

Ridgewood all time Relays lists: there are 17 events tabulated, each one on a different page. Out Door Relays.

RIDGEWOOD HIGH SCHOOL  
4x100 METER RELAY

TOP TEN ALL TIME

49.67	2007	Lara-Jane Que, Emily Barr, Mia Martinez, Erica Cigolini (Penn Relays)
49.6	2007	Lara-Jane Que, Emily Barr, Mia Martinez, Erica Cigolini (Bergen Relays F)
50.13	2006	Lara-Jane Que, Emily Barr, Jess Krejsa, Erica Cigolini ( <b>Penn Relays</b> )
50.15	2006	Lara-Jane Que, Emily Barr, Jess Krejsa, Erica Cigolini ( <b>East Coast Relays</b> )
50.4	1985	Jeanne McGuire, Liz Ross (Bernards Invitation) Lisa Waters, Marci Capitani
50.4	2006	Que, Bogart, Barr, Cigolini ( <b>Pawlowski Relays</b> )
50.7	2007	Lara-Jane Que, Emily Barr, Mia Martinez, Erica Cigolini (Comet Relays)
50.8	1885	(Penn Relays)
50.95	2003	Jess Krejsa, Lani Caldwell, Ashley Carrie, Trish McGowan (East Coast Relays)
50.9	2007	Lara-Jane Que, Emily Barr, Mia Martinez, Erica Cigolini (Bergen Relays T)
51.0	1994	(Penn Relays)
51.0	2005	Bergen Relays trials
51.03	2005	East Coast Relays
51.15	2005	Penn Relays
51.6	1978	
51.6	1988	
51.6	1998	(Bergen Relays)
51.7	2005	Comet Relays
51.8	2005	Bergen Relays finals
51.84	2004	Lara-Jane Que, Ashley Carri, (East Coast Relays) Erica Cigolini, Jess Krejsa
51.97	2004	Lara-Jane Que, Ashley Carri, (Easterns 6/8/04) Erica Cigolini, Jess Krejsa
51.9	1993	(Penn Relays)
51.9	1994	
52.0	1984	(Penn Relays)
52.1	1995	(Penn Relays)
52.1	2003	Jess Krejsa, Lani Caldwell, Ashley Carrie, Trish McGowan.

RHS Record Progression:

1972	-	56.3
1973	-	54.6
1978	-	51.6
1985	-	50.4
2006	-	50.13
2007	-	49.67

**RIDGEWOOD HIGH SCHOOL  
4x200 METER RELAY**

**TOP TEN ALL TIME**

1:44.67	5/21/07	Mia Martinez, Emily Barr, Kate Michel, Erica Cigolini ( <b>East Coast Relays</b> )
1:44.8	4/30/07	Lara-Jane Que, Emily Barr, Jess Krejsa, Erica Cigolini (Bergen Relays)
1:45.92	5/19/08	Mia Martinez, Kate Michel, Victoria Oliva, Emily Barr (East Coast Relays)
1:46.5	4/18/09	Catherine Buckley, Nina Montgomery, Jenny Narvaez, Victoria Oliva (Bergen Relays)
1:46.95	5/22/06	Lara-Jane Que, Emily Barr, Jess Krejsa, Erica Cigolini ( <b>East Coast Relays</b> )
1:46.99	5/18/09	Catherine Buckley, Nina Montgomery, Jenny Narvaez, Victoria Oliva (East Coast Relays)
1:46.9	4/30/88	Jen McDermott, Kerri Reilly, Laura Pollaci, Ginny Figlar.
1:47.2	4/18/08	Jenny Narvaez, Robin Lee, Nina Montgomery, Mia Martinez (Bergen Relays)
1:47.82	5/14/85	Jeanie McGuire, Liz Ross, Lisa Waters, Marci Capitani.
1:47.9	5/22/88	Keri Reilly, Lynne Collazo, Jen McDermott, Ginny Figlar.
1:47.9	4/14/07	Lara-Jane Que, Emily Barr, Kate Michel, Erica Cigolini (Comet Relays)
1:48.5	4/15/05	Lara-Jane Que, Alice Wisener, Niki Whitaker, Erica Cigolini.
1:49.1	4/15/94	Shannon McGarrigle, Lauren Vidal, Kate Brunner, Melissa Gilbert.
1:49.4	5/19/97	Jess Porro, Jamie Grasso Helena Lamothe, Lesley Bruno
1:49.37	5?17?04	Lara-Jane Que, Ashley Carri, Erica Cigolini, Jess Krejsa
1:49.8	4/10/92	Natlíe Primavera, Gizele Watson, Shannon McGarrigle, Melissa Gilbert.
1:50.0	5/1982	Stephanie Semprevivo, Karen Haass, Kathy Vickery, Trish Fogarty.
?1:50.1	4/17/98	Jess Porro, Lesley Bruno, Helena Lamothe, Lizzie Vogelbach
1:50.2	5/20/85	Jeanie McGuire, Liz Ross, Lisa Waters, Marci Capitani.
?1:50.6	03	Jess Krejsa, Lani Caldwell?, Ashley Carri, Trish McGowan.
1:50.8	4/21/95	Dara Cattani, Katie McNamara, Vanessa McDermott, Kate Brunner
1:51.0	5/19/86	Lynn Degelmann, Jen McDermott, Shiela Vaughan, Ginny Figlar.
1:51.4	4/2/94	Shannon McGarrigle, Kate Brunner, Lauren Vidal, Dara Cittani
1:51.6	5/20/91	Emily Chang, Gizele Watson, Shannon McGarrigle, Melissa Gilbert.

**RIDGEWOOD HIGH SCHOOL  
4 X 400 Meter Relay**

**ALL TIME TOP TEN**

3:54.29*	6/8/88	Lynn Degelmann-61.4, Kerri Reilly-58.1, Lynne Collazo-58.3, Ginny Figlar-56.3
3:55.4	5/31/88	Deglemann-60.4, Collazo-59.4, Reilly-59.5, Figlar-56.1
3:55.79	5/26/07	Barr-58.9, Michel-59.0, Llerandi-59.3, Wisener-58.5.
3:56.52	5/29/07	Barr-60.2, Michel-59.8, Wisener-58.8, Law-57.6.
3:57.01	5/30/06	Barr-59.9, Westerman-59.9, Law-57.5, Wisener-59.6
3:57.14	6/15/07	Barr-61.0, Michel-59.2, Wisener-59.6, Law-57.3.
3:57.8	5/27/06	Barr-59.7, Westerman-60.3, Wisener-59.5, Law-58.6
3:58.8	6/4/84	Liz Ross, Jeanne McGuire, Marci Capitani, Margaret Scutro
3:59.3	4/26/84	Ross-60.6, McGuire-61.1, Scutro-58.4, Capitani-59.1
3:59.65	6/8/06	Barr-60.8, Llerandi-59.4, Wisener-61.2, Law-58.2
3:59.7	5/29/85	??
3:59.93	6/4/05	Llerandi-60.1, Law-60.4, Westerman-60.1, Wiaener-58.9.
3:59.9	4/6/88	Degelmann-64.9, Reilly-58.9, Collazo-59.5, Figlar-56.6
4:00.15	6/11/85	Lynn Degelmann-59., Ginny Figlar-59., Lisa Waters-61.1, Jeanne McGuire-60.
4:00.1	4/25/85	Ross-59.6, Waters-61.9, McGuire-59.8, Capatani-58.8
4:00.3	6/5/85	McGuire-61.6, Degelman-60.8, Ross-59.9, Capatini-58.0
4:00.53	6/3/06	Barr-60.1, Llerandi-59.4, Wisener-60.9, Law-59.8
4:00.8	5/13/06	Cigolini-62.1, Llerandi-59.5, Law-60.3, Wisener-59.2
4:01.24	6/17/06	Krejsa-61.9, Llerandi-59.2, Westerman-61.4, Law-58.4
4:01.3	5/6/00	Bruno-60.7, Farrell-60.9, J.Zucaro-60.4, K.Zucaro-59.4.
4:01.4	6/4/83	Capitani, Scutro, Mary Ellen Mileski, Patti Mileski

\*Bergen County Record

Top 10 by yearly best time:

3:54.29	1988
3:55.79	2007
3:57.01	2006
3:58.8	1984
3:59.7	1985
3:59.93	2005
4:01.3	2000
4:01.4	1983
4:02.0	1993
4:02.70	2009
4:02.8	1989
4:05.2	1986
4:05.6	1998
4:05.63	1999
4:05.8	2004
4:07.2	1992

**RIDGEWOOD HIGH SCHOOL  
4 x 800 METER RELAY**

**ALL TIME TOP TEN  
(Outdoors)**

9:10.4*	1988	(4X880ydsatKearnyHS-9:07.4for4X800)GinnyFiglar-2:17.3, Jennifer Hughes-2:20.3 Jean Hughes-2:16.6, Lynne Collazo-2:16.3
9:10.3	1983	4/29/83 - Penn Relays Final: Mary Ellen Mileski-2:17.2, MargaretScutro-2:19.1Beth Pringle-2:16.7, Patti Mileski-2:17.3.
9:13.3	1981	Patti Mileski, Beth Pringle,Carol Dickstein, Mary Ellen Mileski
9:15.3	1987	Ginny Figlar-2:23.4, Jenn Hughes-2:19.7, Norine Darcy-2:19.7, Lynne Collazo-2:15.5. (Penn Relays trials 4/23/87)
9:15.5	1987	Ginny.Figlar-2:20.0, Jenn Hughes-2:20.7, Norine.D"Arcy-2:19.1, Lynne Collazo-2:15.7 (Penn Relays Final 4/24/87)
9:18.44	2006	Jess Krejsa-2:19.5, Ashlyn Llerandi-2:20.7, Christina Law-2:14.2, Steph Westerman-2:23.4 (Nationals)
9:23.0	2006	Jess Krejsa-2:23.5, Ashlyn Llerandi-2:20.6, Christina Law-2:17.1, Steph Westerman-2:21.9 (PennRelays-Trials)
9:25.2	1983	MaryEllen Mileski-2:26.2, Margaret Scutro-2:23.8, Beth Pringle-2:20.2, Patti Mileski-2:14.9 (Penn Relays -trials 4/28/83)
9:26.92	2006	Jess Krejsa-2:26.8, Ashlyn Llerandi-2:20.1, Christina Law-2:17.8, Steph Westerman-2:22.0 (PennRelays Final)
9:29.1	1886	Lynne Collazo-2:20.7, Jean Hughes-2:25.2, Jennifer Hughes-2:21.8, Norine D=Arcy-2:21.3 (PennRelays 4/24/86)
9:29.8	1982	MaryEllen Mileski-2:19. ColleenWright-2:32.0, Beth Pringle-2:21.9, Patti Mileski-2:17.0. (Penn Relays final)
9:29.9	1982	MaryEllen Mileski-2:21.3, Colleen Wright-2:28.9, Beth Pringle-2:22.7, Patti Mileski-2:17.0. (Penn Relays trials)
9:31.9	1983	Margaret Scutro, MaryEllen Mileski, Patti Mileski, Beth Pringle. (Ridgewood relays)
9:32.70	2004	Cristina Law-2:21.3, Becca Wells-2:21.9, Stephanie Westerman-2:26.3, Emliy Terrin-2:22.8. (EastCoast Relays 5/17/04)
9:33.66	2005	Cristina Law-2:17.8, Alice Wisener-2:31.5, Becca Wells-2:23.1, Stephanie Westerman-2:19.6. (Nationals 6/17/0)
9:37.4	1886	Jen Hughes-2:23.6, Jean Hughes-2:25.2, Paige Wright-2:26.4, Norine D'Arcy-2:22.4. (NJ relays 5/13/86)
9:37.9	1987	Lynne Collazo-2:22.8, Jean Hughes-2:19.7, Jen Hughes-2:27.2, Norine D'Arcy-2:25.3 (Bergen Relays 4/18/87)
9:38.2	1992	Renee Pavelski-2:32.3, Gizelle Watson-2:26.2 Eileen Fitzgerald-2:27.9, Clair Blaney-2:21.2 (Penn Relays)
9:38.45	2004	Cristina Law-2:20.8,Becca Wells-2:22.5, Stephanie Westerman-2:29.3, Emily Terrin-2:25.5. (Easterns 6/8/04)
9:39.6	1982	MaryEllen Mileski, Beth Pringle, Colleen Wright, Patti Mileski (Bergen Relays)
9:45.02	2004	Cristina Law-2:23.2,Becca Wells-2:29.3, Stephanie Westerman-2:25.6,Emily Terrin-2:26.7. (Penn Relays 4/22/04)
9:46.3*	1974	rbc relays national HS record

**RIDGEWOOD HIGH SCHOOL  
DISTANCE MEDLEY**

**TOP TEN ALL TIME**

11:59.1i 1983 yards-Princeton	Mary Ellen Mileski, 3:39.0	Margaret Scutro, 62.9	Beth Pringle, 2:22.8	Patti Mileski 4:54.4
11:56.5i 1983 meters-Yale	3:35.7	64.0	2:21.0	4:55.8
11:58.6 1982 New Jersey Relays 5/11/82	Patti Mileski, 3:38.4	Trish Fogarty, 61.3	Beth Pringle, 2:18.9	Mary Ellen Mileski 4:59.8
12:02.29 1988 Easterns 6/14/88	Jen Hughes 3:42.1	Ginny Figlar 55.7	Lynne Collazo 2:16.7	Jean Hughes 5:07.4
12:03.5 1994 East Coast Relays 5/23/94	Stephanie Doyle 3:43.4	Melissa Gilbert 57.4	Gizele Watson 2:22.0	Jenna Rogers 5:00.7
12:10.6 1981 New Jersey Relays	Patti Mileski, 3:39.2	Trish Fogarty 60.2	Carol Dickstein, 2:19.4	Mary Ellen Mileski 5:12.1
12:10.92 1994 Penn Relays	Stephanie Doyle 3:42.8	Melissa Gilbert 58.7	Gizele Watson 2:23.5	Jenna Rogers 5:04.0
12:14.59 1994 Easterns 6/14/94	3:46.0	59.8	2:25.9	5:03.0
12:15.0 1987	Jennifer Hughes 3:44.4	Lynne Degelman 60.8	Jean Hughes 2:19.1	Norine D'Arcy 5:10.4
12:15.42i 1989	Lynne Collazo ?	Jen McDermott ?	Liz Figlar ?	Jean Hughes ~5:05
12:21.3 4/11/98	Kelly Behan 3:47.7	Leslie Bruno 62.6	Meg McDermott 2:22.1	Celeste Sedo 5:08.9
12:21.8 1985	Norine D'Arcy 3:50.9	Liz Ross 60.1	Marci Capattini 2:28.7	Margaret Scutro 5:02.2

**RIDGEWOOD HIGH SCHOOL  
SHUTTLE HURDLE RELAY (4x100H)**

**TOP TEN ALL TIME**

1:00.77	5/21/07	Mia Martinez, Christina Law, Alice Wisener, Lara-Jane Que
1:02.55	4/6/07	Mia Martinez, Christina Law, Alice Wisener, Lara-Jane Que
1:04.8	4/1/06	Cassie Wong, Brooke Bogart, Alice Wisener, Lara-Jane Que
1:05.27	5/23/05	Cassie Wong, Brooke Bogart, Alice Wisener, Lara-Jane Que
1:06.8	4/16/05	Cassie Wong, Brooke Bogart, Alice Wisener, Lara-Jane Que
1:07.7	5/19/97	Ana Law(17.3), Karen Hoogland (17.1) Melissa Masterson (17.2), Marli Klar(16.1)
1:06.3	4/21/07	Mia Martinez, Kate Michel, Alice Wisener, Lara-Jane Que
1:08.4	5/8/05	Cassie Wong, Brooke Bogart, Alice Wisener, Lara-Jane Que
1:08.6	5/20/85	Lisa Waters, Leigh Mackall, Jeannie McGuire, and Liz Ross
1:08.7	1979	DC Porro, Ingrid Pessa, (? 30" hurdles?) O=Connor, Cheryl Brienza
1:09.0	4/2/05	Cassie Wong, Brooke Bogart, Alice Wisener, Lara-Jane Que
1:09.3	4/1/95	Marli Klar, Susan Davis, Melissa Masterson, and Faith Ninivaggi
1:10.0	4/5/97	Melissa Masterson, Ana Law, Karen Hoogland, Marli Klar
1:10.5	4/15/84	Leigh Mackall, Lisa Waters, Jeannie McGruie, and Liz Ross
1:10.5	4/19/97	Melissa Masterson(17.3), Ana Law (17.5), Karen Hoogland(18.9), Marli Klar (16.7)
1:10.6	5/22/95	Melissa Masterson, Karen Hoogland Susan Davis, and Marli Klar
1:10.7	4/22/95	Marli Klar, Susan Davis, Melissa Masterson, and Faith Ninivaggi
1:11.2	4/21/84	Wendy Hawthorne, Lisa Waters, Jeannie McGuire, and Liz Ross
1:11.3	5/23/94	Keeley Cheslack-Postava, Melissa Masterson, Marli Klar, and Faith Ninivaggi
1:11.5	4/18/87	Lynne Degelmann, Amy Donnally, Tamara Cochran, Sheryl VanderSchyff
1:11.5	4/18/98	Karen Hoogland(18.3), Jess Gregg(18.4) Mo Smith(18.1), Ana Law(16.9)
1:11.9	4/12/97	Ana Law(18.3), Mo Smith (19.0), Karen Hoogland(18.0), Marli Klar(16.4)
1:12.2	4/17/93	Claire Blaney, Trish O=Connor, Jessica Engel, Rene Pavelski
1:12.5	5/19/86	Kathleen Gill, Sue Spengler, Christina Velez, and Sheryl VanderSchyff
1:12.9	5/18/87	Lynne Degelmann, Carolyn O=Brien, Sue Spengler, and Sheryl VanderSchyff

**RIDGEWOOD HIGH SCHOOL  
400 HURDLE RELAY (3x400H)**

**TOP TEN ALL TIME**

3:14.90	5/21/07	Law-63.07, Wisener-65.27, Llerandi-66.56.
3:20.6	4/20/07	Law-64.1, Wisener-67.6, Llerandi-68.9.
3:17.53	5/22/06	Law-64.42, Wisener-65.48, Llerandi-67.63
3:21.33	5/23/05	Law-65.8, Wisener-67.6, Llerandi-67.9
3:22.3	5/17/93	Pavelski-65.0, Blaney-67.1, O=Connor-70.2
3:24.0	4/19/85	Ross-66.5, Waters-68.2, McGuire-68.9
3:25.9	5/15/84	Ross-67.5, McGuire-68.2, Waters-70.2
3:26.1	4/ 6/85	Ross-65.7, McGuire-69.5, Waters-70.9
3:26.3	4/21/06	Law-67.5, Wisener-69.0, Llerandi-70.6
3:26.8	4/18/86	Degelman-67.2, G.Figlar-69.1, Velez- 70.5
3:29.9	4/16/93	Pavelski-67.1, Blaney-69.8, O=Connor-73.0
3:28.2	4/15/05	Law-67.5, Wisener-68.0, Westerman-72.7
3:30.6	4/17/98	McDermott-68.5, Hoogland-71.5, A.Law-71.5
3:30.8	4/17/09	Buckley-68.0, Oliva-71.1, Narvaez-71.6
3:31.5	5/19/86	Degelman-69.5, Velez-70.0, Spengler-72.0
3:31.7	5/20/91	Pavelski-?, Blaney-?, Tota-?
3:32.0	5/21/95	Klar-69.7, Smith-70.7, Masterson-71.7
3:32.7	4/10/92	Pavelski-68.1, Blaney-69.1, Ninivaggi-75.5
3:33.5	4/20/84	Ross-68.3, Waters-72.4, McGuire-73.1
3:34.1	5/18/87	Degelman-66.2, Spengler-73.4, O=Brien-73.5
3:34.8	4/17/04	C.Law-69.9, Westerman-72.2, Wong-73.9
3:35.0	4/8/05	Law-68.3, Wisener-70.9, Westerman-75.7
3:36.1	4/10/93	Blaney-69.0, Pavelski-71.0, O=Connor-76.1
3:36.1	4/ 1/95	Smith-71.1, Masterson-72.2, Klar-73.2

**RIDGEWOOD HIGH SCHOOL  
3 PERSON DISCUS RELAY**

**TOP TEN ALL TIME**

305' 2"	1980	Lisa Glidewell - Janet Sauerman - Sarah Miles -
302' 5"	1997	Jess Sokolik - 119'10" Alison Mathiesen - 92' 7" Michelle Fernandez - 90'
299' 4"	1996	Jess Sokolik - 103' 2" Christina Grab - 103' 6" Alison Mathiesen - 92' 8"
298' 5"	1988	Tammy Rayevich - 106' 4" Louise Pallone - 90' Alfreda Eldridge - 102' 1"
275' 4"	1986	Linda Barkenbush - 100' 7" Linda Sigilito - 91' Alfreda Eldridge - 83' 9"
263'	1984	Jessica Berg - 93' 8" Courtney Moody - 90' 5" Lisa Cangemi - 78'11"
262' 6"	1988	Tammy Rayevich - 108'10" Louise Pallone - 87'11" Maureen Montegari - 65' 9"
257' 9"	1983	??? (probably Moody, Berg, and Cangemi)
256' 5"	1986	Tammy Rayevich - 89' 4" Linda Barkenbush - 86' 7" Linda Sigillito - 80' 6"
253' 3"	1989	Alfreda Eldridge - 102' 6" Louise Pallone - 80' 4" Allison Barbeau - 70' 5"
250' 6"	1995	Jess Sokolik - 91' 6" Allison Mathiesen - 79'10" Allegra Lobell - 79' 2"

(incomplete data prior to 1982)

RIDGEWOOD HIGH SCHOOL  
2 PERSON DISCUS RELAY

ALL TIME TOP TEN

211' 2"	5/23/88	Tammy Rayevich - 113'11" Alfreda Eldridge - 97' 3"
198' 3"	5/18/87	Tammy Rayevich - 105' 4" Alfreda Eldridge - 92'11"
190'10"	5/18/86	Tammy Rayevich - 96' 6" Ellen Barkenbush - 94' 4"
187' 8"	4/12/97	Jess Sokolik - 103' 2" Michelle Fernandez - 84' 6"
183' 7"	5/17/83	Courtney Moody - ? Jessica Berg - ?
174' 2"	4/11/09	M.Gonzalez- 102-1 J.Gonzalez- 72-1
170' 8"	5/20/91	?? (probably Alison Barbeau and Debbie Compton)
170' 7"	1996	Jessica Sokolik - 85' 1" Allison Mathiesen - 85' 6"
167'11"	4/11/87	Tammy Rayevich - 84'11" Louise Pallone - 83'
167'	5/21/90	Alison Barbeau - 94' Debbie Compton - 73'
164' 7"	4/10/93	Sarah McKaracher - 87' 6" Emily Chang - 77' 1"
164' 5"	5/17/93	Emily Chang - 91'11" Christina Grab - 72' 6"

(incomplete data prior to 1982)

RIDGEWOOD HIGH SCHOOL  
3 PERSON SHOT PUT RELAY (4KG)

TOP TEN ALL TIME

106' 9 1/2"	1979	Janet Sauerman, Lisa Glidewell, and (8# shot = about 100' with 4kg) Kim Slawek
92' 7 1/2 "	2009	Megan Gonzalez - 34- 5 3/4 Joanne Gonzalez - 30-4 3/4" Yoon Jang - 27' 8"
89' 3 3/4"	1988	Tammy Rayevich - 33' 1" Alfreda Eldridge - 31' 2" Louise Pallone - 25' 3/4"
88' 6"	1987	??
87' 10"	2007	Jaclyn Wypler -31-3 1/2 Megan Gonzales - 31-10 1/2 ?? -24-11 1/2
86' 4 1/4"	1996	Jessica Sokolik - 30'10 1/2" Allison Mathiesen - 29' 6 3/4" Allegra Lobell - 26'11"
86' 1/2"	1997	Jess Sokolik - 32' 6 1/2" Shayna Brown - 27' 5" Michelle Fernandez - 26' 6"
84' 6"	2004	Kathleen Willett - 30' 5" Berit Nelson - 30' 3" Lara Mercer - 23' 8"
84' 1 1/2"	1984	Jessica Berg - 30' 1" Marci Capitani - 27' 9" Lisa Cangemi - 26' 3 1/2"
83'11 1/2"	1984	Jessica Berg - ?? Lisa Cangemi - ?? Marci Capitane - ??
83' 9 1/2"	1988	Tammy Rayevich - 32'11" Louise Pallone - 28'10 1/4" Jen Hughes - 22' 4"
83' 4"	1997	Jess Sokolik - 30' 6 1/2" Shayna Brown - 27' 6" Michelle Fernandez - 25' 3 1/2"
83'	1984	Jessica Berg - ?? Lisa Cangemi - ?? Marci Capitane - ??
82' 1"	1986	Tammy Rayevich - 31' 6" Ellen Barkenbush - 26' 7 1/2" Linda Sigillito - 23'11 1/2"
81' 4"	1986	Tammy Rayevich - 28' 8" Ellen Barkenbush - 28' 4" Megan Duffy - 24' 4"

(April 9th, 1988 Toms River Relays-results incomplete)  
(incomplete data prior to 1982)

RIDGEWOOD HIGH SCHOOL  
2 PERSON SHOT PUT RELAY (4KG)

TOP TEN ALL TIME

64' 5 1/2"	1989	Alfreda Eldridge - 33' 4 1/2" Louise Pallone - 31' 1"
63' 10 1/4 "	2009	Megan Gonzalez - 35' 2 3/4" Joanne Gonzalez - 28' 7 1/2"
63' 6"	1986	Tammy Rayevich - 31'11" Ellen Barkenbush - 31' 9"
62' 10"	2007	Jaclyn Wypler - 31-7 Megan Gonzalez - 31-3
60' 9 1/2"	1987	Tammy Rayevich - ?? Alfreda Eldridge - ??
59' 9 1/2"	2009	Megan Gonzalez - 31' 2 1/2" Yoon Jang - 26' 7"
59' 1/2"	1984	Jessica Berg - 30' 1/2" Lisa Cangemi - 29'
58' 8 1/2"	1989	Alfreda Eldridge - 33' 3 1/4" Amy Titus - 25' 5"
58' 4 1/2"	1987	Tammy Rayevich - 31' 7 1/2" Lousie Pallone - 26' 9"
58' 2"	1997	Shayna Brown - 32' 7" Michele Wilson - 26' 7"
58' 1 1/2"	2008	Megan Gonzalez - 29-? Jess Vasquez - 28-?
57' 6 1/2"	1996	Jessica Sokolik - 30' 9 1/2" Allison Mathiesen - 26' 9"
57' 6"	1991	?? (probably Compton and Barbeau)
57' 4"	1986	Tammy Rayevich - 29' 3 1/2" Ellen Barkenbush - 27'11"
56'	1994	Jessica Sokolik - 27' 8" Joelle Gruber - 28' 4"

(incomplete data prior to 1982)

RIDGEWOOD HIGH SCHOOL  
3 PERSON JAVELIN RELAY

TOP TEN ALL TIME

284' 1"	1992	Emily Chang - 97' 6" Jen Holcomb - 85' Claire Blaney - 101' 3"
279' 11"	2005	Berit Nelsen - 101' 5" Diana mangam - 89' 5" Jaclyn Wypler - 89' 1"
277' 8"	2007	Jaclyn Wypler - 124-7 Katie Schneider-76-11 Jess Vasquez- 76-2
272' 8"	1985	Marci Capitane - 96' 10" Linda Sigillito - 88' 8" Ellen Barkenbush - 87' 2"
270' 2"	2009	Grayson Llerandi - 102' 4" Megan Gonzalez - 88' 8" San laddin - 79' 2"
267' 2"	2007	Jaclyn Wypler -119-7 Katie Schneider - 79-1 Sam Laddin - 68-6
266' 3"	1988	Tammy Rayevich - 107' 6' Louise Pallone - 84' 6" Maureen Montegari - 74' 3"
265' 5"	1981	Patti Mileski - ?? Mary Ellen Mileski - ?? Christine O=Rourke - ??
257' 6"	1988	Tammy Rayevich - 99' 4" Donna Schlicher - 84' 10" Maureen Montegari - 73' 4"
256' 10"	1994	Dana Lipson - 91' 10" Vanessa McDermott - 85' 6" Sue McCullagh - 79' 6"
254' 9"	1984	Marci Capitani - ?? Jessica Berg - ?? Ellen Barkenbush - ??
251' 1"	1990	Amy Titus - 106' Claire Blaney - 85' 5" Christina Parker - 59' 8"
248' 4"	1991	Emily Chang - 96' 5" Claire Blaney - 92' 10" Natlíe Primavera - 59' 5"

(incomplete data prior to 1982)

RIDGEWOOD HIGH SCHOOL  
2 PERSON JAVELIN RELAY

TOP TEN ALL TIME

217' 8"	2007	Jaclyn Wypler - 127-4 Jess Vasquez - 90-4.
203' 7"	1993	Dana Lipson - 103' 2" Emily Chang - 100' 5"
192' 1"	1989	Amy Titus - 105' 6" Alfreda Eldridge - 86' 7"
190-10	2007	Jaclyn Wypler - 119-9 Jess Vasquez -71-1
188' 5"	2005	Berit Nelsen - 99' 8" Jaclyn Wypler - 88' 9"
187' 8"	1991	?? (probably Chang and Blaney)
185'	1988	Tammy Rayevich - 94' Donna Schlicher - 91'
177' 2"	1983	Karen Prickett - ?? Marci Capatini - ??
176' 4"	1985	Marci Capatini - 90' 5" Linda Sigillito - 85'11"
176'	1987	Tammy Rayevich - 85' Deanie Barth - 91'
174'	1987	Tammy Rayevich - 87' 8" Deanie Barth - 86' 4"
170' 4"	1994	Sue McCullagh - 91' Dana Lipson - 79' 4"
170' 4"	2009	Sam Laddin & Grayson Llerandi
169'11"	1986	Linda Sigillito - 87' Tammy Rayevich - 82'

(incomplete data prior to 1982)

RIDGEWOOD HIGH SCHOOL  
3 PERSON LONG JUMP RELAY

ALL TIME TOP TEN

47' 1/2"	1979	DC Porro Michelle Smith Christine O'Rourke
45' 8 1/2"	1988	Jen McDermott - 17' 1/4" Jen Wrubel - 14' 6 2" Racquel Mair - 13' 6 3/4"
45' 5 1/2"	1988	Jen McDermott - 16' 5 2" Racquel Mair - 14' 9 3/4" Ginny Figlar - 14' 1 3/4"
45' 4 3/4"	1988	Jen McDermott - 18' 1" Jen Wrubel - 14' 4 3/4" Kate McDermott - 12' 11"
45' 2 1/2"	1999	Ana Law - 15' 5 1/2" Helena Lamothe - 15' 2" Eileen Melli - 14' 7"
44' 9 1/2"	1998	Ana Law - ? Helena Lamothe - ? Lizzie Vogelbach - ?
43' 7 1/2"	1992	Emily Chang - 15' 1 1/4" Shannon McGarrigle - 14' 9 2" Faith Ninivaggi - 13' 8 2"
43' 6 1/2"	1995	Tonia Clarke - 15' 4 1/4" Christina Judge - 14' 2" Marli Klar - 14' 1"
43' 6"	1989	Jen McDermott - 18' 2 3/4" Racquel Mair - 14' 9 2" Liz Figlar - 10' 4"
43' 4 1/2"	1993	Shannon McGarrigle - 14' 11" Emilie Chang - 14' 8 2" Renee Pavelski - 13' 9"

RIDGEWOOD HIGH SCHOOL  
2 PERSON LONG JUMP RELAY

ALL TIME TOP TEN

33' 0"	2007	Brooke Bogart - 16-11 Cristina Law - 16-1
31' 9"	1988	Jen McDermott - 16' 9" Jen Wrubel - 15' 1"
31' 1"	1988	Jen McDermott - 17' Jen Wrubel - 14' 1"
30' 6"	1995	Tonia Clarke - 16' 3" Christine Judge - 14' 3"
30' 3 2@i	1983	Kathy Granata Wendy Hawthorne
30' 1"	1994	Christine Judge - 15' 5" Marli Klar - 14' 8"
30' 2@	1997	Ana Law - 15' 2" Helena Lamothe - 14' 11 2"
29' 11 2@	1987	Jen McDermott - 15' 9 1/4" Jen Wrubel - 14' 2 1/4"
29' 11"	1990	Racquel Mair - 15' 6" Renee Pavelski - 14' 5"
29' 9"	1995	Christine Judge - 15' 2" Tonia Clarke - 14' 7"
29' 7"	1999	Helena Lamothe - 15' 6" Eileen Melli - 14' 1"
29' 5"	1982	Monica Richter Kathy Granata
29' 5"	2003	Trish McGowan - 15' 2" Jess Krejsa - 13' 8"

**RIDGEWOOD HIGH SCHOOL  
3 PERSON TRIPLE JUMP RELAY**

**ALL TIME TOP TEN**

102' 9"	1999	Helena Lamothe-35' 4" Ana Law-34' 5 1/4" Eileen Melli-32'11 3/4"	Bergen record in '99
100' 1"	1999	Helena Lamothe-33' 4" Ana Law-34' 4" Eileen Melli-32' 5"	
98' 9"	1999	Helena Lamothe-33' 1 2" Ana Law-33' 3 2" Eileen Melli-32' 4"	
97' 7"	1979	Deecy Porro Alison MacGregor Ingrid Pessa	
96' 6"	1988	Jen McDermott-35'11" Jen Wrubel-33' 6" Debbie Norton-27' 3"	
96' 3"	2009	Sarah DeVita - 33' 2 3/4" Robin Lee - 31' 1 3/4" Haley Roche - 29' 11 1/2"	
96' 2.25	1994	Shannon McGarrigle-32' 5 1/4" Tonia Clarke-31'10 2" Vanessa McDermott-31'10 2"	
95'10"	1982	Kathy Granata Monica Richter Wendy Hawthorne	
95' 8"	1995	Tonia Clarke-32' 3 3/4" Melissa Masterson-32' 1 3/4" Vanessa McDermott-31' 2 1/2"	
95' 6.75"	1989	Jen McDermott-38' 3/4" Allison Barbeau-29' 8 2" Amy Titus-27' 9 1/2"	
95' 6"	1997	Helena Lamothe-32' 5 2" Melissa Masterson-32' 1" Marli Klar-30'11 2"	
94' 4.5"	2003	Trish McGowan- 35' Meena Patel- 30' 7.25" Corinne Hyslop-28' 9"	
93'11"	1998	Helena Lamothe-33' 2" Ana Law-31' 8 2" Mo Smith-29' 4"	

**RIDGEWOOD HIGH SCHOOL  
2 PERSON TRIPLE JUMP RELAY**

**ALL TIME TOP TEN**

69' 4.5"	1999	Ana Law-35' 6.5" Helena Lamothe-33'10"
65'11" (RCC)	1983	Kathy Granata Wendy Hawthorne
64' 1"	2005	Cristina Law - 32' 7" Brooke Bogart - 31' 6"
64' 0.5"	1995	Tonia Clarke-32' 2" Vanessa McDermott-31'10.5"
63' 8.5"	1994	Shannon McGarrigle-31'11" Vanessa McDermott-31' 9.5"
63'	1995*	Tonia Clarke-33'10" Susan Davis-29' 2"
62' 3"	1985	Leigh Mackall-32' 1" Lisa Waters-30' 2"
62' 1.5"	1990	Racquel Mair-32' 2.5" Debbie Campbell-29'11"
61' 8.5"	1995*	Melissa Masterson-31'11" Marli Klar-29' 9.5"
61' 4" ?	1997	Helena Lamothe-30' 9" Marli Klar-30' 6 2"
61' 3"	2003	Trish McGowan - 33' 8.5" Meena Patel - 27' 6.75"
60' 5"	1986	Jen McDermott-30' 7" Jen Wrubel-29'10"
59' 9.5"	1995*	Kate McNamara-29'11" Vanessa McDermott-29'10.5"

\*4-8-95 Ridgewood High School had 6 Triple Jumpers over 29' 2"

Sprint Medley Relays, High Jump Relays, and Pole Vault Relays not compiled at this time.

**Revised June 2009**