

STATE TRACK & FIELD MEET

6/14/15



ADRIAN KRAUS

Rush-Henrietta's Lanae-Tava Thomas competes in the long jump finals during the second day of the state track and field meet.

Watson, R-H boost state medals total

JAMES JOHNSON

ALBANY — The will to win was still there for Sammy Watson and her Rush-Henrietta teammates during the final events of the high school state track and field championships.

Yet, Wonder Woman and Section V record-holders run out of energy eventually, and have to take a seat.

Watson finished first in the Federation state girls 1,500- and 400-meter races Saturday, before she closed the meet's final day by passing a string of competitors to give Rush-Henrietta's 1,600 relay a fourth-place finish.

Maybe it was short of a grand finale. The saying however is, you can't win them all, and the girls among the Rush-Henrietta Royal Comets, led by Watson, seemed to be in contention to do just that this weekend. Watson, a sophomore, returned home with five-first place medals.

"I'm happy," Watson said. "I didn't let (the last race) ruin my mood or spirits."

"Our team is successful. We'll come back next week (at nationals)."

Two of the first-place medals Watson won on Saturday came in the 1,500, after which the top finishers from New York State Public High School Athletic Association-affiliated schools and the actual finishing order on the track are acknowledged.

Watson was in the middle of the pack early in the race, moved up slowly and said she made her first real move with

See TRACK, Page 3D

Track

Continued from Page 1D

600 meters to the finish. A stronger move by Watson was made with about 300 meters remaining and she passed Union-Endicott junior Emily Mackay 125 meters or so from the finish line.

"Everyone has to fear her kick," Rush-Henrietta coach Mike DeMay said.

The competitive Mackay did not give up and almost caught Watson near the finish. Watson's time of 4 minutes, 25.24 seconds broke the Section V record by more than three seconds. She also holds the outdoor 400 and 800 records.

"I'm going to remember the 1,500 mostly," Watson said. "I knew I had potential, but I didn't think that I could be a state champ."

"It makes me believe I can accomplish more in track, maybe move up to the two-mile."

Watson said it was the idea of her mother, DeMay and her to go for the rare combination of state titles in the 400 and 1,500.

"They've maybe tried it but no one's ever done it," DeMay said.

Whether DeMay is correct or incorrect, the sprint-distance double is an impressive accomplishment.

Lanae-Tava Thomas, a freshman at Rush-Henrietta, added to her collection of medals with a first-place finish in the NYSPHSAA Division I 100, a third in the Federation 100 and a third-place finish in the NYSPHSAA Division I long jump.

The Division I 100 turned out to be a 1-2 Rush-Henrietta finish, as junior Tori Thompson was the next NYSPHSAA sprinter across the line.

"It feels nice," Thomas said. "I thought I could do it, but I didn't know. Tori really deserves it, she works so hard."

"She's that person who says 'You can do it,' and this time she finally did it."

Thompson and Thomas later helped Rush-Henrietta



Greece Athena's Calvary Rogers, center, churns for the finish line in the 200-meter dash.

ADRIAN KRAUS ADRIAN KRAUS

Evers. It was long after that, when they joined senior Ceara Watson and Sammy Watson on Rush-Henrietta's 1,600 relay.

Fillmore sophomore Elsa Cole became a state champion when she was the top finisher among athletes at Division II schools in the 2,000 steeplechase. She qualified for nationals, a day after a sixth-place finish among Division II 3,000 runners on Friday.

Greece Odyssey senior Calvary Rogers, who sprints with the Athena/Odyssey team, was runner-up in the Federation state 400, which includes the very fastest no matter their school's affiliation, third in the NYSPHSAA Division I 200 and sixth in the Federation 200.

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State high school track federation and public championships

at University at Albany
Second of two days
BOYS

Federations
100: 1. Josh Linster, Long Beach-VIII 10.85, 7. Kelly Brown, Wilson Magnet 11.11. **200:** 1. Zack Warden, Newburgh-IX 21.37, 6. Rogers, Greece Athena 22.31. **400:** 1. Richard Rose, Boys&Girls-PSAL 47.23, 2. Rogers, Greece Athena 48.59. **3,000 steeplechase:** 1. Jack Jibb, Monroe Woodbury-IX 8:57.34, 8.

thony Clark, Gates Chili 14.72. **400 hurdles:** 1. Infinite Tucker, Huntington-XI 52.29, 6. Jerrett Laskett, Batavia 55.42. **High jump:** 1. Hasani Rathen, William Floyd-XI 6-10, 5. Alec Rice, Geneseo 6-5, 8. Andrew Hines, Sodus 6-4, 16. Robert Quist, McQuaid 6-0. **Triple jump:** 1. Jared Lovelace, Archbishop Molloy-CHSAA 49-4, 5. Jimmy Shih 46-2½, 8. Anthony Butler, Letchworth 42-6½. **Shot put:** 1. Eric Favors, North Rockland-I 65-11¼, 5. Christian Johnson, Victor 54-3, 6. Keanu Heedram, Rush-Henrietta 54-2½. **Discus:** 1. Sam Wray, Starpoint-VI 174-10, 5. Heedram, Rush-Henrietta 160-4. **3,200 relay:** 1. East Aurora-VI 7:58.88, 10. Batavia (Louis Leone, Laskett, Campbell Andersen, Cal Jantzi) 8:26.81. **Pentathlon:** 1. Mike Palmer, Maine-Endwell-IV 3,540, 18. Kyle Rollins, Geneseo 2,889, 21. Jack McDonald, Honeoye Falls-Lima 2,878.

Public Division I

100: 1. Linster, Long Beach-VIII 10.68, 3. Brown, Wilson Magnet 10.85, 5. Byron Hearst, Greece Arcadia 11.11. **200:** 1. Warden, Newburgh-IX 21.07, 3. Rogers, Greece Athena 21.52, 8. Brown, Wilson Magnet 22.44. **1,600:** 1. Luke Gavigan, Tappan Zee-I 4:10.20, 7. Goodman, Pittsford Mendon 4:21.42. **3,000 steeplechase:** 1. Jibb, Monroe Woodbury-IX 8:57.34, 13. Glavin, McQuaid 9:46.33. **110 hurdles:** 1. Aaron McFadden, Copiague-XI 14.24, 4. Clark, Gates Chili 14.50. **High jump:** 1. Rathen, William Floyd-XI 6-10, 15. Quist, McQuaid 6-0. **Pentathlon:** 1. Drew Alfano, Sachem East-XI 3,506, 14. McDonald, Honeoye Falls-Lima 2,878.

Public Division II

100: Alex Dildy, Bennett-VI 11.02, 2. Ray Anikwue, Letchworth 11.08, 3. Tremaine Moore, Greece Olympia 11.10. **200:** 1. Travon Alert, Hudson-II 22.11, 3. Anikwue, Letchworth 22.45. **1,600:** 1. Jeremy Spiezio, Greenwich-II 4:09.39, Geiger, Caledonia-Mumford 4:31.39. **3,000 steeplechase:** 1. Grant Sheely, Dobbs Ferry-I 9:26.30, 2. Bathgate, East Rochester 9:35.35. **110 hurdles:** 1. Storm Malone, Highland-IX 14.50, 3. Warren Carter, Aquinas 14.85, 6. Tony SanGregory, Warsaw 15:15. **Discus:** 1. Franco Julia-Wise, New Paltz-IX 165-10, 8. Devon Koepf, Batavia 140-3. **High jump:** 1. Mike Beebe, Windsor-IV 6-6, 2. Rice, Geneseo 6-5, 4. Hines, Sodus 6-4. **Pentathlon:** 1. Palmer, Maine-Endwell-IV 3,540, 8. Rollins, Geneseo 2,889.

GIRLS Federations

100: 1. Brenessa Thompson, Medgar Evars-PSAL 11.69, 3. Lanae-Tava Thomas, Rush-Henrietta 11.98, 8. Tori Thompson, Rush-Henrietta 12.25. **400:** 1. Sammy Watson, Rush-

steeplechase: 1. Beatrice Boylan, Cornwall-IX 6:52.70, 5. Anna Kostarellis, Churchville-Chili 6:59.78, 6. Elsa Cole, Fillmore 7:02.71. **100 hurdles:** 1. Paula Salmon, Clara Barton-PSAL 14.15, 7. Samantha Carro, Canandaigua 15.06. **High jump:** 1. Sarah Kowpak, Archbishop Molloy-CHSAA 5-9, t9, Asia McInnis, Greece Arcadia 5-4, t15. Jenna Berry, Pittsford Mendon 5-2, t15 Aubrianna Lantrip, Midlakes 5-2, t19. Colette Anikwue, Letchworth 5-2. **Long jump:** 1. McKyla Brooks, Frontier-VI 18-2¼, 7. Sanders-Schifano, Sodus 16-10. **Discus:** 1. Mariah Mays, Rome Free Academy-III 147, 7. Brianna Young, Brockport 124-9. **400 relay:** 1. Medgar Evars, PSAL 47.32, 2. Rush-Henrietta (Stephanie Nwachi, Tori Thompson, Adama Donzo, Lanae Tava-Thomas) 47.55 (Sect. V record). **1,600 relay:** Suffern-I 3:46.15, 4. Rush-Henrietta (Thomas, Thompson, C. Watson, S. Watson) 3:51.85. **3,200 relay:** 1. Mercy, Li-XI 9:23.96, 9. Fillmore (Cole, Julia Hotchkiss, Chike, Carmen Mancuso) 9:45.42. **Pentathlon:** 1. Kathleen Cibulus, Bayport-Bluepoint-XI 3,425, 6. Harper Stewart, Penfield 2,994, 10. Amy Faville, Avon 2,738, 11. Adeline Runkle, Wayne 2,708.

Public Division I

100: 1. Thomas, Rush-Henrietta 12.07, 2. Thompson, Rush-Henrietta 12.33. **1,500:** 1. S. Watson, Rush-Henrietta 4:25.24. **2,000 steeplechase:** 1. Boylan, Cornwall-IX 6:52.70, 5. Kostarellis, Churchville-Chili 6:59.78. **100 hurdles:** 1. Victoria Jones-Alleyne, New Rochelle-I 14.33, 3. Carro, Canandaigua 15.05. **High jump:** 1. Kowpak, Archbishop Molloy-CHSAA 5-9, 6. McInnis, Greece Arcadia 5-4, 9. Berry, Pittsford Mendon 5-2. **Long jump:** 1. Aviana Goode, Bayshore-XI 18-2¼, 3. Lanae-Tava Thomas, Rush-Henrietta 17-7. **Shot put:** 1. Alexis Daniels, Binghamton-IV 43-11½, 13. Rachel Richenberg, Canandaigua 35-¼, 15. Leah Hulbert, Rush-Henrietta 32-2¼. **Pentathlon:** 1. Cibulus, Bayport-Bluepoint-XI 3,425, 5. Stewart, Penfield 2,994.

Public Division II

100: 1. Courtney McNeil, Newark Valley-IV 12.37, 2. Trassia Singletary, Aquinas 12.56. **200:** 1. McNeil, Newark Valley-IV 24.85, 7. Singletary, Aquinas 25.57. **1,500:** 1. Kaitlyn Ryan, Bronxville-I 4:29.71, 4. Palotti, Livonia 4:42.27, 8. Schjike, Fillmore 4:45.66. **2,000 steeplechase:** 1. Cole, Fillmore 7:02.71. **100 hurdles:** 1. Hailey Rosperski, Alden-VI 14.66, 6. Marissa Dispenza, Batavia 15.78. **High jump:** 1. Olivia Mooney, Cambridge-II 5-9, 5. Aubrianna Lantrip, Midlakes 5-2, 6. Colette Anikwue, Letchworth 5-2. **Long jump:** 1. Leah Moran, Holy Names-II 18-0, 3. Sanders-Schifano, Sodus 17-8¼, 10. Jaiden

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Olympia relay ready

4x100 boys team takes first in Div. II

JAMES JOHNSON

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Everything was in place, according to Tre'Maine Moore and Greece Olympia track and field coaches.

The Olympia boys 400-meter relay ranked among the fastest in all of Section V most of the season, let alone among those from Division II or small schools. And senior Carnell Noble was back, able to run Friday night during the Section V State Qualifier at Caledonia-Mumford., which was halted for about an hour because of lightning and rain before resuming.

"This was it," Moore said. "We went to states with this team. We've been with C.J. (Noble) since we were freshmen and sophomores."

Alpha Barry, Shane Presley, Moore and Noble are state qualifiers again. Their first-place finish in the Division II race in group-best 42.21 seconds qualified the relay for the state championships June 12-13 at State University of New York at Albany.

This foursome, last spring during the state championships in Cicero, finished second among relays from schools in the New York State Public High School Athletic Association. They also were runners-up in the Federation competition, which includes schools from New York City and other sanctioning bodies.

"We want to win not just the four by one, but the state meet," Barry said.

Noble, a two-time indoor 55 state champion, strained his right hamstring during a dual meet early in the season. He returned to action two weeks ago during the Monroe County Championships, but has let go of his hopes of becoming a state champion in the 100.

A senior, Noble won the Division II open 400, which does not require athletes to use starting blocks if they plan to win. He was a member of Olympia's public school and Federation state champion 400 relay as a sophomore.

"Our team is so versatile, we can put



JAMIE GERMANO/@JGERMANO1/ STAFF PHOTOGRAPHER

Olympia's Tre'Maine Moore, right, hands off the baton to anchor runner Carnell Noble enroute to winning the 4x100 relay at the state qualifier Friday at Caledonia-Mumford High School.

anyone in and make it all work," Barry said.

"This way, all of the pressure is not on CJ," Moore said.

The Olympia boys and Rush-Henrietta girls 400 relay of Stephanie Nwachi, Tori Thompson, Adama Donzo and Lanae-Tava Thomas (47.88 seconds Friday night) believe they are contenders to win state championships.

First-place finishers in every event automatically qualified for states.

Webster Schroeder senior Jimmy Shih, Rush-Henrietta senior Keanu Heedram and Greece Odyssey senior Calvary Rogers were among the athletes who won more than one event. So was Rush-Henrietta sophomore Sammy Watson, who set a meet record in the Division I girls 400 (55.16).

An additional athlete or relay also could advance to states if they were the top performer Friday among those who have met a performance standard during the season.

The School of the Arts girls 400 relay eliminated any doubt for themselves by winning the Division II race in 50.35.

"We were more concerned about hand-offs more than another team," School of the Arts senior Clarissa Henry said.

One bad hand-off could cost a relay a position in the state championships.

Jah-Nease McCullough, Henry and Shana Spinks from the School of the Arts advanced to the state championships last season. Jamellah Craven, a senior, joined this year's outdoor relay.

"You have to be on the same page — and take criticism to work on the things you need to work on," McCullough said.

Amari Lawrence, a senior on the McQuaid 400 relay, called it chemistry. Lawrence, Atiba McLaren, Daniel Rooney and Noah Williams won the Division I boys 400 relay in 43.03.

"We kind of had an idea from the beginning that we were going to be the four guys," Lawrence said. "Rooney im-

proved a lot from indoor to outdoor, PRs all over the place."