

The 2019 Boys Outdoor Track All-Stars

David Cataloni, Attleboro

In his final spring season, Cataloni counted himself among the finest track and field athletes in the Hockomock League. In the 110-meter hurdles, Cataloni logged a season best 15.40-second mark to finish fourth at the league meet. But Cataloni really stood out in the triple jump, logging a personal best 42-foot, 10-inch mark during the season. He later finished third at the league meet (42-3½) and 13th at the MIAA Division 1 Championship (40-9½).

Colin Levis, Attleboro

In earning Sun Chronicle and Hockomock League All-Star honors, Levis capped his high school athletic career in fine form. In the 200 meters, Levis was the league champion with a 22.42-second time, a personal best. He later finished 10th at the MIAA Division 1 Championship. In the 100, Levis finished seventh at the league meet (11.23) and clocked a 10.94 PR during the dual meet season. He also competed in the high jump and long jump.

Matt Zawaski, Bishop Feehan

A regular to The Sun Chronicle All-Star team, the Shamrock senior saved his blistering best for last. In the 200 meters, Zawaski zipped to first place at the MIAA All-State Championship (21.58, a personal best) and MIAA Division 3 Championship (21.80). He finished third at the New England Championships (22.19). In the 100, his 10.98 PR was good for first place at the division meet, where he also helped the 4x100 squad take the crown.

Seth Cordeiro, Dighton-Rehoboth

The Falcon junior continues to progress throwing the javelin and discus. Cordeiro logged his personal best javelin toss at an opportune time, the MIAA All-State Championship. There, his 171-foot, 9-inch toss beat his previous best mark by 10 feet, and earned him sixth place. He also finished sixth at both the MIAA Division 3 Championship (159-9) and Coaches Invitational (161-4). At the latter of those two meets, Cordeiro also mustered a 121-3 discus throw.

Blake Kerwin, Dighton-Rehoboth

Among a talented crop of senior sprinters, Kerwin showed the area that he too belongs in the all-star discussion. In the 200 meters, Kerwin jetted to a seventh place finish at the MIAA Division 3 Championship (23.37) and 13th at the Coaches Invitational (23.43). In the long jump, Kerwin's 21-foot, 6¼-inch leap was good for fourth at the division meet, and he also finished fifth at the Coaches Invitational (21-5½).

Michael Griffin, King Philip

Griffin remains one of the area's elite runners, having successfully defended his mile crown at the division meet. The Warrior junior posted a 4:16.44 time to claim first place at the MIAA Division 2 Championship, and he also claimed the Hockomock League title (4:20.87) in addition to third place at the MIAA All-State Championship (4:18.19). Griffin also posted a 9:34.1 time in the two-mile and was an instrumental member of the KP 4x800 relay.

Terrell Jacobs-Baston, King Philip

Jacobs-Baston was one of the area's most well-rounded athletes. The senior boasted a 50-foot, 6-inch personal best shot put throw, and a 123-9 discus PR. He displayed all of his talents at the MIAA Division 2 Championship, finishing second in the shot put with his PR, eighth in the discus (120-10), seventh in the high jump (6-0) and 10th in the long jump (20-9½). Jacobs-Baston's 47-10 shot put throw also earned him 11th at the MIAA All-State Championship.

Jovan Joseph, King Philip

The promising sophomore stands poised to break through for the Warriors. Joseph logged a 50.74-second personal best mark in the 400 meters during the dual meet



Attleboro High All-Stars Colin Levis, left, and David Cataloni.

season. He followed that up with a second-place performance at the Hockomock League Championship (50.91) and a fifth-place performance at the MIAA Division 2 Championship (51.08). He also logged a PR of 59.64 in the 400 hurdles and finished 10th at the Pentathlon, a showcase of his versatility.

Michael Norberg, King Philip

It's not easy to stand out amongst a talented crop of distance runners, but Norberg found a way to do so. The Warrior junior thrived in the two-mile, posting a 9:47.15 personal best mark at the MIAA Division 2 Championship, where he claimed sixth place. At the Hockomock League Championship, Norberg finished third (9:50.04). Norberg also posted a 4:37.2 mile time, and a 6:31.84 mark in the 2k steeplechase at the Twilight Invitational.

Anthony Comer, Mansfield

One of several area sprinters who burned up the track, the Hornet sophomore has a bright future. Comer clocked a personal best time in the 100 meters, 10.94 seconds, during the dual meet season. He later finished fifth at the Hockomock League Championship (11.15), fifth at the MIAA Division 2 Championship (11.19) and 17th at the MIAA All-State Championship (11.27). In the 200, Comer posted a 22.24 PR and also finished second at the league meet (22.51).

Patrick Heavey, Mansfield

The senior's final season was a stellar one. Heavey reeled in his first spring Hockomock League crown, racing to a 9:42.35 time in the two-mile, also a personal best. He later finished 10th at the MIAA Division 2 Championship (9:57.93). In the mile, Heavey posted a PR at the Coaches Invitational, finishing third with his 4:25.76 pace. Heavey was also a key member of the Mansfield 4x800 relay squad, which finished qualified for both the division and state meet.

Andrew Williams, Mansfield

Williams' leaps and bounds improved by leaps and bounds during his junior season. In the long jump, Williams posted

a 21-foot, 6-inch personal best mark at the MIAA Division 2 Championship, good for sixth place. He also finished 14th at the MIAA All-State Championship (21-1½). In the high jump, Williams logged a 6-4 PR during the season, which Williams repeated to place third at the Hockomock League Championship (6-4). He also posted a 15.93 PR in the 110-meter hurdles.

Jason Windvogel, Mansfield

The Hornet senior made his biggest improvements in his final season. In the 800 meters, Windvogel reeled in wins at the Hockomock League Championship (1:57.76) and MIAA Division 2 Championship (1:56.21), then followed that up with a personal best mark that earned him eighth place at the MIAA All-State Championship (1:55.75). Windvogel also ran the anchor leg for Mansfield's 4x400 relay squad, which earned fifth place at the division meet (3:30.89).

P.J. Gilpatrick, North Attleboro

The fleet-of-foot Gilpatrick reeled in a Hockomock League crown in the 100 meters, with an 11.07-second time. He later finished fourth at the MIAA Division 2 Championship (11.13) and seventh at the MIAA All-State Championship (11.01). In the 200, he finished third at the league meet with a PR of 22.61. The senior also logged a stellar 400 mark (51.54) and ran the anchor leg on the Rocketeers' league-champion and division runner-up 4x100 relay squad.

Omar Jasseh, North Attleboro

In the long jump, Jasseh claimed first place at the Hockomock League Championship (22 feet, 1 inch) and MIAA Division 2 Championship (22-5¼), the latter a personal best. He later finished fourth at the MIAA All-State Championship (22-5¼) and eighth at the New England Championship (20-9¼). Jasseh was also a league champ in the triple jump with a season best 42-7 mark, and finished fifth at the division meet (42-1¼). He also ran on the league-best Rocketeer 4x100 relay squad.

Liam Monahan, North Attleboro

As consistent as they come, Monah-

Boys Track All-Star Roster

Name	School	Year
David Cataloni	Attleboro	Senior
Colin Levis	Attleboro	Senior
Matt Zawaski	Bishop Feehan	Senior
Seth Cordeiro	Dighton-Rehoboth	Junior
Blake Kerwin	Dighton-Rehoboth	Senior
Michael Griffin	King Philip	Junior
Terrell Jacobs-Baston	King Philip	Senior
Jovan Joseph	King Philip	Soph.
Michael Norberg	King Philip	Junior
Anthony Comer	Mansfield	Soph.
Patrick Heavey	Mansfield	Senior
Andrew Williams	Mansfield	Junior
Jason Windvogel	Mansfield	Senior
P.J. Gilpatrick	North Attleboro	Senior
Omar Jasseh	North Attleboro	Senior
Liam Monahan	North Attleboro	Senior
Owen Nassaney	North Attleboro	Senior
Emmett Ruote	North Attleboro	Junior
Corey Stalters	Norton	Senior
Paul Wisnaskas	Norton	Soph.
Andrew Cabral	Seekonk	Soph.

Honorable Mention

Attleboro: Alex Paradise, Nathan Seybert.
Bishop Feehan: Jackson Craig, Aidan Corrigan, Ray George, Pat O'Toole.
Dighton-Rehoboth: Brian Ripley, Mason Cadorette, Dylan Kindberg.
Foxboro: Will Regan, Ryan Proulx.
King Philip: Deric Casado.
Mansfield: Greg Waters.
North Attleboro: Liam Conway, Jake Petersen, Skylar Poirier.
Norton: Thomas Bingel, Austin Carroll, D.J. Nihill, Mathew Pepin.
Seekonk: Matt Silveira, Henry Jordan, Brett Mancini.
 Tri-County – Jason Beaulieu.

Our Selections

THE BOYS OUTDOOR TRACK AND FIELD All-Star Team was selected by staff writers with local coaches consulted for their recommendations. Portrait photos of the all-stars were taken by The Sun Chronicle's Mark Stockwell and Paul Connors.

an wrapped his high school career with what might be his finest spring season. The senior logged a personal best in the 800 meters, a 1:58.56 mark that was good for third place at the Hockomock League Championship. Monahan finished sixth at the MIAA Division 2 Championship (1:59.32). Monahan also regularly pulled in points in the mile (4:35.15) and 4x800 relay. He was a three-season runner for North Attleboro.

Owen Nassaney, North Attleboro

The high jump belonged to Nassaney yet again. In his final spring season, Nassaney logged a 6-foot, 6-inch personal best leap during the dual meet season. He followed that up with a second-place performance at the Hockomock League Championship (6-4) and a third-place performance at the MIAA Division 2 Championship (6-2). Nassaney finished seventh at the division meet with a 21-5¼ long jump mark for a personal best. He also competed in the 100 meters.

Emmett Ruote, North Attleboro

In the javelin and discus, Ruote's two finest events, the junior smashed his previous best marks. His 165-foot, 4-inch javelin throw at the Hockomock League Championship earned him first place. He also logged a 140-1 throw for 10th at the MIAA Division 2 Championship and a 172-6 PR during the season. In the discus, Ruote's 117-4 personal best earned him fifth at the league meet, and his 112-4 throw was good for 14th at the division meet.

Corey Stalters, Norton

As well-rounded as they come, Stalters impressed in his final spring season. In the javelin, the senior logged a personal best 167-foot, 11-inch throw at the MIAA All-State Championship, good for eighth place. At the MIAA Division 3 Championship, he placed fifth (159-11), and he was the champion at the Twilight Invitational (166-1). At the Pentathlon, Stalters finished fifth overall (2,544 points). He also recorded a 15.54 PR in the 110-meter hurdles.



Mansfield High All-Stars Andrew Williams, left, and Jason Windvogel.