



Southern Connecticut Conference

Spring Sports Notebook

Spring 2021, Edition 4
(May 4-9, 2021)

Welcome to the fourth notebook of the Spring 2021 sports season. Like our previous Notebook series, our goal with this weekly communication is to highlight some of the best individual and team performances from each of the sports being played this spring - *baseball/softball, golf (boys and girls), lacrosse (boys and girls), tennis (boys and girls), track (boys and girls), and boys volleyball.*

With so many spring sports in season, we have decided to break the spring notebooks into five separate documents. We will also list the top 5 accomplishments from the week's action.

This edition includes contests from Monday, May 3, 2021, through Sunday, May 9, 2021. The goal will be to publish these notebooks each Tuesday through the league playoffs.

SCC Standings

Standings for all SCC spring sports can be found linked here - [Spring 2021 Standings](#). They have been updated through games completed as of Saturday, May 8. Playoffs are right around the corner. Detailed playoff information and dates are located below.

SCC Spectator Policy

The SCC and our respective schools and Athletic Directors appreciate your cooperation with the spectator policy each school has established. As a reminder and refresher, please click here to see the policy for each school - [SCC Spring 2021 Sports Spectator Policy](#).

BOYS OUTDOOR TRACK AND FIELD

[SCC Track Meet Details](#)

East Sectional – Monday, May 17 at Bowen Field – 2:30 p.m.

Teams participating: Amity Regional, Cheshire, Daniel Hand, Foran, Guilford, Hillhouse, Jonathan Law, Lyman Hall, Sheehan, Shelton

West Sectional – Tuesday, May 18 at Bowen Field – 2:30 p.m.

Teams participating: Branford, Career, East Haven, Fairfield Prep, Hamden, Luralton Hall, Mercy, Notre Dame, Sacred Heart Academy Wilbur Cross, West Haven, Xavier

Championship Meet – Tuesday, May 25 at Bowen Field, New Haven – 1 p.m.



Number 5

Wilbur Cross' Nikita Omelchenko won the 800 and 1600 meters in the Governors' dual meet victory over East Haven on May 4. Omelchenko won the 800 meters in 2:01, and followed up with a 4:56 finish in the 1600.

Number 4

Lyman Hall's Jacob Seamans won three events in the Trojans' dual meet victory over Guilford on May 5. Seamans won the 110 meter high hurdles (16.5), 300 meter high hurdles (44.5) and the high jump (5'8").

Number 3

Foran's Brett Dumais won the pole vault (12'6") in the Lions' dual meet against Shelton on May 7. Dumais also won the 110 meter high hurdles (18.4). In the same meet, Shelton's Jason Lorent won the 100 (10.9) and 200 (22.0) meters.

Number 2

Xavier's Adam Carroll won the shot put (42'1") and discuss (142'3") in the Falcons' tri-meet against Notre Dam and Fairfield Prep on May 1.

Number 1

Fairfield Prep's Darren Blount won the 100 (11.37) and 200 meters (24.55) in the Jesuits' dual meet victory against Career on May 3.

GIRLS OUTDOOR TRACK AND FIELD

SCC Track Meet Details

East Sectional – Monday, May 17 at Bowen Field – 2:30 p.m.

Teams participating: Amity Regional, Cheshire, Daniel Hand, Foran, Guilford, Hillhouse, Jonathan Law, Lyman Hall, Sheehan, Shelton

West Sectional – Tuesday, May 18 at Bowen Field – 2:30 p.m.

Teams participating: Branford, Career, East Haven, Fairfield Prep, Hamden, Luralton Hall, Mercy, Notre Dame, Sacred Heart Academy Wilbur Cross, West Haven, Xavier

Championship Meet – Tuesday, May 25 at Bowen Field, New Haven – 1 p.m.



Number 5

There were lots of great performances in the East Haven-Wilbur Cross dual meet on May 4. For East Haven, Kisha Francois won the 100 (12.5), 200 (26.0) and long jump (15'8"), while teammate Alice Stettinger won the javelin (113'), shot put (28') and discuss (82'4"). For Wilbur Cross, Margo Pedersen won the 200 meters (2:20) and Nyia White won the 100 hurdles (17.0).

Number 4

In its dual meet against Hillhouse on May 6, Jonathan Law's 4x800 relay team, comprised of Eira Rodriguez, Shelby Green, Hannah Rascoll and Katie Konareski, set the school record (10:11).

Number 3

Daniel Hand's Anna Steffen continues to impress this spring. In a dual meet against Amity Regional on May 3, she posted a 10:47.5 in the 3200 meters.

Number 2

The Crusaders' dual meet victory against North Haven, Luralton Hall's Kelly Jones ran first

leg for the winning 4x800m relay team, which ran its best time of the year in 10:27.4. She also won the 800-meter run (2:26) and set the school record.

Number 1

Mercy's Maria Kane set the school record in the 200 meters in the Tigers' dual meet victory over Sacred Heart Academy on May 8. Kane ran 25.75, breaking the record held for nearly 25 years.

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