

# SMAC INDOOR TRACK SERIES

## BOSTON SPRINTER SETS 200M MARK

Northampton - Smith College Indoor Track  
(Meet # 2 - January 16, 2011)

The 2011 SMAC Indoor Track Series continued its hot pace with an impressive turnout of 210 athletes at meet # 2. In this meet, Dacia Taylor-Samuels of Boston won the 55 and 200 meters in automatic times of 7.52 and 26.92, the latter time converts to the 7th fastest of all-time at these meets. Also placing in the top ten of all-time in the women's 3000 meters was Madison Granger of Belchertown with a 10:54.85. Former Smith College track assistant coach Yolanda Flamino won the women's mile in a good time of 5:29.2.

### 55 METERS

(NOTE: All times by Finishlynx)

1. Dacia Taylor-Samuels	7.52
2. Katie Tonyai, 15	7.81
3. Renee Thompson, 22	8.08
4. Mariah Collins, 16	8.41
5. Hannah Kelleher, 15	8.42
6. Amanda Albert, 17	8.94
7. Yae Hee Oh, 16	9.02
8. CHARLENE JACKSON, 10	9.15
9. Caitlyn Hoschteter, 14	9.16
10. Emily Dean, 21	9.17
11. Felicia Cordelro, 20	9.37
12. Yuyan Du, 18	9.58
13. Gillian Smith, 15	9.59
14. Krystal Hanson, 15	9.60
15. Lynne Roberge, 41	9.69
16. ERICA DEAN, 12	9.72
17. Qinlin Li, 18	9.79
18. EMMA TANNER, 11	9.80
19. HANNAH BERARD, 10	10.17
20. Sam Dominique, 14	10.19
21. ESTHER MUHLMANN, 9	10.27
22. CAROLINE MANGHAN, 15	10.46
23. LILY VAN BAAREN, 8	10.53
24. FAVIOLA RIVERA, 8	10.61
25. SAVANNA CHAROW, 9	10.83
26. BRIANNA CHAROW, 7	10.96
27. MARIA DEAN, 7	11.48
28. Grace Kim, 18	11.71
29. Yingxue Song, 17	11.95
30. JANNA PARROT, 7	13.26

### 4 X 200 METER RELAY

1. SMAC 6 (Sharp, Brown, Wills, Thomas)	2:07.4
2. Y-Speed "A" (Ranson, Dawson, F. Rivera, Hoyte)	2:17.7
3. SMAC 5 (Aldrich, Zogbaum, Norris, M. Shaw)	2:20.9
4. Wibraham & Monson (McDermott, McFanane, Manghan, Lyon)	2:27.2
5. SMAC 4 (Tyson, Revelo, Frogameri, Holroyce)	2:27.6

### 4 X 200 METER RELAY (CO-ED)

1. South Hadley	1:50.0
2. Y-Speed	1:58.8
3. Minnechaug	2:02.5
4. Conant "A"	2:04.4
5. Conant "B"	2:04.8

## Meet #2: January 16, 2011 WOMEN'S RESULTS

### 200 METERS

1. Dacia Taylor-Samuels (NO. 7 ALL-TIME)	26.92
2. Katie Tonyai, 15	27.78
3. Renee Thompson, 22	28.59
4. Courtney Ranson, 17	29.37
5. KINEYSHA RIVERA, 12	29.77
6. Vanla Hoyte, 17	29.78
7. Mariah Collins, 16	30.22
8. Amanda Pasko, 14	31.89
9. Amanda Albert, 17	32.05
10. Cynthia Aho, 16	32.13
11. Felicia Cordelro, 20	33.47
12. Emily Dean, 21	33.58
13. CHARLENE JACKSON, 10	33.83
14. TAMERA DAWSON, 12	34.19
15. Yae Hee Oh, 16	34.78
16. Yuyan Du, 18	36.12
17. Krystal Hanson, 15	36.25
18. Qinlin Li, 18	37.01
19. Gillian Smith, 15	37.33
20. Julia Trimble, 15	37.39
21. ERICA DEAN, 12	37.67
22. Ainsley Nettell, 18	37.69
23. HANNAH BERARD, 10	39.24
24. Caroline Manghan, 15	39.87
25. ESTHER MUHLMANN, 9	42.75
26. Grace Kim, 15	46.22
27. FAVIOLA RIVERA, 8	46.30

### 400 METERS

1. Katie Tonyai, 15	64.2
2. KINEYSHA RIVERA, 12 (age 10 - 12 record)	64.8
3. Sarah Guillot, 19	66.5
4. Bethany Drake, 17	66.7
4. Renee Thompson, 22	66.7
6. Jenn Holley, 18	67.2
7. Tatum McInerney, 16	67.5
8. Courtney Ranson, 17	67.7
9. Hannah Smith, 17	68.5
10. Diane Pomeroy, 44	68.7
11. Mirjam Fremgen, 16	69.5
12. Allison Piela, 17	70.9
13. Liz Courtney, 18	72.0
14. Yolanda Flamino, 34	73.4
15. Felicia Cordelro, 20	73.6
16. CHARLENE JACKSON, 10	77.5
17. MARISSA SHAW, 11	78.0
18. Madison Foye, 14	78.8
19. TAMERA DAWSON, 12	79.2
20. Taylor Lewis, 18	80.6
21. ERICA DEAN, 12	80.8
22. Savannah Bernardin, 17	80.9
23. Kelly Belknap, 16	81.9
24. EMMA TANNER, 11	89.6
25. HANNAH BERARD, 10	90.8
26. SAVANNA CHAROW, 9	91.1
27. ESTHER MUHLMANN, 9	91.8
28. SAYDE PERRY, 11	92.4
29. BRIANNA CHAROW, 7	93.1
30. ANNIKA LOTKE, 8	95.9
31. LILY VAN BAAREN, 8	99.2
32. MARIA DEAN, 7	1:45.9
33. ABIGAIL TOUHEY, 6	1:46.4
34. LUCIA LOMAX, 9	1:48.1
35. ALYSSA POMEROY, 8	2:06.2
36. NATALIE SHAW, 5	2:06.8
37. JANNA PARROT, 7	2:12.4

### 800 METERS

1. Jenn Holley, 18	2:42.36
2. KINEYSHA RIVERA, 12	2:42.56
3. Yolanda Flamino, 34	2:47.69
4. Felicia Cordelro, 20	2:49.68
5. BRIGID SELFORS, 11	3:01.62
6. Mariel Lutz, 13	3:05.56
7. ERICA DEAN, 12	3:15.02
8. HANNAH BERARD, 10	3:34.82
9. ANNIKA LOTKE, 8	3:35.59
10. Yingxue Song, 17	4:03.55

### MILE

1. Yolanda Flamino, 34	5:29.2
2. Hannah Smith, 17	5:47.6
3. Daniella Laurin, 19	5:52.8
4. Diane Pomeroy, 44	5:53.6
5. Rose Fisher, 15	5:54.2
6. Felicia Cordelro, 20	5:55.7
7. Jenn Holley, 18	6:02.4
8. Jinane G. Achi, 15	6:14.7
9. BRIGID SELFORS, 11	6:17.5
10. Savannah R. Bernardin, 17	6:19.8
11. Lauren Aldrich, 13	6:25.0
12. Shlobbean Ardy, 43	6:25.1
13. Taylor Lewis, 18	6:30.3
14. Kimberly McCarthy, 15	6:40.0
15. Kelly Belknap, 16	6:40.4
16. Alexa Repko, 15	6:40.8
17. Amanda Albert, 17	6:47.5
18. Susannah Tracy Small, 41	6:51.0
19. Kitty Jerome, 50	6:59.3
20. Ainsley Nettell, 18	7:05.0
21. Leeann Cepovicz, 48	7:10.1
22. SAVANNA CHAROW, 7	7:15.2
23. Marissa McDermott, 16	7:20.0
24. BRIANNA CHAROW, 7	7:30.1
25. Julia Trimble, 15	7:34.4
26. Inaru Yari Melendez Vazquez, 17	7:46.5
27. Lynne Roberge, 41	7:49.8
28. JILLIAN PATERWIC, 12	7:50.1
29. Monica Jennings, 27	8:35.0
30. Bethany Lyon, 18	8:35.3
31. ABIGAIL TOUHEY, 6	8:49.2
32. JANNA PARROT, 7	10:00.1

### 3000 METERS

1. Madison Granger, 16 (NO. 10 ALL-TIME)	10:54.85
2. Yolanda Flamino, 34	11:51.28
3. Cynthia Aho, 16	13:27.62
4. Ineru Melendez-Vazquez, 17	14:38.58

### LONG JUMP

1. Hannah Jalbert, 20	15' 3.5"
2. Mirjam Fremgen, 16	15' 1"
3. Amanda Pasko, 14	13' 5.25"
4. MARISSA SHAW, 11	12' 5.5"
5. Hannah Kelleher, 15	12' 4.75"
6. Sophie Sharp, 14	12' 2.25"
7. Gabi Thomas, 17	11' 11.5"
8. Caitlyn Hoschteter, 14	11' 6.5"
9. Allison Piela, 17	11' 5.75"
10. Mariel Lutz, 13	11' 4.5"
11. Yae Hee Oh, 16	11' 4"
12. unknown jumper	10' 4.5"
13. Alex Willis, 13	10' 4.25"
14. Gillian Smith, 15	9' 6"
15. Yuyao Du, 18	9' 1.5"
16. KERRY HOLROYCE, 12	8' 10.5"
17. ELENA FRAGAMERI, 11	8' 9"
18. Sam Dominique, 14	8' 8.75"
19. CAROLYN REVELO, 10	8' 5.75"
20. ABIGAIL TOUCHET, 11	8' 1.5"
21. ERICA DEAN, 12	8' .5"
22. LILY VAN BAAREN, 8	7' 2.25"
23. ANNIKA LOTZE, 8	6' 10.5"
24. LUCIA LOMAX, 9	6' 8.5"
25. Grace Kim, 15	6' 7"
26. SAVANNA CHAROW, 9	6' 4"
27. Qinlin Li, 18	6' 3.25"
28. MARIA DEAN, 7	6' 1"
29. BRIANNA CHAROW, 7	5' 11.75"
30. JANNA PARROT, 7	4' 5.5"

### HIGH JUMP

1. Sarah Guillot, 19	4' 10"
2. Bethany Drake, 17	4' 8"
3. Rachel Jones, 16	4' 8"
3. Amanda Pasko, 14	4' 8"
5. Ariana Quesnal, 16	4' 8"
6. Mirjam Fremgen, 16	4' 8"
7. Gabby Bones, 15	4' 6"
7. Courtney LaFreniere, 15	4' 6"
9. Steph Mauer, 21	4' 6"
10. Mariel Lutz, 13	4' 4"
11. Issy Bones, 15	4' 4"
12. Susannah Tracy Small, 41	4' 2"

# CONNECTICUT TEAM BREAKS MEN'S 4 X 200 MEET RECORD

Northampton - Jan. 16, 2011  
(Meet # 2)

The CT Legends relay team from Hartford, Conn. broke their own meet record in the men's 4 x 200 at the second SMAC Indoor Track Meet of the 2011 season. The talented foursome of Andre Wilson, Andre Shreeves, Shawn Buchanan and Chris Rose blazed to the record time of 1:34.5 to break their own record of 1:35.9 set in 2009.

In the open running events, Rose remained undefeated in 2011 in the men's 200 and 400 meters by cruising to automatic times of 22.83 and 50.80. The men's 200 also had a special guest in former Jamaican Olympian Everad Samuels of Boston who ran a World-Class time for age 52 in 23.70. The World and American record for his age is 22.99.

The men's mile was won by National-Class masters runner Kent Lemme of Williamstown in 4:34.8 to best Sugarloaf's Sam Belcher of Deerfield, who ran a superb time of 4:38.8.

Former UMass runner David Cahill of Newton, who now competes for the Greater Boston Track Club, easily won the men's 800 in a respectable time of 2:03.23.

Brad Tremblay of Sunderland continued his win streak in the men's high jump with his second victory of the year by leaping 6' 2".

In the second round of the men's long jump, Wesley Calhoun of South Hadley soared to the winning mark of 19' 8 1/2" to win by a foot and a half over Jack Fleury of Millers Falls.

(NOTE: Finishlynx timing was used for this meet, except in the 4 x 200 relay, 400 meters and mile run.)

## SMAC INDOOR TRACK SERIES

### MEN'S RESULTS

#### 55 METERS

1. Andre Shreeves, 30	6.66
2. Andre Wilson, 20	6.74
3. Joshua Castro, 19	6.88
4. Zachery Madera, 18	6.88
5. Everad Samuels, 52	6.89
6. Darion Dawson, 14	7.16
7. Joseph Sumrell, 52	7.20
8. Austin Watroba, 18	7.21
9. Davian Manho, 18	7.27
10. Nicholas Manning, 18	7.30
11. Alexander Williams, 16	7.40
12. Gaelen LeMelle-Brown, 17	7.47
13. Wes Dominique, 17	7.57
14. Patrick Collins, 17	7.58
15. Aaron Layfield, 17	7.59
16. Hayden Moreau, 17	7.59
17. Timothy LaRoche, 17	7.60
18. Robert DeNunzio, 16	7.61
19. unknown runner	7.76
20. Christopher Glabicky, 18	7.80
21. DEJOUR DENNIS, 11	7.84
22. Kelton Beal, 16	7.84
23. Keanu LaGrenade, 16	7.96
24. Zachary Chase, 18	8.01
25. Naru Sugijura, 18	8.14
26. DARIUS WEBB, 11	8.17
27. Karn Jiltsakula, 16	8.27
28. Jeffrey Rainaud, 16	8.27
29. Matt Thibault, 15	8.37
30. Phillip Jasak, 15	8.53
31. Paul Ekness, 55	8.53
32. Will Shankey	8.65
33. Derek Williams, 15	8.66
34. BEN MUHLMANN, 12	8.84
35. Jonathan Collins	8.93
36. ADEN LEWIS, 10	9.04
37. Jonathan Hosea, 13	9.11
38. Drew McElroy, 14	9.37
39. Alex Corliss, 16	9.53
40. ARI SCHMIDT, 8	9.73
41. Ed Dean, 53	10.03
42. JAKE DUGGAN, 9	10.10
43. AEDAN CULLEN, 9	10.18
44. SAMUEL WATSON, 7	10.26
45. Bill Dean, 64	10.47
46. MICHAEL DEAN, 10	10.53
47. GRAM PEZZATI, 8	11.21

#### 200 METERS

1. Christopher Rose, 18	22.83
(= NO. 2 ALL-TIME)	
2. Andre Wilson, 20	23.46
3. Everad Samuels, 52	23.70
4. Zachery Madera, 18	24.03
5. Darion Dawson, 14	25.85
6. Gaelen L.-Brown, 17	26.29
7. Patrick Collins, 17	26.44
8. Timothy LaRoche, 17	26.96
9. Bobby DeNunzio, 16	27.33
10. Freddy Rivera, 45	27.91
11. Christopher Glabicky, 18	27.93
12. Keanu LaGrenade, 16	28.18
13. DEJOUR DENNIS, 11	29.00
14. Zachary Clark, 18	29.23
15. Naru Sugijura, 18	29.38
16. Jon Van Dyke, 18	29.52
17. Noah Miller, 16	29.71
18. Alex Kenney, 15	30.39
19. Matt Thibault, 15	30.41
20. Karn Jiltsakula, 16	30.80
21. Paul Ekness, 55	31.17
22. Derek Williams, 15	31.83
23. Zeke Durand, 16	31.94
24. Phillip Jasak, 15	32.49
25. BEN MUHLMANN, 12	32.69
26. ADEN LEWIS, 9	35.85
27. Ed Dean, 53	37.53
28. DILLON SELFORS, 9	38.06
29. Drew McElroy, 14	38.99
30. AEDAN CULLEN, 9	39.17
31. MICHAEL DEAN, 10	40.89
32. SAMUEL WATSON, 7	41.38
33. GRAM PEZZATI, 8	43.29
34. CONOR SELFORS, 7	45.73
35. Bill Dean, 64	45.76
36. ZACHARY LOTZE, 5	66.30

#### 400 METERS (\* = hand-timed)

1. Christopher Rose, 18	50.80
2. Shawn Buchanan, 18	51.23
3. Jack Shumway, 16	54.6*
4. Andre Wilson, 20	55.0*
5. Lance Flaminio, 26	55.1*
6. Giovanni Soto, 16	56.8*
7. Zach Sabo, 16	57.7*

8. Aaron Layfield, 17	58.1
9. Jacob Landech, 16	59.3
10. Timothy LaRoche, 17	60.3
11. Peter Wilke, 16	60.5
12. Tom Tagliaferro, 17	63.0
13. Naru Sugijura, 18	65.1
13. Rich Wallace, 53	65.1
15. Zachary Chase, 18	68.5
16. Karn Jiltsakula, 16	69.2
17. Alex Corliss, 16	69.7
18. Jonathan Collins, 13	70.2
19. Ray Charow, 49	70.9
20. Mark Hardy, 22	72.0
21. BEN MUHLMANN, 12	75.7
22. Jonathan Tetherly, 66	77.5
23. SAM NORTON, 12	80.7
24. DECLAN CULLINANE, 8	81.4
25. Phillip Jasak, 15	82.9
26. JACOB MEIER, 10	84.5
27. DILLON SELFORS, 9	85.7
28. AEDAN CULLEN, 9	85.8
29. Mark Dean, 58	88.0
30. MICHAEL DEAN, 10	88.2
31. Ed Dean, 53	88.4
32. JAKE DUGGAN, 9	88.5
33. GRAM PEZZATI, 8	93.8
34. IAN LAFRANCE, 9	99.6
35. CONOR SELFORS, 7	99.9
36. Bill Dean, 64	1:52.3
37. ZACHARY LOTZE, 5	2:20.3

#### 800 METERS

1. David Cahill, 35	2:03.23
2. Lance Flaminio, 26	2:07.50
3. Freddy Rivera, 15	2:08.20
4. Giovanni Soto, 16	2:14.28
5. Patrick Collins, 17	2:15.31
6. Peter Wilke, 16	2:17.13
7. Scott Sutter, 33	2:17.48
8. Kelton Beal, 16	2:21.26
9. Noah Miller, 16	2:24.90
10. Brendan Piquette, 17	2:33.88
11. Conner Hahn, 15	2:37.39
12. Jeffrey Rainaud, 16	2:39.41
13. LIAM SULLIVAN, 12	2:45.57
14. Aidan Gilson, 13	2:45.60
15. Peter Michaelson	2:52.31
16. Mark Dean, 58	3:15.68
17. SAM NORTON, 12	3:17.17
18. Ed Dean, 53	3:32.64
19. GRAM PEZZATI, 8	3:33.87

#### MILE

1. Kent Lemme, 44	4:34.8
2. Sam Belcher, 18	4:38.8
3. Jeffrey McDermott, 27	4:55.5
4. Fred Quesada, 17	4:57.1
5. Peter Wilke, 16	4:59.9
6. Nick Curetop, 22	5:02.3
7. Adam Medeiros, 16	5:02.7
8. Rob Landry, 42	5:03.6
9. Paul Peters, 17	5:04.5
10. Zeke Durand, 16	5:05.1
11. Christopher Glabicky, 18	5:07.2
12. Scott Sutter, 33	5:11.1
13. Hayden Moreau, 17	5:13.7
14. Christopher Murphy, Jr., 15	5:15.9
15. Noah Miller, 16	5:16.2
16. Kelton Beal, 16	5:18.2
17. Tom Tagliaferro, 17	5:19.5
18. Brian Selfors, 45	5:20.2
19. Yuheng Fu, 18	5:22.4
20. Aaron Layfield, 17	5:24.6
21. Alejandro Heuck, 46	5:25.4
22. Allen Vance, 13	5:26.1
23. Jon Van Dyke, 18	5:28.3
24. Brian McGlynn, 18	5:32.6
25. Conner Hahn, 15	5:35.5
26. Michael Tapply, 17	5:39.5
27. Brendan Piquette, 17	5:41.7
28. Christopher G. Murphy, 53	5:42.2
29. Rich Clark, 56	5:44.3
30. Matt Thibault, 15	5:48.2
31. Joe Fois, 35	5:50.7
32. Conor Byrne, 15	5:52.4
33. Ray Charow, 49	6:16.0
34. Patrick Pezzati, 47	6:24.0
35. Derek Williams, 15	6:42.2
36. BEN MUHLMANN, 12	6:45.7
37. EWAN BENNETT, 12	6:59.3
38. JACOB MEIER, 10	7:00.0
39. Ed Dean, 53	7:06.0
40. MICHAEL DEAN, 10	7:10.7
41. Mark Dean, 58	7:12.7
42. GRAM PEZZATI, 8	7:13.3
43. Nye Winston-Corradino, 14	7:18.8
44. Paul Ekness, 55	7:22.7
45. GREG NORRIS, 10	7:50.0

#### 3000 METERS

1. Jeffrey McDermott, 27	9:51.28
2. Freddy Rivera, 15	10:21.73
3. Adam Medeiros, 16	10:35.46
4. Scott Sutter, 33	10:40.72
5. Zeke Durand, 16	10:47.55
6. Lance Flaminio, 26	10:55.26
7. Conner Hahn, 15	11:44.98
8. Jon Van Dyke, 18	12:24.40
9. Patrick Pezzati, 47	12:46.50
10. Tyler Pimental, 14	13:27.61
11. Mark Clark	13:59.47
12. Keanu LaGrenade, 16	14:42.76

#### 4 X 200 METER RELAY

1. CT Legends	1:34.5
(MEET RECORD)	
2. Y-SPEED "A"	1:39.6
3. FRONTIER	1:41.8
4. WILBRAHAM & MONSON	1:44.7
5. SMAC 1	2:05.0

#### LONG JUMP

1. Wesley Calhoun, 17	19' 8.5"
2. Jack Fleury, 18	18' 2.75"
3. Jon Horstmann, 18	17' 11.75"
4. Davian Madho, 18	16' 3"
5. Frankie Watroba, 14	15' 2.75"
6. Wes Dominique, 17	14' 5.5"
7. DEJOUR DENNIS, 11	13' 9"
8. Aidan Gilson, 13	12' 10.5"
9. Nick Shanky, 13	12' 2.5"
10. DARIUS WEBB, 11	11' 7"
11. Nye Winston-Corradino, 14	11' 25"
12. ARI SCHMIDT, 8	9' 9.75"
13. AEDAN CULLEN, 9	9' 9"
14. JAKE DUGGAN, 9	9' 9"
15. DILLON SELFORS, 9	9' 7.75"
16. JACOB REVELO, 8	9' 7.5"
17. MICHAEL DEAN, 10	8' 10.25"
18. GREGORY NORRIS, 10	8' 6"
19. IAN LAFRANCE, 9	8' 1.5"
20. GRAM PEZZATI, 8	6' 4.25"
21. ZACHARY LOTZE, 5	3' 9.5"

#### HIGH JUMP

1. Brad Tremblay, 17	6' 2"
(= NO. 7 ALL-TIME)	
2. Wes Calhoun, 17	5' 6"
3. Nick Davis, 21	5' 6"
4. Jon Horstman, 18	5' 2"
5. Kevin Skribiski, 18	5' 0"
6. Ross Smythe, 15	5' 0"
7. Jacob Landreth, 16	5' 0"
8. Jack Fleury, 18	5' 0"
9. Nicholas Manning, 18	4' 10"
10. Frankie Watroba, 14	4' 4"

#### TRIPLE JUMP (Exhibition)

1. Jasper McCoy, 17	39' 10.5"
2. Joshua Castro, 19	37' 3.5"
3. Alexander Williams, 16	36' 10.75"
4. Aaron Layfield, 17	34' 7"
5. Kelton Beal, 16	32' 9.75"
6. Michael Tapply, 17	30' 8"
7. Jonathan Collins, 13	27' 1"

Attendance: 210

Officials: USATF - Fred Wellman,  
Mackenzie Gray

Meet Director/Announcer - Bill Durkee

High Jump - Dave Belcher

Long Jump - Sydney Henthorn

Recording - Pat Mahar

Registration - Trish Wellman,  
Sydney Henthorn

Hand Timing - Mackenzie Gray,  
Allison Belanger

Finishlynx Timing - Mackenzie Gray