

GIRLS INDOOR TRACK: The All-Star team

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Alex D'Amadio, King Philip

D'Amadio had another productive track season for the Warriors. The talented senior competed at the Meet of Champions where she finished third overall in the 55M in a new PR and a school-record time of 7.22. This earned her a spot at the New England Championship, where she finished fifth overall in the 55M with a new PR and school-record time of 7.19. D'Amadio finished third in the 55M, second in the 55-meter hurdles in the Hockomock League meet and was the league champion in the long jump. In the 55 meters, D'Amadio broke her own school record, running a PR time of 7.25. The three-time Sun Chronicle All-Star made the 65M preliminaries at the New Balance Nationals. "Alex was the backbone of the team as a consistent top point-earner every year, including this one," head coach Lauren Farkash said.

Riley DoRosario, King Philip

The versatile senior Hockomock League All-Star earned numerous accolades this season, including a 3:12.83 in the 1,000 for seventh place in the Hockomock League and seventh all-time for KP. DoRosario's mile time of 5:27.73 ranked fifth in the league and was fourth-best in school history. In the two-mile, her 11:58.43 ranked fourth in the league and fourth-best in school history as one of only four KP athletes to run sub-12 minutes in the event in KP dating back to 2000. At the league meet, DoRosario finished in third place in the mile and fifth in the two-mile despite being ill. At the Div. 2 State Championship, DoRosario ran a time of 11:58.43. She was also the anchor leg of the Warriors' third-place SMR team at D2s (sixth among KP's all-time marks) and was an anchor for the DMR in December, running a third KP all-time best. Overall, she was the Warriors' No. 2 point-scorer with 60 points, all from individual running events.

Ella McManus, King Philip

Another talented senior on coach Lauren Farkash's indoor team, McManus was KP's top point-scorer in the field events this season. She had a season-best high jump of 5-0 and also tied for the Hockomock League crown in the same event. She also was a member of the Warriors' 4 x800M relay squad and a Hockomock League All-Star. "She is a talented athlete and could be placed to perform in almost any event," head coach Lauren Farkash said.

Ava Quintin, King Philip

Only a sophomore, Quintin had a standout season in the hurdles, placing third at the Hockomock Championship and was second overall in the 55-meter hurdles at the Div. 2 State Championship. "She is a very hard worker and we see her improving every single day," head coach Lauren Farkash said.

Sarah Jones, Mansfield

Only a sophomore, Jones was the Hornets' leading point-scorer and was the team MVP, along with earning Hockomock League All-Star honors. She qualified for the Division 3 State Meet in every event in which she competed, and her personal bests included a fourth-place finish in the 600 meters (1:41.46), a top-six time in the 1,000 (3:10.95), and was part of three PR-setting relay teams — the 4x200 (1:50.22), the 4x400 (4:20.10), and the 4x800 (10:29.90), which placed fifth at the league meet and sixth at the Div. 3 State Relay Meet. "Sarah is the complete package," head coach Chris Fong said. "She's humble, hard-working, and extremely competitive. Her commitment and passion, both on and off the track, is truly impressive and she has a desire to get better each and every day, which is fun to watch."

Lily Roche, Mansfield

The Hornets' senior had a strong season in the shot put in her first indoor track season to garner Hockomock League All-Star honors. She threw over 30 feet eight of the 10 times that she competed, with a personal best of 32-4.5 that was the second-longest throw in the league this season and qualified her for the MIAA Division 3 State Meet. Roche finished third in the event at the league meet. "Her competitiveness and ability to consistently compete at a high level was to no surprise with her level of commitment and preparation towards improving," head coach Chris Fong said. "Most importantly, she makes those around her better and she also continues to do so at a high level."

Molly Galgoczy, North Attleboro

The talented senior is a three-time Sun Chronicle All-Star and was the Rocketeers' leading scorer this



LILY SPEREDELOZZI / THE SUN CHRONICLE

North Attleboro High senior Molly Galgoczy was the Rocketeers' top overall scorer, excelling in the distance and relay events this season.



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King Philip Regional High's Riley DoRosario was a versatile performer for the Warriors in her senior season, turning in an 11:58.43 mile at the Div. 2 state meet.

season with 57.75 points, mainly via distance running and the relays. She competed in the 1,000 meters, the mile, the two-mile, the sprint medley relay, along with the 4x400 and 4x800 relays. She was a member of the sprint medley relay team that placed seventh at the Division 3 Relay Meet, and she placed seventh in the two-mile at the Coaches Invite, where she ran a season-best time of 11:19. At the Hockomock League Championship, Galgoczy finished first in the two-mile and anchored the eighth-place 4x800 relay. At the Division 3 State Championship Meet, she won the two-mile, which qualified her for the Massachusetts Meet of Champions, where she placed 16th in the two-mile. North Attleboro's running MVP was also a Hockomock League All-Star.

Avery Parkinson, North Attleboro

The senior was North's third-leading scorer this season with 35 points as a Hockomock League All-Star. Parkinson competed in the sprint medley, was a member of the 4x400M relay team, and ran the 600 and the 1000. Her personal-best time of 1:38.96 in the 600 was the third-fastest in school history, and she placed sixth in the event at the Hockomock League Championship and ninth at the Div. 3 State Championship. At the Meet of Champions, Parkinson was seeded 22nd in the 600, but finished sixth. She also qualified for the New England Track and Field Championship, where she placed 15th and was one of only six girls to represent Massachusetts in the event.

Julia Smith, North Attleboro

North's senior captain and team MVP was the Rocketeers' second-leading scorer with 57.66 points. The versatile athlete's events included the 300 meters, long jump, high jump, 4x200M, 4x400M and the sprint medley relays. At the Hockomock League Meet, Smith placed fourth in the long jump, sixth in the 300 and was part of the eighth-place 4x400 relay team. At the Division 3 State Championship, Smith finished seventh in the long jump and was part of the eighth-place 4x400M relay team. She was also fourth in the long jump and seventh in the sprint medley at the Division 3 Relay Meet. The League All-Star has committed to compete at the collegiate level next year at Adelphi University.

Celine Daher, Norton

Only a sophomore, Daher participated in the 55M dash and the 300 meters this season. She placed in the top 15 for the Tri-Valley League in the 55 with a 7.88, and she won the 300 in the TVL Showcase with a time of 43.05, and also placed 10th in divisionals.

Liana Danubio, Norton

The versatile Lancer senior ran a 9.41 in the 55 hurdles and made it to divisionals, placing 15th. She also ran the 300 meters, along with being one of the Lancers' best long jumpers, jumping 15'8.

Jaylin Plunkett, Norton

The senior multi-event entrant for Norton competed in the high jump, the 55-meters, the 300M, the high jump, and the long jump. In the high jump, she turned in a 4-8 effort, and in the long jump, she jumped 14-8. Plunkett also clocked a 7.83 in the 55M.

Julianna Dutra, Seekonk

A three-time Sun Chronicle All-Star, the senior captain was the South Coast Conference MVP, and qualified for the High School Nationals Event-hosted Championship Meet in the girls' sprint medley relay. Dutra was a Division 5 double-state champion in the 55 meters and the 300, shattering the school record in both events (7.34 in the 55M and 41.19 in the 300). "Jules was already an excellent sprinter before this season," head coach Nathan Charette said. "Even so, she has progressed to an insurmountable level this past season. Her work ethic and dedication have made her officially the fastest female sprinter in school history." Dutra will run for St. Anselm College in New Hampshire next year.

Olive McCann, Seekonk

The junior was named to the SCC All-Conference team, and qualified for the High School Nationals Championship Meet in the girls' sprint medley relay team along with her SC All-Star teammates, Hayden Robinson and Julianna Dutra. McCann broke the school record in the long jump at 17-plus feet, and ran a 7.50 in the 55M and 42.90 in the 300M. "Olive is an outstanding leader and competitor," head coach Nathan Charette said. "She has an incredible work ethic and is one of the best teammates I have ever coached in any sport. She has a very bright future ahead."

Hayden Robinson, Seekonk

The Warriors' senior captain was named to the SCC All-Conference team and qualified for the High School National Championship Meet hosted by New Balance in the 1,000 meters, as well as anchoring the girls' sprint medley relay team. Robinson was a Division 5 state champion in the 1,000, breaking the school record in the event (2:58.56). The three-time Sun Chronicle All-Star will attend Division 1 High Point University in North Carolina this fall.

Chloe Calhoun, Tri-County

Only a sophomore, Calhoun was the Cougars' top performer this season, consistently finishing in the top three in the 55 meters dash and the 300. Her personal bests for these events were 7.86 and 46.91, respectively, both of which are second all-time for the Cougars. Calhoun ran the top 55M-hurdle time and had the best long-jump mark of any female athlete this season. She anchored the school-record 4x200M relay team that finished third at the MAC Championship Meet and was 10th at the MIAA Div. 5 State Championship. She also competed in the MSTCA Pentathlon with a score of 1816.