

**Publish spring sports scores in The Bee**

Anyone wishing to have their teams' spring youth sports results published in The Bee can be filled out at [www.beenews.com](http://www.beenews.com). Summaries of individual games are limited to a maximum of 100 words each. The deadline for stories to run in Wednesday's paper is still 9 a.m. the Monday before that paper is published. If you wish to have forms mailed to you or have any other questions, contact Nagy at 204-4903.

# Breakout performance

*East's Allen wins state, Federation 400 titles; breaks section record twice*

by **PATRICK J. NAGY**  
 Reporter

New York State high school runners who didn't know Williamsville East's Kala Allen know her now after last weekend's State Track and Field Championships at the University at Buffalo.

Allen won the girls Division I and Federation (best Division I, II, Catholic, and New York City school times) championships in the 400-meter dash on Friday and Saturday, respectively, in Section VI record times.

Allen won the second Division I 400 heat by almost two seconds on Friday, going a then section record 55.61 (next closest person in her heat, Sheina Roberts of Bishop Loughlin, finished in 57.83), then came back on Saturday in the Federation race and lowered her section record in 55.24.

Christie Verdier of Baldwin had the second best time among all three heats in the Division I race with a 55.88. Mount Sinai's Janet Mellor was second in the Federation race in 55.35.

The old section record in the 400 dash was 56.24.

"Section records sometimes get broken by hundredths of a second, or tenths of a second at the most," said East coach Kurt Holme. "She broke it by one full second."

While winning both races is an amazing accomplishment, what is unbelievable is Allen is only in the eighth grade.

"It's overwhelming," said Allen, who attends Transit Middle School. "I wanted to do the best



Williamsville East eighth-grader Kala Allen broke the Section VI record twice en route to winning the Division I and Federation 400-meter dash races at last weekend's New York State Championships at the University at Buffalo.

Photo by Amy Krakowiak  
 Purchase color photos at [www.BeeNews.com](http://www.BeeNews.com)

I could. It's pretty cool."

Allen's previous personal best in the 400 was a 57.07 which she set at ECICs two weeks ago.

Allen had won every 400 finals race she entered this spring. The only time she didn't take first was a second place in a heat at the

Western New York Track and Field Classic.

Allen's goal coming into her first state meet was to set a personal record and maybe qualify for the Federation race in the 400, but she dramatically exceeded those marks.

"When I crossed the finish line (in the Division I race), I thought I got a 57," said Allen. "I was surprised when I got a 55. I didn't expect to make it to Saturday (Federation race)."

"She was well prepared, focused and worked hard," said Holme. "She was very motivated to run against the best girls in the state."

An hour and a half before she broke the section record in the 400 on Saturday, Allen set a personal best in the 200 dash Division I final, finishing fourth in 25.22.

After the 400 Federation race, she took seventh in the Federation 200 race, sixth among large schools, in 25.93.

Allen was originally recruited as a seventh-grader by then East girls track coach Paul Pignataro.

Allen took fourth in the 400 (59.6) and fifth in the 100 (13.1) at last year's Section VI Championships.

"As a seventh-grader, she broke 60 seconds and that was a signal to us that if she worked hard, she had great potential," said Holme. "The average 400 runner drops one to two seconds every year starting from ninth grade. She dropped four seconds in one year."

Holme said what makes Allen so good is her foot speed and endurance to hold a consistent pace all year.

Allen also runs the 100 but did not qualify for states in the event.

Allen is also tough. The Monday before the state meet, she was going in on a breakaway during an Amherst Youth Soccer U-14 game and the goalie on the opposing team fell on Allen's right leg.

"I asked if it was a shin splint," said Holme. "She said she got her leg rolled. We iced it. It turned out to be a bruise. I wouldn't have even mentioned anything if she wasn't rubbing it."

Allen played outside midfielder for the East modified girls soccer team and is trying out for the JV team this fall.

Her future goal in track is to keep improving her times.

**“When I crossed the finish line (in the Division I race), I thought I got a 57. I was surprised when I got a 55. I didn't expect to make it to Saturday (Federation race).”**

— Kala Allen, about her performance in the 400 dash

e-mail: [pnagy@beenews.com](mailto:pnagy@beenews.com)

## South's VanBuren breaks section record in 400 hurdles

by **PATRICK J. NAGY**  
 Reporter

Although she only started running the 400-meter hurdles this spring, Allie VanBuren had her sights set on setting a Section VI record in it.

The wait is over as the Williamsville South sophomore ran a section best 1:00.7 in the New York State Track and Field Federation girls 400 hurdles (best Division I, II, Catholic, and New York City schools times) on Saturday at the University at Buffalo to finish third overall.

The old section record was 1:00.8 held by Akron graduate Fawn Dorr, a good friend of VanBuren's.

"I've been trying to make it for a while since I started but haven't been able to because I've been running in the 1:01s," said VanBuren. "I was very happy."

The 1:00.7 mark is the third fastest time in the state and fifth in the nation according to state and national high school rankings on [www.armorytrack.com](http://www.armorytrack.com).

VanBuren placed second in the girls Division I 400 hurdles race on Friday in 1:01.28.

VanBuren also took second in the girls Division I 100 hurdles in 14.75 and fourth in the Federation race in 14.55, three hundredths off

her personal best.

"It felt good to take fourth because I didn't make the Federation race during the indoor season," said VanBuren.

South coach Sam Hasan felt VanBuren ran strong in both hurdle races.

"We wanted her to peak around sectionals and hold for the state meet and it worked out right," said Hasan. "She listened to everything we told her all season, even down to the nutrition part."

It was VanBuren's fourth straight trip to outdoor states after going as a member of the 4x400 relay as a seventh and eighth-grader and in the 100 hurdles as a freshman.

VanBuren's teammate, sophomore Amanda Breymer, took 10th in Division I and 12th in the Federation in the outdoor pentathlon with 2,787 points. Breymer set a personal record in the shot put by two feet with a throw of 27-5.5. She also went 17.12 in the 100 hurdles, 4-11.5 in the high jump, 15-feet in the long jump, and 2:27.39 in the 800.

"That event is geared for Amanda," said Hasan. "She's such an all-around athlete that there's nothing she can't do. I can see her easily breaking 3,000 points next year."

e-mail: [pnagy@beenews.com](mailto:pnagy@beenews.com)

## Great ending for Amherst girls track

The Amherst Central girls outdoor track team concluded a great season at the New York State and Field Championships last weekend at the University at Buffalo.

Junior Allison Rogers, sophomore Brenna Symoniak, and freshman Ashley Fields each posted solid times.

Rogers finished sixth in the girls Division I 100-meter dash (12.92) and 16th in the 400 dash (59.22). She qualified in the 100 and 200 dash as a freshman.

"She did an outstanding job making it to the state meet two years in a row and took a huge step forward this year, making it to the finals in the 100," said Amherst coach Dan Tryon.

Symoniak broke her own school record in the 3000 (10:08.43, 10th overall) and the school record in the 1500 set by Jenny Koeppel in 2001 by three seconds (4:46.16, 16th overall). Symoniak was a state qualifier in the 3000 last year.

Fields took fifth in the girls Division I 100 (12.91) and 200 dashes (25.31) and fifth in the Federation (best Division I, II, Catholic, and New York City schools times) 200 (25.60).

"These girls did an amazing job this year," said Dan Tryon. "I am so proud of them and honored to a part of what they have accomplished this year."

(Please turn to page 18)

## New photo policy in place

As of July 1, 2008, The Bee will institute a new policy on send-in photos for youth sports.

The Bee will run a team photo only once during a season. This

applies to baseball, softball, basketball, football, gymnastics, soccer, hockey and any other sport.

We will always welcome action shots.