

McQuaid records fastest indoor times

McQuaid Jesuit's indoor track men came up with their fastest times of the season in three relays to highlight their trip to Saturday's CYNITA Invitational at Hamilton College.

The 800-meter relay combination of juniors Jim Murphy and Biram Lawrence and sophomores Kris Weldon and Mike Keogh came up with a time of 1:39.8 to take second place behind a swift East High team. Lawrence (24.5) and Weldon (24.4) had the fastest legs, while Murphy led off with a 25.4 and Keogh added a 25.5.

"It's nice to know that they're all underclassmen," said Coach Bob Bradley. "I don't think we've ever broken 1:40 before without at least one senior in there."

Weldon and Keogh came back with strong legs of 55.8 and 56.0 on the 1,600-meter team that captured third with a time of 3:45.9. Senior Jason Racey and junior Paul Hammond (55.7) handled the first two legs.

Clocking not only a season's best but

also first-place medals was the 3,200 foursome of Hammond, freshman Tim Kelley, junior Mark Spagnola, and senior Jason Fahy. Kelley ran past the 800-meter mark before handing off on his lead-off leg, in an effort to set a new frosh record for the distance. He succeeded in his bid by almost five seconds, with a 2:07.7.

Earlier, Kelley had demolished the freshman 1,600 mark with a 4:47.2 behind Fahy's personal best and third-place time of 4:37.8. "Tim's best previous 1,600 was a 5:06 at Roberts Wesleyan, so this was a tremendous breakthrough for him," said Bradley.

Other personal bests came from Murphy (40.0) and junior Chris Nikodem (40.3) in the 300, Spagnola (1:30.6) and Racey (1:33.6) in the 600, and sophomore Steve Parrish (3:08.8) in the 1,000. Parrish also produced one of the meet's best finishes, winning a three-man battle down the homestretch in an unseeded section.

Friday night saw all of those Knights in action at the weekly RWTL meet at the U of R, and Parrish had one of the highlights there with a personal best 5-6 high jump. Nikodem and junior Kevvin Kosieracki both had 9-6 in the pole vault, and Lawrence had a best of 5.9 in the 45-meter dash.

A fast 2:07 leg for 828 meters by Fahy led McQuaid to an 8:52 time in the 4-by-4 lap relay, as the Knights gave the area's top squad from Greece a stiff challenge for 11 of those laps. It was the first time McQuaid has run against the Greece team, and Bradley was encouraged by the outcome.

"Greece has great balance, but by sectional time I think we'll be right there with them. We have a lot of room for improvement," he said.

This Saturday the Knights will defend their team title at the Western New York Relays at University of Buffalo and also have some of their squad in the RWTL meet at U of R.