

1988–89 2-Mile Relay/Distance Medley Teams

Following the 1987 outdoor track season, coach Bob Bradley presented a plan for six of his runners to create a championship 4x800 team. Always being able to see the ability, talent, and potential, it didn't matter to him that none of the six runners – **Chris Adin, '88; Chris Cusack, '88, Scott Romanowski, '89, Mickey Stone, '89, Brad Sumner, '89, and Jason Fahy, '90** – had ever focused on the 800-meter before. "Project 3200" as it was titled on the sheet Coach Bradley presented to the runners, included "groove" charts with specific times for specific distances based on each runner's 800-meter goal time. Each runner began following his plan that summer. What transpired over the next two years were some of the most dominating relay performances not only in Section V, but in the country.

The dominance began during the 1988 indoor track season when Adin, Cusack, Romanowski, and Sumner became the first-ever Section V relay team to win at Princeton University's Eastern States Championships, capturing the 3,200-meter with a time of 8:05.8, five seconds ahead of Boston College High School. The team competed in the National Scholastic Track and Field Championships in New Haven, Connecticut and not only shattered their time at Princeton, but set the best high school indoor mark of the season according to *USA Today* with a time of 7:54.66.

During the 1988 spring outdoor track season, the same foursome competed in the Distance Medley at the Penn Relays at the University of Pennsylvania and, although they finished fourth, their time of 10:22.4 set a Section V and New York State record. This foursome capped off their time together on top, winning the New York State 3,200-meter title with a time of 7:50.6.

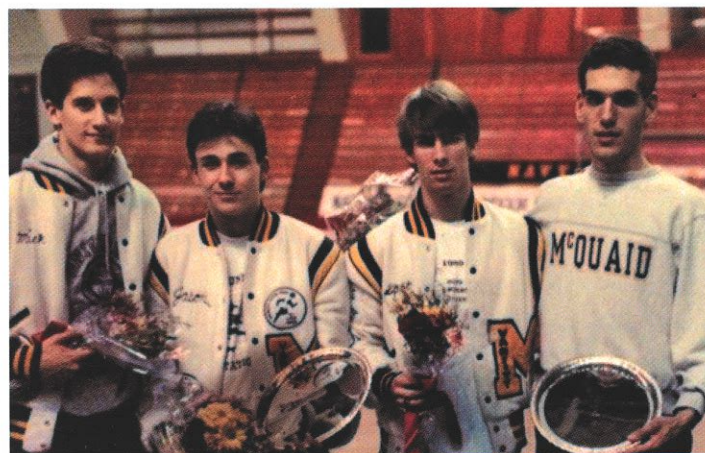
Stone and Fahy joined Romanowski and Sumner for the 1989 indoor track season and the dominance continued. A year after becoming the first Section V relay team to win at the Eastern States Championships, they became the first-ever relay team to defend their title, in 7:59.43. They also repeated at the National Scholastic Indoor Track and Field Championships hosted by the Naval Academy in Annapolis, Maryland, with a time of 7:56.5, one-tenth of a second ahead of Newark, New Jersey West Side.

During the 1989 spring outdoor track season, the same foursome of Fahy, Romanowski, Stone, and Sumner captured the Eastern States Championships with a time of 7:51.1. They also repeated at states, winning with a time of 7:54.91, one-tenth of a second ahead of Colonie High School.

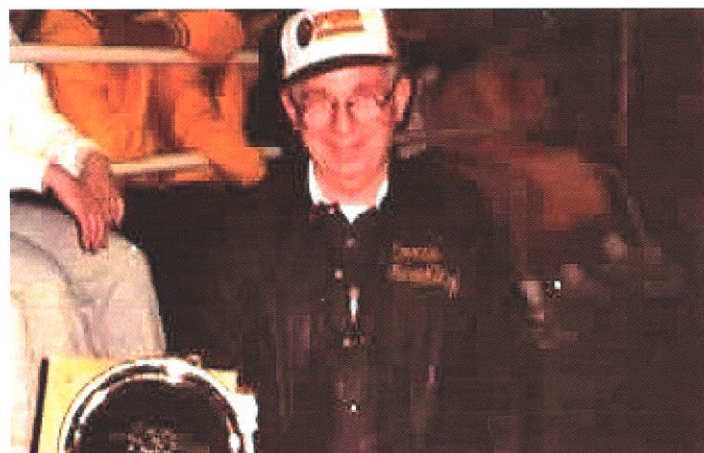
While the goals of "Project 3200" were to win at the state and national level, the experience and confidence these runners gained permeated the entire running program, as both the indoor and outdoor track programs won back-to-back Section V titles.



Brad Sumner, Chris Adin, Chris Cusack, and Scott Romanowski after winning Sectionals in 1988.



Mickey Stone, Jason Fahy, Scott Romanowski, and Brad Sumner after winning Nationals in 1988.



Coach Bob Bradley after winning the National Championship at Yale in 1988.