

Old Town girls' indoor track grabs third, wins 4x220 relay

By Dave Ploch

The Old Town high school indoor track teams competed in the Class A state meet recently. The girls' team performed well enough to move from their sixth place seed to finish in third place. Theresa Roy (27.5), Brooke Birmingham (28.8), Amy Johnston (29.2) and Liz Holmes (28.3) combined to win the 4 x 220 relay in a time of 1:54.01 seconds. The team ran in the third heat and then had to wait and watch four more heats to see if the time would stand. After all of the relay teams had competed, Old Town still had the fastest time of the day.

Birmingham quickly moved on to her

next event, the triple jump, where she finished fifth (32'10"). There was still some spring in the legs as Birmingham leaped 15'10" in the long jump and grabbed second place.

Holmes also placed top six in two events beyond the relay. The speedy sophomore moved up to place fifth in the 600 with a time of 1:34.7. Holmes' stellar run of 40.27 moved her from ninth to second in the 300.

Roy ran 7.57 in the 60, finishing third. Roy's time is close to the school record when adjustments are made for the difference between hand held watches and automatic timing. Most of the season,

meets are timed manually ("hand held"). During the big meets automatic timing is used. In this meet, the Lynx system, developed in Brewer, was the official place and time keeper. The automatic timing systems measure times about 0.24 seconds slower than the hand held times.

Some of Old Town's season best performances didn't score in the meet. The continuously improving Jess Small tossed the shot put 28' 4.5".

Andy Sibley led the boys' team to a fifth place finish. Sibley continued his dominance of the 300 finishing first for the third straight year. The 60 was an incredibly tight finish. Five runners crossed the finish line within 0.12 seconds. Sibley's time of 6.84 was good enough for fifth. In the long jump, Sibley defied gravity for 20' 1.75" for second place.

Matt DeGrasse improved to 40' 6.5" for sixth place in the triple jump. Chris Hoskins ran a solid 2:28.47 for fourth in the 1000. Adam Moore's 8.16 in the 300 high hurdles (in the trials) comes close to tying the school record. Once again, the difference in timing devices plays a factor in record keeping. In the finals Moores finished fifth in a tough field in 8 18 seconds.

Moores (24.6), DeGrasse (26.0), Hoskins (24.7) and a recovering Mark Rogers (24 9) finished seventh in the 4 x 220 relay in 1:40.28 seconds. DeGrasse had to run in lane two, battling for the inside lane. "He did what he was supposed to do," said Coach Rod White. "The two runners went stride for stride."

White was pleased with his teams' performances. "I'm glad for the seniors and I'm looking forward to the outdoor season," said White.

Rand photos on Web

Former Penobscot Times photographer Monty Rand has added a new dimension to his freelance business. A preview of his photos is now available on the World Wide Web. Rand's Preview can be accessed at [HTTP://www.agate.net/~mrand/photos.html](http://www.agate.net/~mrand/photos.html)

LMS girls basketball

* Finished 4th in the Eastern Maine Middle School League with an 8:5 record.

* In the tournament quarter finals the #4 Braves defeated #5 Garland Street.

* In the tournament semi-finals, the #4 Braves defeated #1 Fifth Street in an exciting overtime victory.

* In the tournament finals, arch rival #2 Brewer defeated the Braves by 2 points in a very exciting game
LMS Boys Basketball

* Finished #3 in the Eastern Maine Middle School League with an 8-5 record

* In the tournament quarter finals the #3 Braves defeated #6 Fifth Street in a rout.

* In the tournament semi-finals, the #3 Braves were defeated by #2 Millinocket by a 2-point spread in a single overtime.



DARBY RUGGERI LANDS AFTER A POLE VAULT ATTEMPT during a regular session competition. (Photos by Jason Laverdiere).

L'Heureux makes All-New England first team

John L'Heureux of Old Town was named to the All-New England Collegiate Conference (NECC) Men's Basketball First Team. L'Heureux is a student at Franklin Pierce College in Rindge, New Hampshire

The 6-8, 255-pound center, emerged among the top big men in the NECC with averages of 12.9 points and 8.3 rebounds. He led the Ravens in field goal accuracy, converting .527 attempts, and compiled nine double-doubles this season.

L'Heureux was named the NECC Player of the Week January 22, after registering 32 points and 11 rebounds to lead FPC over Bridgeport and 24 points and 12 rebounds in a 78-67 victory at Sacred Heart.

"John has become better and better with each game," Luptowski noted. "He has become a hard guy to guard. He worked hard all summer and came back to school in great shape. This is one of his rewards."

Both Old Town teams make the tournament

By Dave Ploch

The Old Town girls' and boys' teams ended their regular seasons facing Bangor. Both teams lost and both teams will make the tournament.

The Old Town girls couldn't stop Bangor's Katie Clark in the fourth quarter. Clark scored 11 of her 20 points in the final period to help Bangor come from behind to beat Old Town 47-42.

Old Town closed out the season at 12-6 and earned the number five seed in the Eastern Maine tournament.

Old Town faces Lawrence (14-4) in the quarter finals. Lawrence loss twice to Bangor and twice to Cony.

The Bulldogs feature a two pronged offensive attack, Michelle Clark and Chrissy Roy. Both veterans play good defense and can shoot the 3-pointer.

The game is at the Bangor Auditorium at 9:40 a.m. on Saturday.

The boys team knocked Bangor from the ranks of the unbeaten earlier this season. Brewer is the only other team to claim victory over Bangor this season. Bangor showed that they weren't going to lose to Old Town twice this season. The Rams pulled away in the second half to win 63-40.

Old Town finished 13-5 on the year for a third place seed in the tournament. Old Town faces number six Gardiner (12-6). The game is at the Bangor Auditorium at 3:40 p.m. on Saturday.

Old Town Ticket information.

Old Town girls play Lawrence at 9:40 a.m. Saturday at the Bangor Auditorium.

Boys play Gardner at 3:40 p.m. on Saturday at the Bangor Auditorium.

Tickets are on sale at the High School Main Office from 8:00 a.m. to 4:00 p.m. \$5 for adults and \$2 for students. The games are in different sessions, so separate tickets will be needed to see both games.

Junior High and Elementary School Chess

On Saturday, December 2, the State Junior High Chess Tournament will be held at 8:30 a.m. at John Bapst High School. A simultaneous tournament to determine the Elementary State Championship Team will also be hosted at the Bangor school. Any student in grades one through six interested in the elementary tournament should contact Larry Nicholson at Old Town High School.

Chess is probably the only remaining interscholastic activity that has not followed the middle school "concept." The Junior High Tournament is open to students in grades six through nine. Although the choosing of an Old Town team

is difficult logistically, Coach Nicholson actually likes the set up. "It gives our ninth graders who have been playing lower boards for the high school a chance to assume leadership roles. Also it gives the middle school students who have developed their skills in Stan Lucien's intramural program, a taste of interscholastic team competition. As a result, the continuity of Coach Nicholson's high school program seems assured

Representing Old Town on Saturday will be ninth graders Justin Spencer and Jason Burnett. They will be joined by middle schoolers Steve Fusselman, Eric Doucette and Eric Smith

State Class A Indoor Track and Field Championship Meet February 17, 1996 University of Maine

Girl's Team Scores: Thornton Academy 55, Brewer 51, Old Town 36, Portland 28, Bangor 23, Morse 20, Waterville 20, Westbrook 20, South Portland 19, Edward Little 18, Biddeford 17, Deering 14, Oxford Hills 10, Mt. Ararat 8, Windham 7, Gardiner 6, Messalonskee 4, Skowhegan 4, Bonny Eagle 2

60 yard dash: 3. Theresa Roy (OT 7.57).
600 yard run: 5. Elizabeth Holmes (OT 1:34.7).

300 yard run: 2. Elizabeth Holmes (OT 40.27).

Long jump: 2. Brooke Birmingham (OT 15'10.75").

Triple jump: 5. Brooke Birmingham (OT 32'10").

4x220 relay: 1. Old Town (Theresa Roy, Brooke Birmingham, Amy Johnston, Elizabeth Holmes 1:54.01).

State Class A Indoor Track and Field Championship Meet February 16, 1996 University of Maine

Boy's Team Scores: Brewer 70, Cheverus 48, Biddeford 38, Deering 38, Brunswick 30, Bangor 28, Old Town 26, Portland 24, Mt. Blue 16, Mt. Ararat 16, South Portland 14, Oxford Hills 10, Westbrook 10, Bonny Eagle 10, Lewiston 8, Waterville 8, Thornton Academy 6, Edward Little 3.

60 yard dash: 5. Andy Sibley (OT 6.84).
60 yard hurdles: 5. Adam Moore (OT 8.18).

300 yard run: 1. (tie) Andy Sibley (OT 33.29).

1000 yard run: 4. Chris Hoskins (OT 2:28.47).

Long jump: 2. Andy Sibley (OT 20'1.75").

Triple jump: 6. Matt DeGrasse (OT 40'6.25").

High school gymnasts place well at States

The Maine high school gymnastics season ended with the State Championship Meet held at Kennebunk High School on Saturday, February 17. The host Kennebunk Rams took top honors with a score of 153.53 points over runner-up Waterville High School at 150.38. Mountain Valley of Rumford finished third with 143.81 points, with Belfast fourth with 136.33.

The Old Town team coached by Shannon Gallant finished in fifth place overall with a score of 133.05. Old Town had a balanced performance for its entire team. Kate Thornton led the team with an 11th place finish in All-Around points. Thornton also had a tenth place on Balance Beam. Michele Thronton finished in seventh place on Bars and Jodi Nadeau had a seventh in Vault. Senior Erin Banis contributed her best score of the season on Balance Beam and Cathy McComish had a solid meet. The team effort helped the girls overcome the late season loss of Jessica Alex to an injury; and give the Indians a successful end to the season.

The Old Town team should be a strong contender next season, as team captain Banis is the only graduating senior. Alex, Nadeau and McComish are all juniors, while the Thorntons are freshmen.

For the Orono High School competitors, freshman Ashley Simpson had a strong meet on her way to a seventh place finish in All-Around. Simpson finished third in Vault, fourth in Beam, and 11th in both Floor and Bars. Teammate Cassie Baughman sprained an ankle on her last day of practice, and was not able to compete. Baughman, a sophomore and Simpson will both return next year.