

# Seniors lead McQuaid to sectional track repeat

## *The Knights score points in all 15 indoor events.*

Every season, coaches in all sports tell their seniors, "This is your year."

Sometimes, it's true.

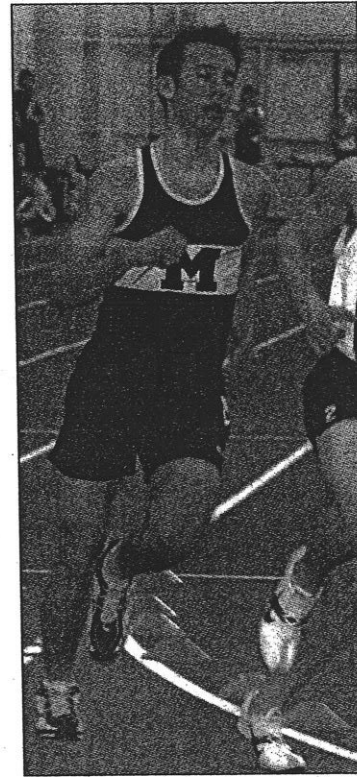
It certainly was for 13 McQuaid seniors on Saturday at RIT's Gordon Field House as they combined their assorted talents for 70 1/2 points to propel the Knights to a 106-76 victory over runner-up Spencerport in the Class B indoor track and field sectionals.

In a meet where the Knights took first in only one event, but scored in all 15, McQuaid's coaching triumvirate of Tony Canali, Todd

Stewart and Jeff Grifa saw their defending champion emphasis on team balance pay off handsomely.

In the very first event, senior Mike Ansaldi, seeded sixth in the 3200, ran a patient, well-paced race and came on strong in the final two laps to take second in a 10:01.4 PR. In the process, he beat the two Spencerport runners seeded ahead of him to start his team on their winning margin over the Rangers.

His classmates, Juan Habes and Tim Hanna, chipped in 10 more points with a third and fourth in the 1000, and a huge chunk of 12 points came from two more seniors, Jim Lappin and Conor Boylan, in the 600. Lappin had to run a PR 1:28 to make his second seed stand up, but it was Boylan, almost a newcomer to the event, who won the unseeded section and placed a surprising fourth overall in a PR



STAFF PHOTO/TOM MURPHY

**McQuaid's Derek Seber runs shoulder to shoulder with Victor's Ben Hall in a sprint to start the 3,200-meter run last Saturday afternoon at RIT.**

1:29.8.

Those five all came back later to help McQuaid to 18 points in the relays. Boylan led off and Lappin anchored the Knights' only winning entry, the 4 x 400, while Hanna, Habes and Ansaldi handled the last three legs of the second-place 4 x 800.

Another happy senior was all-around man Greg Fix, who missed all last season with a football injury, but came back to score in three events on Saturday. Fix powered his way to a tie for fourth in the 55 dash, added a fourth in the shot put and finished his day with a strong leg on McQuaid's

third-place 4 x 200 relay. Senior sprinters Mark Elsaesser and Cory Hall joined Fix on the relay for the Knights' last six points of the meet.

Five more seniors made their presence felt in the field events. First-time triple jumpers A.J. Nally and Manny Dotel, both unseeded, took fourth and sixth. Nally with his first 40-footer and Dotel with 38-10. Nally added a sixth in the high jump at 5-4 and Bryan Ricci went 5-10 to take third.

In the pole vault, Ryan Kuchman and Martin Wegman chipped in with six points taking fourth and fifth.

Giving the seniors the important points they needed to take home the sectional trophy were five juniors and one sophomore. The sophomore, sprinter Yannick Prescod, raced to a second in the 55, a sixth in the 300 and anchored the 4 x 200 to share individual honors with Lappin at 10 1/2 points. Junior Conor Shelly, a pentathlete in the spring, used his versatility to score nine points with fourths in the hurdles and high jump and a sixth in the long jump.

Junior sprinters Mike Pyslak and Arthur Knapp combined for 11 points in two events, placing fourth and fifth with PRs in the 300 and running the middle legs on the 4 x 400.

Another two points came from junior Dan Plumeri's lead off leg in the 4 x 800 and three more from junior Derek Seber in the distance events. Seber, the Knights best runner, had an unaccustomed sub-par day, placing sixth in the 3200 but running a gutsy 1600 to take fifth. He'll join a handful of Knights in the state qualifier meet at Hobart on Feb. 25.