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Indoor Track wins Section V Class A Championship

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McQuaid won its 12th indoor boys team title in Class A (its first in six years), led by Austin Peters' victory in the 600 and an 800 relay triumph. Below are the complete results, followed by a recap from Coach Stewart.



At Gordon Fieldhouse, RIT. February 15, 2014

CLASS A

BOYS

Teams: 1. McQuaid 85, 2. Rush-Henrietta 53, 3. Edison Tech 52, 4. Victor 49, 5. Webster Schroeder 41, 6. Fairport 39, 7. Gates Chili 34, 8. Penfield 29, 9. Webster Thomas 28, 10. Spencerport 26, 11. Hilton 12, 12. Churchville-Chili 11, 13. Brockport 6.

55 meters: 1. Daekwan Garfield (Ed) 6.671, 2. Bamidele Akinniyi (WSch) 6.678, 3. Jared Hemingway (Vic) 6.71. **300:** 1. Eric Zemaitis (Spen) 36.1, 2. David Ingraham (McQ) 36.4, 3. Daekwan Garfield (Ed) 36.6. **600:** 1. Austin Peters (McQ) 1:23, 2. Derek Swarthout (Pen) 1:25, 3. Jason Hall (Vic) 1:25. **1,000:** 1. Mickey Burke (R-H) 2:33, 2. Nate Howe (McQ) 2:36, 3. Nick Neamtu (WTh) 2:39. **1,600:** 1. Mickey Burke (R-H) 4:28, 2. Nick Ciolkowski (McQ) 4:40, 3. Nate Howe (McQ) 4:40. **3,200:** 1. Tyler Ranke (Hil) 9:36, 2. Nick Ciolkowski (McQ) 9:50, 3. Keith Johnson (WTh) 9:58. **55 hurdles:** 1. Matt Barton (Vic) 7.97, 2. Isaiah Brown (GC) 8.09, 3. Da'Darrius Dillard (Ed) 8.12. **Pole vault:** 1. Jared Mathews (Fair) 12-9, 2. Dana Forsgren (Fair) 12-6, 3. Alex Blackcloud (GC) 12-6. **Long jump:** 1. Eric Zemaitis (Spen) 22-0, 2. Alex Siracusa (C-C) 21-11½, 3. Tobi Tella (McQ) 21-10¾. **Triple jump:** 1. Da'Darrius Dillard (Ed) 46-½, 2. Jimmy Shih (WSch) 46-¼, 3. Eric Zemaitis (Spen) 44-1½. **High jump:** 1. Spencer Stokes (Pen) 6-0, 2. Jared Mathews (Fair) 5-10, 3. Isaiah Brown (GC) 5-9. **Shot put:** 1. Bamidele Akinniyi (WSch) 52-6, 2. Christian Johnson (Vic) 47-5¼, 3. Joseph Foster (Ed) 44-9¼. **800 relay:** 1. McQuaid 'A' 1:34.5, 2. Webster Schroeder 'A' 1:35.5, 3. Gates Chili 'A' 1:35.6. **1,600 relay:** 1. Victor 'A' 3:30.1, 2. McQuaid 'A' 3:30.2, 3. Brockport 'A' 3:42.5. **3,200 relay:** 1. Rush-Henrietta 'A' 8:16.6, 2. McQuaid 'A' 8:30.3, 3. Webster Thomas 'A' 8:37.3.

Recap of events from Coach Todd Stewart :

"This past Saturday February 15th, the Indoor track and field Knights were crowned Class A Section V Champions scoring 85 pts. to Rush-Henrietta's 53 points. The team ties a school record by raising it's 12th banner as they pulled even with the cross-country program. The title is the first in six years. On paper McQuaid went into the meet a 20 point favorite over Victor and 30 points ahead of 4 time defending champion Rush-Henrietta. Executing the game plan in one of the toughest fields ever assembled would be easier said than done. The Knights game plan involved balance between the sprints, jumps and distance, along with

using their team depth going into the relays. The Knights were able to get off to a great start and hit their expected marks in the first three events. Nick Ciolkowski (Jr) would secure a runner-up finish in the 3200 (9:50), followed by Nate Howe (Sr.) with another runner-up finish in the 1000 meter run (2:35). The third event would fall on the lap of Austin Peters (Sr.) in the 600. Peter's would successfully defend his title running 1:22.08, the fastest time in section V this year and third fastest in school history. These points combined put McQuaid into the lead and they would not look back. McQuaid would strike again two events later in the 1600 where Ciolkowski (4:39) & Howe (4:39) would go for a 2,3 finish and started to separate themselves from most other contenders. Next event would be the 300 meter sprint where McQuaid's David Ingraham was the top seed. Dave would get knocked down a spot for a runner-up finish but ran personal best time (36.34) to earn that place. Next event was the 55 meter hurdle where McQuaid was not expected to score on paper but now they had a sleeper in Amari Lawrence and Atiba McClaren. Running out of the slowest section Amari would beat all others to the line to run a personal best time of 8.28, a very competitive time. As the fastest section finished Lawrence's time would hold up for a 6th place finish to add to the point total. From there McQuaid was looking forward to the depth of their relays. The 4x800 (Ciolkowski, Howe, Matt Brien (Jr.) Ryan Pashalidis (Sr.) finished 2nd as they were expected, but were trumped by the non-seeded Rush Henrietta team. The 4x400 (McClaren, Peters, Ingraham, Patrick Lozy-Lester (Sr.) was seeded first but would wind up 2nd (3:30.18) behind Victor (3:30.06), a race that produced the two fastest marks in section V all year. The last track event of the day was the 4x200 a race that would reflect the grit and swag that the knights carried all day long. McQuaid was a non-seed going into the race and would have to race out of the slow section. However looking to make noise the 4 man team of Lawrence, Ingraham, McClaren & Peters would cross the line in a time of 1:34.48, almost 4 seconds ahead of their previous mark. As the fastest heat unfolded, their time would not be challenged and gave McQuaid a surprise victory.

In the field McQuaid had a couple of contenders with Bob Quist (So.) finished 7th in the High Jump just missing a scoring spot. Tobi Tella (So.) would go into the long and triple jump with high expectations where he was seeded 3rd in both events. Tella would hold his 3rd place seed with a personal best jump of 21'10.75". Tella would then turn to the triple jump where his first jump of 44'00" would be his best and place him 4th overall. Tella is currently ranked #1 in the state among all sophomore long jumpers and #2 in the triple jump. Tella had broken the 25 year old school record in the triple jump earlier in the season with a jump of 44'3.50".

The Knights will now send several runners onto State Qualifiers on Thursday night at R.I.T. There are some high expectations for multiple individuals and relays to move into the state meet. The knights also plan to have multiple guys competing at the National Championship meet in 2 weeks."