The year was 1962. John Kennedy’s presidency was progressing, the United States had deployed a minimal number of military advisors to the small Southeast Asia nation of South Vietnam, and that uniquely American genre of music, rock-‘n-roll, was gaining increasing traction among the American populace. In the Capital District of upstate New York, an intrepid group of track coaches, among them Bill Carter of Vincentian, Cliff Lehman of CBA and Harry Koch of Colonie, created the Tri-County Indoor Track League. The goal: to provide high school runners, jumpers and throwers of the region with an opportunity to “do their thing” in a competitive atmosphere.

Much has changed in the intervening fifty-three years. Through no conscious effort of the founders, the early TCITL was a boys-only “club.” Those of us who remember scholastic sports in the 1960s recall that opportunities for young women were extremely limited, or non-existent. It is gratifying to know that complete equal opportunity now exists in all high school competition, including track and field. In the formative years, venues for meets were limited, with the Washington Avenue Armory, Troy Armory and Union College being the “go-to” locations. If veterans close their eyes, they can still visualize the clouds of dust drifting into the air from the dry cinder track inside the Union College Fieldhouse.

One will also recall the near-Arctic cold of the Washington Avenue facility when, during the OPEC oil embargo, the proprietors dropped the thermostat in an effort lower heating costs. At one point, Siena College hosted a meet. And, who can forget when, under the leadership of Ed Cepiel of Troy and Ed Springstead of Shaker, Guptil’s Roller Rink was temporarily lined and utilized for several meets. Although the iconic Guptil’s still stands on Route 9, the TCITL has moved on to greener, less slippery, pastures.

Not that anyone has counted lately, but one would not be going “out on a limb” to say that the league is well in excess of three counties in 2015. And, from the humble beginning with perhaps six teams, the league now includes forty-five schools. Although many officers have rotated through the leadership ranks over the years, none have had more impact on growth and consistency than Frank Myers of Colonie, who has been at the helm since 1999. Officials for the season, as always, will be provided by the Capital District Track Officials Organization, led by President Walt Eaton. Interested in becoming a certified official? Training sessions will be starting in January. Contact Dave Sammons at [dsammons1@nycap.rr.com](mailto:dsammons1@nycap.rr.com) or 661-5637. Hundreds of coaches and thousands of athletes have made the league what it is today. And, let’s not fail to recognize the untold number of volunteers, many of them parents, who have manned the watches, raked the pits and replaced the crossbars over the years.

Best wishes for another tremendous year in 2014-15, TCITL !!

Peter Sheridan

December 2014

**TRI-COUNTY INDOOR TRACK LEAGUE**

**2014 – 15 SEASON PREVIEW**

**(Note:** This preview was formulated primarily by identifying the top five or six returnees from

last season. I’m sure that many athletes have emerged as top competitors from the outdoor and cross country seasons. While it surely isn’t perfect, it is an attempt to provide a preview for the season and to recognize many of the young people who work so hard to be successful in the sport. Corrections, suggestions and comments are welcome at [psheridan3@nycap.rr.com](mailto:psheridan3@nycap.rr.com).

**Girl’s Preview**

**Pole Vault**

The class of the event this year is Kali Manly of Burnt Hills. Although only a junior, she has significant honors in her resume, with a 5th in the State Meet last year and a fifth place position on the All-Time (AT) Section 2 list with her 2013-14 vault of 11-3. Pressing her for aerial supremacy will be junior MacKenzie Myott of South Glens Falls (9-6) which was good for 4th on the Leaderboard (LB) last winter. At 9-0, we find Mary Sunukjian (Shenendehowa, Gd 11) and Alana Caroll (Averill Park, 9). Checking in at 8-6 are pentathlete Eileen Bequette (Albany, 10) and Sophia DiRado (Saratoga, 12).

**Long Jump**

Perhaps better known as a triple jumper, junior Leah Moran of Holy Names sits astride the top of the returning list in the long jump with a best of 16-11.25, which placed her 2nd on the 13-14 leaderboard. Girls in positions three through five will also be returning, which should make for a extremely competitive “season in the sand”: Eliza Jelenik (Saratoga, 12) at 16-8.5, Kayla Oropallo (Bethlehem, 12) at 16-7.5 and Rachel Crose of Ballston Spa at 16-2. Also in the mix will be another senior, Natalie Horton of Shaker at 15-5.5.

**Triple Jump**

Leah Moran of Holy Names continues her march up the AT leaderboard in this event. She topped the area at 37-8.25 last year, a mark which places her 6th on the AT list. In her sights is the area record of 39-8.25 accomplished by Molly Shapiro of Emma Willard in 2012. Double horizontal jump threat Kayla Oropallo (12) of BC checks in with a mark of 34-6 and is matched by junior Kerris Morris of Shen. High jump state champ Grace Smith of BC will also do some damage in this event, coming off a 32-10 performance in the last indoor campaign.

**Shot Put**

This will certainly be among the best events to watch this year, as throwers 1 through 4 and number 6 return for another season. Leading the parade is senior Lundy Spinner of Shen at 39-5.5 who placed 9th at the State Meet and secured 12th place AT. Not far behind is Jillian Shippee at 39-1.5, 17th AT. Not all the girls at Saratoga are distance runners, a fact supported by Grayce French (11) who tossed 37-10 and landed at #24 AT. Cecelia Porter (Emma Willard, 11, 35-8.75) and Kaitlin Klein (Cobleskill-Richmondville, 11, 35-7.25) will be looking to unseat the top three.

**High Jump**

This could be Section Two’s premier ladies event with two young women who placed in both the Indoor and Outdoor State Meets still “on board.” Grace Smith of BC, on the top of the list last year at 5-7 was second in the indoor version and first in the large school division outdoors. Not far behind is #2 Samantha Hjelmar of Burnt Hills at #4 indoors and number 3rd large school outdoors. Senior Tiara Gaines of Albany High (5-2), her team mate soph Eileen Bequette (5-0) and Tia Charles of Colonie (5-0) will also be factors in this “loaded” event.

**55 Meter Dash**

Junior Jahari Coleman of Albany HS leads the pack in this event and inhabits spot number 5 on the All-Time list at 7.26. Saratoga has a “dynamic duo” in Ellery Bianco (7.380 and Olivia Ventra (2014: 7.53, ’13: 7.36, 17 AT). Kerris Moore of Shen checks in at 7.55, Asia Cornwall of Columbia at 7.61 and Mikeisha Kelly of Colonie at 7.67.

**Hurdles**

2015 “timber-topper” are well-represented on the All Time list with seniors Jaleah Owens of Burnt Hills (8.54, #13) and Ellery Bianco of Saratoga (8.68, 18th) returning. Both have top-notch teamates returning: Mimi Liebers Of Saratoga (8.93) and Hannah Madden (9.08) of Burnt Hills. Not to be overlooked is Rachel Crose of Ballston Spa at 9.09.

**300 Meter Dash**

Saratoga’s Ellery Bianco moves up a couple of notches in the long sprint, and is hoping to defend her #1 spot in this event at 41.40. Breathing down her neck is

Mikeisha Kelly of Colonie at 41.45. Their 2014 efforts earned them positions nine and ten on the AT list and they hope to move up the ladder in ’15. Eleventh grader Audrey Meany of powerhouse Shen, small school star Suzi Hanehan of Schuylerville and Jahara Arrington of AHS will be high on the lists this year, as well.

**600 Meter Dash**

Senior Kirsten Kaminski of the Garnet Raiders has “on top of the heap” in ’14 and is 5th AT with her 1:35.80 from 2013. She is also a State Meet veteran. The next three places from 2014 all return, with Sarah Knowles (Shen -1:39.18), Kaitlin Close (Holy Names – 1:39.61) and Helena Masiello (Columbia – 1:39.96) all returning for their last “go-arounds” as seniors. Samantha Reagan of Schalmont will also be vying for top honors, coming off her 1:40,18 in ’14.

**1000 Meter Run** With Section 2 being a mecca for girls Cross Country, it is no surprise that the distance races will be well-stocked with top-notch talent. One of the top talents in the league will be senior Janelle Rothaker of Burnt Hills who raced her way to a third in the state meet in ’14 and was a member of the BH State Championship XC squad this fall. Runners 3, 4, and 5 return from last year: Amelia Mahoney of Saratoga, Emily Crounse of Shen, and Julia Flower of Schalmont. Colonie’s Shannon Kerin, a junior from Colonie will also make a mark in the top group.

**1500 Meter Run**

No surprise that distance powerhouse Saratoga has the top runner in this event, Senior Estela Smith (4:44.55). Schalmont’s Julia Flower (4:46.65) adds her name to this event as well as the 1000, and cross country ace Danielle Jordan of Shen checks in at the 3rd position (4:53.72) The top five is completed by sophs Lexi Sciortino of Niskayuna and Amanda Chambers of Colonie who were within hundreths of a seconds of each other in ’14.

**3000 Meter Run**

Once again, Saratoga has the top returnee in senior Spencer Hayes at 10:23.45.

Coming off outstanding Cross Country seasons, Danielle Jordan of Shen and Amanda Chambers of Colonie will also be vying to the top spot. Carly Vetter and Peyton Engborg of the Saratoga Streaks, both frosh, held down spots seven and eight last year and figure to improve their times considerably. Currently injured Bellame Bower of Colonie was number 2 last year and will score copious point upon her return. Not to be overlooked are Emily Digman of Burnt Hills and Ashley Watson of Schuylerville, both of whom had outstanding outdoor and XC campaigns in the distances.

**1500 Race Walk**

Rising star Meaghan Podlaski of Colonie not only placed 4th in the State Meet last year, but she topped a 23-yr-old record in the event, going 7:04.34. Outdoors provided even more laurels, as she won the High School National Meet at Greensboro, NC. Providing some solid competition is Sagan Legget of Ichabod Crane at 7:21.34.

**Boy’s Preview**

**Pole Vault**

Always a strong event for Section 2, 2014 will be no different for the TCITL “aerial artists.” State Meet competitor Tom Conboy (11, Saratoga) will lead the way coming off a “lucky 13’ “ mark from the ’14 season. Not far behind at 12-9 and 12-6 respectfully, are seniors Mike Budka of Gloversville and Ian Allen of Chatham.

Exhibiting some amazing versatility, Ian recorded a 1:58 800 in outdoor track. I guess when you’re from a small school, you have to “do it all!” Also in the mix will be Justin Saxon (Shen, 12th, 12-0), Luke Dutcher (BC, 11th, 12-0), and Jordan Braiman (BH, 12, 11-6)

**Long Jump**

The Section returns at least five 20 ft+ leapers, led by Schalmont football star Devin Higgins who actually touched down at an even 21 ft in ’14. Green Tech checks in with senior Drasard Roundtree (20-7) while the Amsterdam Rugged Rams are happy to present junior Omari Sturdivant (20-2.25). Schenectady will be counting on Jacob Griffin (20-2) and hitting the sand at an exact 20 feet in ’14 were triple jump whiz Ronnel Forde and Nicholas Phillips of Shaker.

**Triple Jump**

Prodigy Ronnel Forde had a superlative 2014 campaign as a soph, scoring marks of 45-8.25 indoors and 46-10.5 outdoors. His indoor mark places him in the 16th place AT on the list; his ’14 accomplishments included a 7th place at the indoor meet. Who will push Mr. Forde? A quintet of 40 ft + jumpers, that’s who: the aforementioned Omari Sturdivant (42-10.75) and Drasard Roundtree (40-7.25), joined by Austin Leonard of Ichabod Crane (41-7), Joe Oshemi of Shen (40-10) and Harrison Bickmore of Guilderland at (41-2.25).

**Shot Put**

Section 2 throwers will have significant ground to make up on returning leader Nick Green of Saratoga (12, 50-6) who heading into the season holds an over four foot advantage on Hassan Miller of Schenectady (46-5.25) Three musclemen are grouped in the 45 foot range: Noah Williams of Troy (45-3.5), Aaron Cotsonas of Ichabod Crane (45-1.5) and David Daly, also of IC (45-1.5). Angelo Carvallaro of Niskayuna checks in at 42-8.75. Not to be overlooked as he enters his first indoor campaign is Brad Mussen of Burnt Hills who led all freshman outdoors with his 43- 2.75 toss.

**High Jump**

The consummately versatile Izaiah Brown of Amsterdam leads the pack with his 6-2 but he will be pressed for vertical supremacy by a quintet of leapers back for a return engagement. Checking in at 6-0 are seniors Devon Sweenor of South Glens Falls and Harrison Bickmore of Guilderland. Two additional seniors, Alex Escada of Columbia and Jacob Holmes of Cobleskill\_Richmondville and junior Zaviir Berry of Guilderland return with marks of 5-10 from 2014. Isaiah Minick of Stillwater will not only be competitive in this event, but the hurdles and long jump, as well.

**55 Meter Dash**

The “short” sprinters (In distance, not stature) Junior Joe Barber of Schuylerville is listed at #1 in the 45 (5.94) and 2 in the 55 (6.70). Leading the pack in the 55 is fellow junior Ammar Brown of Schenectady (6.71). It couldn’t get any closer! Football Hunter Gac (12, 5.94 & 6.79) will most assuredly be “in the mix” as will Nick Anderson (12, 5.94 & 6.80) of the Saratoga Blue Streaks. Albany High will provide some firepower with Denzel Keyes and Sayedd Holdsclaw.

**Hurdles**

Although he ran indoor track only on a limited fashion in 2014, Shawn Bleichert of Shen came on like “gangbusters” in the spring, winning the Division I State crown at 14.46. Jake Coveney of Broadalbin-Perth tops the returnees at 7.34. Jake used his proficiency in the HH to help himself to win the Division II Outdoor State Meet pentathlon title. Nate Gerhardt of Cobleskill-Richmondville and Max Comer of Schuylerville will be more than competitive at 7.54

**300 Meter Dash**

Section 2 star Izaiah Brown of Amsterdam will make the most noise here coming off of this personal best of 34.40 from last season, which included a 5th at the indoor state meet. The Section record of 33.54 by Dave Byrd (1995) is certainly in jeopardy. Junior Rob Haughton of Saratoga, a sub 49 second quarter-miler outdoors, will be a worthy adversary at 36.20. James Avery of CBA (37.17), Nate Salazar of South Glens Falls (37.51) and versatile Connor Kimmey of Bethlehem will assure superior depth in the long sprint.

**600 Meter Dash**

A quintet of seniors lead the way in this event, led by Colin Rowe of Shen at 1”24.93. Jon Feil of Guilderland, checks in at 1:25.16. Izaiah Brown, moving up to the “6”, is at 1:25.29, while Jeremy Spezio of Greenwich, moving down from the distances is at 1:25.78. In the 1:27 “zone” are Jake Johnson of Colonie at 1:27.04 and Jack Vite of Shen at 1:27.48

**1000 Meter Run**

Junior Jake Johnson (3J !) leads the pack by a wide margin coming off his 2:28.48 in ’14, good for 4th place on the AT list. He placed 6th at the State Meet and perhaps has a shot a Miles Irish’s venerable Section record of 2:24.1 (1983) before he graduates. CBA lists a trio that should make their 4 X 800 relay dynamite: Liam O’Brien (2:38.06), Nick O’Brien (2:38.14) and Kevin LaFleche (1:58 outdoors). Jared Short maintains the Burnt Hills distance tradition at 2:38.23 and the versatile Jeremy Spezio rounds the turn at 2:40.81.

**1600 Meter Run**

The “metric mile” should see plenty of hot action in 2015 as distance aces Jeremy Spezio of Greenwich (4:14.55, 5th State Meet, 11th all time) and Aidan Tooker of Saratoga (4:22.94) battle it out. Both runners cracked the 15:00 barrier at Saratoga Park in the XC season. Also sure to be vying for high honors will be the junior duo from Shen, Mitchel Halpern (4:36.01) and Tyler Schmidt (4:36.90) along with Grant Norton of Scotia-Glenville (4:37.61). All three are 11th graders.

**3200 Meter Run**

Anyone who can round the indoor track for 19+ laps deserves recognition, regardless of the time that that watch says. Aidan Tooker and Jeremy Spezio

will rejoin their battle here. Aidan had a spectacular ’14 season culminating in a 2nd place at the State Meet (9:09.95) As a junior, he certainly has a viable shot at Steve Murdock’s Section record (9:08). Jeremy’s indoor best was 9:48.34, but he improved all the way down to 9:07 outdoors. Paul Nichols of Shaker had a strong XC season and checks in with 9:59 from ’14. Two Shen distances aces place at just the other side of the 10 minute barrier: Mitch Halpern (10:05) and Nick Matson (10:11).

**SECTION TWO INDOOR GIRL’S RECORDS**

**45 METERS 6.11 KLARISSA RICKS HOLY NAMES 2008**

**55 METERS 6.95 KLARISSA RICKS HOLY NAMES 2011**

**6.7H MADALAYNE SMITH SARATOGA 2010**

**50 HURDLES 7.4h\*\* ALLISON GOODMAN GREENWICH 1982**

**55 HURDLES 7.90 MADALAYNE SMITH SARATOGA 2010**

**300 METERS 38.23 KYLE PLANTE COLONIE 2012**

**600 METERS 1:33.7h RHONDA PHILLIPS SCHENECTADY 1983**

**1000 METERS 2:51.1h ELIZABETH MALOY HOLY NAMES 2003**

**1500 METERS 4:29.62 CHERI GODDARD SARATOGA 1990**

**3000 METERS 9:35.40 NICOLE BLOOD SARATOGA 2005**

**1500 WALK 7:04.78 MEAGHAN PODALASKI COLONIE 2014**

**HIGH JUMP 5’ 10” SHELLY CHOPPA GLENS FALLS 1990**

**LONG JUMP 19’ 5.75” YSANNE WILLIAMS ALBANY 1998**

**TRIPLE JUMP 39’ 8.25” MOLLY SHAPIRO EMMA WILLARD 2012**

**SHOT PUT 46’ 10.5”\*\* DESHAYA WILLIAMS SARATOGA 1998**

**POLE VAULT 13’ 3” MICHELLE QUIMBY SHENENDEHOWA 2009**

**WEIGHT THROW 50’10.75” SAVANNAH GORDON SHENENDEHOWA 2012**

**SECTION TWO INDOOR GIRLS RELAY RECORDS**

**4 X 200 M. RELAY 1:43.15 COLONIE 2006**

**POLETO, PALMER, WILLIAMS. SINGLETON-MCKINNON**

**4 X 400 M. RELAY 3:52.78 COLONIE 2007**

**BADAMI, WILLIAMS, SINGLETON-MCKINNON, POLETO**

**4 X 800 M. RELAY 9:10.11 HOLY NAMES 2008**

**ISABELLE, HARDWICK, RECCHIA, WHITE**

**INTERSECTIONAL 10:16.68\*\* 2012**

**MEDLEY RELAY PRUYN– BURNT HILLS, HAYES –SHAKER, HIGGINS – NISKAYUNA, HAMPTON - SHENENDEHOWA**

**Updated March 6, 2012**

**Please give Bob Wallen any updates at bobwallentroy@yahoo.com**

**\*\* INDICATES NEW YORK STATE RECORD**

**SECTION TWO INDOOR BOYS RECORDS**

**45 METERS 5.3h CHUCK MATTHEWS ACADEMY 1988**

**LEMEL COVINGTON TROY 1990**

**DAN VAN COTT SARATOGA 1992**

**ANDRE DAVIS NISKAYUNA 1996**

**55 METERS 6.1h JOHN DRABIK COLONIE 2010**

**6.37 LEE ANSALDO BETHLEHEM 2000**

**50 HURDLES 6.90 VERROL JACKSON SCHENECTADY 2003**

**55 HURDLES 7.0h JEFF YORK TROY 1989**

**7.35 JIM KEHRER COLONIE 2008**

**300 METERS 33.54 DAVID BYRD CBA 1995**

**600 METERS 1:19.97 GIANCARLO SAINATO COLONIE 2012**

**1000 METERS 2:24.1\*\* MILES IRISH BURNT HILLS 1983**

**1600 METERS 4:09.22 DAN MCMANAMON SHENENDEHOWA 2006**

**3200 METERS 9:08.0 STEVE MURDOCK SARATOGA 2005**

**HIGH JUMP 7’ 4" DAN OLSEN ACADEMY 2001**

**LONG JUMP 24’ 5" FELIPE REYES CBA 2004**

**TRIPLE JUMP 48’ 10" QUENTON ARMSTRONG ALBANY 1994**

**POLE VAULT 15’ 10" JARED O’CONNOR SHENENDEHOWA 2005**

**SHOT PUT 62’ 4.5" ANDY BLOOM NISKAYUNA 1992**

**WEIGHT THROW 76’10.75” RUDY WINKLER AVERILL PARK 2012**

**SECTION TWO INDOOR BOYS RELAY RECORDS**

**4 X 200 RELAY 1:29.66 COLONIE 2006**

**WILLIAMS, JOHNSON, FREDERICKSON, LENGE**

**4 X 400 RELAY 3:19.51 COLONIE 2000**

**THOMPSON, GATHEN, SUSSER, TREMBLAY**

**4 X 800 RELAY 7:42.84 SHAKER 2005**

**MYERS, JUPIN, MALOY, BELOKOPITSKY**

**INTERSECTIONAL 8:52.28\* 2006**

**MEDLEY RELAY O’CONNOR, NISKAYUNA; BUELL, BURNT HILLS;**

**MC GUIRK, LANSINGBURGH; TREADWAY, COLONIE**

**Updated, March 6, 2012**

**Please give Bob Wallen any updates at wallenr@troy.k12.ny.us**

**\*\* INDICATES NYS STATE RECORD**