

SHS Boys' Track Tops Norwell

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The Blue Knight indoor track and field team edged Norwell Monday by a score of 47-41 at the Reggie Lewis Track and Athletic Center in Boston. Sandwich won four events. However, a dozen second- and third-place finishes pushed the Knights over the top. “We had a few solid performances from the boys but again, as a whole, I feel we were not as strong as we could or should have been,” Coach Steve Infascelli said. “Our strength today proved to be our depth as we had a ton of second-place finishers and a lot of new faces grabbing their first varsity points. John Fitzgerald came up huge for us in the shot put.”

Kyler Conena captured the top spot in the high hurdles with a first-place finish of 9.38 seconds. Dave Regan won the 600 meter at 1:31.9 and John Fitzgerald was first in the shot put with a throw of 27-11. The Blue Knight 4x400 relay team of Paul Gannett, Alex Grotevant, Regan, and Jamie Bryant finished first, posting a time of 4:02.

Solidifying the win with second-place finishes were Tommy Hemingway with a run of 7.4 seconds in the 55-meter dash, Kevin Laughlin in the 300 meter at 40.7 seconds, and Bryant in the 600 meter in a time of 1:46.

Danny Branco was second in the one-mile at 5:00 and Gannett delivered a second-place finish in the two-mile with a time of 10:29. Zach Starch posted a time of 10.7 in the high hurdles and Eric Steele took second in the long jump at 15-7.

Jake Cupples ran third in the 600 meter for the Knights posting a finish of 1:46. James Wegman took third in the 1000 meter at 3:23 and Henry Daniels-Koch was third in the one-mile at 5:09. James Silverman and Brendan Carmichael both finished third in the two-mile with identical times of 11:05.

“Cupples scored his first points in the 600 meter as did Wegman in the 1K,” Coach Infascelli added. “Henry Daniels-Koch had a big personal record in the mile and finished a strong third. Paul Gannett had a huge personal record in the two-mile by nearly 30 seconds, and Kevin Laughlin also had a huge personal record nearly winning the 300-meter dash. Again, I’m very excited about the next three to four weeks because we’ll get in some great uninterrupted training before the championships. A few more weeks and a few more races and we’ll be ready to roll.”

The Lady Knights fell short losing to Norwell, 71-29.

Sandwich got four first-place finishes with Mikhaela Tropp winning the 1000 meter in a time of 3:19 and Emma Ellis taking first in the high jump at 4-7. The 4x200 relay team of Helen Cutler, Ellis, Lucy Gauthier, and Grace Davis won in a time of 2:03 and the 4x400 relay also took first with Grace Barter, Beth Gomes, Hailey Loonan, and Tropp running a time of 4:43.

The Lady Knights had two second-place finishes. Ellis ran second in the high hurdles at 10.6 seconds and Davis was second in the shot put at 22-5.

Cutler finished third in the 55-meter dash in a time of 8.36 seconds. Gomes took third in the 1000 meter at 3:36 and Tory Sivco ran third in the one-mile in a time of 6:13.

Sandwich also had third-place finishes in the two-mile with Barter running a time of 13:39 and in the high hurdles with a finish of 10.94 seconds by Rebecca German.

“We got great relay performances from Grace Davis in the 4x200 and Hailey Loonan in

the 4x400. Both those girls ran amazing legs, Grace holding off Norwell and Hailey keeping them in contact to set up Tropp as anchor. And we had a huge personal best from junior captain Grace Barter in the two-mile that may have been the performance of the meet.

“We were certainly beat by a better team,” Coach Infascelli added. “Norwell is extremely talented. I think we’ll do very well at the league championships and I’m excited about the next block of training. We’ve got the next three weeks to train like champions before we finalize our championship roster. It will be a lot of fun.”