

# SUGARLOAF'S 23RD ANNUAL INDOOR TRACK SERIES

## FIRST MEET OF YEAR DRAWS THIRD-LARGEST TURNOUT OF ALL-TIME

Northampton - (Jan. 10, 2010)

The 2010 SMAC Indoor Track Series started off with a bang with the third-largest crowd in the 23 year history of the meets: 225 athletes. Perhaps it is the "Usain Bolt" effect because the 55 meters alone had an amazing 100 competitors overall and the times were very impressive.

Not to be outdone, however, was Alexander Engel of Bryant College, who won the 200 and 400 meter dashes for the men with the No. 3 and No. 2 times of all-time at these meets.

Engel just missed meet records in both events, running the 200 in 22.7 for the No. 3 time all-time and the 400 in 49.7 for the No. 2 time of all-time.

Amherst College track coach and former world-class miler Erik Nedeau of Belchertown won the men's mile in 4:27.4.

Former Pittsfield High star Zachary Gordon took the men's 800 with a very solid 2:02.1.

After sweeping the men's high jump in the 2009 series, Joe Dubuc of South Hadley picked up right where he left off with a win in the first meet of 2010 in 5' 10".

Chris Brida had a great start to his 2010 season with a win the men's long jump in 20' 9 1/2", just missing his personal best of 21' 2" at these meets.

Aaron Flamino of Manchester, Connecticut, who has been a long-time competitor in these meets, won the men's 3000 meters by a wide margin in 9:37.7.

## MEN'S RESULTS

### 55 METERS

1. Brian Lowe, 20	6.5
2. Brett Bushey, 17	6.6
2. Christopher Rose	6.6
4. Willis Knight, Jr., 19	6.7
4. Andre Shreeves	6.7
6. Joshua Castro, 18	6.8
6. Brandon Hart	6.8
8. Joe Dubuc, 23	6.9
9. Ben Sabbs	7.0
10. Wesley Callahan, 16	7.1
10. Keith Cobb, 18	7.1
10. Ryan Horstman, 17	7.1
13. Brendan Dean, 23	7.2
13. Alexander William, 15	7.2
13. Jasper McCoy, 16	7.2
16. Milan Sands, 19	7.3
17. Ian Gore, 17	7.3
18. Darion ?, 13	7.4
19. Robert Davis, 62	7.6
20. Brendan Simons, 16	7.7
20. Jack Vian, 14	7.7
22. Naru Sugiura, 17	7.8
23. Trey Kelley, 16	7.8
24. Yao Yochon, 17	7.8
25. Wingto Chan, 14	8.0
26. Joe Fois, 34	8.1
26. Brandon Piquette, 16	8.1
28. DARIUS WEBB, 11	8.3
29. DEJOUR DENNIS, 11	8.4
29. ADEN LEWIS, 9	8.4
29. Dominic Rappazzo, 68	8.4
29. Matt Thibault, 14	8.4
33. Steven Dagnauth, 15	8.5
33. Paul Ekness, 54	8.5
33. Rick Tillotson, 52	8.5
36. Evan Filkins, 16	8.6
37. Jon Horstman, 17	8.7
38. Beong Jo Kang, 19	8.8
39. TIM FRATINI, 12	9.1
40. Mitchell Begin, 13	9.2
40. David Hennessey, 41	9.2
42. Hector Toledo, 13	9.3
43. MATTHEW BEGIN, 10	9.6
44. JAKE DUGGAN, 8	9.7
44. Alex Nielsen, 14	9.7
46. Jeffrey Rainaud, 15	9.9
47. CONNOR TOUHEY, 8	10.3
48. SAMUEL WATSON, 6	10.4
49. PATRICK MONAGHAN, 10	11.0
50. ZACHARY LOTZE, 4	18.1
51. LOGAN WALSH, 3	18.6

### 200 METERS

1. Alexander Engel, 21 (= NO. 3 ALL-TIME)	22.7
2. Willis Knight, Jr., 19	23.1
3. Brian Lowe, 20	23.4
4. Christopher Rose	23.7
5. Chris Brida, 20	24.4
6. Henry Alston, 17	24.9
7. Brandon Hart	25.1
8. Kelcey Smith, 17	25.5
9. Jasper McCoy, 16	25.8
10. Rafael Roque, 17	26.0
11. Giovanni Soto, 15	27.0
12. Mike Brouillette, 31	28.3
13. Danan Dawson, 13	28.4
14. Joe Fois, 34	28.5
15. Jack Vian, 14	29.0
16. Leo ?, 17	29.8
17. Ben ?	30.0
18. Rick Tillotson, 52	30.2
19. Yao Yizhou, 17	30.5
20. Paul Ekness, 54	30.8
21. DARIUS WEBB, 11	31.0
22. Matt Thibault, 14	32.3
23. Evan Filkins, 16	35.6
24. Jeffrey Rainaud, 15	36.1
25. Ted Greve, 69	37.4
26. Bill Dean, 63	44.1
27. SAMUEL WATSON, 6	45.5

### 400 METERS

1. Alexander Engel, 21 (NO. 2 ALL-TIME)	49.7
2. Christopher Rose	51.4
3. Willis Knight, Jr., 19	53.5
4. Matt Johnson, 18	53.9
5. Robert Stahelski, 20	54.2
6. Nathaniel Simmons, 17	54.3
7. Andrew Landry, 20	54.6
8. Anthony Christie, 14	54.8
9. Rafael Roque, 17	58.6
10. Micael Brouillette, 31	59.9
11. Giovanni Soto, 15	60.6
12. Wesley Dominique, 16	63.4
13. Trey Kelley, 16	64.5
14. Kyle Mataka, 18	65.7
15. Rick Tillotson, 52	67.9
16. James Kwak, 18	69.6
17. Steven Pazlash, 15	71.4
18. Ray Charow, 48	71.7
19. Chris Boyd, 45	75.6
20. Chris Rush, 73	76.4
21. Beong Jo Kang, 19	77.6
22. COLLIN MICK, 11	80.9
23. MATTHEW BEGIN, 10	82.5
24. GRIFFIN IMELIO, 12	85.0
25. JACOB MEIER, 9	90.6
26. EWAN BENNETT, 11	95.1
27. MAX WHITNEY, 10	1:40.4
28. Peter J. Hettrich, 75	1:40.6
29. CONNOR TOUHEY, 8	1:41.1
30. PATRICK MONAGHAN, 10	1:41.3
31. Bill Dean, 63	1:50.1
32. unknown runner	2:03.8
33. unknown runner	2:05.3
34. ZACHARY LOTZE, 4	2:32.3

### 800 METERS

1. Zachary Gordon, 21	2:02.1
2. Jon Horstman, 17	2:07.5
3. Henry Alston, 17	2:13.0
4. Mason Mann, 17	2:15.2
5. Dan Dryburgh, 19	2:15.9
6. Alec Curran, 17	2:17.4
7. Rob Landry, 41	2:19.2
8. Nick Curelop, 21	2:19.6
9. Rafael Roque, 14	2:20.8
10. Ryan Horstman, 17	2:21.3
11. Mike Brouillette, 31	2:21.5
12. Ian Gore, 17	2:25.6
13. Giovanni Soto, 15	2:27.8
14. C. Melendez-Vazquez, 17	2:28.9
15. Joe Fois, 34	2:32.9
16. Andrew Gaspari, 18	2:35.7
17. Trey Kelley, 16	2:39.4
18. Peter Michaelson	2:39.8
19. Rick Tillotson, 52	2:40.2
20. Matt Thibault, 14	2:49.1
21. Ray Charow, 48	2:51.6
22. Chris Rush, 73	2:56.6
23. Jeffrey Rainaud, 15	3:03.2
24. Carlos Castille, 14	3:27.0
25. Alex Nielsen, 14	3:27.5
26. JAKE DUGGAN, 8	3:42.1

### MILE

1. Erik Nedeau, 34	4:27.4
2. Justin Fyffe, 29	4:30.4
3. Rafer Dannenhauer, 18	4:33.0
4. Kent Lemme, 43	4:37.7
5. Aaron Flamino, 34	4:40.6
6. John Messer, 23	4:41.5
7. Daniel Crowley, 18	4:42.1
8. Sean Callahan, 19	4:48.1
9. Mike Brouillette, 31	4:55.2
10. K. C. Fussell	4:56.7
11. Jon Horstman, 17	4:57.0
12. Andrew Landry, 20	5:00.8
13. Nick Curelop, 21	5:00.9
14. Pat Reed, 38	5:02.0
15. Rob Landry, 41	5:05.0
16. Brendan Kane, 19	5:06.0
17. Caleb Chaply, 16	5:08.1
18. Jacob LeBlanc, 15	5:11.5
19. Brian Crowley, 14	5:11.7
20. Joe Fois, 34	5:12.0
21. Peter Fratini, 44	5:13.2
22. Freddy Rivera, 14	5:13.8
23. Dan Dryburgh, 19	5:15.0
24. Henry Alston, 17	5:17.5
25. C. Melendez-Vazquez, 17	5:27.0
26. Patrick Rondeau, 34	5:27.7
27. Rick Tillotson, 52	5:36.5
28. Rich Clark, 55	5:45.1
29. Dan Hutner, 14	5:52.4
30. Trey Kelley, 16	6:05.3
31. Charlie Whitney, 39	6:05.4
32. Wing Ho Chan, 14	6:06.0
33. Tim Stocker, 14	6:06.5
34. Peter Michaelson, 54	6:07.4
35. Matt Thibault, 14	6:15.0

36. Ray Charow, 48	6:16.3
37. Mitchell Begin, 13	6:20.4
38. Doug McCrae, 53	6:25.0
39. RORY MILSARK, 11	6:27.7
40. JACOB MEIER, 9	6:28.6
41. Mark Clark, 53	6:29.2
42. TIM FRATINI, 12	6:30.5
43. CONNOR CROWLEY, 11	6:30.7
44. MAX WHITNEY, 10	6:31.6
45. ETHAN MILSARK, 11	6:41.0
46. Brandon Piquette, 16	7:06.7
47. Carlos Castille, 14	7:07.9
48. Ken Skinner, 69	7:20.7
49. David Hennessey, 41	7:35.7
50. Colin Lee	9:47.5
51. Richard Silye, 19	9:51.7

### 3000 METERS

1. Aaron Flamino, 34	9:37.7
2. Mike Brouillette, 31	9:56.7
3. Rob Landry, 41	10:15.6
4. Nick Curelop, 21	10:32.7
5. Freddy Rivera, 14	10:57.7
6. C. Melendez-Vazquez, 17	11:07.7
7. James Morton, 55	11:08.8
8. Rick Tillotson, 52	12:38.2
9. David Miller, 21	13:33.3

### 4 X 200 METER RELAY

1. South Hadley Alumni (Davis, Saves, Dubuc, Lees)	1:40.6
2. Y-Speed 2	1:41.1
3. South Hadley "B"	1:45.8
4. Wilbraham & Monson	1:54.0
5. Y-Speed "A"	1:55.6
6. Y-Speed All-Stars	2:04.1

### LONG JUMP

1. Chris Brida, 20	20' 9.5"
2. Ben Sabbs, 23	19' 2.5"
3. Ryan Horstman, 17	19' 2"
4. Wesley Calhoun, 16	18' 8.5"
5. Yao Yizhan, 17	14' 6"
6. Shane Dryburgh, 17	14' 4"
7. Naru Sugiura, 17	14' 1"
8. Kyle Matzko, 18	13' 8.5"
9. DEJOUR DENNIS, 11	13' 0"
10. Brendan Simons, 16	12' 9.5"
11. Yangiang Guo, 13	12' 8.5"
12. Evan Filkins, 16	11' 5.5"
13. Daniel Belkin, 13	10' 11.25"
14. RORY MILSARK, 11	10' 0"
15. DARIUS WEBB, 11	10' 0"
16. Jeffrey Rainaud, 15	9' 3.5"
17. ETHAN MILSARK, 11	9' 2"
18. JAKE DUGGAN, 8	8' 7.5"
19. Colin Kazunas, 13	8' 0"
20. MORGAN WHITNEY, 8	6' 3"
21. TREYRON JAMES-SALUS	5' 2.5"
22. ZACHARY LOTZE, 4	3' 3"

### HIGH JUMP

1. Joe Dubuc	5' 10"
2. Caleb Chapley, 16	5' 8"
3. Ben Sabbs	5' 8"
4. Nick Davis, 20	5' 6"
5. Paul Ekness, 54	4' 10"
6. Chris Boyd, 45	4' 4"
7. Daniel Belkin, 13	4' 2"
8. Evan Filkins, 16	3' 6"
8. Jordan Hill, 14	3' 6"
8. Alex Nielsen, 14	3' 6"

Attendance: 225  
(THIRD LARGEST EVER)  
Track: Smith College Indoor  
Track, Northampton, Mass.

Meet Director/ Announcer:  
Bill Durkee

Officials:  
USATF - Fred Wellman,  
Mackenzie Gray

High Jump - Dave Belcher

Long Jump - Sydney Henthorn

Recording - Leah Haake

Timing - Mike Frenette, Rae  
Ann Frenette, Pat Mahar, Ian  
Lutz, Sarah Segesdy, Derek  
Segesdy, Ken Skinner

Finish Line - Bill Durkee

Registration - Trish Wellman,  
Rae Ann Frenette



# SMAC INDOOR TRACK SERIES

## TABIN RULES THE 55: Second fastest ever

Northampton - Smith College Indoor Track  
(January 10, 2010)

Brianna Tabin of South Hadley easily had the top women's performance in the first meet of the SMAC Indoor Track Series by running the second fastest 55 meters of all-time in 7.0 seconds. Only former world-class hurdler Ime Akpan of Nigeria has run a faster time in the history of these meets.

Another great performance among the women was the meet record breaking performance in the women's 4 x 200 meter relay by the Y-Speed Team of Springfield. Led off by superstar sprinter Jenn Christian and followed by Targie Gervais, Shenika Lewis and Manashia Jones, the Y-Speed "A" team blazed to a record time of 1:53.4.

In a rare occurrence, the women's high jump had three of the top 10 women of all-time with meet record holder Jennifer Hawkes, No. 2 all-time Marlee Berg and No. 6 all-time Erica Belanger competing head-to-head. Hawkes prevailed for the win in a near-record performance of 5' 6".

### 55 METERS

1. Brianna Tabin, 16	7.0
(NO. 2 ALL-TIME)	
2. Jennifer Christian, 17	7.3
2. Camille Gooden, 16	7.3
4. Natalia Ovando, 13	7.6
5. Manashia Jones, 14	7.9
5. Dana Sunderland, 18	7.9
7. Hannah Spring, 15	8.0
8. Emily Dean, 19	8.1
8. ALYSSA SZYMZYK, 12	8.1
10. Elizabeth Courtney, 17	8.3
11. Leah Spring, 18	8.3
12. Tyeisha Prophet, 13	8.4
12. Ashley Waddell, 14	8.4
12. La'Naysia Wilson, 13	8.4
15. Sophie Sharp, 13	8.5
15. Nicholina Wilkins, 17	8.5
17. Rachel Lee, 17	8.6
17. Elise Zarcaro, 19	8.6
19. Jessica Haley, 13	8.7
19. Samantha Hebert, 17	8.7
21. ALEXANDRIA MOYNIHAN, 11	8.9
21. ALEXANDRIA WILLIS, 12	8.9
23. Katie Butler, 13	9.1
23. Erin Cromack, 18	9.1
23. HALUWA JEFWA, 10	9.1
26. Bethany Lyon, 17	9.2
27. Yuyao Du, 18	9.4
28. TAMERA DAWSON, 11	9.5
29. Qiulin Li, 18	9.7
30. KAYLA JOHNSON, 11	9.8
31. Chi Zheung, 17	10.1
32. CAITLIN KAZUNAS, 10	10.5
33. SOPHIE KAUFMAN, 9	10.5
34. FAVIOLA RIVERA, 7	10.6
34. Song Yingxue, 15	10.6
36. Dongping Guo, 18	10.7
37. VICTORIA WAINBERG, 9	10.8
38. SHANNON LAMBERT, 10	11.1
39. ANNIKA LOTZE, 7	11.2
39. Hannah Moriarty, 14	11.2
41. SAVANNA CHAROW, 8	11.5
42. EMILY WAINBERG, 7	12.1
43. VIVIAN KAUFMAN, 6	12.2
44. unknown runner	13.1
45. ABIGAIL TOUHEY, 5	13.7
46. MEREDITH MIELKE, 5	14.4
47. TAYLOR WALSH, 5	16.3
48. KYLIE GAUVIN, 4	16.6
49. ROZALYN KAUFMAN, 3	18.6

### Meet #1: January 10, 2010 WOMEN'S RESULTS

### 200 METERS

1. Camille Gooden, 16	26.1
2. Jennifer Christian, 17	26.4
(= NO. 3 ALL-TIME)	
3. Targie Gervais, 17	27.7
4. Shenika Lewis, 17	28.5
5. Vania Hoyle, 16	29.1
6. Hannah Cook, 13	29.2
7. Manashia Jones, 17	29.8
8. Kaelyn White, 17	30.1
9. Courtney Ranson, 16	30.2
9. KINEYSHA RIVERA, 11	30.2
11. Josefina Paz, 18	30.6
12. Rachel Lee, 17	30.8
13. Janelle Clarke, 16	31.4
14. Elizabeth Adona, 14	31.5
15. Ashley Waddell, 14	31.9
16. Emily Dean, 19	33.0
17. La'Naysia Wilson, 13	33.8
18. Felicia Cordeiro, 19	34.4
19. Natalie Paul, 15	34.8
20. ALYSSA SZYMZYK, 12	35.6
21. Jessica Holley, 13	35.9
22. Bethany Lyon, 17	36.0
23. Yuyao Du, 18	36.1
23. Tyeisha Prophet, 13	36.1
25. Qiulin Li, 18	36.4
25. Krystal Manning, 18	36.4
27. Xiaojian Lu, 19	37.0
28. ALEXANDER MOYNIHAN, 11	37.8
29. TAMERA DAWSON, 11	38.5
30. Chi Zheung, 17	39.7
31. KAYLA JOHNSON, 11	41.3
32. Yichun Shen, 18	41.6
33. Hannah Moriarty, 14	43.8
34. FAVIOLA RIVERA, 7	45.6
35. Song Yingxue, 15	46.4
36. SAVANNA CHAROW, 8	47.0
37. BRIANNA CHAROW, 6	52.0

### 400 METERS

1. Hannah Cook, 13	64.5
2. Geneva Jonathan, 16	67.1
3. Brenna Pavato, 17	68.8
4. KINEYSHA RIVERA, 11	69.4
5. Rachel Lee, 17	69.5
6. Orella Jonathan, 16	69.9
7. Ashley Waddell, 14	70.9
8. Alyson Palucha, 16	71.2
9. Elise Zarcaro, 19	71.8
10. Torie Egan, 16	75.4
10. Casey Imello, 13	75.4
12. Jessica Holley, 13	75.7
13. ALYSSA SZYMZYK, 12	76.4
14. Katie Butler, 13	77.1
15. Jen Balukonis, 16	79.9
16. Felicia Cordeiro, 19	80.4
16. Taylor Lewis, 17	80.4
18. Savannah Bernardin, 16	83.4
19. MAUREEN WHITNEY, 12	90.5
20. ALEXANDRIA MOYNIHAN, 11	93.7
21. SAVANNA CHAROW, 8	1:40.3
22. ANNIKA LOTZE, 7	1:43.6
23. CAITLIN KAZUNAS, 10	1:46.1
24. SOPHIE KAUFMAN, 9	1:47.1
25. VICTORIA WAINBERG, 9	1:50.4
26. BRIANNA CHAROW, 6	1:53.3
27. SHANNON LAMBERT, 10	1:53.5
28. EMILY WAINBERG, 7	1:57.3
29. JOSEPHINE MEIER, 11	2:00.9
30. VIVIAN KAUFMAN, 6	2:14.9
31. MADISON WHITNEY, 6	2:30.5
32. MEREDITH MIELKE, 5	2:31.6

### 800 METERS

1. Elizabeth Adona, 14	2:49.4
2. Jennifer Holley, 17	2:50.7
3. Brittany Grueter, 18	2:51.1
4. KINEYSHA RIVERA, 11	2:52.1
5. Sidney Letendre, 55	2:56.7

6. Natalie Paul, 15	2:58.4
7. Danielle Buttafuoco, 19	2:59.5
8. Felicia Cordeiro, 19	3:02.9
9. Anne Fratini, 16	3:08.5
10. SAVANNA CHAROW, 8	3:50.1
11. BRIANNA CHAROW, 6	4:20.4

### MILE

1. Yolando Flamino, 33	5:31.4
2. Brittany Grueter, 18	5:57.6
3. Melissa Joyce, 24	5:58.0
4. Natalie Mako, 14	6:11.1
5. Abigail Imello, 15	6:15.5
6. Jennifer Holley, 17	6:17.9
7. Carolyn Stocker, 17	6:28.5
8. Danielle Buttafuoco, 19	6:37.7
9. Taylor Lewis, 17	6:38.5
10. Felicia Cordeiro, 19	6:39.1
11. Savannah Bernardin, 16	6:41.0
12. SAVANNAH CHAROW, 8	6:46.8
13. MARIEL LUTZ, 12	6:49.0
14. Samantha Salvador, 17	6:59.8
15. Allison Anselmo, 15	6:59.9
16. Briana Haygood, 16	7:10.9
17. Leah Spring, 18	7:29.2
18. Hannah Spring, 15	7:29.4
19. BRIANNA CHAROW, 6	8:06.8

### 3000 METERS

1. Yolanda Flamino, 33	11:03.6
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### 4 X 200 METER RELAY

1. Y-SPEED "A"	1:53.4
(MEET RECORD)	
2. Y-SPEED "B"	1:59.1
3. FRONTIER ALL-STARS	2:07.7
4. Y-SPEED "C"	2:09.9
5. WILBRAHAM & MONSON	2:25.9
6. Y-SPEED "D"	2:29.2

### LONG JUMP

1. Brianna Tabin, 16	14' 3"
2. Dana Sunderland, 18	14' 0"
3. Alyson Pacocha, 16	13' 3"
4. Nicholina Wilkins, 17	12' 6.5"
5. Hannah Spring, 15	12' 5"
6. Allison Piela, 16	12' 2"
7. Nicola Carter, 16	12' 1.25"
8. Lynn Hollrock, 16	12' 1"
9. Torie Egan, 16	12' 5"
10. Hannah Matzko, 14	11' 7.25"
11. Teresa Mako, 18	11' 5"
12. Leah Spring, 18	11' 4"
13. ALYSSA SZYMZYK, 12	10' 9.25"
14. Sophie Sharp, 13	10' 7.5"
15. Lyndsey Parker, 16	10' 7.5"
16. Jessica Holley, 13	10' 7"
17. Oh Yae Wee, 15	10' 3.5"
18. ALEXANDRIA MOYNIHAN, 11	10' 0"
19. HALUWA JEFWA, 10	9' 10.5"
20. ALEXANDRIA WILLIS, 12	9' 6"
21. Elizabeth Courtney, 17	9' 3"
22. CAITLIN KAZUNAS, 10	8' 5.5"
23. VICTORIA WAINBERG, 9	8' 4"
24. SHANNON LAMBERT, 10	8' 4"
25. JOSEPHINE MEIER, 11	8' 1"
26. SOPHIE KAUFMAN, 9	7' 7"
27. EMILY WAINBERG, 7	6' 9"
28. ANNIKA LOTZE, 7	6' 6.5"
29. Yi Chin Ghen, 18	5' 10"
30. VIVIAN KAUFMAN, 6	5' 0"
31. MADISON WHITNEY, 6	4' 0"
32. MEREDITH MIELKE, 5	3' 8"
33. ROZLYN KAUFMAN, 3	2' 5"

### HIGH JUMP

1. Jennifer Hawkes, 26	5' 6"
2. Marlee Berg, 22	5' 2"
3. Erica Belanger, 19	4' 10"
4. Elizabeth Robitaille, 18	4' 10"
5. Samantha Hebert, 17	4' 8"
6. Erin Cromack, 18	4' 8"
7. Taylor Robitaille, 18	4' 8"
8. Brenna Pavato, 17	4' 8"
9. Alyson Pacocha, 16	4' 6"
10. Brianna Tabin, 16	4' 4"
11. Leah Spring, 18	4' 2"
12. Jennifer Baluronis, 16	4' 0"
13. Hannah Sorina, 15	3' 8"