

School roundup: Track

By CAPE COD TIMES

sports@capecodonline.com

December 28, 2008 6:00 AM

BOSTON – Three Cape schools participated in the MSTCA Boston Invitational yesterday at the Reggie Lewis Center.

The two-day event brings together some of the top high school track and field athletes in New England.

Dennis-Yarmouth senior Jay Pallazola won the 5,000-meter race.

“That was the best race I’ve ever seen that young man run,” said Dolphins coach Tom Lonergan.

Instead of his usual pace-setting style, Pallazola sat on the shoulder of St. John’s senior Brian Keiran, then stormed past him with 250 yards to go.

Falmouth shot put star Sam Bombaugh’s throw of 55 feet, four inches was second to reigning New England champ Dominic Filiano of Lebanon, N.H. Filiano threw 58-5.

Pallazola wasn’t the only D-Y athlete to have success. Also for D-Y, the 4x200 relay team of Joe Furness, Barry Reopell, Phil Allain and Bill Bradley used clean handoffs to finish fifth.

Megan Barry finished fourth and set a school 5,000 record of 19:04.69, qualifying for the high school national championship, which will be at the Reggie Lewis Center this year.

Sarah Burke ran 9.14 to advance to the finals of the hurdles, then 9.15. Bridget Dunbar was sixth in the freshman mile, and the 4x200 relay team ran 1:52 to finish fifth.

For Sandwich, Caroline Warren placed seventh in the 200-meter in 27.43 seconds. The 1,600 sprint medley team of Caroline Conena, Emma Riedel, Emily Travers and Warren finished fifth in 4:29.42.

Travers was also 10th in the 200 dash at 28.33 seconds.

Sandwich’s Tim Regan placed fourth in the boys 200, at 23.30.

The Falmouth girls were led by Kristine Bunker, who cleared 4-11 in the high jump to finish third. Kim Cardeiro placed fifth in the triple jump with a distance of 33-3.