

June 9, 2011

**BOYS TRACK WINS NFL TITLE
TAKES 7 FIRST PLACES
FIVE INDIVIDUAL CHAMPIONS and TWO RELAYS**

The Boys Track Team finished the regular NFL season at 4-1, but felt it wasn't enough. They were better than that and proved it at the NFL Track Championships at Lew Port HS. It was a battle against 7 other teams most of them much bigger in school size. After an early season three point loss to Lockport the team need more points from the field events. Coach Don Sauer said the "championships are won in the field events" and the team responded this time. We got 29 points in the field events which made the difference in the meet according to the Coach.

Though some were unexpected, they were bound to happen as the team worked to improve. "We had 14 personal best on the track and 4 in field events. " Senior Jason Chadwick had a 'huge' day in the triple jump placing 3rd with a 40' effort" noted Sauer. "Jay has worked diligently all season and I told him that one day it would all come together, and today was his day. Those six points were big since Lockport jumpers were 4 and 5th," lamented the Coach. "Alex Ahne got 2 points in the Long Jump with his season best effort of 19' 1". Sophomore Adam Cummings got second place in both the Shot and Discus. Nick Colao tied for 3rd in the Pole Vault.

The Track events were just as exciting. Some wins were expected, others were a surprise. As expected the distance runners dominated their races with Nick Masiello winning the 3200 with a season best of 9:57 and placed 2nd in the 1600. Derek Geiger won the Steeplechase, took 3rd in the 3200 and 5th in the 1600. Brendon Lutnick won the 1600, took second in the Steeple and was 3rd in the 800. Chris Meyer also had an excellent day with a second in the 800 and 4th in the 400. As expected, Matt Killian won his specialty, the 400 Intermediate Hurdles with a season best. The biggest surprise was Freshman Kevin Freedman winning the 110 High Hurdles leaning the Ken West kid at

the finish. “Kevin ran his perfect race in the finals,” commented Sauer. “He had a much better start this time around compared to last week at the Ken Ton Invite when he got beat”. “I think that was his motivation today and he came through”. Joe Torregrossa finished 4th in the 200 running his first race since being injured in the Lockport dual meet earlier in the season. The track and field events set it up for the relays at the end of the meet. The Vikings divided the 4x800 relay and added Cyle Alcorn and Jay Chadwick to the relay and they did a great job keeping GI in the race and with Meyer and Masiello they won the race. The 4x100 relay of Colao, Ed Krecisz, Killian and Torregrossa placed 4th which set up the 4x400 relay for the final event. The team needed the victory to beat Lockport as they had only a 1 ½ point lead. Geiger led off staying close to the Lockport runner. Chris Meyer broke the race wide open as he took the lead in the back stretch and opened a 10m lead. Brendon Lutnick also ran strong to add another 15m lead for anchor Matt Killian to secure the victory with a season best time of 3:29.59.

The final score was Grand Island 157 to 153.5 points for Lockport, while Niagara Falls was 3rd with 103 points. “It was a great team effort all around” noted Coach Sauer. “The kids did a great job and never gave up all the way to the last race”. “This made our season after weeks of training in the rain, and poor weather this spring”. They won their last NFL title in 2009 and finished second last season. Overall season record was 11-1.

Next week the team competes at Sectionals at Jamestown to try and qualify for States the following week.