



NORTON LANCER ATHLETICS PHOTO

Norton High senior Sean Parham was the Div. 4 state champion in the 600 meters this season, breaking the school record in the event as well as the 1,000 meters.

## ALL-STARS: The Boys Indoor Track, Field Team

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### Nicholas Nanton, North Attleboro

Only a sophomore, Nanton ran the 55M dash with a PR time of 6.72 at the divisional meet. He was also fifth at the Hockomock League meet with a time of 6.74, and ran on the Rocketeers' fourth-place 4x200 relay team.

### Zachary Spencer, North Attleboro

North's senior captain was the Rocketeers' second-leading scorer as he excelled in the shot put, with his personal best of 45-4.25 placing fifth at the Hockomock League Championship. Spencer posted North's highest placement at the divisional meet with a ninth-place finish (44-7). "As a senior captain, Zachary has led by example all season long and has grown as a competitor and leader," said North Attleboro head coach Scott Holster.

### Logan Vaughan, North Attleboro

The junior speedster and Hockomock League All-Star was North's highest-scoring athlete. Vaughan ran the 55M with a PR of 6.99, the 300M with a PR of 37.13, the 4x200 relay with a PR split of 22.5, and the 4x400 relay with a PR split of 52.3. Vaughan was fourth at the league meet with a PR of 37.13 in the 300M, and ran on the fourth-place 4x200 relay team.

### Adam Ferriera, Norton

Ferriera finished fourth at the Div. 4 State Meet in the 55-meter dash. Prior to that, the Lancers' senior had reached the finals at the Tri-Valley Championships but got hurt and was unfortunately unable to compete. The two-time Sun Chronicle All-Star was also a member of the 1,600 sprint medley relay that placed 66th at the New Balance Nationals.

### Sean Parham, Norton

A three-time Sun Chronicle All-Star, the Lancers' senior finished his last high school winter track season with numerous accolades. Parham was the Div. 4 600M state champion, placed fourth at the Meet of Champions, and broke the school record in the 600M and the 1,000M. Parham was also a

part of Norton's school record-breaking sprint medley team. The Tri-Valley League's 600M champion, Parham raced in the 400M preliminaries at the New Balance Nationals, but did not advance although he was part of the 1,600 sprint medley relay that placed 66th.

### Michael Raneri, Norton

Raneri set the school record in the long jump at 21-5.25, and placed fifth at the Div. 4 State Meet in his final season. He is also a part of the New Balance Nationals 1,600 sprint medley relay that finished 66th.

### Andrew Strojny, Norton

Strojny, a two-time Sun Chronicle All-Star, had broken the school record in the long jump in his senior year with a jump of 21-3.25 before teammate Michael Raneri broke it again. Strojny was the Tri-Valley League champion in the long jump and placed seventh at the Div. 4 State Meet.

### Jace Conceicao, Seekonk

The Warriors' senior captain was the South Coast champion in the 300M. He was selected as a SCC Conference All-Star, and ran 6.77 in the 55M and a 36.41 in the 300M. "When describing to young sprinters how to practice and prepare perfectly to compete, all they need to do is watch and follow Jace," Seekonk head coach Nathan Charette said. "He is one of the most dedicated athletes that I have coached in any sport."

### Brandon O'Connor, Tri-County

The junior runner was the Cougars' top points-earner this season, consistently winning in the 600M and the 1,000M during the Mayflower Athletic Conference's regular season. O'Connor's best marks in the two events were 1:28.5 and 2:43.2, respectively, which are both school records. O'Connor won the 600M at the MAC Championship Meet, and also qualified for the MIAA Div. 5 State Championship in both events. He was seventh overall in the 1,000 at the state meet. O'Connor was also a contributing member for the Cougars' 4x400M relay and distance medley relay.