

## NO RESPECT

*Men-down-under need overall balance and support to win sectionals*

by Matt Schaeffer

Yes, it is true. The school year's fastest paced and most exciting spectator sport is under-way. Indoor track has begun; in fact, the season is half over. The Rodney Dangerfield of winter sports, indoor track "don't get no respect." Even the participants at league meets bring sleeping bags. Unfortunately, they do not know what they are missing. Asleep during many races, these people are passing up the opportunity to watch the 1986-87 McQuaid Knights in action.

Returning from second place finishes in last year's indoor and outdoor sectionals, the Knights are strong again. In a sport not dominated by any single team, this year's group hopes to squeak out a first place sectional trophy. To accomplish this feat, the team must rely on its overall balance in many areas. Although the team lost some key performers to graduation, McQuaid will continue to be a force to be reckoned with.

Coach Quinlisk utilizes a strong group of cross country men in his pursuit of victories in the distance events. Leading this group are seniors Dave Schickler, Jeff Stone, Conor

Cusack, Mark Lavallee, and Mike Honch. Running at the University of Buffalo Invitational on January 19th, Dave Schickler finished fourth in the 1000m with a time of 2:45.9. Lavallee also turned in a strong performance in the 1600m (one mile in 4:47.3), while Conor Cusack ran 10:38.6 in the 3200m. At the 21st Annual Rochester Relays, often considered a warmup for the sectionals, a Varsity B 4x800m relay team finished fifth as Andy Stone, Micky Stone, Mike Kraus, and Steve Foley ran the two miles in 9:09.8. The future looks bright as McQuaid can claim two freshman record holders. On January 9th, Steve Foley bested his own mark in the 3200m by running 10:47.7. On the same day, Jason Fahy improved his record time in the 1000m with a time of 2:56.9.

Short and middle distance events are led by seniors Dennis Wilmot and Matt Schaeffer and sophomores Scott Romanowski and Brad Sumner. At the Rochester Relays in early January, the 1600m relay team (Romanowski, Wilmot, Schaeffer, Sumner) finished second to a solid Franklin team in 3:41.9. In Buffalo, the 4x200m relay

team (Justin Berko-Boateng, Wilmot, Schaeffer, Romanowski) finished third in 1:39.7. Doubling back on a half hour of rest, the 1600m relay (Romanowski, Sumner, Wilmot, Schaeffer) finished third in a close race with a time of 3:41.6. Also at Buffalo, Brad Sumner tied a school record in the 300m dash set in 1980 with a time of :38.3 as he went on to win the event.

The late addition of some new Knights in the field events has served to strengthen the team considerably. Seniors Theron Wiggins and Bill Faucette will make their debuts in the 40m hurdles on January 23rd. Junior Justin Berko-Boateng, in only his second attempt at the triple jump, finished third in Buffalo with his posted mark of 40 feet, 2½ inches. Vaulting near 10 feet, Tom Wiltberger (senior) looks to improve on his seventh place finish at the Rochester Relays. Finally, returning from a football injury, Shawn Mattaro (senior) looks to lead McQuaid to a possible 40 plus foot throw and many shot put victories in this year's sectional meet.

With only a few Rochester area indoor meets remaining, your chance to see the '86-87 Knights is limited. Like any team, we would appreciate your support, especially at the Sectionals and State Qualifiers on February 27th (6 p.m.) and 28th (10 a.m.). We only hope that you will be able to appreciate and to support our efforts.