



Stephen Purcell Democrat and Chronicle

Dave Fladd of Victor on way to setting Section 5 indoor pole vault mark of 14 feet, 4 inches.

# Spencerport's Kopf 3-way winner; Studymine races to 1:22.2 in 600

## Victor's Fladd vaults to Sec. 5 record 14-4

By Patti Singer

Democrat and Chronicle

If diabetes can't slow Spencerport senior Andie Kopf, a poor night's sleep and sluggish break from the starting blocks don't stand a chance at disrupting her performance.

Kopf, who won the triple-jump with a meet record 37 feet 3 1/4 inches and won the long jump with a leap of 17-11 Friday night, came back to win the 45-meter dash in 6.17 seconds yesterday at the Section 5 indoor track and field championships at the University of Rochester. She helped Spencerport to the girls' team title with 113 points. Webster won the boys' title with 42.

"I didn't get to bed Friday until midnight," she said. "I was up off and on. I haven't had much sleep."

She was the last one out of the blocks in the 45 final. "That's usual," she said. "In this race, the start is normally the race. The first one out is normally the winner."

Victor senior Dave Fladd set a meet and Section 5 record in the pole vault at 14-4.

Meet and sectional records were also set by Geneva's Gary Dean with a 22-4 1/2 in the long jump to break the mark of 21-8 set by Marion's Mark Erb in

## INDOOR TRACK SECTIONALS

1974, and Franklin's Brian Studymine with a 1:22.2 in the 600.

"I go into a race not only thinking about a record, but trying to get my seat in the states," Studymine said.

Other meet records were set by East's Yauneek Jackson with :06.48 in the 40 hurdles, Edison's girls with 4:15.5 in the 1,600 relay and Franklin's boys with 1:36 in the 800 relay and 3:35.5 in the 1,600 relay. Kopf and Studymine were named the outstanding performers in the meet.

The top two finishers in each event advance to the state meet Saturday at Cornell. Third-place finishers could qualify if they meet standards for times or distances.

Kopf makes no concessions on the track (she defeated teammate Heather Wood in the triple and long jumps, beating Wood on her last long jump) and none to her disease.

A varsity swimmer from the eighth through 11th grades, Kopf started track after she learned she had developed diabetes in her freshman year.

"It's never bothered me," she said. "I don't let it bother me. When the team goes out to dinner and has something

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## Kopf, Studymine top track winners

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sugary for dessert, I say, 'Sorry, I'll pass.'"

While the length of a track meet can test the healthiest athlete, Kopf is particularly vulnerable.

"I have to eat between events, otherwise my insulin works overtime . . . and I could pass out," she said. "It's a problem at states, sometimes outdoor meets run really late."

Kopf's goal in the triple jump was to better the mark of 37-1 3/4 she set last year. It took her until her sixth, and final, jump to do it.

She also won the long jump on her last attempt. "I like pressure," she said. "Sometimes the pressure makes me do a lot better."

Kopf had company in that department.

Despite setting the pole vault record, Fladd needed all three tries to clear 13 feet. Dean was one jump away from failing to make the final when he flew his record-setting distance.

"I wasn't getting a lot of form on the top part of my vault," Fladd said of his attempts at 12-6 and 13 feet. "Twelve-six is probably the hardest because when you're coming in for the first time, you have to remember (your form). As you go up, it's almost like you're going through practice to get it right."

Dean also had his back to the wall in Friday's long jump.

Dean, who prefers a 19-step approach, was limited to 13 by the cramped quarters at the U of R fieldhouse. He stood at the top of the runway, flush against the brick wall, and one leap from elimination.

"I knew the record," Dean said. "But I didn't know how long it stood. They said something about it being the oldest Section 5 record."

Dean could barely read when Erb set his mark, but since he reached high school, he's been keeping up with all the records.

"When I first started, I read all the Section 5 records," he said. "I said I'd never get close to them. But I'm getting closer and closer."

"I said if I can save some energy . . . I can sprint the last lap."



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Franklin junior Brian Studymine setting Sec. 5 record in 600 of 1:22.2.

SUNDAY

## HIGH SCHOOL

Yesterday  
BOYS' INDOOR TRACK  
Section 5 champ  
At University of  
Team  
Webster 42, Ge  
port 34, McQua  
28, Pittsford 25,  
field 18, Bright  
15, Alexander 14,  
11, Wilson 9, Car  
Aquinas 6, York  
ta 0.

## Individual

### Finals

High Jump —  
6-4; 2. Tim Jermy  
— 1. Gary Dean  
tion 5 record); 2.  
Shot Put — 1. J.  
Harrington (Spe  
1. Mike Edward  
(Gen) 42-2; 3.  
Horkheimer (Ph  
Wawrzyniak (Ale  
Dirix (Greece)  
(Penfield) 2:37.8  
600 — 1. Brian  
(meet, Section  
(Batavia) 1:26.1  
1:26.8; 45 dash  
ster) 5.6; 2. Mik  
Vault — 1. Dav  
Section 5 recor  
port) 13-6; 1,60  
on) 4:37.2; 2. C  
3. Scott Wawrz  
dles — 1. Greg  
Gysel (Fairport)  
son (Edison) 3:  
Mooney) 38.7;  
38.9; 1,600 rel  
Sherman Prior  
Studymine) 3:  
relay — 1. Per  
Lindsay, Eric  
8:29.0; 800 rel  
Greg Green, F  
mine) 1:36.0 (m