

McQuaid runners set school record

An impressive performance at the Christmas City Relays at Lehigh University highlighted the holiday vacation activity for McQuaid Jesuit's indoor track men.

With assistant coach Dave Warth in charge, the Knights placed well in all five relays, winning two of them. They also posted a string of medal-winning places in the individual events, highlighted by a 1-2 in the 600-yard run.

Senior tri-captains Kris Weldon and Mike Keogh found themselves in charge of the 600 midway through the race and battled each other to the finish, Weldon's 1:19.4 nipping Keogh by a tenth.

The same pair were part of McQuaid's two winning relays, one of them a school-record performance. In the meet-opening 800-meter relay, junior Les Bernard led off with a strong leg and Keogh, Weldon, and the third captain, senior Damon Wade, took it from there. Their time of 1:35.3 lowered the school mark by six-tenths and also was the fastest Section 5 time so far this season.

The same foursome came back in the meet's final event, the 1600 relay, and

again won decisively with a well-balanced 3:37.6. "Our times in the later events weren't that great," said Warth, "but the rest factor was a lot tighter by then because the meet was running so far ahead of schedule." Still, the 1600 time was second only to McQuaid's 3:34.8 at Hobart as the season's fastest for local schools.

Another Section 5 best came from sophomore Dan Lesser in the 3200, where he topped his previous mark by more than 20 seconds with a 10:07.1 that earned him a third-place medal. Another 11 seconds back was teammate Adam Reitz, who experienced a sub-par race but still managed a fourth.

The two sophs came back again on the 3200 relay, with Reitz leading off and Lesser anchoring a second-place finish in 8:39.6. Juniors Eric Garsin and Tim Kelley handled the middle legs. They put the Knights into the lead, only to have Auburn outkick Lesser's valiant effort for a two-tenths victory.

With many of the Knights tripling despite short rest, Garsin and Kelley were both winding up their day in that relay. Earlier, the two had combined

with juniors Mark Beresniewicz and Matt Bunce to take second in the distance medley relay. Garsin then placed third in the 1600, and Kelley was in the thick of a hot 1,000-yard battle that saw him lose the runner-up medal by a whisker.

McQuaid's fifth relay, the sprint medley, produced a fourth, with Wade and Bernard handling the 200 legs, Beresniewicz running another solid 400, and Bunce notching a personal best with a 2:10.8 anchor in his first try at that position.

Back in Rochester, the weekly RWTL development meets continued, and three Knights had meet bests. Garsin did it twice, winning a perfectly paced 1600 in 4:41.8, and holding off the field to win a 2:45.4 1000. Keogh also posted a fast 300, and senior Steve Parrish topped the high jump field with a six-foot clearance on his first try.

Other encouraging developments came in the hurdles and pole vault. Junior Joe Tiffany and Parrish posted times of :6.1 and :6.2 to put them into the sectional scoring picture in the 40-meter high hurdles. Senior Steve Wampler did likewise with a 10-foot vault, his best so far indoors.

McQuaid runners post 4 indoor bests

Five of the runners McQuaid Jesuit will be counting on for its success this indoor season produced meet-best performances in last Saturday's meet at Hobart College.

Seniors captains Mike Keogh and Kris Weldon teamed up with juniors Les Bernard and Tim Kelley for a 3:34.8 clocking in the 1600 relay, traditionally one of the Knights' strongest events.

Kelley, filling in for the third captain, senior Damon Wade, who has been slowed by an ankle injury, led off the race with a 55.9 that kept his team within striking distance of Fairport. Bernard's 52.5 leg erased that deficit and opened up a good lead for Keogh and Weldon, who strode through 53.3 and 53.1 legs for the win.

"With Damon in there, this team should have a good run at the sectional record," said McQuaid coach Bob Bradley. The record of 3:25.75 is held by the McQuaid '89 team that featured sub-50 runners Brad Sumner, now at

Villanova, and Scott Romanowski, now at Rutgers.

Kelley, not normally a 400 man, did his favorite event, the 1,000, earlier in the meet and ran to a 2:39.3 PR. "Very few runners in the whole section break 2:40 in any year," said Bradley, "so for Tim to do it this early is very encouraging." Kelley's teammate, Eric Garsin, was third in the race with a PR of 2:43.8.

Another meet best came in the 300 where Weldon raced to a PR 37.0 ahead of Bernard's 37.6 and junior Mark Beresniewicz's 39.2. "Kris had a good Summer of TAC running," said Bradley, "and he's a lot more confident this year."

The fourth meet best was sophomore Adam Reitz's 4:44.2 victory in the 1,600. Reitz ran through a comfortable 2:23 800 and won handily despite a late challenge from Fairport's Teague Ruder. Two other McQuaid cross-country men also posted PR races: sophomore Dan Lesser in 4:46.0 and junior Matt Bunce in 4:49.8.

Timewise, Reitz had an even more impressive victory in the 600, which he ran for the first time, winning his section in 1:30.8. For the sophomore distance man to demonstrate that kind of speed bodes well for the Knights' 3,200 relay later in the season, especially with fast sophomore Shawn Watts sidelined temporarily with a hip injury.

Other strong performances, though not meet bests, came from juniors Joe Tiffany (8.2) and Beresniewicz (8.5) in the hurdles, Keogh in the 600 (1:29.7) and senior Steve Parrish (6-0) and Tiffany (5-8) in the high jump.

This weekend the Knights will have their final tuneup in the meet at the University of Rochester before heading down to the Christmas City Relays at Lehigh University next Thursday.

Assisting Bradley with this year's 50-man squad are alumni runners Dave Warth, '85, and Peter Glavin, '80, who do much of the day-to-day coaching. Volunteer assistant Ted Mooney completes the staff, working with a young but spirited weightman's group.

McQuaid runners travel to Princeton and West Point

Two quality meets on consecutive days gave McQuaid Jesuit's traveling relay men a chance at some great competition last weekend and the Knights responded with some of their best races so far this season.

In Saturday's Princeton Relays, a combination of seniors Tim Kelley and Eric Garsin and juniors Dan Lesser and Adam Reitz teamed up for a fast 8:06.8 in the 3200-meter relay. That locked them into a stretch duel with Henderson (Pa.) High School, who prevailed on the final lap in 8:05.1.

Lesser's 2:04.8 lead-off gave the Knights good contact in sixth place, and Kelley, after falling back to eighth, went to work for a 2:00.8 that touched Garsin off in second. Garsin's 2:01.3 brought his team almost even with

Henderson, and Reitz came up with a 1:59.9 that fell just short of victory. The McQuaid anchorman forged into the lead with 300 meters to go, but Henderson's anchor came right back into first and held Reitz off on the last lap.

McQuaid's time is the fourth fastest in the East this season and puts the Knights on track for their Project X goal of breaking the school's long-standing indoor mark of 7:52.0. "That's one of the fastest times we've run this early," said assistant coach Dave Warth.

Garsin did double duty at Princeton, running in the invitational 1500 and finishing seventh in a PR 4:10.3. The McQuaid senior stayed off the fast-opening pace and never was able to

move higher than sixth in the elite field of 14.

After an overnight stay at the Jesuit retreat house in Cornwall, N.Y., the McQuaid contingent had just a short hop down the Palisades to the West Point Invitational. Lesser and Reitz were first up, and the two juniors ran PR's of 9:00.06 and 9:05.7 in the 3000, good for fourth and fifth places. The pair led the field through a 4:47 mile before giving way to a Long Island trio led by Matt Moran of St. Anthony's who won the race in 8:55.39.

The Knights switched to the distance medley relay for this meet and again saw a good performance net them only runner-up medals. This time the victors wore the familiar colors of Fairport High, whose 10:42.5 edged McQuaid's 10:43.6.

"The two teams just dominated the race. It was like a dual meet," said Warth. Kelley led off with a 2:03.2, senior Joe Tiffany had a PR 52.8 for his 400 leg, and Garsin popped an outstanding 3:11.1 1200 to give the Knights the lead for the first time. For seven laps, Lesser held on to his narrow margin, but Fairport's Teague Ruder made a winning move in the last 200.

Tiffany, in addition to his relay stint, also continued his quest for the school's pole vault record, clearing 12-6 and having a narrow miss at the record of 13-0.

Back in Rochester, Tiffany's vault partner, sophomore Greg Schlachter, upped his indoor PR to 11-0, placing second at the weekly RWTL meet at U of R.

Three other Knights came up with sectional qualifying performances in their events. Sophomore Tim Tyre ran his first 600 of the season and posted a 1:36.1. Junior Jim Barnum had his first crack ever at the 1600 and qualified with a 4:57.8, while junior Ian Sohn had a 15-second breakthrough in the 3200 and qualified with a 10:52.3.

In the latter race, freshman Jeff Clark improved his time to 10:36.9 and soph Pat Bernal chopped off 18 seconds with an 11:07.9. Indoor athletes have two more chances to make the sectional standards before the Section 5 championships, scheduled for Feb. 20, at Roberts Wesleyan.

This weekend RWTL action moves to Seneca Falls for a meet at New York Chiropractic College on Saturday.

McQuaid wins 2 relays

Two relay victories and a meet record highlighted the McQuaid indoor track men's frigid visit last Saturday to St. Lawrence University for the Section 10 Invitational.

Junior Jim Barnum was part of both winning relays, running lead-off on the 3,200 team that won handily in 8:34.8, and contributing a decisive third leg on the 1,600 foursome that held off Franklin Academy with a 3:41.1. Barnum also ran a PR 1:31.3 on the 600.

Joining Barnum in the first race were Matt Bunce, Dan Lesser, and Tim Kelley. In the nip-and-tuck 1,600 race, Eric Garsin led off, Adam Reitz gave Barnum the lead, and Barnum, after being passed by his Franklin opponent, came back and pulled away to give anchorman Joe Tiffany 20 yards to work with. A 54.6 anchor, almost identical to the fast 54.7's recorded by Reitz and Barnum, clinched the win.

Tiffany also accounted for a meet record in the hurdles, winning his section on time in a 7.9 that also tied the McQuaid school record. Teammate Mark Beresiewicz ran an 8.3 to take second.

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Beresiewicz also had a productive day, placing second in the 300 with a PR 38.4, and anchoring McQuaid's improving sprint relay team to a second in the 640-meter event.

The 300 saw another PR, by almost a second, from sophomore Tim Tyre, who was third in 38.7. Tyre's day also included a 6.8 55-meter dash that placed him sixth, and a sharp lead-off leg on the spring relay. Fellow sophs Alan LaChapelle and Alex Perez completed the sprint team.

McQuaid's middle-distance and distance men had a mixed day, coming up with some PRs but generally not matching their impressive performance of recent weeks. In the seeded 1,600, Garsin suffered a spill in the early going and wound up third in 4:32.4. In the same race, Reitz ran with the leaders through a fast 2:12 first half before fading and winding up unplaced.

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Garsin passed him to go after the winner, Watertown's George Wright, who posted a meet record of 2:34.4.

In the unseeded 1,600, senior Jesse Yeager not only won but also hit a sectional qualifying time of 4:56.3 with a fast final quarter of 71. Classmates Rob Bradley and Dave Corsall were close behind, both timed in just over five minutes.

Senior Tim Kelley also made his qualifying standard in the 600 with a 1:29.8, good for fifth place.

In the 3,000, McQuaid's Dan Lesser and Matt Bunce ran 1-2 for most of the first mile, but wound up 4-5. Lesser's time of 9:28.9 was almost 30 seconds off his best, while Bunce's 9:31.2 was a PR.

Most of McQuaid's field men competed in the RWTL meet in relatively

balmy Seneca Falls (it was minus-20 degrees in Canton), but pole-vaulter Greg Schlachter cleared 11 feet to place second. Tiffany, a 12-6 vaulter in his previous two meets, had only 10-6 for fourth.

Highlighting the Seneca Falls action for the Knights was junior Brian Kubiak's first indoor clearance of 6 feet, putting him among Section 5's best in that event.

This weekend the McQuaid squad will again split between the final RWTL meet Friday at Roberts Wesleyan and the annual Southern Tier Classic at the SUNY College at Cortland on Saturday. The Knights are defending champions in the latter meet, which will be the last tune-up for the following Saturday's sectionals.