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BRINGING IT HOME...Raider Kobe White kicks it home to finish third in the 4x100 at the Group 3 Championships in South Plainfield on May 31. Emendo Thomas, Merlin Edmond, Quaryee Bull and White advanced to the MOC.



TAKING IT IN STRIDE...Cranford Cougar Jenna Ellenbacher clears the hurdle in the preliminaries of the 100 hurdles during the Group 3 Championships at Frank Jost Field in South Plainfield on May 31.

Several SPF Raiders, Westfield Blue Devils Advance to 'Meet of Champions' in Track & Field

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got the handoff to him. I think we did a really good job. I am really proud of them," Bull said.

"I thought we all did well as a team. We had a good start on the first leg, passed to Merlin. Merlin is coming off an injury and he is doing really well. And the handoff between Quaryee and me was good. It felt good coming down the line. I hope we got a PR and I hope we go to the Meet of Champs," White said.

"It was all about performance the way they ran. It was nice in that Merlin has been hurt a lot of this year, having him healthy running helped our team do a lot better. The hand time was the best for them, so I am

pretty sure it will be their best time. This is when you want to peak," Raider Head Coach Rich McGriff said.

Bull also qualified for the MOC when he sailed through the air to place fifth in the triple jump with a personal-record (PR) distance of 44-11.

"That was a PR for him. That was his second jump today," Coach McGriff said.

Cougar Rob O'Shaughnessy whipped the discus 140-8 to place sixth.

"It was great! I was ranked 16th going in. I felt really good in the circle and had a season best. It was my third throw out of six. My second to last throw I threw over 150 out of the sector. Everything seemed to fall

into place. It gives high hopes for next week," O'Shaughnessy.

At the Group 4 meet, Blue Devil Matt Lupino crossed fourth in the 1600 with a time of 4:16.46, nearly one second better than his finish at the sectional meet. Frankie Pinney, Will Chandler, Nick Antonelli and Luppino finished fifth in the 4x800 with a time of 7:58.95, more than six seconds better than their previous PR of 8:05.25 at the sectional meet.

Lady Blue Devils Gabby Stravach, Kelly Morrison, Noelle Blackford and Natalie Marcotullio finished sixth in the 4x800 with a time of 9:29.84.

Although several Raiders, Blue Devils and Cougars fell short of plac-

ing in the top-6 to automatically qualify for the MOC, they still came up with admirable performances. Raiders Balianico, Jessica Banasiak, Annie Pierce and Kailyn Reilly finished seventh in the 4x800 with a time of 9:36.18.

Cougar senior Ashley McGuire finished eighth in the 100 dash finals with a time of 12.58. McGuire turned in a time of 15.14 in the preliminaries of the 100 hurdles to qualify for the finals but just missed out of the top-6. The sixth-placed runner in the finals also finished in 15.14.

"So far, I think I did great. Early in the season, I was a little nervous about the hurdles, but I gave it my best, and

I am happy about my performance. I think I PR'ed. I ran a lot faster than I normally do," McGuire said.

Looking ahead to her participation in the upcoming 4x100, McGuire said, "I am nervous. Nerves never escape me. I will try and give it my all. I don't want to let the other girls down in my relay, because I am the oldest one."

Katie Romanovich, Anna Fitch, Bella DeSimone and McGuire finished 14th in the 4x100 with a time of 51.04.

Raider Sarah Bowles finished 14th in the 400 with a time of 59.09. In Group 4, Blue Devils Jenna Helfand, Hannah Hawkins, Elena Chermak and Elizabeth Ponce turned in a time of

50.88 in the 4x100. Stravach had a PR time by 3.47 seconds in the 3,200 when she crossed in 11:16.26. Chermak also had a leap of 15-6.25 in the long jump.

For the boys, Cougar Dan Hannon placed eighth in the pole vault with a height of 12-6. Raiders Joe Dzuback finished 11 in the 1,600 at 4:23.92, Quincy Sanchez finished 12th in the 110 hurdles at 15.44 and Dan Van Brunt placed 12th in the javelin with a toss of 159-8.

Union Catholic's McLaughlin breaks meet & national records
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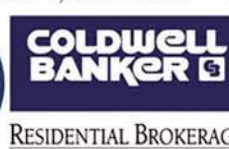
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