

Island Sports



Jamestown Nicole Ethier runs the 600 meters at the JV State meet. Photo by Adrienne Downing

Girls indoor track team wraps season

By Stephanie Heelan Cotsonas

The North Kingstown High School girls' indoor track team wrapped up its season on Feb. 22 by placing 11th at the R.I. State Meet held at University of Rhode Island.

First year Head Coach Kaitlin Wilson was happy with the season as a whole, especially since there were many obstacles the girls had to overcome including illness and inclement weather, which made practicing on the outdoor track difficult. "The team still worked hard and was very dedicated, always striving to improve their performances. Several of the girls ran personal bests in their events, and our best times for the 4x800-meter and 4x400-meter relays came at the state meet, which is the way we wanted things to work out. We had great upperclassmen leadership and are also very excited with the talent that so many of the younger girls showed as well," Wilson said.

Islander and distance runner Tory Dolce did not seem fazed,

recalling their practices inside and out. "Our coach tried to keep us outside until the roads were bad and then we went inside for about a month. Runners are known to get shin splints when they are inside running on the hard floor. We ran around the second floor of the building which was better than the gym, but for the most part we practiced on the outdoor track," Dolce said.

At the state meet, islander and junior Caitlin Downing was a member of the 12th place 4x200-meter relay team with Renee Dubuc, Allison Rivelli and Julie Warner. Downing was also part of the 4x400-meter relay with Allison Stasiuk, Moira Crocker, and Kathryn Coleman. Wilson said, "Caitlin is a great competitor. She competed in the hurdles successfully all season and was also a vital member of both our 4x100 and 4x400 teams. She always pushes herself to do her best and is such a team player. For the state meet she chose to focus on her legs in both the relays instead of doing an

additional individual event."

Downing placed fourth in the 45-meter hurdles at the Division Meet on Feb. 6 where North placed second behind South Kingstown High School. North placed fourth in the Class A Meet on Feb 14. "Although she is only a junior, she is definitely a team leader already and leads by example. We are very lucky to have her as a member of our program and are looking forward to her continued success," Wilson said.

At the JV State Meet held on Feb. 19, North finished in 12th place and the freshman team placed third at their state meet held on Feb. 9. Both meets were held at CCRI and Jamestown was well represented. At the JV State Meet, juniors Dolce and Emily Lester competed in the 1500-meter run and placed 16th and 23rd, respectively. Sophomore Katie Matley ran the 1000 meters and junior Nicole Ethier competed in the 600 meters. Other islanders on the team include Elizabeth Chase, Danielle Jennings, and Alicia Ruscito.



Farrell making strides in Division 1 track

Rory Farrell of Jamestown, a 2008 graduate of North Kingstown High School, recently competed in the Metro Atlantic Conference Track and Field Championship in New York City.

Farrell, a member of the St. Peter's College, Division I track and field team, placed sixth in the

400-meter event and his 4x400 relay team won that event and was crowned MAAC champs.

The winning relay team will compete this weekend in the 2009 IC4A Championships being held at Boston University.

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Almanac – Thursday, March 5, 2009

Local Tides This Week

NEWPORT				
DAY	HIGH	LOW	HIGH	LOW
Thur	1:52 a.m.	8:52 a.m.	2:29 p.m.	7:56 p.m.
Fri	3:04 a.m.	10:02 a.m.	3:38 p.m.	9:20 p.m.
Sat	4:14 a.m.	10:53 a.m.	4:43 p.m.	10:29 p.m.
Sun	6:15 a.m.	12:36 a.m.	6:40 p.m.	
Mon	7:09 a.m.	12:29 a.m.	7:30 p.m.	1:15 p.m.
Tue	7:57 p.m.	1:22 a.m.	8:18 p.m.	1:51 p.m.
Wed	8:43 a.m.	2:10 a.m.	9:03 p.m.	2:26 p.m.

CONANICUT POINT				
DAY	HIGH	LOW	HIGH	LOW
Thur	1:59 a.m.	8:46 a.m.	2:36 p.m.	7:50 p.m.
Fri	3:11 a.m.	9:56 a.m.	3:45 p.m.	9:14 p.m.
Sat	4:21 a.m.	10:47 a.m.	4:50 p.m.	10:23 p.m.
Sun	6:22 a.m.	12:30 a.m.	6:47 p.m.	
Mon	7:16 a.m.	12:23 a.m.	7:37 p.m.	1:09 p.m.
Tue	8:04 p.m.	1:16 a.m.	8:52 p.m.	1:45 p.m.
Wed	8:50 a.m.	2:04 a.m.	9:10 p.m.	2:20 p.m.

Sun / Moon Chart This Week

DAY	Sunrise	Sunset	Moonrise	Moonset
Thur	6:14 a.m.	5:39 p.m.	11:22 a.m.	2:30 a.m.
Fri	6:12 a.m.	5:40 p.m.	12:35 p.m.	3:23 a.m.
Sat	6:11 a.m.	5:42 p.m.	1:52 p.m.	4:05 a.m.
Sun	7:09 a.m.	6:43 p.m.	4:09 p.m.	5:40 a.m.
Mon	7:07 a.m.	6:44 p.m.	5:25 p.m.	6:09 a.m.
Tue	7:06 a.m.	6:45 p.m.	6:38 p.m.	6:35 a.m.
Wed	7:04 a.m.	6:46 p.m.	7:49 p.m.	6:59 a.m.

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