

## **Knights Run Nike Nationals**

The Sandwich High Blue Knights Indoor Track team wrapped up the winter sports season Sunday at the Nike Indoor Nationals held at the Reggie Lewis Center in Boston. Seniors Caroline Conena and Emma Riedel and junior Tim Regan took the national stage for the Knights with Riedel and Regan competing in the 60 meter dash and Conena running the 800 meter.

“I was very nervous,” Regan said of his first national competition. “They were huge and I was small. I just ran for the finish line.”

Regan ran his 60 meter dash in a time of 7.30 seconds finishing 6<sup>th</sup> in his heat and 37<sup>th</sup> in a field of 60 runners.

“Tim raced against kids that ran in the World Junior Championships,” Coach Steve Infascelli said. “Tim is not a small kid, but everyone there seemed about 6-3 or more and 180 pounds of muscle. Tim got in the blocks and did it and ran an awesome race.”

For Conena and Riedel Sunday’s meet was the second time they competed at the Nike Nationals.

“I had a girl from Ontario, Canada in the lane next to me,” Riedel explained. “It’s really nice to have people from all over.”

Riedel ran her 60 meter in a time of 8.12 seconds finishing in a tie for 50<sup>th</sup> in the preliminary round.

“Emma raced two girls that had made it to the US Girls’ World Championship,” Infascelli explained. “But Emma’s been there before. Both she and Tim ran probably their greatest race of the season.”

“It wasn’t my best time,” Conena admitted of her finish in the 800 meter of 2:28.74. “The girls in my heat were running 2:19’s. Just qualifying for the meet, and competing with the fastest girls in the country, was a worthwhile experience. ”

Conena finished 48<sup>th</sup>.

“Caroline raced a girl from Montana who could be running in the Olympics,” Infascelli pointed out. “With all three of the kids the important thing is that they made it to this level and competed. They belonged there. Hopefully for the two seniors running in the nationals for the past two years is their greatest high school achievement. I wanted to see them have the opportunity to do it, and I think they’re glad they did.”

The three Blue Knights will run outdoor track this spring for SHS.

“Wouldn’t it be great if all three were back in the nationals at the end of the spring season?” the coach said. “The standards are a little higher in the outdoor season, but they can do it.

Having these kids with me in the program for the past three years has been special. I am really going to miss the girls next year. When we went to nationals last year they were young and excited and indoor track was still new to them. I’ve really enjoyed experiencing what they have accomplished with them. I’ll always remember that. I am really going to miss them.”