

Winter '08: Girls Indoor Track

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In girls indoor track, where the top performers and top performances can make any season notable, the standings rarely tell the story.

Consider: The Bourne girls, winners of just a single meet in the South Coast Conference, place fifth out of nine teams at the SCC meet.

Consider: The Mashpee girls, winners of just a single meet in the Eastern Athletic Conference, send two runners and a shot putter to the state championships.

And consider: The Barnstable girls, winners of just a single meet in the Old Colony League, come away with OCL titles in both the 4x200 relay and the 55 hurdles.

When enough of those top performers and performances come together, you've got a team like Dennis-Yarmouth, which went unbeaten in the Atlantic Coast League for its 11th league crown in 12 seasons.

The Dolphins placed a half-dozen athletes on the ACL all-star team, including high-powered throwers Sarah Romano and Rochelle Newell, who combined with first-year competitor Alexa Sullivan to compile a school-record 90-1 in the relay shot put.

Victory came unexpectedly to the Dolphins in that ACL relay meet Dec. 27 – at least, as unexpected as a D-Y victory can be. According to coach Jim Hoar, the goal of that meet was to develop young talent on the team by pairing experienced athletes with newcomers. Sullivan reaped the benefits, adding a full 7 feet to her throws over the course of the season.

Leading D-Y scorers Kristina Lundquist (108 points in league meets) and Sarah Burke (92 points) helped to develop the young hurdlers on the team, and Megan Barry and Caitlyn Crosby set the standards for distance runners, ensuring that we'll be talking about Hoar's Dolphins again this time next year.

Nipping at D-Y's heels in the ACL was a solid Falmouth squad that received contributions from its young stars throughout the season.

Sophomore Kristine Bunker competed in four events every time out for the Clippers, setting a personal best with a 5-2 high jump in the final league meet against Marshfield. Bunker also ran the mile in under six minutes and stepped in as a 2-miler and a 4x400 runner when needed.

Fellow sophomore Kim Cardeiro was the ACL's top long jumper with a 16-7¼, almost a foot better than the 15-6½ that won her top honors in the large school Freshman/Sophomore meet in January.

The Clippers excelled in the 4x200 throughout the season thanks to a wealth of options for the final legs, including junior Sarah Cross and sophomore Jessica Wilson. Cross ran a 44.3 in the 300 at the

Division 1 meet, and Wilson managed a best time of 7.83 in the dash.

Nobody was active later in the season than Sandwich, which still had girls on the track on March 14 – in New York City, no less. The relay team of Caroline Conena, Caroline Warren, Emma Riedel and Emily Travers competed in the National Scholastic Indoor Track & Field Championship after a season-best 4:10.10 in the 4x400.

The quartet actually started the winter season competing in the 4x200, said coach Steve Infascelli. They originally preferred the shorter distance, but tried the longer race at an invitational meet and realized their own potential, a collective talent that had been noticed throughout the ACL.

As for the 4x200, Barnstable's team of Jocele Jeffers, Rayanne Araujo-Sa, Lamoy Salmon and Kim Small made waves among Cape entries. After winning the event in the OCL meet, they advanced to the Div. 1 state championship and ran a 1:52.17, a full second better than their league-winning time.

Small, a Barnstable senior, was the star of that title meet in the long jump, winning the event with a leap of 16-11½. Sophomore Meredith Burbank also represented the Red Raiders at the championship, an OCL All-Star who ran a 9.52 in the hurdles.

In their inaugural year in the EAC, the Mashpee Falcons managed a solid season with a number of personal best performances. Captains Ali Corsi (sprints) and Allison Peters (distance) led the way, with Corsi finishing 18th in the 300 at the invitational meets in 45.07 seconds.

Alex Livingston (shot put) and Meghan Ahearn (300) also qualified for the state championships, but memorable contributions came from everywhere on the Falcons roster – like from distance sophomore Rhiannon Maher, who notched a point against Coyle-Cassidy with a third-place 9:21.47 in the mile.

And in the challenging SCC, the Canalmen put their talent front and center with two league all-stars and five new school records. Foremost among them was Kat Ragone with a 10th-place 12:04.82 in the Div. 3 2-mile, giving her a school record she had already broken in the SCC championships.

Andrea Crowley ran a record-breaking 43.46 in the 300 in invitational competition, and Erin O'Meara's 1:46.1 in the 600 set yet another standard. Despite the challenges facing Bourne in head-to-head competition in the SCC, their record-holders and pacesetters still ensured them a solid finish in the conference championship.

League all-stars

Atlantic Coast League

Dennis-Yarmouth: Megan Barry, Sarah Burke, Caitlyn Crosby, Rochelle Newell, Kristina Lundquist, Sarah Romano; Falmouth: Jessica Wilson, Sarah Cross, Kim Cardeiro, Kristine Bunker; Marshfield: Canice Ahearn, Cammie Brown, Allison Coppenrath, Taryn Doherty, Maggie McGill, Molly Shanley; Plymouth North: Samantha Reynolds, Jess Wagner; Quincy/North Quincy: Erica Brady, Erin Collins, Alyssa Mullen; Sandwich: Emma Riedel, Caroline Warren, Caroline Conena; Whitman-Hanson: Jill Alves, Laura Cunningham, Janet Dempsey, Kelcie Sullivan.

Honorable Mention

Dennis-Yarmouth: Natalie Ferro, Signe Hardigan, Megan Maloney; Marshfield: Liz Pietsch; Plymouth North: Izabella Miranda, Amanda Nadile; Quincy/North Quincy: Jessica Davis; Whitman-Hanson: Nicole Affanato, Marissa D'Angelo, Brittany Hinkley.

Old Colony League

Attleboro: Meghan Cutler, Danielle Clifford, Dara Edge, Desiree Edge, Alex Neville, Marie Gulino, Meghan Hathaway, Teresa Pelletier, Emily Lukin; Barnstable: Meredith Burbank; Bridgewater-Raynham: Jacqui Perkins, Melanie Frazier, Colleen Buckley, Elisabeth Bodensieck, Samantha Bissonnette, Amy Delgado; Dartmouth: Brittany Cole, Keanna Santos, Mackenzie Marshall, Kira Ball, Molly Rouillard; Taunton: Chrissy Soares.

Sportsmanship

Barnstable: Kirstie Beaton.

South Coast Conference

Bourne: Kat Ragone; Case: Kara Walker; Dighton-Rehoboth: Ashley Noons, Sarah Lagasse; Seekonk: Jennelle Clarkson, Jordan Spina, Jennifer Salit; Wareham: Stephanie Mitchell, Laura Gray.

Utility All-Star Performers

Bourne: Andrea Crowley; Dighton-Rehoboth: Samantha Reddington; Greater New Bedford Voke: Tabitha Bergeron, Lindsey Garman; Old Rochester: Courtney Kirker, Nikita Bourque; Seekonk: Felicia Avila, Molly Beauchemin; Wareham: Cailey Stevens.

Honorable Mention

Apponequet: Jackie Procknik, Sara Pomeroy; Bourne: Erin O'Meara, Ally Perry; Case: Stephanie Morgado, Brittany Resendes; Dighton-Rehoboth: Kelsey Mahoney, Kathleen Smith; Fairhaven: Leah Isherwood, Kristen Moore; Greater New Bedford Voke: Alyssa Fernandes, Ariana Leao; Old Rochester: Alexandra Rentumis; Becca Geldermacher; Seekonk: Cassie Teixeira, Emma St. Laurent; Wareham: Kayle Jacinto, Jessica Gadbois.

Sportsmanship

Bourne: Kat Ragone.