

Recap of the Commerce Boy's 2022-2023 Indoor Track Season

At the end of each season I have recently begun to try to put into perspective what the team accomplished. Track & Field is a unique team sport. Although we have virtual competitions against other schools within the larger PVIAC league meets, which provides a win-loss record, there are many other ways to measure success. A team comprised of 2 throwers, 2 long sprinters and 4 short sprinters is not very likely to win many dual meets when we only compete in 6 of the 12 available events. Any school that puts any athletes in the longer distance events, the hurdles or the high jump is very likely going to score more points than us. This year we went 3 wins and 9 losses.



A team with a reverse record could consider themselves quite an accomplished team but I don't consider our 3 and 9 record indicative of much. Rather, I look at personal records, school records, the post-season and comparisons based on state divisions. When school size is exactly the same, for reasons that I cannot explain but know to be true, Eastern Mass. schools will almost always outperform Western Mass. schools. Therefore when I make comparisons I will use both geography and MIAA divisions.

Almost everyone on the team had performance improvements in events they competed in. Being a very short season, improvements can be hard to come by. Davion Figueroa came within 5/100th of a second to tying the 55m boy's school record. He is now tied for 3rd place on the all-time Indoor 55m list and, amazingly, he is also 3rd on the school all-time list for the 1 Mile run. Others making it into the all-time top-ten Indoor Season list include Shaheem Shabazz, 10th in the Long Jump, Andrew Amaro, 10th in the Shot Put and with some incredible improvements, Joshua Reyes, at 4th place in the Shot Put! Missing the top-ten by just one spot was Xavier Bruno in the 600m Run.

When we compare ourselves by our "feature" event - the 4x200 Relay - to all the other schools in the Pioneer Valley League, we show that even a relay composed of average sprinters can perform beyond expectations with dedication, belief and execution.

Of the 29 schools in the PVIAC League, only 7 boy's teams qualified for the MIAA Divisional Championships. Of those 7 relays, Commerce was the ONLY boy's team to qualify from the Springfield public schools.

It's not necessarily comparing "apples-to-apples" when comparing Commerce to Central. Central has over 2000 students while Commerce has about 800, thus Central is an MIAA Division 1 school while Commerce is a Division 4 school. But both schools are from Western Mass. Both from Springfield and the difference in divisions could be considered the equalizer.



Central had one individual in the 2-Mile. Carlos was seeded 26th, finished 22nd. The Central 4x400 Relay was seeded 16th and finished 14th.

Commerce had one individual in the 55m. Davion was seeded 23rd and finished 22nd. Our 4x200 Relay was seeded 21st and finished 16th

Furthermore, in the All-State Meet of Champions, the top four spots in the 4x200 were D1 schools, 5th was a D2 school and the first D4 school was 6th place and then the remaining spots up to 12th place were D1 and D3 teams. It's a clear indication that the bigger the division, the more likely the better result.

I would say that Commerce and Central had pretty equivalent performances in the MIAA Divisional Championships. No other Springfield public school sent any boys to Divisionals in any event.

Finally, at the PVIAC post-season coaches meeting, Davion, Johstian, Alberto and Shaheem were voted by all the league coaches as **PVIAC All-Stars** for the 2022-2023 Indoor Track & Field Season.

I am very proud of our boys. As always, the Commerce Boy's Track Team is a small team with large accomplishments.

- Coach Larry