coordinator since 1979. "There are lots of people who were great indoors, but weren't so good outdoors. A kid might be great in the 600 (indoors), but not as good in the 400 or 800 (outdoors)."

Stacy Prey of Brighton is equally impressive indoors and out.

"It's like a different season for me," the area's premier distance runner said. "It gets you prepared for spring, but it is a different sport. For one thing, there are no weather conditions to deal with."

Prey is a fourth-year indoor track participant. She was a state runner-up indoors last year in the 3,000. She then went on to All-America honors outdoors by finishing second in the state in the 1,500 and 3,000.

Prey, a senior who won the state's championship and earned All-America recognition in cross country in the fall, will be running the mile tomorrow at the prestigious Milrose Games at Madison Square Garden in New York City.

She said that the non-scoring approach of indoor track "takes a little of the pressure off."

"Everyone gets to run," said Prey, "and they get to try different events. That's great."

Participants also are permitted to enter only two events per meet indoors (as opposed to four in outdoor meets). That gives an athlete more time to watch his or her fellow competitors.

"I just sit there and watch all the events when I'm not running," said Prey. "Outdoors is so spread out you can't see much."

When Prey isn't running the events she dominates — the 1,000 (season best time of 2:58.6), 1,500 (4:37.9) and 3,000 (9:49.1) — she can sit back and observe state outdoor sprint champion Lisa Horton of East in the 45 (:05.9) and 300 (:42.2), or McQuaid's David Warth in the 1,000 (2:32.1) and 1,600 (4:24.2), or Penfield's Sam Reynolds in the pole vault (season best height of 13 feet, 3 inches).

Silly Runners

by Keith Boeck
and Chris McGuire

They run for the honors, the awards, the recognition, and the patches, but the McQuaid Indoor Track team runs mostly for the enjoyment, personal satisfaction and the challenge.



Senior Andrey Kushnir.

"I run for the enjoyment, the pain, the colds" said senior Robbie Smillie "and also for the sledging," he added. The Track team occasionally runs up Cobbs Hill Reservoir and instead of running down, they slid down the hill on their nylon running pants. It's a quick and easy way to get down the hill (and ruin an expensive pair of pants).

"I run because its a good feeling to know you're in good shape," said junior Scott Patterson. "Also it feels great when you stop."

Dave Warth likes the "satisfaction of a job well done and the awards and publicity."

Patterson, Warth, and Smillie all like the fact that they get blue and white sectional patches to "decorate" their white McQuaid jackets.

Warth, Rapp, Smillie and Patterson will be running the distance events this year (100m, 1600m, 3200m) and occasionally they will be dropping down to run the 800m. They are all members of the reigning State Champion Cross Country team, and they plan on continuing their winning ways. Backing up these four will be sophomores Conor Cusack and Marc Lavallee.

McGuire and Wilnot will once again be racing against the city sprinters in the 45m, 300m, and 600m. They will get support in the relays from juniors Mark Hendrie, Matt Dass, John Dice, Marc Shraml, Joe DiMaria, and Jim Terrell.

Seniors Paul Lloyd and junior Joe Noga will compete in the shot put. Both of them have a good chance of scoring sectional points.

The coach for this talented ladden-sledding team is, of course, Mr. Bill Quinlisk. In Mr. Quinlisk's words, "This team is talented. This year we have the first place strength that we were missing in the past years."

INDOOR TRACK

Best times, distances this season

Boys	Girls
45-meter dash	45 meters
1. L'Avonne Richards, East :05.5; (tie) Cornell Walker, Edison :05.5; 3. Ken Burke, East :05.6; (tie) Terry Richards, East :05.6.	1. Lisa Horton, East :05.9; 2. Jeannette Graves, Edison :06.0; 3. Tracy Watts, Rush-Henrietta :06.3.
300 dash	300 dash
1. Andrew Goodrum, Monroe :37.6; 2. Terry Richards, East :37.9; 3. Cornelius Southall, Rush-Henrietta :38.0.	1. Lisa Horton, East :42.2; 2. Eva Stewart, Edison :44.3; 3. Debbie Shipman, Edison :46.7.
600 run	600 run
1. Martin Ellis, R-H 1:26.6; 2. Dave Warth, McQuaid 1:27.3; 3. Steve Rapp, McQuaid 1:28.6.	1. Kelley Johnson, Monroe 1:43.3; 2. Sharon Roberts, Penfield 1:43.8; 3. Eva Stewart, Edison 1:46.6.
1,000 run	1,000 run
1. Nick Teillabes, Brighton 2:40.1; 2. Steve Rapp, McQuaid 2:40.8; 3. Martin Ellis, R-H 2:43.0.	1. Jennifer Shaver, Brighton 3:12.0; 2. Jody Dushay, Brighton 3:13.3; 3. Kim Trawitz, Fairport 3:13.4.
1,600 run	1,500 run
1. Rob Smillie, McQuaid 5:42.3; 2. Tim Henlie, Brighton 5:48.0; 3. Scott Patterson, McQuaid 5:57.0.	1. Stacy Prey, Brighton 4:37.9; 2. Jody Dushay, Brighton 4:56.0; 3. Kim Trawitz, Fairport 5:04.9.
3,200 run	3,000 run
1. Dave Warth, McQuaid 4:24.2; 2. Steve Rapp, McQuaid 4:28.2; 3. Rob Smillie, McQuaid 4:28.8.	1. Stacy Prey, Brighton 9:49.1; 2. Kim Trawitz, Fairport 10:37.3; 3. Jody Dushay, Brighton 10:43.
40 hurdles	1,500 race walk
1. Martin Ellis, R-H :05.6; 2. Greg Ellis, R-H :05.7; 3. Tim DeLorme, Brockport :06.0.	1. Lynette Dzierzanowski, Alexander 8:03.4; 2. Kris Brown, Penfield 8:04.0; 3. Denise Miner Brockport 8:32.2.
1,600 race walk	40 hurdles
1. Dave Cordis, Brighton 8:05.0; 2. Terry Hickey, R-H 8:38.0; 3. Lance Peters, Penfield 9:02.0.	1. Yaneck Jackson, East :06.8; 2. Charlotte Nesmith, East :06.9; 3. Karim Weaver, Spencerport :07.0.
High jump	High jump
1. Bruce Gaynor, Greece 6-3; 2. Craig Kerley, Brockport 6-0; (tie) Sam Reynolds, Penfield 6-0; (tie) Martin Ellis 6-0.	1. Michelle Galsanski, Alexander 5-4; (tie) Donna Castrechio, Penfield 5-4; 3. Andi Kopf, Spencerport 5-0.
Pole vault	Long jump
1. Sam Reynolds, Penfield 13-3; 2. Rob Weeks, Greece 11-0; 3. Kevin Facinelli, Penfield 10-6.	1. Lisa Horton, East 16-9; 2. Donna Castrechio, Penfield 16-8; 3. Andi Kopf, Spencerport 16-5 1/2.
Shot put	Triple jump
1. Wayne Romano, Aquinas 50-1 1/2; 2. Dean Gilhool, Greece 44-8 1/2; 3. Pete Belkitch, R-H 41-5 1/2.	1. And Kopf, Spencerport 33-10 1/2; 2. Michelle Galsanski, Alexander 33-9 1/2; 3. Patty Graney, Spencerport 32-11.
Long jump	Shot put
1. Greg Ellis, R-H 21-3; 2. L'Avonne Richards, East 20-10; 3. Andrew Goodrum, Monroe 20-9.	1. Ann Solda, Alexander 31-9 1/2; 2. Annette Williams, Franklin 31-1; 3. Sharon Campbell, Greece 29-10 1/2.
800 relay	800 relay
1. East (Ken Burke, L'Avonne Richards, Gerald Brown, Terry Richards) 1:36.0; 2. Rush-Henrietta 1:38.5; 3. Edison 1:39.8.	1. Edison (Eva Stewart, Laminia Gilbert, Deronah Shipman, Jeannette Graves) 1:34.3; 2. East 1:59.0; 3. Franklin 2:00.9.
1,600 relay	1,600 relay
1. Rush-Henrietta (Tom Day, Greg Ellis, Martin Ellis, Cornelius Southall) 3:37.0; 2. Franklin 3:52.1; 3. Brockport 3:52.6.	1. Penfield (Amy Richardson, Jennifer Basha, Betsy Morgan, Sharon Roberts) 4:27.1; 2. Newark 4:33.3; 3. Brighton 4:35.0.
3,200 relay	3,200 relay
1. McQuaid (Dave Warth, Rob Smillie, Steve Rapp, Brian Mack) 8:25.0; 2. Penfield 8:42.3; 3. Rush-Henrietta 9:15.0.	1. Brighton (Jody Dushay, Jennifer Shaver, Stephanie Walsh, Stacy Prey) 9:51.3; 2. Penfield 10:33.0; 3. Spencerport 11:25.0.

1/85



HIGH SCHOOL HONOR ROLL

The high school honor roll appears

each Tuesday in the *Democrat and Chronicle* and cites outstanding individual and team athletic performances of the past week.

INDIVIDUALS

Stacy Prey, Brighton — Senior broke Section 5 indoor track record in 1,000 meters (2:58.6) and ran first leg in Barons' victorious eight-lap relay, during meet at University of Rochester.

Dave Warth, McQuaid — Set Section 5 indoor track record in 1,000 (2:32.1) previously held by his brother, Tom Warth, during Yale Invitational.

TEAMS

McQuaid boys' distance medley relay — Dave Warth, Chris McGuire, Steve Rapp and Rob Smillie set Section 5 indoor track record, and missed state record by 1.4 seconds, with 10:23.33 clocking in Yale Invitational.

INDOOR TRACK

Best times, distances this season

Boys

45-meter dash

1, LaVonne Richards, East :05.5; (tie) Cornell Walker, Edison :05.5; (tie) Ken Burke, East :05.5.

300 dash

1, Cornell Walker, Edison :37.4; 2, Andrew Goodrum, Monroe :37.6; 3, Terry Richards, East :37.9;

600 run

1, Martin Ellis, R-H 1:26.6; 2, Dave Warth, McQuaid 1:27.3; 3, Steve Rapp, McQuaid 1:28.6.

1,000 run

1, Dave Warth, McQuaid 2:32.1; 2, Steve Rapp, McQuaid 2:37.3; 3, Steve Schultz, York 2:39.1.

1,600 run

1, Dave Warth, McQuaid 4:24.2; 2, Steve Rapp, McQuaid 4:28.2; 3, Rob Smillie, McQuaid 4:28.8.

3,200 run

1, Rob Smillie, McQuaid 9:42.3; 2, Tim Heinle, Brighton 9:48.0; 3, Steve Schultz, York 9:57.8.

40 hurdles

1, Martin Ellis, R-H :05.6; 2, Greg Ellis, R-H :05.7; 3, Tim Delorme, Brockport :06.0.

1,600 race walk

1, Dave Cordts, Brighton 8:05.0; 2, Terry Hickey, R-H 8:38.0; 3, Lance Peters, Penfield 9:02.0.

High jump

1, Craig Kerley, Brockport 6-5; 2, Bruce Gaynor, Greece 6-3; 3, Sam Reynolds, Penfield 6-2.

Pole vault

1, Sam Reynolds, Penfield 13-3; 2, Rob Weeks, Greece 12-0; 3, Kevin Facinelli, Penfield 10-6.

Shot put

1, Wayne Romano, Aquinas 50-1 1/4; 2, Dean Gilhool, Greece 45-2; 3, Pete Belkirk, R-H 41-5 1/2.

Triple jump

1, Craig Kerley, Brockport 41-2; 2, Mike Wilmot, McQuaid 40-7; 3, Steve Park, Brockport 39-3.

Long jump

1, Greg Ellis, R-H 21-3; 2, LaVonne Richards, East 20-10; 3, Andrew Goodrum, Monroe 20-9.

800 relay

1, East (Ken Burke, LaVonne Richards, Gerald Brown, Terry Richards) 1:36.0; 2, Rush-Henrietta 1:38.5; 3, Edison 1:39.8.

1,600 relay

1, Rush-Henrietta (Tom Day, Greg Ellis, Martin Ellis, Cornelius Southall) 3:37.0; 2, Greece 3:50.2; 3, Penfield 3:51.7.

3,200 relay

1, McQuaid (Dave Warth, Rob Smillie, Steve Rapp, Brian Mack) 8:25.0; 2, Penfield 8:42.3; 3, Fairport 9:03.6.

Girls

45 meters

1, Lisa Horton, East :05.9; 2, Jeannie Graves, Edison :06.0; 3, Tracy Watts, Rush-Henrietta :06.3.

300 dash

1, Lisa Horton, East :42.2; 2, Eva Stewart, Edison :44.3; 3, Kelley Johnson, Monroe :44.9; (tie) Elaine Vadas, Cardinal Mooney :44.9.

600 run

1, Kelley Johnson, Monroe 1:43.3; 2, Sharon Roberts, Penfield 1:43.8; 3, Eva Stewart, Edison 1:46.6.

1,000 run

1, Stacy Prey, Brighton 2:58.6; 2, Sharon Roberts, Penfield 3:04.5; 3, Jennifer Shaver, Brighton 3:12.0.

1,500 run

1, Stacy Prey, Brighton 4:37.9; 2, Jody Dushay, Brighton 4:56.0; 3, Kim Trawitz, Fairport 5:04.9.

3,000 run

1, Stacy Prey, Brighton 9:49.1; 2, Jody Dushay, Brighton 10:29.0; 3, Kim Trawitz, Fairport 10:37.3.

1,500 race walk

1, Lynette Dzierzanowski, Alexander 8:03.4; 2, Kris Brown, Penfield 8:04.0; 3, Denise Milner Brockport 8:32.2.

40 hurdles

1, Yaneck Jackson, East :06.8; 2, Charlotte Nesmith, East :06.9; 3, Carin Weaver, Spencerport :06.9.

High jump

1, Michelle Galganski, Alexander 5-4; (tie) Donna Castrechino, Penfield 5-4; 3, Debbie Derks, Newark 4-10; (tie) Laura McManus, Penfield 4-10; (tie) Patty Garney, Spencerport 4-10; (tie) Laryssa Johnson, Brighton 4-10.

Long jump

1, Lisa Horton, East 16-9; 2, Donna Castrechino, Penfield 16-8; 3, Andi Kopf, Spencerport 16-5 1/2.

Triple jump

1, Andi Kopf, Spencerport 33-10 1/4; 2, Michelle Galganski, Alexander 33-9 1/2; 3, Patty Garney, Spencerport 32-11.

Shot put

1, Ann Sojda, Alexander 31-9 1/2; 2, Annette Williams, Franklin 31-1; 3, Sharon Campbell, Greece 29-10 1/2.

800 relay

1, Edison (Eva Stewart, Lamina Gilbert, Derorah Shipman, Jeannie Graves) 1:54.3; 2, East 1:54.8; 3, Cardinal Mooney 2:01.6.

1,600 relay

1, Penfield (Amy Richardson, Jennifer Bashaw, Betsy Morgan, Sharon Roberts) 4:27.1; 2, Brighton 4:28.7; Newark 4:33.3.

3,200 relay

1, Brighton (Jody Dushay, Jennifer Shaver, Stephanie Walsh, Stacy Prey) 9:51.3; 2, Penfield 10:33.0; 3, Spencerport 11:25.0.

INDIVIDUAL TRACK

NYS SPHSAA championships

Final results

At Syracuse

Boys

Team

Section 11 (Suffolk County) 86, Section 1 (Poughkeepsie area) 80, PSAL 78, CHSAA 76 1/2, Section 8 (Nassau County) 45, Section 3 (Syracuse area) 42, Section 5 36 1/2, Section 2 (Albany area) 18, Section 9 (Catskills area) 18, Section 6 (Buffalo area) 14, Section 10 (St. Lawrence area) 2, Section 4 (Binghamton area) 1

Individual

55 meters — 1. Gary Gooden (Nazareth-CHSAA) :06.37. 5. Terry Richards (East) :06.5. 6. LaVonne Richards (East) :06.54. Eliminated in heats: Ken Burke (East) :06.63.

55 hurdles — 1. Kip Dow (Deer Park-9) :07.57. 3. Martin Ellis (Rush-Henrietta) :07.67. Eliminated in heats: Greg Ellis (Rush-Henrietta) false start.

300 — 1. Wayne Seaton (Nazareth-CHSAA) :35.05. Eliminated in heats: Ken Burke (East) :36.3. James Nash (Bishop Kearney) :37.15.

600 — 1. Paul Steele (Prospect Heights-PSAL) 1:20.91. 6. Andrew Goodrum (Monroe) 1:24.16. 17. Dave Levinson (Brighton) 1:26.5.

1,000 — 1. Bill Jividen (Shoreham Wading River-11) 2:32.55. 5. Dave Warth (McQuaid) 2:33.16. 8. Nick Tslibies (Brighton) 2:37.13.

1,600 — 1. Ron Markezich (Williamsville North-6) 4:16.62. 15. Steve Schultz (York) 4:32.4. 19. Alan Smith (Penfield) 4:36.

3,200 — 1. David Aman (Liverpool-3) 9:12.96. 9. Rob Smillie (McQuaid) 9:42.38. 12. Tim Heinle (Brighton) 9:43.28.

1,600 walk — 1. Kyle Eighmy (Rhinebeck-1) 6:29.95. 7. Steve Nazarian (Penfield) 7:24.9. 10. Lance Peters (Penfield) 7:45.6.

800 relay — 1. Nazareth-CHSAA 1:32.12. 2. East (Ken Burke, Terry Richards, Gerald Brown, LaVonne Richards) 1:32.34.

1,600 relay — 1. Jefferson-PSAL 3:22.72. 5. Rush-Henrietta (Greg Ellis, Rod Poole, Martin Ellis, Cornelius Southall) 3:29.25.

3,200 relay — 1. Prospect Heights-PSAL 7:57.76. 3. McQuaid (Rob Smillie, Steve Rapp, Scott Patterson, Dave Warth) 8:00.58.

Pole vault — 1. Mike Fisher (Lawrence-8) 14-9 1/4. 3. Sam Reynolds (Penfield) 13-9. Kevin Facinelli (Penfield) no height.

Long jump — 1. Jim Naisbe (East Islip-11) 23-2 1/4. 8. Greg Ellis (Rush-Henrietta) 21- 1/4. 19. Tui Pathammavong (Batavia) 19-2 1/4.

Triple jump — 1. Dexter France (Baldwin-8) 47-6 1/4. 12. Cornelius Southall (Rush-Henrietta) 42-6 1/4. 18. Mike Wilmot (McQuaid) 40-3.

High jump — 1. Miguel Rodriguez (Brandis-PSAL) 6-9. 5. Craig Curley (Brockport) 6-4. 18. Bruce Gaynor (Greece) 6-0.

Shot put — 1. Andrew Siberstein (North Rockland-1) 56-11. 11. Wayne Romano (Aquinas) 48-2 1/4. 20. Dean Gilhool (Greece) 44-5.

Girls

Team

Section 11 (Suffolk County) 79, Section 1 (Poughkeepsie area) 73, Section 6 (Buffalo area) 56, Section 8 (Nassau County) 52, PSAL 47, Section 5 45, Section 9 (Catskills area) 35, Section 3 (Syracuse area) 25, CHSAA 22, Section 2 (Albany area) 18, Section 10 (St. Lawrence area) 13, Section 4 (Binghamton area) 0

Individual

55 meters — 1. Dorothy Vereen (Beacon-1) :07.08. 6. Lisa Horton (East) :07.24. Eliminated in heats: Tracy Watts (Rush-Henrietta), Jeannie Graves (Edison) no times.

55 hurdles — 1. Cherrmain Smith (Monroe-PSAL) :08.33. Eliminated in heats: Yannick Jackson (East) :09. Charlotte Nesmith (East) did not finish.

300 — 1. Lisa Horton (East) :40.1. 6. Kelly Johnson (Monroe) :41.5.

600 — 1. Nina Funderburk (Sweet Home-6) 1:35.61. 4. Kelly Johnson (Monroe) 1:36.91. 6. Sharon Roberts (Penfield) 1:37.8.

1,000 — 1. Kathy Franey (Massapequa-8) 2:51.9. 11. Debbie McManis (Spencerport) 3:05.9. 12. Jennifer Shaver (Brighton) 3:06.

1,500 — 1. Kathy Franey (Massapequa-8) 4:36.6. 10. Rachel Korn (Penfield) 4:54.3. 13. Kim Trawitz (Fairport) 4:55.1.

3,000 — 1. Stacy Prey (Brighton) 9:49.87. 7. Jody Dushay (Brighton) 10:13.65.

1,500 walk — 1. Lynn Weik (Sayville-11) 7:00.38. 5. Maureen Holla (Newark) 7:48.2. 11. Lynette Dzieranowski (Alexander) 8:03.3.

800 relay — 1. Uniondale-8 (Dubriel, Thweait, Gallier, Barrett) 1:44.2. 3. East (Charlotte Nesmith, Lisa Horton, Yaneek Jackson, Irene Evans) 1:47.69.

1,600 relay — 1. Truman-PSAL 3:57.4. 9. Penfield (Betsy Morgan, Jennifer Bashaw, Ingrid Reinhardt, Sharon Roberts) 4:15.1.

3,200 relay — 1. Brighton (Jennifer Shaver, Stephanie Walsh, Jody Dushay, Stacy Prey) 9:28.07.

Long jump — 1. Holly Chase (Columbia-2) 18-3 1/4. 14. Andie Kopf (Spencerport) 16-2 1/4. Jen Nasser (Brockport) fouled out.

High jump — 1. Melinda Case (Smithtown-11) 5-8. 7. Donna Castrechino (Penfield), Michelle Galganski (Alexander) 5-2.

Triple jump — 1. Allison Dupree (Nottingham-3) 37-3 1/4. 8. Andie Kopf (Spencerport) 34-2 1/2. 13. Michelle Galganski (Alexander) 33-7.

Shot put — 1. Judy Green (Harrison-1) 40-2 1/2. 13. Anne Sojda (Alexander) 32-2 1/2. 18. Cindy Hussen (Spencerport) 30-3 1/4.

Penfield, R-H win titles in record barrage

Seventeen marks set or tied in sectionals

By John Moriello
Democrat and Chronicle

To single out one athlete from yesterday's Section 5 Winter Track Championships at the University of Rochester would be unfair.

Runners and jumpers established 14 records and tied three to determine the team for Saturday's New York State Public High School Athletic Association Inter-sectional Meet at Syracuse.

The people who benefited from the great show were Dave Hennessey of Penfield and Jim Falanga of Rush-Henrietta, who saw their girls and boys, respectively, defend team championships.

Penfield's girls' team, which won only one event but had balance, scored 77 points to hold off Brighton (75), Spencerport (63) and East (56) for its fourth title in five years.

Rush-Henrietta's boys took a different approach, winning five events on the way to 92 points and victory over McQuaid (80½) and Penfield (74).

Senior Martin Ellis, the closest

thing to a star at the meet, recorded narrow victories in the long jump, 40-meter hurdles and 600 run to score 30 of his team's points. Cornelius Southall, also a senior, won the triple jump in a tiebreaker.

The 1,600 relay, however, was the key.

"We had a chalk talk Monday afternoon," Falanga said. "I told them we could either jeopardize the mile relay's chance of going to the states or keep the mile relay together at the risk of the team championship. Like the true team they are, they said, 'Let's go for the team championship.'"

The coach put Tom Day on the relay with Southall, Rod Poole and Greg Ellis, freeing Martin Ellis for a third individual event, and everything came out fine.

Martin Ellis won all his events — two by edging Greg, his brother — and the relay team won in 3:39.4.

Next week Southall, Poole, Ellis and Ellis will be after the relay title, for which the team probably will be the top seed.

"I was glad for the team," said Martin Ellis. "With all the running, I'm pretty tired, but we got the points."

His first victory came in the

INDOOR TRACK

long jump and by accident.

"I told Greg before the meet that I'd win in the hurdles and he'd get the long jump. I was going to jump hard the first time and then stay rested for the other events, but..."

But he jumped 21 feet, 1½ inches on his first try, and the distance stood up.

Southall had to work a bit more, leaping 42-7 on his last triple-jump attempt to tie Craig Kerley of Brockport. Southall won on the basis of the next-best jumps by the two.

Kerley, however, wasn't shut out. He won the high jump at 6-6. He also hushed the 700 athletes and fans with two strong attempts at 6-8¼, which would have been a meet record.

Ah, yes. The meet records. Brighton senior Stacy Prey won the 1,500 (4:38.5) and 3,000 (9:50.4) in record times before ending her day by anchoring the record-setting 3,200 relay (9:50.8).

East's Lisa Horton, another senior, broke the record in the 300 run and tied it in the 45 dash.

Spencerport's Andie Kopf also had

a fine day, winning Section 5's first triple jump in 35-3.

But none of those schools could touch Penfield's blend of quality and quantity.

Betsy Morgan, Jennifer Bashaw, Ingrid Reinhardt and Sharon Roberts combined to win the 1,600 relay in 4:18.8, clinching a championship that was earned with good individual performances that weren't quite good enough for first.

"A lot of the (Penfield) girls may not get to the states, but what they did today means the world," Hennessey said. "I thought it would be close, but we got outstanding results from so many people."

Roberts was second to Monroe's record-setting Kelly Johnson in the 600, and Rachel Korn was second to Brighton's Jennifer Shaver in the 1,000. Donna Castrechino scored 17 points with a second (high jump), third (long jump) and sixth (triple jump).

Fittingly and ironically, the 3,200 relay finished second — by a roundabout 41.2 seconds — to Brighton.

As Hennessey will tell you: If at first you don't succeed, you can still get eight points for second.

GIRLS' INDOOR TRACK

Section 5 Winter Championships

At University of Rochester

Team

Penfield 77, Brighton 75, Spencerport 63, East 56, Alexander 44, Brockport 31, Edison 22, Monroe 18, Newark 14, Franklin 14, Fairport 13, Cardinal Mooney 13, Greece 11, Rush-Henrietta 9, Batavia 2, York 2, Aquinas 0, Avon 0.

Individual

3,000-meter run — 1. Stacy Prey (Br) 9:50.4 (meet record). 2. JoJo Dushay (Br) 10:17.8. 40 hurdles — 1. Charlotte Nesmith (East) 36.6 (ties meet record). 2. Yaneek Jackson (East) 36.7. 300 run — 1. Lisa Horton (East) 4:10 (meet record). 2. Kelly Johnson (Mon) 4:23. 600 run — 1. Johnson (Mon) 1:38.4 (meet record). 2. Sharon Roberts (Pen) 1:41.0. 1,000 — 1. Jennifer Shaver (Br) 3:03.3 (meet record). 2. Rachel Korn (Pen) 3:03.8. 1,500 — 1. Prey (Br) 4:38.5 (meet record). 2. Dushay (Br) 4:49.8. 45 dash — 1. Horton (East) 36.0 (ties meet record). 2. Tracy Watts (R-H) 36.2. 1,500 walk — 1. Lynette Dzierzanowski (Alex) 8:02.1. 2. Maureen Holla (New) 8:11.8.

Triple jump — 1. Andie Kopf (Spn) 35-3 (meet record). 2. Michele Galganski (Alex) 35-1. Long jump — 1. Jen Nasser (Brock) 17½ (meet record). 2. Kopf (Spn) 16-1½. High jump — 1. Galganski (Alex) 5-3. 2. Donna Castrechino (Pen) 5-1. Shot put — 1. Ann Sojda (Alex) 32-3½. 2. Cindy Hoosen (Spn) 31-7½. 800 relay — 1. East (Irene Evans, Nesmith, Jackson, Horton) 1:49.7 (meet record). 2. Edison 1:53.9. 1,600 relay — 1. Penfield (Betsy Morgan, Jennifer Bashaw, Ingrid Reinhardt, Roberts) 4:18.8. 2. Franklin, Shaver, Stephanie Walsh, Prey) 4:27.1. 3,200 relay — 1. Brighton (Dushay, Shaver, Stephanie Walsh, Prey) 9:50.8 (meet record). 2. Penfield 10:32.0.

HOCKEY

Section 5 finals

At Genesee State

Irondequoit 5, McQuaid 1

BOYS' INDOOR TRACK

Section 5 Winter Championships

At University of Rochester

Team

Rush-Henrietta 92, McQuaid 80½, Perfield 74, Brighton 48, Brockport 43½, Greece 27, East 43, Edison 13, Franklin 11, Monroe 12, Aquinas 10, Spencerport 9, Batavia 8, York 4, Fairport 2, Marshall 0, Newark 0, Cardinal Mooney 0, Alexander 0.

Individual

45-meter dash — 1. LaVonne Richard (East) 35.4 (ties meet record). 2. Terry Richards (East) 35.5. 40 hurdles — 1. Martin Ellis (R-H) 35.7. 2. Greg Ellis (R-H) 35.8. 300 run — 1. James Nash (Brock) 36.8 (meet record). 2. Ken Burke (East) 36.9. 600 run — 1. M. Ellis (R-H) 1:24.3 (meet record). 2. Andrew Goodrum (Mon) 1:24.4. 1,000 — 2. Dave Warth (McC) 2:33.2 (meet record). 2. Nick Tsibides (Br) 2:38.2. 1,600 — 1. Wart (McC) 4:30.7. 2. Rob Smilie (McC) 4:33.3. 3,200 — 1. Tim Heine (Br) 9:32.4. 2. Smilie (McC) 9:33.6. 1,600 walk — 1. Lance Peter (Pen) 8:08.5. 2. Steve Nazarian (Pen) 8:08.5. Triple jump — 1. Cornelius Southall (R-H) 42-7 (meet record). 2. Craig Kerley (Brock) 42-7 (tie broken on next-best jumps). High jump — 1. Kerley (Brock) 6-6. 2. Bruce Gaylor (Gre) 6-2. Pole vault — 1. Sar Reynolds (Pen) 13-3. 2. Kevin Fachelli (Per) 11-6. Shot put — 1. Wayne Romano (Ac) 46-1½. 2. Dean Gilhool (Gre) 45-8½. 80 relay — 1. East (Burke, L. Richards, Gerald Brown, T. Richards) 1:600 relay — 1. Rust Henrietta 3:39.4 (G. Ellis, Tom Day, Rod Poole, Southall). 2. Franklin 3:43.0. 3,200 relay — 1. McQuaid (Smilie, Scott Peterson, Steve Rapp, Warth) 8:19.8 (meet record). Brighton 8:22.9.

SUNDAY DEMOCRAT AND CHRONICLE