

# SMAC INDOOR TRACK SERIES

## FOUR BOYS RECORDS ARE SET IN FIRST MEET OF 2013 SEASON

Northampton - Jan. 13, 2013

The 2013 Sugarloaf Indoor Track season got off to a fast start as four boys records were set in the sprints and the mile. Ricky Francois of Dorchester blazed to three new records in the 55, 200 and 400 meter dashes while Matthew Remigino of West Hartford, Conn. erased a 12-year-old record in the mile run.

Francois's most eye-opening performance may have been in the 400, scorching the track in a fully auto time of 59.22 to break the old record of 64.1.

Remigino obliterated the boys mile record of 5:15.0 by Brian Hunt of Amherst with a sizzling time of 5:09.37.

One meet record was set in the men's competition as Alix Durand of Dorchester broke the 200 meter mark with a auto time of 22.66.

### 4 X 200 METER RELAY

1. Dare to Dream	1:37.83
2. Team Phenom	1:40.63
3. Wilbraham & Monson A	1:57.62
4. Norwalls	1:57.70
5. Wilbraham & Monson B	1:59.22
6. SMAC F	2:21.30
7. SMAC D	2:30.46
8. SMAC C	2:33.17
9. SMAC B	2:49.60
10. RPA	2:56.48
11. SMAC E	3:24.32
12. SMAC G	3:30.24

### HIGH JUMP

1. Brandon Palmer, 26	6' 2"
(= NO. 9 ALL-TIME)	
2. Justin Roberts, 23	5' 10"
3. Nick Davis, 23	5' 10"
4. Nick Sharon, 25	5' 8"
5. Brian Rowles, 47	5' 4"
6. Juan Maysonet, 19	5' 4"
7. Michael Hibert, 25	5' 4"
8. Jahkeem Hunt, 15	5' 2"
9. Cormac Garvey, 18	4' 10"
9. Xiang Wang, 18	4' 10"

Attendance: 228

Officials: USATF - Fred Wellman, Mackenzie Gray  
 Meet Director - Bill Durkee  
 High Jump - Dave Belcher  
 Long Jump - Sydney Henthorn, Chris Tucker  
 Recording - Ed Parrot, Russell Wells  
 Registration - Trish Wellman, Fred Wellman  
 Timing - Mackenzie Gray, Courtney Lafreniere

## Meet #1 - MEN'S RESULTS

FINISHLYNX TIMING

### 55 METERS

1. Webster Thomas, 25	6.61
2. Alix Durand, 21	6.71
3. Vaylan McRae, 18	6.73
4. Jermaine Chong, 10	6.79
5. Mikael Nunez, 23	6.97
6. Harry Williams, 22	7.05
7. Brandon Palmer, 26	7.05
8. Connor Starti, 17	7.05
9. Michael Hibert, 25	7.07
10. Juan Maysonet, 19	7.08
11. Darian Dawson, 16	7.13
12. Antonio Francis, 25	7.13
13. R. C. Goodman, 15	7.18
14. Atiba Hainstock, 19	7.21
15. Alex Martin, 18	7.29
16. Justin Roberts, 23	7.30
17. RICKY FRANCOIS, 12	7.47
(age 10 - 12 record)	
18. Nate Kantor, 18	7.58
19. Shacor Privott, 18	7.63
20. Abdi Karim, 19	7.69
21. Max Sullivan, 18	7.71
22. Colby Whitcomb, 18	7.82
23. Brian Rowles, 47	7.84
24. Timothy Laroche, 19	7.86
25. Derek Williams, 17	7.91
26. Cormack Garner, 18	7.92
27. Adolph Kawuba, 18	7.92
28. Cameron Currie, 26	7.95
29. Brock Currie, 30	8.08
30. Noah Miller, 18	8.14
31. Colby Currie, 28	8.16
32. David Ortiz, 15	8.18
33. Roy A. Currie	8.23
34. Xiang Wang, 18	8.29
35. Ty-Randy Arseneault, 15	8.31
36. Tristin Stacey	8.35
37. Edward Whitcomb, 38	8.38
38. Alex Tenney, 18	8.43
39. William Blake, 19	8.58
40. Dominic Rappazzo, 71	8.74
41. Richard Clark, 58	9.13
42. JOEY DOUILLARD, 11	9.19
43. JACK VECELLIO, 9	9.20
44. LARS SIPPEL, 9	9.21
45. KAMRAM DARABI, 10	9.47
46. ZAC BAIL, 11	9.52
47. JAKE DUGGAN, 11	9.53
48. ERIC LARSON, 10	9.59
49. Larry Libow, 63	9.68
50. David Ritchie, 50	9.76
51. JONATHAN LISCHETTI, 9	9.82
52. Brandon Degray, 13	9.84
53. ROHAN, 9	9.95
54. JONATHAN ABEND, 10	9.99
55. SALIM SAULSBERRY, 9	10.04
56. MATT GEOGHAN, 11	10.19
57. SAM WALKER, 11	10.24
58. PHIN SKINIGER, 9	10.32
59. NATHAN DELISLE, 7	10.76
60. SKYLAR GUILLAUME, 6	12.80
61. CALEB STEINIGER, 7	12.27
62. WILLIAM TOMMASI, 9	12.97
63. HENRY BAYNE, 8	13.05
64. MIHIR, 5	14.42
65. SAM JENKINS, 5	15.95

### 200 METERS

1. Alix Durand, 21	22.66
(MEET RECORD)	
2. Webster Thomas, 25	23.07
3. Jermaine Chong, 19	23.46
4. Antonio Francis, 25	24.34
5. Brandon Palmer, 26	24.48
6. RICKY FRANCOIS, 12	24.78
(age 10 - 12 record)	
7. Harry Williams, 22	24.81
8. Atiba Hainstock, 19	25.20
9. Darian Dawson, 16	25.86
10. Derek Williams, 17	26.90
11. Mike Hibert, 25	26.25
12. Adolph Kawuba, 18	27.74
13. Colby Whitcomb, 15	28.23
14. James Bean-Lindo, 14	28.40
15. Austin Stacey, 15	30.38
16. Dominic Rappazzo, 71	31.07
17. MATT GEOGHAN, 11	36.95
18. David Richey	39.53

### 400 METERS

1. Daniel Stahelski, 23	51.66
2. Patrick Kiosok, 17	53.92
3. Nicholas Jacques, 16	53.99
4. Carmelo Solivan, 19	54.33
5. Michael Koteski, 17	56.24
6. Zackary Delisle, 20	57.08
7. Nick Davis, 23	57.23
8. Nathaniel Bodnar, 18	57.58
9. Joshua Lipinski, 28	57.68
10. James McMahon, 27	57.78
11. Nate Kantor, 18	57.94
12. Marcus Klebart, 15	58.31
13. RICKY FRANCOIS, 12	59.22
(age 10 - 12 record)	
14. Michael Enko, 19	59.38
15. Matt Kidrick, 19	60.47
16. Ben Muhlmann, 14	61.18
17. Andrew Ellis, 20	61.98
18. Joe Fols, 37	63.67
19. Steven Kall, 18	63.97
20. Colby Whitcomb, 15	64.26
21. Max Heaton, 15	66.75
22. Nathan Fisher, 17	67.18
23. Chris Roy, 16	67.92
24. In Hyuk Lee, 16	67.93
25. Richard Clark, 58	68.88
26. Colby Currie, 28	69.51
27. Brock Currie, 30	69.80
28. Roy A. Currie, 24	70.26
29. Dominic Rappazzo, 71	70.51
30. Ethan Milsark, 14	70.84
31. Rory Milsark, 14	72.64
32. Jared DeMaio, 14	74.32
33. DECLAN CULLINANE, 10	76.50
34. JACK VECELLIO, 9	77.44
35. DILLON SELFORS, 11	78.86
36. ZAC BAIL, 11	78.87
37. TOBY L'ESPERANCE, 10	79.03
38. MICHAEL KIELY, 11	80.12
39. JOEY DOUILLARD, 11	80.16
40. ERIC LARSON, 10	82.90
41. CONOR SELFORS, 9	85.27
42. MOHAN SETTY, 10	86.85
43. HENRY GEFFERT, 11	87.24
44. SEBASTIAN ABEND, 10	88.67
45. GRAM PEZZATI, 10	88.80
46. MATT GEOGHAN, 11	88.81
47. SAM WALKER, 11	89.12
48. JOSEPH WERENSKI, 12	89.49
49. KAMRAM DARABI, 10	89.81
50. JONATHAN LISCHETTI, 9	90.88
51. LARS SIPPEL, 9	90.96
52. CAMERON NEAREY, 11	91.79
53. ROHAN, 9	95.64
54. QUINN HAMPSON, 9	97.19
55. ADAM LUES, 9	1:41.82
56. SKYLAR GUILLAUME, 6	2:12.10
57. ROBERT ADEL, 10	2:12.82
58. MIHIR, 5	2:16.82
59. WILLIAM TOMMASI, 9	2:17.32

### 800 METERS

1. Daniel Brien, 17	2:08.27
2. Kent Lemme, 46	2:12.78
3. James McMahon, 27	2:14.46
4. Noah Miller, 18	2:15.56
5. Todd Simmons, 42	2:17.23
6. Jesse Arevalo, 16	2:17.69
7. Nick Curelop, 24	2:17.85
8. Marcus Klebart, 15	2:23.80
9. Andrew Faulstich, 15	2:24.77
10. Matt Kidrick, 19	2:27.97
11. Nick Cox, 15	2:29.69
12. Jason Lukasiewicz, 31	2:29.90
13. Kyle Moreau, 16	2:30.20
14. Matthew Schmltd, 15	2:32.90
15. James Prost, 18	2:36.43
16. Peter Michaelson, 57	2:40.26
17. Sam Norton, 14	2:41.07
18. Richard Clark, 58	2:44.66
19. Andrew Mele, 16	2:48.17
20. DILLON SELFORS, 11	2:59.52
21. Jonathan Tetherly, 68	3:00.25
22. CONOR SELFORS, 9	3:03.90

### MILE

1. Erik Nedeau, 41	4:37.65
2. Mohamed Hussein, 18	4:45.97
3. Daniel Brien, 17	4:47.87
4. Spencer Ralston, 17	4:48.54
5. Robert Belt, 18	4:54.65
6. Jason Lukasiewicz, 31	4:55.79
7. Joe Fols, 37	4:58.39
8. Noah Miller, 18	4:59.04
9. Steven Kall, 18	4:59.77
10. Scott Miner, 19	5:02.29
11. Timothy Laroche, 19	5:04.90
12. Jake Zina, 18	5:06.47

13. Carlos Rivera, 38	5:06.78
14. Mike Townsley, 44	5:06.92
15. MATTHEW REMIGINO, 12	5:09.37
(age 10 - 12 record)	
16. Mark Guillaume, 40	5:11.33
17. Glen Meisenhelder, 33	5:19.38
18. Max Heaton, 15	5:21.84
19. Smit Makida, 16	5:22.42
20. Henry Dohnarski, 14	5:23.72
21. Conner Hahn, 17	5:25.28
22. Chris Roy, 16	5:26.64
23. Andrew Faulstich, 15	5:28.71
24. Nick Cox, 15	5:29.23
25. Colby Whitcomb, 15	5:30.00
26. Gabriel Hendricks, 30	5:34.29
27. Brett Adcock, 15	5:37.31
28. Barry Auskern, 52	5:44.69
29. James Prost, 18	5:45.48
30. Marcus Klebart, 15	5:52.30
31. Tim Hampson, 41	5:52.47
32. Richard Clark, 58	5:53.79
33. Brian Beauvois, 28	5:54.72
34. Peter Michaelson, 57	5:56.09
35. Matthew Schmltd, 15	6:02.73
36. Michael Oiken, 40	6:04.95
37. DILLON SELFORS, 11	6:07.61
38. KEITH HIGGINS, 50	6:10.43
39. CONOR SELFORS, 9	6:11.43
40. Jared DeMaio, 14	6:12.40
41. Cameron Currie, 26	6:12.69
42. Thomas Lehoullier, 42	6:24.37
43. ZAC BAIL, 11	6:25.93
44. Colby Currie, 28	6:34.48
45. GRAM PEZZATI, 10	6:42.79
46. Roy A. Currie, 24	6:45.36
47. Brock Currie, 30	6:46.76
48. QUINN HAMPSON, 9	7:00.95
49. CONNOR TOUHEY, 11	7:01.57
50. SEBASTIAN ABEND, 10	7:08.13
51. MOHAN SETTY, 10	7:08.98
52. COLE PATRICK, 10	8:16.76

### 3000 METERS

1. Kent Lemme, 46	9:38.08
2. Nick Curelop, 24	9:42.95
3. Jason Lukasiewicz, 31	10:28.98
4. Andrew Faulstich, 15	11:12.26
5. Nick Cox, 15	11:18.04

### LONG JUMP

1. Brandon Palmer, 26	21' 2"
2. Justin Roberts, 23	20' 5.25"
3. Michael Hibert, 25	20' .75"
4. Jaylen McRae, 18	19' 10.25"
5. Mikael Nunez, 23	19' 8.25"
6. Nick Sharon, 25	18' 10.5"
7. Connor Starti, 17	17' 9.75"
8. Brian Rowles, 47	17' 8.25"
9. Abdi Mohammed, 19	15' 10.25"
10. Jesse Arevalo, 16	15' 5"
11. Jahkeem Hunt, 15	14' 10.5"
12. Jomei Bean-Lindo, 14	13' 9"
13. Ethan Milsark, 14	11' 6.25"
14. Rory Milsark, 14	11' 4.25"
15. JACK VECELLIO, 9	10' 6.75"
16. DILLON SELFORS, 11	10' 6"
17. MOHAN SETTY, 10	10' 4"
18. CONNOR TOUHEY, 11	10' 2.5"
19. TOBY L'ESPERANCE, 10	9' 11"
20. HENRY GEFFERT, 11	9' 11"
21. JONATHAN LISCHETTI, 9	9' 9.5"
22. JAKE DUGGAN, 11	9' 4"
23. SALIM SAULSBERRY, 9	9' 3.5"
24. Brandon DeGray, 13	9' 2"
25. ROBERT ADEL, 10	9' .5"
26. MATT GEOGHAN, 11	8' 9.75"
27. SEBASTIAN ABEND, 10	8' 7.75"
28. LARS SIPPEL, 9	8' 7"
29. JACKSON DILTZ, 12	8' 6"
30. PHINEAS STEINIGER, 9	8' 6"
31. ROHAN, 9	8' 2"
32. SAM WALKER, 11	7' 7"
33. NATHAN DELISLE, 7	7' 1.5"
34. CALEB STEINIGER, 7	6' 11"
35. SKYLAR GUILLAUME, 6	6' 10"
36. JOSEPH LELLMAN, 9	6' 9.25"
37. ANDREW NICHOLS, 8	6' 5.5"
38. NIKO, 7	6' 0"
39. HENRY BAYNE, 8	5' 10"
40. THEO BAYNE, 6	5' 6.25"
41. CONOR SELFORS, 9	5' 4.5"
42. MAITREYA ABEND, 8	5' 4"
43. WILLIAM TOMMASI, 9	4' 7.25"
44. SAM JENKINS, 5	3' 8"

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# SMAC INDOOR TRACK MEETS

## Connecticut woman shatters the 400 meter record

Northampton - Smith College Indoor Track (Meet # 1 - January 13, 2013)

Sydnee Over of Windsor, Conn. shattered the women's 400 record at the first SMAC Indoor Track Meet of the 2013 season. Over's time of 56.91 broke a 15-year-old record of 58.6 which had belonged to Rachel D'Amora. She also equalled the No. 6 time of all-time in the women's 200 meters with a sensational clocking of 26.69 to take victory in that event. Over also won the women's 800 in a very respectable time of 2:22.13. Victoria Justme of Rhode Island also stamped her name in the record book with a mark of 16' 11" in the long jump, which is No. 6 of all-time.

Meet #1: January 13, 2013

### WOMEN'S RESULTS

#### 55 METERS

1. Kathareeya Tonyai, 17	7.64
2. Victoria Jusma, 23	7.73
3. Danie Marsellie, 16	7.98
4. Angela Thibault, 16	8.37
5. Alex Baltazar, 16	8.52
6. Christine O'Donnell, 17	8.55
7. Janieka Williams, 14	8.57
8. Lina Lark, 13	8.57
9. Victoria Bernardo, 16	8.81
10. Veronica Bernardo, 16	8.83
11. Angela Pyke, 14	9.16
12. Alyssa Natarib, 17	9.29
13. ISABELA SHEPARD, 11	9.53
14. GABRIELLE PERRY, 12	9.58
15. WILLA SIPPA, 10	9.73
16. Stacey Young, 17	9.78
17. BRIANNA CHAROW, 9	9.81
18. LAUREN ELSEA, 9	9.90
19. Julalak Trimble, 17	9.95
20. JACQUI DERRY, 10	10.07
20. PERSEPHONE SARANTIDIS, 7	10.07
22. SAVANNA CHAROW, 11	10.11
23. MARGAUX SELFORS, 8	10.30
24. Courtney Millette, 15	10.33
25. LUCIEL LOMAX, 11	10.62
26. MADDIE JENKINS, 9	10.69
27. MIKAYLA HANNIS, 9	10.89
28. ELAINA GEOGHEGAN, 7	10.90
29. JULIA TASH, 9	10.91
30. EMILY HOUSE, 11	10.92
31. ANDREA NICHOLS, 8	11.00
32. RACHEL ???? , 9	11.09
33. RUTH GELLER, 9	11.10
34. ARIA DDARABI, 8	11.30
35. EDEN LYONS SOSA, 9	11.41
36. MCKENZIE NICHOLS, 8	11.63
37. MOLLY BAIL, 7	11.73
38. KARA KELLY, 7	11.75
39. ALI JENKINS, 7	12.26

#### 200 METERS

1. Sydnee Over, 17	26.69
(= NO. 6 ALL-TIME)	
2. Kathareeya Tonyai, 17	26.80
(NO. 9 ALL-TIME)	
3. Danie Marsellie, 16	28.20
4. Lina Lark, 13	30.33
5. GABRIELLE PERRY, 12	36.33
6. SAVANNA CHAROW, 11	37.51
7. JACQUI PERRY, 10	37.81
8. ROSIE INGMARRIL, 11	38.13
9. Sydney Henthom, 53	38.90
10. MIRANDA GROCHOWSKI, 12	40.46
11. BRIANNA CHAROW, 9	41.14
12. Courtney Millette, 15	42.30
13. ELAINA GEOGHEGAN, 7	45.98
14. MIKAYLA HANNUS, 9	51.48

#### 400 METERS

1. Sydnee Over, 17	56.91
(MEET RECORD)	
2. Kathareeya Tonyai, 17	60.47
3. Laura Cook, 23	63.84
4. Marissa Small-Towns, 16	64.75
5. Danie Marsellie, 16	65.07
6. Lina Lark, 13	69.36
7. Marissa Shaw, 13	70.38
8. Elaina Mertens, 26	70.89
9. Kelsey Gomes, 18	75.62
10. Kylie Cardoso, 18	78.06
11. Naomi Tetherly, 37	79.47
12. SAVANNA CHAROW, 11	80.47
13. ISABELA SHEPARD, 11	80.60
14. REBECCA BUEHLER, 12	85.85
15. GABRIELLE PERRY, 12	89.01
16. WILLA SIPPEL, 10	89.84
17. BRIANNA CHAROW, 9	91.54
18. ABIGAIL TOUHEY, 8	96.73
19. PERSEPHONE SERANTIDIS, 10	99.22
20. LUCIA LOMAX, 11	1:40.00
21. MOLLY BAIL, 7	1:40.34
22. MARGAUX SELFORS, 8	1:45.43
23. NATALIE SHAW, 7	1:46.81
24. ELAINA GEOGHEGAN, 7	1:48.07
25. SIMONE ROBINSON, 8	1:49.66
26. ARIA DARABI, 8	1:51.51
27. MIKAYLA HANNUS, 9	1:53.08
28. MCKENZIE NICHOLS, 8	1:57.59
29. JULIA TASH, 9	2:01.82
30. RACHEL HOUSE, 9	2:02.06
31. ALI JENKINS, 7	2:03.03
32. LIZA HAMPSON, 6	2:06.61
33. unknown runner	2:06.66
34. NOAMI OLKEN, 8	2:24.16
35. ANNA BURNS, 6	2:28.24
36. ELIANA OLKEN, 5	2:46.52
37. SYLVIA GUILLAUME, 4	3:00.55

#### 800 METERS

1. Sydnee Over, 17	2:22.13
2. Elaina Mertens, 26	2:31.64
3. Marissa Small-Towns, 16	2:33.27
4. Bridgid Selfors, 13	2:36.27
5. Kylie Cardoso, 18	2:57.87
6. SAVANNA CHAROW, 11	3:07.45
7. Nichole Cauber, 14	3:09.60
8. Stacey Young, 17	3:15.09
9. Julalak Trimble, 17	3:19.53
10. BRIANNA CHAROW, 9	3:30.02

#### MILE

1. Bridgid Selfors, 13	5:27.07
2. Elaina Mertens, 26	5:32.55
3. Lauren Farry, 15	5:35.81
4. Devinre Cullinane, 16	5:37.76
5. Emily Mallick	5:42.16
6. Rachel Lee, 20	5:50.87
7. Joni Beauvais, 28	5:54.34
8. Erin Kelly, 31	6:06.01
9. Isabelle Laurin, 16	6:06.21
10. Kylie Cardoso, 18	6:19.55
11. JULIA BISHOP, 12	6:19.97
12. SAVANNA CHAROW, 11	6:26.68
13. Evelyn Burke, 13	6:28.16
14. ISABELA SHEPARD, 11	6:40.47
15. ABIGAIL TOUHEY, 8	7:13.01
16. MIRANDA GROCHOWSKI, 12	7:22.29
17. ROSIE INGMANN, 11	7:22.81
17. GABRIELLE PERRY, 12	7:22.81
19. BRIANNA CHAROW, 9	7:25.21
20. Nichole Czuber, 14	7:28.07
21. JANNA PARROT, 9	8:08.15

#### 3000 METERS

1. Lauren Farry, 15	11:19.43
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#### 4 X 200 METER RELAY

1. Ball's	2:06.28
2. Sugarloaf Mack	2:06.68
3. Wolfpack	2:08.36
4. Team Landshark	2:34.38
5. SMAC C	2:34.24
6. SMAC A	3:04.65
7. RMEJ	3:11.65
8. SMAC B	3:26.10
9. SMAC E (mixed team)	3:35.14
10. SMAC CO-EDS (mixed team)	3:36.16
11. SMAC D	4:01.22

#### LONG JUMP

1. Victoria Justme, 23	16' 11"
(NO. 6 ALL-TIME)	
2. Kary Diltz, 15	14' 3.25"
3. Marissa Shaw, 13	14' 2"
4. Angele Thibault, 16	13' 7"
5. Gretchen Saveson, 14	13' 1.5"
6. WILLA SIPPEL, 10	9' 4"
7. MADDIE JENKINS, 9	8' 8"
8. OLIVIA VECELLIO, 11	8' 7.5"
9. PERSEPHONE SERANDITIS, 10	8' 5"
10. ABIGAIL TOUHEY, 8	8' 2.5"
11. ELAINA GEOGHEGAN, 7	6' 11"
12. KARA KELLY, 7	6' 10.5"
13. MIKAYLA HANNUS, 9	6' 10"
14. RACHEL HOUSE, 9	6' 3"
15. EMILY HOUSE, 11	6' 2"
16. TALIA ???? , 6	6' 0"
17. MCKENZIE NICHOLS, 8	5' 11"
18. ALI JENKINS, 7	5' 6"
19. MIRA SETTY-CHARITY, 8	5' 3.5"
20. JULIA TASH, 9	5' 2.25"
21. ANNA BURNS, 6	5' 2"
22. NAOMI OLKEN, 8	4' 9.5"
23. NATALIE SHAW, 7	4' 2"
24. ELANA OLKIN, 5	3' 0"

#### HIGH JUMP

1. Hope Werenski, 17	4' 8"
2. Molley Shea, 17	4' 4"
3. Jain Lattes, 36	4' 4"

**USA**  
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