

Tim Regan Sets School Records Blue Knights Defeat D-Y

By Dan Crowley, Sandwich Enterprise
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Senior Tim Regan won three individual events Wednesday at the Reggie Lewis Center to lead Sandwich over Dennis-Yarmouth 57-43 in boys' indoor track. Friday Regan set two new school records in a win over Plymouth South.

Sandwich (2-0) won eight events Wednesday. Regan won the 55 meter dash (6.79), the 300 meter (36.3) setting another new school record. He also won the long jump (19-1.5). Dave Allen (10:17.20) won the two-mile and took second on the one-mile (4:52.8). Sam Ellis (8.56) set a school record, winning the 55 meter hurdles and tied for first in the high jump with Stephen MacDonald at 5-9. MacDonald also delivered a second pace finish in the 1000 meter at 2:53.9. Zach Johnson took first in the shot put with a toss of 37-5. Kyle Mosher (34-6.25) claimed third.

The Knights rounded out their afternoon with a win in the 4x400 relay posting a time of 3:41.7.

Dana Murphy (1:31.1) finished second in the 600 meter, followed by Dave Regan (1:32.8) in third. Jason Lefavor (10:25.8) ran third in the two-mile.

The Lady Knights (0-2) fell to the Dolphins 84-16. Mikhaela Tropp won the 300 meter in a time of 43.80 and the 4x200 relay team took first in 1:57.9.

The Sandwich boys' indoor track team opened the season Friday with a 71-28 victory over Plymouth South at the Reggie Lewis Center in Roxbury. The Blue Knights were led by senior captain Tim Regan who set a new school record in the 600 meter at 1:29.5 and was a member of the record setting 4x200 relay team along with Sam Ellis, Dana Murphy, and Dave Regan at 1:38.4. Tim Regan also brought home a win in the long jump at 17-11.5.

Dave Allen (4:51.1) won the one-mile, with Evan Crimmins (5:19.5) crossing the line in second. Sam Ellis won the 55 meter hurdles in a time of 8.71 seconds and finished second in the high jump clearing 5-7. Kyle Conena (10.33) took third and Stephen MacDonald (10.76) was fourth in the 55 meter hurdles.

Alexander Grotevant won the 55 meter dash in a time of 7.45 seconds and MacDonald (2:52.9) took first in the 1000 meter. Dana Murphy (1:33) and Dave Regan (1:34) took second and third in the 600 meter behind Tim Regan's record setting pace. Jamie Goins won the two-mile in 11:07.9, with Jason Lefavor (12:29) and Connor O'Brien (12:48.5) finishing second and third.

Kyle Mosher won the shot put with a throw of 35-2. Jamie Bryant (45.5) ran third in the 300 meter, followed by Cory Warren (45.7) and Andrew Towey (47.8) in fourth and fifth. Sandwich also won the 4x400 relay in a time of 3:55.

The Lady Knights fell to the Plymouth South Panthers 66-32.

Lauren Duffy gave Sandwich the win in the one-mile with a time of 6:07.4. Liz Duffy (6:21.8) ran third. Lauren and Liz Duffy joined Bethany Gomes and Lucy Gauthier to win the 4x400 relay for the Lady Knights posting a time of 4:44.

Mikhaela Tropp was a winner in the 300 meter finishing in 44 seconds. Helen Cutler (49.0) ran third.

Sandwich recorded second place finishes in five events. Chelsea Sutton (11.63) took second place in the 55 meter hurdles and Emily Travers (1:54.7) ran second in the 600 meter. Sarah Lowry (14:01.8) was second in the two-mile, with Ashley Whelan (21-0.5) claiming second in the shot put. The Lady Knights 4x200 relay team was second at 2:00.8.

Nicole Moore (8.52) ran third in the 55 meter dash, followed closely by Gauthier (8.61) in fourth. Gomes (1:55.8) ran third in the 600 meter and Rebecca German (12.07) was fourth in the 55 meter hurdles.