



Andover H.S. • Billerica Memorial H.S. • Central Catholic H.S. • Chelmsford H.S. • Dracut Senior H.S. • Haverhill H.S. • Lawrence H.S.  
Lowell H.S. • Methuen H.S. • North Andover H.S. • Tewksbury Memorial H.S.

## **BOYS Indoor Track (Winter)**

Season Summary and Post-Season Awards

### **MVC Division 1 Champions**

Lowell H.S.

### **MVC Division 2 Champions**

Billerica Memorial H.S.

### **Coaches of the Year**

Division 1: Scott Ouelette – Lowell H.S.

Division 2: Shaun Corum – Billerica Memorial H.S.

### **Team Sportsmanship Award**

North Andover H.S.

*MVC All-Conference Awards by Event – Pages 2-3*  
*MVC All-Conference Awards by School – Pages 4-5*



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## Merrimack Valley Conference 1<sup>st</sup> Team All-Conference (by event)

<b>55m</b>	Jerimil German (Lawrence)	Richmond Kwaateng (Lowell)	Franco Recto (Lowell)
<b>55m Hurdles</b>	Nathan Hebert (Central Catholic)	Jordany Volquez (Lawrence)	Samuel Mutiso (Lowell)
<b>600m</b>	Evan Mills (Central Catholic)		
<b>1,000m</b>	James Pothier (Central Catholic)		
<b>1 Mile</b>	Jack Determan (North Andover)		
<b>2 Mile</b>	Joeben Jacobs (Lowell)		
<b>4x200m Relay</b>	Billerica - Ryan D'Agostino, Rodrigo Freitas, Stephen Harris, William West		
	Lawrence - Adonis Garcia, Eddie Gonzalez, Jerimil German, Jordany Volquez		
	Lowell - Richmond Kwaateng, Aaron Morris, Samuel Mutiso, Franco Recto		
	Methuen - Nassim Bendimerad, John Dowgiert, Stanley Hanci, Michael Soucy		
	North Andover - Jack Chace, Paul Fernandez, Angel Gonzalez, Sebastian Vente		
<b>300m</b>	Stephen Harris (Billerica)		
<b>4x400m Relay</b>	North Andover - Jack Chace, Matthew Chicko, Andrew Howard, Peter Martel		
<b>4x800m Relay</b>	Billerica - Thomas Dinsmore, John Holden, Gachau Kabuga, Brandon Marion		
	Lowell - Juan Giron, Joeben Jacobs, Luke Silva, Ricky Thyne		
<b>High Jump</b>	Jackson Drake (Andover)	Michael Makiej (Andover)	Jalen Dibbles (Lowell)
<b>Long Jump</b>	James Sorenson (Central Catholic)	Eddie Gonzalez (Lawrence)	Richmond Kwaateng (Lowell)
<b>Shot Put</b>	Luis Cadime (Lowell)		



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## Merrimack Valley Conference 2<sup>nd</sup> Team All-Conference (by event)

<b>55m</b>	Tyler Pearce (Dracut)	Alex Arbogast (Tewksbury)	Alex Lacerda (Tewksbury)
<b>55m Hurdles</b>	Zach LaLonde (Tewksbury)	Chigozie Adigwe (Lowell)	James Chen (Andover)
	Connor McGarry (North Andover)	Conor Moses (Andover)	
<b>600m</b>	Nicholas Polimeno (Tewksbury)	Hayden Makarow (Haverhill)	Owen Phelan (North Andover)
<b>1,000m</b>	Freddy Coleman (Methuen)	Jett Stad (North Andover)	David Vandi (Lowell)
<b>1 Mile</b>	Matt Giannasca (Central Catholic)	Camden Reiland (North Andover)	Kelvin Santana (Lowell)
	Cormac Crippen (Central Catholic)	Xavier Metivier (Methuen)	Nathan Petterson (Lowell)
<b>2 Mile</b>	Aidan Hennessey (Chelmsford)	Gustavo Tizotti (Tewksbury)	
	<b>4x200m Relay</b>		
	Tewksbury - Alex Arbogast, Alex Lacerda, Neftali Mercedes, Zach LaLonde		
	Central Catholic - Alex Hay, James Sorenson, Kiaden Nobrega, Bobby Bakhtiari		
<b>300m</b>	Zach LaLonde (Tewksbury)		
<b>4x400m Relay</b>	Central Catholic - Dominic Tritto, Evan Mills, James Sorenson, Kaiden Nobrega		
	Chelmsford - Ethan Lafrontant, Matt Higgins, Matt Shoup, Stephen Spofford		
	Lowell - Alan Martinez, Chigozie Adigwe, Jalen Dibbles, Luke Silva		
<b>4x800m Relay</b>	North Andover - Jack Determan, Jett Stad, Leniel Veguilla, Matthew Chicko		
	Central Catholic - Cormac Crippen, James Pothier, Luke Ryan, Matt Giannasco		
<b>High Jump</b>	Matt Palmisano (North Andover)	Jeyis Gomez (Central Catholic)	Izaiah Strum (Lowell)
	Nathan Jacques (North Andover)	Thomas Barinelli (Tewksbury)	
<b>Long Jump</b>	Izaiah Strum (Lowell)	Thomas Barinelli (Tewksbury)	
<b>Shot Put</b>	Brendan Cesati (Central Catholic)	DJ Gagnon (Dracut)	Gerren Kopcinski (Dracut)
	Osamuyimen Osayimwen (Central Catholic)	Matthew Grella (Central Catholic)	Brandon Grundy (Haverhill)



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## Merrimack Valley Conference 1<sup>st</sup> Team All-Conference (by school)

### Andover H.S.

Jackson Drake - High Jump  
Michael Makiej - High Jump

### Billerica Memorial H.S.

Ryan D'Agostino - 4x200 Relay  
Thomas Dinsmore - 4x800 Relay  
Rodrigo Freitas - 4x200 Relay  
Stephen Harris - 4x200 Relay, 300m  
John Holden - 4x800 Relay  
Gachau Kabuga - 4x800 Relay  
Brandon Marion - 4x800 Relay  
William West - 4x200 Relay

### Central Catholic H.S.

Nathan Hebert - 55m Hurdles  
Evan Mills - 600m  
James Pothier - 1,000m  
James Sorenson - Long Jump/Pentathlon

### Lawrence H.S.

Adonis Garcia - 4x200 Relay,  
Eddie Gonzalez - 4x200 Relay, Long Jump  
Jerimil German - 4x200 Relay, 55m  
Jordany Volquez - 4x200 Relay, 55m Hurdles

### Lowell H.S.

Luis Cadime - Shot Put  
Jalen Dibbles - High Jump  
Juan Giron - 4x800m Relay  
Joeben Jacobs - 2-Mile, 4x800m Relay  
Richmond Kwaateng - 4x200m Relay, Long  
Jump, 55m  
Aaron Morris - 4x200m Relay  
Samuel Mutiso - 4x200m Relay, 55m Hurdles  
Franco Recto - 4x200m Relay, 55m  
Luke Silva - 4x800m Relay  
Ricky Thyne - 4x800m Relay

### Methuen H.S.

Nassim Bendimerad - 4x200m Relay  
John Dowgiert - 4x200m Relay  
Stanley Hanci - 4x200m Relay  
Michael Soucy - 4x200m Relay

### North Andover H.S.

Jack Chace - 4x400m Relay, 4x200m Relay  
Matthew Chicko - 4x400m Relay  
Jack Determan - 1-Mile  
Paul Fernandez - 4x200m Relay  
Angel Gonzalez - 4x200m Relay  
Andrew Howard - 4x400m Relay  
Peter Martel - 4x400m Relay  
Sebastian Vente - 4x200m Relay



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## Merrimack Valley Conference 2<sup>nd</sup> Team All-Conference (by school)

### Andover H.S.

Conor Moses - 55m Hurdles  
James Chen - 55m Hurdles

### Central Catholic H.S.

Bobby Bakhtiari - 4x400m Relay  
Alex Hay - 4x200m Relay  
Brendan Cesati - Shot Put  
Cormac Crippen - 2-Mile, 4x800m Relay  
Jeyis Gomez - High Jump  
Kaiden Nobrega - 4x400m Relay, 4x200m Relay  
Luke Ryan - 4x800m Relay  
Matt Giannasca - 1-Mile, 4x800m Relay,  
Matthew Grella - Shot Put  
Osamuyimen Osayimwen - Shot Put

### Chelmsford H.S.

Aidan Hennessey - 2-Mile  
Ethan Lafontant - 4x400m Relay  
Matt Higgins - 4x400m Relay  
Matt Shoup - 4x400m Relay  
Stephen Spofford - 4x400m Relay

### Dracut H.S.

DJ Gagnon - Shot Put  
Gerren Kopcinski - Shot Put  
Tyler Pearce - 55m

### Haverhill H.S.

Brandon Grundy - Shot Put  
Hayden Makarow - 600m

### Lowell H.S.

Alan Martinez - 4x400m Relay  
Chigozie Adigwe - 4x400m Relay, 55m hurdles  
David Vandi - 1,000m  
Izaiah Strum - High Jump, Long Jump  
Kelvin Santana - 1-Mile  
Nathan Petterson - 2-Mile

### Methuen H.S.

Freddy Coleman - 1,000m  
Xavier Metivier - 2-Mile

### North Andover H.S.

Camden Reiland - 1-Mile  
Connor McGarry - 55m Hurdles  
Jett Stad - 1,000m, 4x800m Relay  
Leniel Veguilla - 4x800m Relay  
Matt Palmisano - High Jump  
Nathan Jacques - High Jump  
Owen Phelan - 600m

### Tewksbury Memorial H.S.

Alex Arbogast - 4x200m Relay, 55m  
Alex Lacerda - 4x200m Relay, 55m  
Gustavo Tizotti - 2-Mile  
Neftali Mercedes - 4x200m Relay  
Nicholas Polimeno - 600m  
Thomas Barinelli - High Jump, Long Jump  
Zach LaLonde - 300m, 4x200m Relay, 55m Hurdles