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Monday, February 7, 2011

Zawalich breaks St. John's mile record

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BOYS

MSTCA Elite Meet: St. John's Dan Zawalich broke a 20-year-old school record in the indoor mile (4:19.45) and Westboro's Brendan Robertson (2 mile, 9:45.45) and Quabbin's Patrick Brekka (600, 1:21.46) also won events at the Reggie Lewis Center in Boston.

Zawalich broke the record of 4:20.04, set by Chris Georgules in 1991.

Other top performers included St. Peter-Marian's Gavin O'Neil (seventh, long jump, 20-9-3/4), Nipmuc's Matthew Becker (10th, 600, 1:26.09), Quabbin's Anthony Charter (11th, long jump, 20-6), St. John's Mike Quinlivan (12th, long jump, 20-5-3/4), Nipmuc's Brendan Wood (12th, high jump, 5-9) and Wachusett's Zach Mazyck (11th, shot put, 47-7-1/4).

Wachusett's 1,600 sprint medley team placed third in 3:37.46, followed by St. John's (3:39.88).

The meet featured the top 24 finishers in each event from last weekend's Coaches Invitational.

SWCL League Championships: Shepherd Hill (80-1/2) won the team title at Tantasqua Regional, followed by Millbury (51), Tantasqua (46-1/2), Oxford (46), defending champion Auburn (45), Uxbridge (43), Grafton (20), Northbridge (12), Quaboag (10), Bartlett (5), David Prouty (4) and Southbridge (1).

Brendan Whipple (high jump, 5-8) was the only individual winner for the Rams, who also won the 1,600-meter relay (3:56.51). Whipple was runner-up in the 300 (39.4), while teammates Dan Stomski (mile, 4:42.45) and Elijah Fossas (2 mile, 10:58.16) also had seconds.

Grafton's Chaz Davis won the mile (4:42.31) and the 1,000 (2:47.07). Other event winners were Millbury's Brandon Richard (55, 6.95) and Nick Bernard (600, 1:32.22), Uxbridge's Jerome Drane (300, 39.01), Auburn's Bryan Quitadamo (2 mile, 10:39.32) and Marcus Pettigrew (shot put, 47-9-1/2) and Oxford's Zachary Lesieur (55 hurdles, 8.3).

Pettigrew blew away the field by almost seven feet.

Uxbridge won the 800 relay (1:44.76) and 3,200 relay (9:30.37), winning the latter event by more than 14 seconds.

GIRLS

MSTCA Elite Meet: Wachusett's Katie Carlson won the 2 mile (11:13.88) by nearly 18 seconds, and

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Narragansett's Renee Capps won the mile (5:15.69) at the Reggie Lewis Center in Boston.

The Mountaineers distance medley team of Colleen Sands (1,600), Laura Williams (1,200), Amy Collins (800) and Meghan Dowd (400) also placed first in 12:16.38.

Other top performers included Quabbin's Dylan Baker (fourth, long jump, 16-5-3/4), Milford's Michelle Savoie (sixth, long jump, 16-4-1/2), Nashoba's Emily Clark (seventh, 300, 41.72), Westboro's Naloti Palma (eighth, shot put, 32-5-1/2) and Marlboro's Alexa Fearing (12th, shot put, 31-7-1/2)

Narragansett's 3,200 relay team placed fifth (10:06.29).

The meet featured the top 24 finishers in each event from last weekend's Coaches Invitational.

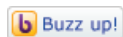
SWCL Championships: Shepherd Hill (76 points) won the team title at Tantasqua Regional, followed by Millbury (62), Tantasqua (59), defending champion Uxbridge (57), Auburn (35), Grafton (27), Leicester (25), Oxford (18), Northbridge (11) and Bartlett (2).

Stella Worters (1,000, 3:25.06) was the only event winner for the Rams, who showed their depth with second-place finishes by Lindsay Kleya (600, 1:48.16; 2 mile, 12:46.91), Haley Chamberlain (1,000, 3:31.33) and Kaleigh Durkan (mile, 6:00.70), as well as a second in the 800 relay (2:05.1).

Uxbridge's Emily Cahill won two events (55, 7.7; high jump, 5-1), while teammate Chelsey Peso won the mile (5:57.31).

Other event winners were Leicester's Brittany Hodgerney (300, 43.7), Tantasqua's Rachael Smith (600, 1:47.43), Auburn's Lesedi Graveline (2 mile, 12:33.79) and Sarah Powell (shot put, 31-10) and Oxford's Emily Dawdczyk (55 hurdles, 8.77).

Millbury won the 3,200 relay (11:46.92) and the relay team of Rebecca Reumann, Cassie Heckman, Courtney Diamond and Allison Dyberg set a meet record in the 800 relay (1:55.67), while Tantasqua won the 1,600 relay (4:38.61).



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