

McQUAID JESUIT HS 1995 - 1996 INDOOR TRACK



Coaches:

David Warth '85

Chris Parks '90



1996 Indoor Track Varsity Letter Winners

Seniors:

Jeff Clark	Brendan Hogan	Brian Joseph - Capt
Andy Robertson - Capt	Steve Shaw	

Juniors:

Craig Fiduccia	John Fox	Abe Kingsley
John Sullivan	Jon Woika	

Sophomore:

Dan Zuniga

Freshman:

Jim Finucane

1996 McQuaid HS Indoor Track

45 Meter Dash

Joseph	5.7
Fiduccia	5.7
Woika	5.8
Finucane	5.9
Mitchell	6.3

55 M

6.8
6.8
7.0
7.2
-

300m Dash

Joseph	38.0
Woika	39.3
Finucane	41.2
Kingsley	41.3
Fiduccia	41.6
Mitchell	48.0

600m Dash

Robertson	1:27.1
Sullivan	1:34.0
Zuniga	1:34.4
Shaw	1:40.3
Finucane	1:41.8
Clark	1:42.6
Hogan	1:42.9
Brasser	1:46.0
Perrotta	1:49.6
Chaintreuil	1:51.1
Smaglo	1:51.3
Sourobh	1:55.3
Burke	1:58.3
Murtha	1:59.6
Whitcomb	2:01.4
Steenberge	2:02.7
Evinger	2:04.8

1000m Run

Robertson	2:37.8
Sullivan	2:51.9
Zuniga	2:54.0
Clark	2:54.0
Shaw	2:56.7
Hogan	2:57.1
Narayan	3:09.4
Smaglo	3:18.4
Burke	3:20.9
Murtha	3:28.7
Sourobh	3:32.0
Brasser	3:33.3
Evinger	3:52.6
Camann	4:11.7
Burrows	4:29.8
Sirianni	5:20.0

1600m Run

Clark	4:41.4
Robertson	4:41.9
Shaw	4:54.2
Sullivan	4:58.3
Hogan	5:02.3
Narayan	5:06.0
Chaintreuil	5:15.8
Brasser	5:24.5
Steenberge	5:41.3
Perrotta	5:43.0
Smaglo	5:47.0
Whitcomb	5:49.9
Burke	5:58.4
Evinger	6:01.6
Murtha	6:06.4

3200m

Clark	9:54.1
Shaw	10:19.0
Hogan	10:38.0
Narayan	11:10.9
Chaintreuil	11:12.0
Sullivan	11:22.4
Zuniga	11:30.5
Steenberge	11:43.0
Murtha	12:15.5
Whitcomb	12:20.2
Smaglo	12:57.4
Perrotta	13:14.0
Sourobh	13:33.6

800m Relay Split:

Robertson	2:02.5
Sullivan	2:10.1
Clark	2:10.1
Zuniga	2:12.4
Hogan	2:13.0
Shaw	2:14.0
Narayan	2:26.0
Brasser	2:28.6
Smaglo	2:40.0
Burke	2:43.4

200m Relay Splits

Joseph	23.2
Fiduccia	24.30
Woika	24.5
Kingsley	25.2
Finucane	27.0
Mitchell	31.8

400m Relay Splits

Joseph	53.4
Robertson	53.6
Woika	55.8
Fiduccia	57.2
Zuniga	57.8
Kingsley	58.0
Sullivan	58.7
Finucane	60.1

Hurdles

Kingsley	6.2 - 40m
	8.9 - 55m

Shot Put

Fox	40'-5"
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High-Jump

Robertson	5'-6"
Brasser	4'-10"

4 x 200m Relay

M-O-C (T)	1:38.4
M-O-C(F)	1:39.0
Stanner	1:40.4
Sectionals	1:40.8
Cortland	1:41.2

4 x 800m Relay

M-O-C	8:35.8
Cortland	8:45.3
Sectionals	8:45.8

Distance Medley Relay

West Point	11:05.6
Brown	11:30.6

4 x 400m Relay

Brown	3:44.1
RWTL#5	3:46.2
RWTL#1	3:52.7
Cortland	3:54.6
Sectionals	3:58.1

Sprint Medley Relay

Brown	3:52.4
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Results

NYCC Meet - Dec. 16, 1995

SHOT: Fox 38'-2 1/2"

HIGH JUMP: Brasser 4'-10"

50M HURDLES: Kingsley 7.9

BOYS 1600M: Sullivan 5:05.1 (72-3:30-3:50), Hogan 5:09.4 (72-2:29-3:50),
Shaw 5:05.3 (72-2:29-3:49), Brasser 5:24.5 (72-2:33-4:00), Whitcomb 5:49.9 (76-2:43-4:17)

45M DASH: Woika 6.2, Fiduccia 5.9, Mitchell 7.0

1000M RUN: Zuniga 3:00.8 (68-2:21), Hogan 3:07.4 (70-2:28), Murtha 3:28.7(77-2:44),
Smaglo 3:21.5(74-2:38), Camann 4:13.5 (95-3:20), Evinger 3:54.5 (87-3:06).

300M RUN: Joseph 39.8, Finucane ??-sorry I missed it, Woika 42.0, Mitchell 56.2

600M RUN: Zuniga 1:38.7 (22-45-71), Robertson 1:29.1(22.2-43.9-66.5),
Shaw 1:40.3(23.5-48-74), Murtha 1:59.6 (57), Smaglo1:57.0 (54), Surobh 2:10.9 (54),
Whitcomb 2:01.4 (56.6)

3200M RUN: Narayan 11:24.3(2:36-5:29-8:27), Chaintreuil 11:50.7(2:40-5:36-8:45),
Perrotta 13:14 (5:59), Steenberge 12:18.3 (2:48-5:55-9:07).

4 X 400M RELAY: 3:52.7 Kingsley (59.2), Fiduccia(58.5), Joseph(59.9), Robertson(55.1)

Results

U of R Meet - Dec. 22, 1995

SHOT: Fox approx 39'

HIGH JUMP: Brasser 4'-9"

45M HURDLES: Kingsley 6.6

BOYS 1600M: Narayan 5:06.0(71-2:27-3:47), Chaintreuil 5:15.8(71-2:33-3:57),
Brasser 5:29.8(72-2:37-4:05), Steenberge 5:41.3(78-2:45-4:15),
Perrotta 5:47.7(74-2:41-4:15), Burke 5:58.4(78-2:49-4:23)

45M DASH: Joseph 5.7, Woika 5.8, Fiduccia 5.7, Mitchell 6.6

1000M RUN: Robertson 2:47.7(31-64-1:38-2:16), Shaw 2:56.7(32-65-1:41-2:19)
Narayan 3:09.4(34-69-1:47-2:29)

300M RUN: Joseph 39.6, Fiduccia 41.6, Woika 42.2, Kingsley 41.3, Mitchell 52.2

600M RUN: Finucane 1:41.8, Chaintreuil 1:51.1, Burke 1:59.1, Perrotta 1:59.9,
Steenberge 2:02.7

3200M RUN: Hogan 10:57.7(2:33-5:15-8:06), Shaw 11:12.1(2:37-5:27-8:20),
Sullivan 11:30.5(2:35-5:20-8:15), Zuniga 11:34.1(2:38-5:29-8:33),
Whitcomb 12:49.9(6:10), Murtha 12:51.9(6:10), Smaglo 12:57.4(6:10),
Sourobh 13:33.6

4 X 2 Lap RELAY: 4:08.8 Zuniga 63.3, Finucane 65.6, Robertson 58.4, Sullivan 61.5

RESULTS

RWTL @ HOBART 12/29/95

Shot: Fox 39'-9"

55m: Woika 7.0

300m: Woika 40.6, Finucane 42.0

600m: Perrotta 1:49.6(32.1-69), Smaglo 1:56.3(35.4-74), Burke 1:58.3(36.3-75),
Sourobh 2:01.5(37.2-78)

1000m: Sullivan 3:10.0(66-2:27), Burke 3:20.9(76-2:39), Sourobh 3:41.8(82-2:57),
Camman 4:20(1:41-3:29), Sirianni 5:20(1:54-4:09)

1600m: Chaintreuil 5:16.5(72-2:33-3:58), Brasser 5:27(72-2:30-4:04),
Perrotta 5:43(78-2:41-4:16), Smaglo 5:47(78-2:47-4:21), Evinger 6:22(3:01)

3200m: Hogan 10:38(2:33-5:10-7:57),

3000m: Murtha 11:40(2:55-6:05-8:29), Steenberge 11:43 (2:54-6:04-8:28)

BROWN INVITATIONAL

DEC 29TH & 30TH

DM: 11:30.6 Shaw 3:32.7(67.6-72.7-72.5)
 Joseph 55.2(25.0)
 Robertson 2:05.0(28.9-30.4-32.1-32.6)
 Clark 4:57.7(67.1-74.4-76.7-79.6)

SM: 3:52.6 Joseph 55.1(25.1)
 Fiduccia 24.3 - Kingsley 25.8
 Robertson 2:07.2(58.7-68.5)

4x400m: 3:44.1 Fiduccia 57.3 - Joseph 55.2 - Kinglsey 58.0- Robertson 53.6

55m: Fiduccia 6.99 (6.8 hand)

55mH: Kingsley 9.28 (9.1 hand)

3000m: Clark 9:47.5(2:28-5:05-7:46)
 Shaw 9:52.1(2:28-5:05-7:51)

RESULTS

RWTL @ U of R 1/6/96

Shot: Fox ??

HJ: Brasser 4'-10"

200m: Joseph 24.8, Fiduccia 25.9, Woika 27.0, Finucane 27.2, Mitchell 31.8

400m: Woika 59.1, Kingsley 59.1, Sullivan 60.3, Mitchell 81.5

500m: Robertson 74.7, Zuniga 77.1, Finucane 81.8, Hogan 82.2, Smaglo 84.1, Burke 90.4, Joseph & Fiduccia-sorry missed times

800m: Robertson 2:08.4(61.5), Clark 2:19.2(66.8), Sullivan 2:19.7(70.8), Hogan 2:22.6(70.5), Zuniga 2:23.7(71.0), Brasser 2:28.6(73), Smaglo 2:40.0(79), Burke 2:43.4(80), Perrotta 2:45.3 (77)

1500m: Perrotta 5:29.0(82-2:50), Evinger 5:50.4(89-3:03), Camann 6:44.3(1:40-3:29)

3000m: Narayan 10:33.8(2:33-5:20-7:32), Steenberge 11:06.4(2:45-5:49-8:08), Murtha 11:26.1 (2:47-5:53-8:15), Whitcomb 11:39.8(2:48-5:55-8:25)

RESULTS

RWTL @ Hobart 1/13/96

Shot: Fox 39'-11"

55m: Joseph 6.8, Fiduccia 6.8, Woika 7.1, Finucane 7.2, Kingsley FS

300m: Finucane 41.2

600m: Sullivan 1:34.0(30.3-63.1)

1000m: Zuniga 3:01.0(27.2-64.3-1:39-2:21)

1600m: Clark 4:46.0(69-2:23), Shaw 4:54.2(69-2:24), Hogan 5:02.3(67-2:23)

3200m: Clark 10:21.2(2:28-5:01-7:40), Shaw 10:28.2(2:30-5:05-7:45)
Chaintreuil 11:22.4(2:35.7-5:27.6-8:27)

4 x 400m: 3:45.2- Fiduccia 57.2(26.5), Joseph 55.4(25.1), Woika 59.9(26.7),
Robertson 53.7

4 x 800m: 9:09- Sullivan 2:17(66), Hogan 2:13(65), Zuniga 2:16(63),
Shaw 2:23(68)

RWTL JV & Mod.@ Franklin 1/12/96

HJ: Brasser 4'-6"

1600m: Steenberge 5:42.7, Smaglo 6:04.2, Perrotta 6:04.2, Murtha 6:06.4

1000m: Brasser 3:33.3, Evinger 3:52.6, Camann 4:14.9, Sirianni 5:51.3

600m: Smaglo 2:00.0, Evinger 2:04.8, Perrotta 2:07.4, Murtha 2:07.6,
Steenberge 2:08.3

Stanner Games @ NYC Armory 1/14/96

55m: Fiduccia 6.8(^T), 6.8(^S)

55m H: Kingsley 11.2(fell)

300m: Joseph 38.3, Woika 39.8

1000m: Robertson 2:43.4(29.6-60.8-1:35-2:10)

4 x 200m: 1:40.4 (Fiduccia 25.2, Woika 25.6, Kingsley 25.7, Joseph 23.9)

HJ: Robertson 5'-6"

ROCHESTER RELAYS

SATURDAY, JANUARY 20TH

U of R

Marshall 71, Fairport 55, Penfield 35, McQUAID 26, etc. 22 teams competing.

Shot: Fox 40'-5"

3200m: Shaw 10:19.0 ^{4th}(2:30-5:09-7:47), Hogan 11:08.9(2:31-5:10-7:52)

4 x 800m: 8:43.9 ^{3rd} Zuniga 2:15.0(30-62), Sullivan 2:12.4(62),
Shaw 2:14.0, Robertson 2:02.5(56.3)

Double 4-Lap: 3:50.2 ^{4th} Fiduccia 28-30.7, Woika 27.6-30.6,
Finucane 28.0-31.3, Joseph 24.4-28.6

Progressive: 7:53.8 ^{2nd} Joseph 59.3^{57.2}(27.5), Zuniga 1:41.5(30.7-65.4) 1:37.8
2:13.2 - Sullivan 2:18.1(32.1-67.3-1:43.7),
Robertson 2:54.2(65.4-73.5-35.3) - 2:47.9

Sprint Medley: 3:59.1 tie ^{3rd} Joseph 56.7, Fiduccia 25.7, Woika 26.1,
Robertson 2:10.6(60.7)

A good team performance with a less than full squad! We scored in all the relays we competed in.

Results

U of R Meet - January 28th, 1996

SHOT: Fox 39-3"

HIGH JUMP: Brasser nh

45M DASH: Mitchell 6.7, Finucane 5.9

1000M RUN: Zuniga 2:54.0(32-66-1:43-2:22), Hogan 2:57.1(34-67-1:43-2:20),
Smaglo 3:25.3(38-77-2:02-2:46), Surobh 3:39 (89-3:01)
Camann 4:27(1:45-3:39)

300M RUN: Mitchell 50.1, Finucane 41.6

600M RUN: Zuniga 1:36.4(32.5-67.5), Brasser 1:48.7(73.2), Smaglo 1:51.3(73.8)
Surobh 1:55.3(77.5)

3200M RUN: Steenberge 11:12.0, Whitcomb 11:38, Murtha 11:42

1600m RUN: Hogan 5:03.3(72.5-2:25.6-3:42.5)

INDOOR TRACK

HISPANIC GAMES

Saturday Jan. 27th

- 55m:** Joseph 6.97 (6.8H), Fiduccia 7.03-7.02 (6.8-6.8h)
- 200m:** Fiduccia 25.60 (25.4H), Joseph 24.14(23.9H), Woika 25.86(25.6h)
- 400m:** Woika 55.95 (55.8-26.8H)
- 800m:** Robertson 2:04.31 (28.4-59.9-1:32.6),
Sullivan 2:14.2 (31.2-54.5-1:39.9), Clark 2:12.9 (30.8-64.5-1:39.9)
- Mile:** Robertson 4:43.7 (67.1-2:20.5-3:36.5),
Sullivan 5:00.1 (69.5-2:24.5-3:44.3)
- 3200m:** Clark 9:54.1 (69.6-2:22-3:37-4:51.2-6:06-7:23-8:40)

WEST POINT

Sunday, January 28th

- 55m:** Fiduccia 7.0
- 400m:** Joseph 54.0(25.2)
- 1500m:** Clark 4:25.2 (33-67.7-1:42-2:18-2:55-3:31-4:08)
- DM:** 11:05.5 Sullivan 2:10.6 (30.8-??-1:36.5)
Joseph 53.4 (24.9)
Robertson 3:20.3 (28.2-59.4-1:32.9-2:08.5-2:44.9)
Clark 4:41.4 (65.2-70.9-73.0-72.3(35.4))

Southern Tier Classic

Cortland

2/3/96

Shot Put: Fox 38'-7"

4 x 800: 8:45.2 ^{1st} Zuniga 2:16.5 (31-65), Clark 2:11.9(31-64-1:38)
Robertson 2:06.2(30-62-1:34), Sullivan 2:10.7(29-61.5-1:37)

4 x 400: 3:54.6 ^{6th} Fiduccia 62.3(30), Robertson 54.2(26.5),
Woika 60.5(28.4), Joseph 57.7(27.2)

4 x 200: 1:41.2 ^{3rd} Fiduccia 25.1, Woika 25.5, Kingsley 26.2, Joseph 24.4

55M: Finucane 7.3

55mH: Kingsley 9.3^t, 9.0^f-3rd

300M: Joseph 38.9 ^{6th}, Woika 40.1

600M: Robertson 1:27.1 ^{2nd} (27.6-55.7), Zuniga 1:34.4

1000M: Sullivan 2:52.6(33-67.5-1:43.5-2:20), Clark 2:54.0(32.5-67-2:42-2:19)

1600M: Shaw 4:55.6 (67.6-2:21.4-3:38.8)

3200M: ^{Shaw}
~~Parrotta~~ 10:33.9 (75-2:30-3:50-5:13-6:41-7:50-9:15)
Hogan 11:07.2(75-2:31-3:50-5:13-6:41-8:10-??)

Results

NYCC - February 10th, 1996

SHOT: Fox 39-1"

45M DASH: Mitchell 6.3, Joseph 5.9, Finucane 5.9

1000M RUN: Shaw 2:58.2(66.5-2:19.5), Smaglo 3:18.4(75-2:38), Surobh 3:32.0,
Camann 4:11.7, Burrows 4:29.8, Sirianni DNF

300M RUN: Mitchell 48.0, Finucane 42.1, Kingsley 42.0, Woika 40.6

600M RUN: Zuniga 1:35.4(45.4), Sullivan 1:36.8(46.4), Clark 1:42.6(47.4),
Hogan 1:42.9(48.4), Brasser 1:46.0 (51.1), Surobh 1:57.0

3200M RUN: Narayan 11:10.9(2:34-5:24-8:20), Chaintreuil 11:43.1(2:40-5:32-8:34)
Steenberge 12:01.9(2:45-5:45), Murtha 12:15.5(2:46-5:48),
Whitcomb 12:20.2(2:46-5:50)

1600m RUN: Smaglo 5:55.6(2:50), Evinger 6:01.6(2:55)

4 x 800M: 9:23.1- Zuniga 2:14.5, Brasser 2:30.5, Hogan 2:18, Clark 2:20.1
9:44.6- Sullivan 2:18.5, Chaintreuil 2:35.5, Narayan 2:26, Shaw 2:24.6

50m H: Kingsley 7.7

Sectionals

U of R
2/17/96

Shot Put: 38-8 (5th)- Fox

4 x 800: 8:45.7(3rd) Zuniga 2:13.9, Clark 2:15.9, Robertson 2:04.3, Sullivan 2:11.6

4 x 400: 3:58.1 Finucane 60.1, Hogan 61.5, Zuniga 57.8, Sullivan 58.7

4 x 200: 1:40.8-DQ Fiduccia 26.7, Woika 25.2, Kingsley 25.2, Joseph 23.7

40m H: Kingsley (2nd) 6.2

45M: Fiduccia 3rd 5.7-T, 5.7-F, Joseph 4th 5.8-T, 5.8-F

300M: Joseph 2nd-Tie 38.3, Woika 40.0

600M: Robertson 5th 1:30.6 (29.5-60.5), Zuniga 1:34.4(30.3-62.3)

1000M: Robertson 1st 2:37.8(29.9-61.0-1:33.3-2:06.2)
Sullivan 2:51.9 (33-66.9-1:43.3-2:19.4)

1600M: Clark 4:50.4 (4th) (70-2:21-3:38), Shaw 4:58.7(73-2:27-3:44)

3200M: Clark 10:10.6 (2nd) (2:22-4:54-7:32), S. Shaw (5th)10:28.0 (2:28-5:08-7:49),
Hogan 11:12.3 (5:09)

Team Scores: Fairport 119, Penfield 69, McQuaid 59,etc....

Meet of Champions

Hobart

2/24/96

4 x 800: 8:35.8(2nd) Zuniga 2:12.4 (31.5-64.8-1:38.9), Sullivan 2:10.1(30.0-62.8-1:36.9),
Robertson 2:03.2(28.4-58.1-1:30.4), Clark 2:10.1(30.0-62.8-1:36.9)

4 x 200: 1:38.3-T (1st) Fiduccia 25.2, Woika 24.5, Kingsley 25.4, Joseph 23.3
1:39.0-F(4th) Fiduccia 24.6, Woika 25.0, Kingsley 25.9, Joseph 23.5

55m H: Kingsley 8.9

55M: Fiduccia 6.8

300M: Joseph 38.0-T 38.1-F (4th), Woika 39.3

1000M: Robertson 2:42.6 (30.2-61.1-1:33.2-2:06.3)
Hogan 2:57.6 (32-65.5-1:42-2:20)

3200M: Clark 10:04.5 (3rd) (2:22-4:51-7:29), S. Shaw ??? 5:05.5 at 1600m

State Meet
March 2nd
Cornell - Barton Hall

Andy Robertson 2:40.2 -1000m lead-off on Intersectional medley