

Sandwich High Boys Finish Second At ACL Meet Riedel Ends Third Season Undefeated In 55 Dash

The Blue Knights struck quickly Friday at the Atlantic Coast League Meet with Jason Lefavor, Stephen MacDonald, and Dana Murphy finishing second, third and fifth in the one-mile.

“Lefavor’s 4:50.18 for second, Steve’s 4:50.93 for third and Murphy’s 4:52.83 scored a quick 16 points in the very first event,” Coach Steve Infascelli said.

In the hurdles Sam Ellis set a new school record running an 8.70 and placing second overall in the hurdles. Tim Regan set a new school records running 6.78 to win the 55 meter dash and Brad Bailey ran a personal best to place third in the 300 meter dash with a time of 39.24.

The Knights placed second in the 4x800 with the team of Lefavor, MacDonald, Murphy and Dave Regan running a time of 9:41.65.

shs placed 2nd in the 4x400m relay but less than a second. brad bailey, sam ellis, greg baldwin, and tim regan all ran well to run their 2nd best time of the season, just missing the school record and just missing the win. 3:39.95

“I was very impressed with how the boys competed,” Infascelli said. “The milers got us off on the right track and it quickly set the tone for the rest of the meet. I would have liked to have seen our 4x400 come out on top with a win, but all those guys ran well in their individual races.

Senior captain Emma Riedel, a national qualifier in the 55 dash, 4x400 relay and sprint medley relay has gone three indoor season years with an undefeated record in ACL competition winning her third straight 55m dash title. Riedel ran a time of 7.52 again winning the event.

Senior captain Caela Berger ran injured,” Coach Infascelli noted, “but still placed a solid sixth with a time of 9.78 in the 55m hurdle event.”

A national qualifier in the 600 meter, senior captain Caroline Conena outkicked the competition running a 1:44.09 to win the event for the second straight year.

In the 300 meter, Sandwich took home a second and third with senior captain, and national qualifier in the 4x400 relay and sprint medley relay, Caroline Warren running a personal best and new school record 43.11 with freshman standout Mikhaela Tropp hot on her heels with a personal best 43.49. Warren also finished second in the high jump with a leap of 4-11.

In the 4x400 relay team of Riedel, Conena, Emily Travers, and Warren finished first with a time of 4:19.66.

“Overall the girls fared well,” Coach Infascelli noted. “They finished fourth overall behind Dennis-Yarmouth, Marshfield and Brockton. When it was brought to my attention that Emma went three years undefeated it just blew me away. I had to go back to my records to believe it. I don't think I've ever heard of such a thing. Never have I seen such a dominating force in sprinting before. Caroline Warren and I dubbed this the return of Caroline. Her race was phenomenal and went even better than expected. I was hoping she'd get under 44. I didn't realize that she'd be so close to breaking 43. Tropp was also a huge surprise. The girls ran the best workout they've ever run as high school athletes last week and we started their taper and they just really rested well to prep for

this meet. Caroline Conena ran to win, just sitting back in fourth place until a lap to go where she effortlessly kicked past for the win. Caela Berger had missed a few days of practice due to the flu, and then had a severe ankle sprain that I thought would be too critical for her to even toe the line, but she laughed at me when I asked if she was going to sit out. She's as tough as they come, telling me that she can hurt for 9.5 seconds." The Knights move on to Sunday's Division II Meet slated for 1 PM at the Reggie Lewis Center.

"It's our third year for indoor track and each year we've improved," the coach added.