

The Girls Outdoor Track All-Stars



King Philip Regional High sophomore Alex D'Amadio was the 400 meters champ at the MIAA Division 2 Championship and placed second in the 200 meters at the division meet.

Emilia Smith, Attleboro

The Bombardier junior excelled in the two-mile, placing ninth at the MIAA Meet of Champions with a personal best of 10:58.54. Smith also secured first at the Hockomock League Championship (11:02.00) and sixth at the MIAA Division 1 Championship (11:16.68). In the mile, the Hockomock League All-Star and multi-time Sun Chronicle All-Star achieved a personal best of 5:13.90 at the division meet, earning eighth. Smith also ran the 800 meters in 2:26.51 during a tri-meet and contributed to the 4x800 and sprint medley relay teams.

Lauren Augustyn, Bishop Feehan

True to form, Augustyn had an impressive senior season, particularly in the two-mile. In that event, she placed 41st at the New Balance Nationals with a personal best of 11:04.56. She also earned third at the MIAA Division 2 Championship (11:14.96). In the mile, she won at the Catholic Central League Championship (5:18.06) and placed 18th at the MIAA Meet of Champions (5:12.49). Augustyn, a CCL All-Star, also participated in the 4x400 and sprint medley relay teams.

Molly Duignan, Bishop Feehan

The Shamrock junior excelled in the demanding 400 hurdles event, achieving a personal best of 1:05.34 at the MIAA Meet of Champions, placing eighth. Duignan also secured third at the MIAA Division 2 Championship (1:08.25) and first at the Catholic Central League Championship (1:05.81). She competed in the 200 meters and was a key member of the 4x100, sprint medley and 4x400 relay teams, the last of which was a division runner-up (4:04.38). Duignan was a CCL All-Star.



Bishop Feehan High's Lauren Augustyn placed third in the two-mile at the MIAA Division 2 Championship and first at the Catholic Central League Championship.

Mariana Lavigne, Dighton-Rehoboth

One of the state's best in the javelin, Lavigne posted a sterling final season. The Falcon senior placed first at the South Coast Conference Championship with a throw of 121 feet, 6 inches. She also finished fourth at the MIAA Division 5 Championship (109-2) and 11th at the MIAA Meet of Champions (112-11). Lavigne had 11 throws over 100 feet. Additionally, the SCC All-Star competed in the 100 hurdles, 400 hurdles, shot put, discus and 4x400 relay.

Alex D'Amadio, King Philip

D'Amadio's outstanding sophomore season saw her outpace competitors across a multitude of events. She won the 400-meter race at the MIAA Division 2 Championship (57.55) and took fifth at the MIAA Meet of Champions with a personal best of 57.46. She also secured second in the 200 meters at the division meet (25.46). In the long jump, the multi-time Sun Chronicle All-Star achieved a PR of 18 feet, 4.5 inches in a dual meet. D'Amadio also excelled in the 100 meters and high jump. The Hockomock League All-Star placed second in the pentathlon at the MSTCA Invitational.

Maddie Hill, King Philip

Hill excelled in the 100 hurdles, placing sixth at the MIAA Division 2 Championship (15.99), third at the Hockomock League Championship (16.18) and 25th at the MIAA Meet of Champions (16.47). In the javelin, she achieved throws of 110 feet, 10 inches at the MSTCA South Heptathlon and 103-8 at the MSTCA Twilight Invitational. The junior also recorded a PR of 16 feet, 4 inches in the long jump, finished ninth overall in the heptathlon and was a valued member of several relay squads. Hill was a Hockomock League All-Star.

Dani Lomuscio, King Philip

Lomuscio posted an impressive junior season, shining in the 800 meters in particular. She placed fourth in that event at the MIAA Division 2 Championship (2:18.28), second at the Hockomock League Championship (2:26.39) and 24th at the MIAA Meet of Champions (2:20.13). She was also a key member of the league-champion 4x400 relay squad (4:11.61) as well as the KP sprint medley relay team. The multi-time Sun Chronicle All-Star also competed in the mile and two-mile.

Kate O'Neil, King Philip

One of a handful of exceptional throwers in the area, O'Neil excelled in the shot put. In that event, the Warrior senior placed 10th at the MIAA Meet of Champions (36 feet, 1.75 inches), fourth at the MIAA Division 2 Championship (36-11.5), third at the Hockomock League Championship (35-7) and second at the MSTCA Twilight Invitational (36-9.75). Her personal best mark was 37-0.5. O'Neil also achieved a personal best of 94-7 in the discus as a Hockomock League All-Star.

Chloe Guthrie, Mansfield

Guthrie was an elite performer across three events. In the 100 meters, the junior placed fourth at the MIAA Meet of Champions with a personal best 12.11 mark, sixth

at the New England Championship (12.21) second at the MIAA Division 3 Championship (12.51) and second at the Hockomock League Championship (12.48). In the 200, she won the MSTCA Twilight Invitational (24.99, a PR), placed third at the MIAA Division 3 Championship (25.26), and ninth at the MIAA Meet of Champions (25.61). In the long jump, she earned first at the MIAA Division 3 Championship (17 feet, 4 inches) and had a personal best of 18-7.5.

Katie Garrahy, Mansfield

Garrahy had a stellar senior season, winning the MIAA Division 3 Championship in the shot put with a personal best of 36 feet, 7.5 inches. She also placed fourth at the Hockomock League Championship (32-4) and 22nd at the MIAA Meet of Champions (33-2.25). In the discus, the multi-time Sun Chronicle All-Star placed second at the MIAA Division 3 Championship with a personal best 117-11 mark, fifth at the MSTCA Twilight Invitational (100-11), third at the Hockomock League Championship (105-2) and 16th at the MIAA Meet of Champions (104-8). Garrahy was a Hockomock League All-Star.

Juliana Machado, Mansfield

Machado delivered some clutch points as a senior contributor in the javelin. She claimed first place at the MSTCA Division 3 Relays with a throw of 123 feet, 9 inches, a personal best by more than 20 feet. She also placed third at the MIAA Division 3 Championship (103-0), fourth at the Hockomock League Championship (96-7) and 20th at the MIAA Meet of Champions (94-1). Machado also competed and qualified for the division meet in the shot put.

Abigail Scott, Mansfield

In her final season, Scott was the runner to beat in the 200 meters. The Hornet senior earned fourth place at the MIAA Division 3 Championship (25.68) and second at the MSTCA Twilight Invitational (25.26), the latter time being a season best. In the 100 meters, she placed fifth at the MIAA Division 3 Championship (12.74) and



COURTESY PHOTO

Girls Outdoor Track All-Star Roster		
Name	School	Year
Emilia Smith	Attleboro	Junior
Lauren Augustyn	Bishop Feehan	Senior
Molly Duignan	Bishop Feehan	Junior
Mariana Lavigne	Dighton-Rehoboth	Senior
Alex D'Amadio	King Philip	Soph.
Maddie Hill	King Philip	Junior
Dani Lomuscio	King Philip	Junior
Kate O'Neil	King Philip	Senior
Chloe Guthrie	Mansfield	Junior
Katie Garrahy	Mansfield	Senior
Juliana Machado	Mansfield	Senior
Abigail Scott	Mansfield	Senior
Lauren Signoriello	Mansfield	Soph.
Frankie Spagna	Mansfield	Junior
Katie Galgoczy	North Attleboro	Junior
Molly Galgoczy	North Attleboro	Fresh.
Evangeline Emerson	Norton	Junior
Zoe Santos	Norton	Junior
Jillian Strynar	Norton	Senior
Kearston Nelson	Seekonk	Junior
Honorable Mention		
Attleboro: S'staarr Parham, Allie McNamara, Keren Aldana		
Bishop Feehan: Tea Briggs, Ally Oram, Jill Olson, Gigi Colleran, Morgan Arthurs		
Dighton-Rehoboth: Hailey McCracken, Madison Root		
Foxboro: Lauren Bober, Maddy Luck, Ava Picard		
King Philip: Heidi Lawrence, Sarah Glaser, Maddie Ghostlaw		
Mansfield: Elyssa Buchanan		
North Attleboro: Sydney O'Connor, Julia Smith		
Norton: Kyla Leahy, Phoebe Gesner		
Seekonk: Julianna Dutra, Hayden Robinson		
Tri-County: Averie Denelle, Daniella Rigueiro		

second at the MSTCA Twilight Invitational with a season-best 12.58. Scott was also a member of the 4x100 and 4x200 relay squads. She is a multiple-time Sun Chronicle All-Star.

Lauren Signoriello, Mansfield

The Hornet sophomore excelled in the 400 meters, earning third place at the MIAA Division 3 Championship with a personal best 58.26 time. The Hockomock League All-Star also placed second at the Hockomock League Championship (1:00.11), second at the MSTCA Twilight Invitational (59.97) and 12th at the MIAA Meet of Champions (58.71). In the 200 meters, the multi-time Sun Chronicle All-Star placed ninth at the MIAA Division 3 Championship (26.45) and seventh at the MSTCA Twilight Invitational (26.38).

Frankie Spagna, Mansfield

The Hornet junior had an impressive season in the triple jump, placing 13th at the MIAA Meet of Champions (35 feet, 2.5 inches), fourth at the MIAA Division 3 Championship (35-4.5), second at the Hockomock League Championship (35-5) and third at the MSTCA Twilight Invitational (35-11). Her personal best mark was 36-0.75. In the long jump, the multi-time Sun Chronicle All-Star placed fifth at the MSTCA Twilight Invitational (17-4.25, a PR) and sixth at the MIAA Division 3 Championship (16-0).

SEE GIRLS OUTDOOR TRACK, PAGE B3 ►

Mansfield High senior Caitlin Garrity won the shot put and was second in the discus at the MIAA Division 3 Championship.