

Riedel & Boys' Relay Set New Indoor Track Records

The Sandwich High School Indoor Track team posted wins Wednesday over Plymouth South. The Lady Knights handed the Panthers a 51-47 loss, while the boys' squad ran to a decisive 73-27 victory/

Caela Berger took first in the 55m hurdles at 9.56 seconds, with Lauren Budzichowski second at 11.07.

Emma Riedel ran first in the 55m dash in 7.66 seconds, followed by teammate Emily Travers in second at 8.03. The Lady Knights completed the sweep with Michaela Troop claiming third in 8.10 seconds. Riedel also claimed first place in the long jump setting a new school record at 14-10.25.

Caroline Conena won the 300m in 44.30 seconds, with Caroline Warren a step back in second at 45.40.

Caitlyn Michneiwick was first in the 600m with a time of 1:59.9. Rachel Varjian took third for Sandwich at 2:16.50. Kaylee Bolton (3:44.50) took third in the 1,000m and Grace Davis was second in the shot put (22-06.0) and ran third (7:16) in the mile.

“The girls meet was a little too close,” Coach Steve Infascelli said. “It came down to the relays with South up a few points. Luckily for us we had great relays which each placed first giving us the win. Emma Riedel has just been unstoppable this season, she's looking forward to three-peating as league champion in a few weeks and hopefully dipping under the National Standard of 7.424.

Caela Berger is another athlete who has really developed and brought her hurdling to another level. This should set up a great meet in a few weeks to see who the fastest hurdler is. Because of the weather lately we haven't been able to get in some quality track work, so for our middle distance runner Caroline Conena took advantage of this meet by running a fast 300m, a fast 200m, and a fast 400m. Her workout and races went extremely well and she'll definitely be obtaining her own National Standard in the 600m run very, very soon”

The boys' team had little trouble with Plymouth South. Sam Ellis and Tim Regan each collect a couple of first place finishes. Ellis (9.05) won the 55m hurdles and the high jump (5-5). Regan took first in the 55m dash with a winning time of 6.93 seconds. He also won the long jump at 17-04.5.

Brad Bailey won the 300m in 39.60 leading a Sandwich sweep with Jeff Aiello (40.0) second and Greg Bailey (41.30) third. Stephen MacDonald claimed the top spot in the 600m at 1:32.20, followed by Ellis (1:32.30) in a close second. Jason Lefavor won the 1,000m in a time of 2:58.30, with teammate Dana Murphy less than a step back in second at 2:58.50.

Greg Baldwin won the mile in 5:00 with Dave Allen in third at 5:04. Evan Crimmins (12:20.4) ran second in the 2-mile, MacDonald (5-3) was second in the high jump and Brett Dumas took second in the shot put at 30-00.75 and third in the 55m dash at 7.44. Todd Davis was third in the shot at 30-00 and Greg Bailey took third in the long jump at 14-04.75

“The boys did a lot of mixing it up,” Infascelli said. “We had a lot of our varsity runners doing shorter, faster interval work within their races. The event of the night was our 4x200m relay team of Brad Bailey, Brett Dumas, Kyle Clifford and Tim Regan that set a new school record of 1:39.4. We are really excited about the next few weeks and hopefully if the weather agrees we'll be able to get in some real solid, quality workouts to prepare us for the league championships and post-season competition.”