

# Lancaster Bee

Thursday, January 25, 2007

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## Indoor Track

### **Bapst paces Lancaster**

Junior Aaron Bapst had his best day in indoor track with a triple win last Sunday at Fredonia State College.

Bapst won the 55 meter dash in 7.03 seconds and the 300 in 38.7. He would later run third leg in the victorious 4x200 relay with Nathan Corbi, Tony Dirienzo and Mike Floyd in a season best time of 1 minute, 37.4 seconds.

Ryan Pericozzi won the pole vault with a 12-foot clearance and the 4x400 relay of Jeff Blando, Ryan Woodard, Jared Mutka and Nick Cumbo rounded out the scoring, winning in 4:02.8. Other significant performances were turned in by Ben Thuman (3,200), Steve Bender (1,600) and Don McArdle in the shot put.

The girl's team also had a good day with state leader in the shot put, freshman Melissa Kurzdorfer, winning in impressive fashion with a toss of 43-feet 1-1/4 inches. Alyssa Rogers matched her best pole vault clearance, winning at 11 feet, also near the top in New York State. Sophomore Natalie Bauman won the 1,500 racewalk easily in 8:51.3.

Soph Brittany Nowak served notice that she is a contender in the 600 with a very good time of 1:46.1. Additional impressive performances were turned in by the second-place finishes of the 4x400 and 4x200 relay teams.