

Conena & Ellis Set Indoor Records In Track

The Sandwich High School indoor track teams hit their stride Wednesday at the Reggie Lewis Center as they ran to wins over Norwell and Plymouth North.

The Lady Knights defeated Norwell 50-37 and the Eagles of Plymouth North 48-40. Sandwich was led by an outstanding performance from senior Caroline Conena who established a new school record in the 1,000 meter posting a time of 3:22 and an overall first place finish.

There was no stopping Emma Riedel who collected a half dozen victories over both opponents that included wins in the 55 meter dash (7.81), the long jump (13-4) and as a member of the 4x4 relay (4:30).

Emily Travers added a second place finished in the 55 meter dash of 8.10 seconds over both opponents and Helen Cutler ran third in the 55 posting a time of 8.40 seconds.

“Senior Rachel Varjian stepped up to score her first indoor track point by winning the 600 meter dash against Norwell in a time of 2:10,” Coach Steve Infascelli said. “Rachel knew the team needed runners to fill in that 600 meter dash and she really impressed me by coming forward and asking if she could run. She's never competed at that distance before and she really acted like a true leader today. Her efforts were rewarded with her first ever win.”

The SHS boys team also recorded victories with a 61-39 over Norwell and 66-34 over Plymouth North.

Sam Ellis set a school record in the hurdles at 9.2 seconds and in the high jump clearing 5-7.

The Knights team of Ellis, Brad Bailey, Tim Regan and Greg Baldwin ran 3:43 to take the 4x4 relay. Jason Lefavor was a double winner in the one-mile posting a time of 4:59. He also won the two-mile topping runners from Norwell and Plymouth North with a time of 11:22. Steve MacDonald added to the Sandwich victories with a win in the 1,000 meters of 2:50.