

DUAL MEETS 3 wins - 1 Tie

Paramus88-52Bergen Academy89-51Hackensack93-47Passaic Co.Tech 99-41Teaneck70-70

CHAMPIONSHIP MEETS 2 Championships

Pawlowski Relays	1st - 107.5 pts
Comet Relays	
Arcadia Invite	7 athletes
Bergen Relays	2nd
Penn Relays	4th in DM
Big North Div 3	2nd
Bergen A	1st-99pts
State Section	4th
BMOC	1 Champion
State Group	8-qualifiers
SMOC	3-quailifiers
New Balance Nationals	4x8 & DM
Nationa	I Champs!

Record's North Jersey Team of the Year!

<u>SENIORS</u>: Ilana Brown*, Deidre Casey*, Caroline Davidson*, Camille Davis*, Lora Fanda*, Brittany Frank*, Tina Gibble*, Moriah Jennings*, Lauren Kirshner*, Summer Neborsky, Kim Noble*, Victoria Pan*, Hanako Shigenobu*, Andina Toscano*.

<u>JUNIORS</u>: Anna Caffrey*, Meghan Callaghan, Shannon Cron, Mimi DeVita*, Francesca Felder, Janey Holland, Micaela McPadden*, Sirai Ramirez*@, Lalka Rieger, Abby Taylor, Jackie Wellington,

<u>SOPH</u>: Alyssa Bennett, Sara Bragg, Mackenzie Broatch, Emily Brodkin, Olivia Burdack, Courtney Cerasuolo, Carolyn Chadwick, Joanna Chang, Emma Cichocki*, Sarah Davis*, Christine Domino, Emily Fishbein*, Emily Flynn*@, Gabby Jordan, Katie Kearney, Samiantha Klein, Erica Kontos, Elizabeth Kopec, Megan Lucky*, Jennifer Martin, Amanda Muccio*, Tara Olson, Gabby Puche, Rebecca Stern, Becky Tanner, Laura Weisberger*, Keeauna Whalen.

<u>FROSH</u>: Christina Barrales, Natasha Baum@, Sanjana Bhat, Sarah Caliguire, Katherine Cirillo, Tara Cirillo, Kelly Cleary*, Amanda DeVera, Katie Gammer, Christina Gieselmann, Margo Kaiser, Stephanie Kusel, Jade Long, Olivia Manke, Katie McKeon*@, Lauren Monnerat, Sophie Montgomery, Catherie Negron, Olivia Pacelli, Catherine Pagano*@, Emily Rick, Joanne Sidote, Taylor Tai, Lindsay Testa, Monica Vitting, Emma Wellington.

* = letter winner @ = coaches class award

<u>Coaches</u>: Jacob Brown, Josh Saladino, Holly Martin, Steve Opremcak, Torre Watson, Don Cooper.

Track & Field 2012 - Schedule of Meets

- 3/31 Saturday The Steve Pawlowski Relays at BF-Track in Ridgewood 9am *entire team*
- 4/3 Tuesday Paramus at Paramus *entire team* Bus: 3pm
- 4/6&7- Friday & Saturday Arcadia Invitational, Arcadia HS California *limited varsity*
- 4/9 Monday Bergen County Tech at Ridgewood 4:30 *entire team*
- 4/11 Wednesday- Teaneck & Hackensack at Teaneck 10am *entire team* Bus: 8am
- 4/14 Saturday Comet Relays at Hackensack HS 9am *limited varsity/JV/frosh* Bus: 7am
- 4/18 Wednesday- Bergen Relays *varsity* PV & HJ at Ridgewood
- 4/20 Friday Bergen Relays *varsity* at River Dell HS Bus: 1:30pm
- 4/21 Saturday Bergen Relays *varsity* at River Dell HS Bus: 7am
- 4/26 Thursday Penn Relays at Franklin Field *(limited varsity)*
- 5/3 Thursday Ironman Invitational 2012 at Ramapo College *varsity*
- 5/5 Saturday County Seat Invitational at Ramsey HS *JV and Frosh*
- 5/9 Wednesday Big North Division 3 (Freedom) League Championship at Hackensack HS *varsity*
- 5/15 Tuesday Novice Championship at BF Track 4pm. *JV & Frosh*
- 5/18 Friday Bergen Group A Champs at Old Tappan HS 3:30pm *varsity*Bus: 1pm
- 5/19 Saturday Bergen Group A Champs AT Old Tappan HS 9am *varsity*Bus: 7am
- 5/24 Thursday Bergen Frosh Champs (girls) at BF Track 4pm *frosh*
- 5/25 Friday State Sectional Champs at Randolph HS 4pm *varsity* Bus: 1pm 5/26 Saturday State Sectional Champs at Randolph HS 10am *varsity* Bus: 7am
- 5/29 Tuesday Bergen County Meet of Champions at Hackensack High School *must qualify*
- 6/1 Friday State Group 4 Champs at Old Bridge High School *must qualify*
- 6/2 Saturday State Group 4 Champs at Old Bridge High School *must qualify*
- 6/7 Thursday NJ State Meet of Champs at Old Bridge High School *must qualify*
- 6/10 Sunday Track Awards Dinner 4pm BF Cafeteria
- 6/15&16 New Balance National Scholastic Championship Greensboro, NC

SPRING TRACK & FIELD PREVIEWS

Success begins at home for Maroons

Boys begin by capturing relay crown

BY GREG TARTAGLIA Assistant Sports Editor

RIDGEWOOD - For the first time since 2006, the Ridgewood High School boys track and field team was able to host its season-opening meet on its own track, and the Maroons were winners all around.

RHS tallied 94 points to outscore Demarest (85) and Union (83) for the large schools division title at last Saturday's 28th annual Steve Pawlowski Ridgewood Relays at Ben Franklin Middle School.

Before the brand new BF track facili-ty opened last May, the meet was held in Ramsey for five straight seasons. In 2002, it was renamed in honor of Pawlowski (RHS Class of '01), an All-America sprint medley runner for the Maroons who was killed in November 2001 when he was struck by a moving vehicle.

His family was among those in attendance for the meet's homecoming last weekend.

"Steve Pawlowski is buried right over there," said Ridgewood distance coach Mike Glynn, motioning across East Glen Ave. toward Valleau Cemetery. "It's good that the meet is so close to where he is. I spoke to Mr. and Mrs. Pawlowski, and they were glad that it was back here, too."

Glynn was standing in for Maroon head coach Josh Saladino, who fell ill with a viral infection late last week and has been home on doctor's orders.

When contacted Wednesday, Saladi-no related, "The doctor compared what I have to an extreme case of vertigo and said the symptoms could last somewhere between one and two weeks.

"Fortunately, we have a great coaching staff," he added. "I can miss a week, and the team continues to improve."

The Maroons also have numerous great athletes returning from last season's North 1, Group 4 championship squad. Senior jumper Evan Bartlik participated in two gold-medal relays last Saturday, combining with senior James Knight and junior Young Hoe Koo for a winning height of 17 feet, 4 inches in the high jump relay.

Bartlik showed his versatility as well, teaming up with juniors Storm Dublirer and Neil Schoff and sophomore Brian Collins to help Ridgewood (3:30.4) edge Union (3:31.0) for first in the 4 x 400.

RHS finished 1-2 in the distance medley relay, with senior Levi Jennings (1,200-meter leg), Schoff (400), Collins (800) and senior Travis Spicer (1,600) clocking 10:54.9 to win



GREG TARTAGLIA/THE RIDGEWOOD NEWS

Leaders of the 2012 Ridgewood High School boys spring track and field team. FRONT ROW, from left: junior Kevin Chung (hurdles) and senior captain Nick Tai (sprints). BACK ROW, from left: senior captains Evan Bartlik (jumps), Anthony Balboa (throws) and Levi Jennings (distances).

RHS SPRING TRACK & FIELD SCHEDULES

(ALL MEETS BEGIN AT 4 P.M. UNLESS OTHERWISE NOTED. SCHEDULE SUBJECT TO CHANGE.)

March 31 Steve Pawlowski Relays @ Ben Franklin M.S. (Boys: 1st place; Girls: 1st place)

April 3 at Paramus (Boys: W, 122-18; Girls: W, 88-52)

April 6-7 at Arcadia, Calif. Invitational (limited varsity), TBA

April 11 vs. Teaneck and Hackensack @ Teaneck H.S., 10 a.m.

April 18 Jack Yockers Bergen County Relays (field events only) @

April 20-21 Jack Yockers Bergen County Relays @ River Dell H.S.,

April 26-28 Penn Relays @ Franklin Field, Philadelphia, TBA

April 14 Comet Relays @ Hackensack H.S., 9 a.m.

April 9 Bergen Tech @ Ben Franklin

Ben Franklin, 3:30 p.m.

3:30 p.m./9 a.m.

May 21 East Coast Relays @ Morristown H.S. (limited varsity), TBA May 25-26 North 1, Group 4 Championships @ Randolph H.S., 4

May 18-19 Red Littler Bergen County Championships @ Old Tappan

May 3 Ironman Invitational @ Ramapo College, Mahwah

May 9 Big North Freedom Division Meet @ Hackensack

May 5 County Seat Invitational @ Ramsey H.S.

H.S., 3:30 p.m./9 a.m.

p.m./10 a.m. May 29 Bergen County Meet of Champions @ Hackensack

June 1-2 State Group 4 Championships @ Lombardi Field (Old Bridge), 4 p.m./11 a.m.

June 7 State Meet of Champions @ Lombardi Field (Old Bridge), 3:30 p.m.



Girls defend Pawlowski **Relays** title

BY GREG TARTAGLIA Assistant Sports Editor

RIDGEWOOD – After being named the North Jersey Girls Indoor Track Team of the Year by The Record this winter, Ridgewood High School entered the spring hoping to sustain that success.

So far, so good.

The Maroon girls began their outdoor track and field season by repeating as large school division champs at last Saturday's Steve Pawlowski Ridgewood Relays, scoring 108 points to defeat Old Tappan (68^{1/2}) and Union (65) at Ben Franklin Middle School.

RHS garnered gold medals in two races - seniors Caroline Davidson and Hanako Shigenobu, sophomore Emily Fishbein and freshman Catherine Pagano combined to run the 4 x 400-meter relay in 4:13.9, while seniors Camille Davis, Tina Gibble and Victoria Pan and freshman Kelly Cleary teamed up for a winning time of 23:09.3 in the 4 x 1,600 meters

"We had a good balance to the team in the winter," Davidson said at Monday's team practice. "So hopefully, things will work out well again.'

The Maroons are the defending indoor and outdoor Bergen County Relays champion, and they won the inaugural Big North Freedom Division title last spring. State pole vault champion Kayla Polcari (now at Notre Dame) was among the 2011 standouts to graduate, but if the Pawlowski Relays are any indication, the team is stocked with plenty of returnees ready to step up.

Senior Ilana Brown and junior Mimi DeVita boosted Ridgewood (17 feet) to a second-place showing in the pole vault relay behind Emerson (20 feet)

RHS also took fourth in the 4 x 200 relay (1:56.3) despite missing two of its top sprinters - according to head coach Jacob Brown, senior Andina Toscano has been sidelined with a hamstring injury, and junior Micaela McPadden was with family in Arizona to celebrate her great-grandfather's 100th birthday.

The Maroons added a silver medal in the 4 x 800, clocking 9:35.9 to finish runner-up to Northern Highlands (9:32.0). They also earned bronze in the distance medley (14:09.5), sprint medley (4:25.7), discus (228-2) and javelin (239-4) relays.

"It was a great meet in the sense that we showed some strengths, and we also showed some places where we need to do some work," Jacob Brown said. "That's kind of what you want to get out of the first relay meet.

The Maroons earned silver medals in the long jump (55-8) and pole vault (29-6) relays, with sophomore Allan Wong leading the way in the latter. Senior thrower Anthony Balboa helped bring home bronze medals in the shot put (122-91/4) and javelin (378-0) events.

Going forward, Ridgewood anticipates getting added contributions from senior Nick Tai, junior Kevin Chung and sophomore Jake Sabatini in the sprints and hurdles, junior Nick Salamone in the distances and juniors James Barnett and Aaron Muller in the throws.

"What I like the most about the results from [Saturday] is, they really showed our strength, which isn't just in one area," Saladino said. "We're going to be a pretty balanced team. We scored very high in a lot of different areas, which hopefully, we can continue to do this season."

The 2012 Ridgewood High School girls spring track and field team will be led by four senior captains. From left: distance runners Caroline Davidson and Hanako Shigenobu and pole vaulter Ilana Brown. Not pictured: sprinter Andina Toscano.



We were just thrilled to finally get the old Ridgewood Relays - now Pawlowski Relays - back home," said Brown, who spearheaded the construction of the 11month-old BF track facility. "And then, thrill upon thrill, we won.'

"It's really exciting," Shigenobu said, "and it's definitely exciting to know our team is strong. Winning our first meet is a good confidence-booster.

Other seniors looking to make an impact this year are sprinter Moriah Jennings and thrower Lora Fanda. Juniors Anna Caffrey (sprints) and Abby Taylor (pole vault) return, and sophomore distance runner Laura Weisberger is coming off back-to-back strong seasons in crosscountry and winter track.



PHOTO/JOE CAMPOREALE

Ridgewood's Young Hoe Koo competes in the long jump at last Saturday's Steve Pawlowski Relays at Ben Franklin Middle School. The junior helped the Maroon boys take second in the long jump relay and also helped them to a gold medal in the high jump relay.

Familiar sights for RHS softball

They say that all the good work is done in the offseason.

As I strolled past the Veterans Field softball bullpen and saw Ridgewood High School senior Nicole Hroncich warming up before the start of Monday's season opener, it was clear to me, after just two pitches, that this girl had done lots of good work in the offseason. It's her senior year, and there's no question that she wants to make it count.

Ridgewood graduated a whole lot of great seniors from its 2011 squad, and it's going to be up to Hroncich to lead a relatively young roster to keep this softball dynasty alive.

From the looks of this team after its first two games, it would appear that the dynasty is going to be just fine, thank you very much. Great players come and go, and the Maroons just keep looking good.

In the home opener against Hackensack, RHS head coach Patti Auger had seven new

were underclassmen. Yet the new kids looked pretty much the same as the old veterans:

smooth and

solid. These

"new veter-

prised Hack-

ensack (and

me) looking

very strong in a 4-0 vic-

was score-

bottom of

tory

ans" sur-

SHE'S GOT GAME



Paul Vagianos

the third inning, when Maroon senior Emily Riemer led off with a base hit. Up next, senior Margo Tanner got on base courtesy of a Hackensack error. After Tanner stole second, the Maroons had runners on second and third, and sophomore Theresa Funk hit a fly ball to left field to drive in the first run.

Sophomore Kelly Skettini and

starters in the field, five of whom freshman Casey Skinner knocked in two more runs with back-to-back RBIs to make it 3-

0. Senior Andie Scibetta, who had come in as a pinch runner, scored from third on a passed ball to make it 4-0.

Things stayed pretty quiet until the top of the fifth, when Hackensack started to make some noise. After a bunt, a hit batsman and a couple of steals, the Comets had runners on second and third with one out.

The game Senior catcher Mollie Grunat made us all nod our heads in less until the approval as she picked off the runner at third.

Hroncich walked the next batter to put runners at first and second with two out. On the ensuing play, Hackensack attempted a double steal. Grunat now had us smiling and nodding at the same time when she gunned down the runner at third to end the inning. That's when

See SHE'S GOT GAME, page C4

Pawlowski Relays at BF Track

March 31, 2012

- **4X1600:** C.Davis-5:48.4, K.Cleary-5:44.6, Gibble-5:38.1, Pan-5:58.3 = 23:09.2 T.Cirillo-6:19.8, K.Cirillo-6:10.2, Jordan-6:13.0, Holland-6:01.6-24:44.5
- 4x800: 2-Fishbein-2:27.5, Pagano-2:17.5, Shigenobu-2:24.6, Davidson-2:26.1 = 9:35.7 Novice: Pacelli, Barrales, Holland, Jordan = 11:29.4 Kontos, Neborsky, Kirshner, Callaghan = 12:01.3 Rick, Tai, T.Cirillo, K.Cleary = 11:59.6 (Raced in same heat - splits lost)
- 4x100 Hurdles: M. DeVita 17.6, A. Caffrey 22.9, A. Muccio 19.6, S. Ramirez 19.7 --- 1:22.6
- 4x100 Frosh:S. Kusel, K. Mckeon, O. Menke, L. Monnerat 56.9L. Testa, M. Kaiser, J. Sidote, A. DeVera 58.1
- **4x100 Novice:**O. Burdack, B. Stern, M. Lucky, M. Broatch 59.5E. Flynn, K. Kearney, K. Whalen, J. Chang 61.1S. Bragg, T. Olsen, J. Martin, A. Munro 63.2
- 4x200: M. Jennings 28.9, A. Muccio 29.2, K. Mckeon 29.5, S. Davis 29.0 --- 1:56.4
- **Distance Med:** C.Davis-4:14, Kontos-71.2, S.Davis-2:39.2, Pan-6:02.5 = 9:52.7
- Sprint Med: A. Muccio 66.2, M. Jennings 27.9, A. Caffrey 26.9, L. Weissburger 2:24.9 --- 4:35.5
- **3x400 IH:** S. Ramirez 75.6, A. Muccio 76.4, A. Caffrey 79.0
- **4x400 Frosh:A.** L. Monnerat, S. Kusel, O. Menke, K. Mckeon**B.** A. DeVera, M. Kaiser, J. Sidote, L. Testa
- **4x400 Novice:** M. Broatch 73.1, O. Burdack 73.7, B. Stern 72. 0, M. Lucky 73.5 K. Whalen – 69.4, K. Kearney – 79.6, J. Chang – 72.3, E. Flynn – 68.4 S. Bragg – 73.2, G. Pusche – 86.6, T. Olsen – 73.0, J. Martin – 79.0
- **4x400:** H. Shigenobu 62.7, C. Davidson 63.5, E. Fishbein 66.3, C. Pagano 61.6 ---4:14.1
- HJ: M. DeVita 4'4, S. Davis 4'4, S. Ramirez NH
- L: V-Kate McKeon-13-2.5, Emily Flynn-12-10, Megan Lucky-11-7 = N-Joanna Chang-11-4.5, Katie K.-FFF. =
- TJ: V-Mimi DeVita-30-4.5, Emily Flynn-28-8.5, Megan Lucky-26-3 = N-Joanna Chang-25-10, Kate K.-FFF =

Comment: The Pawlowski Relays returned to Ridgewood after a 5 year absence. The weather was not welcoming! The cold rain was heavy and the two hour period at the beginning of the meet (9am to 11- 11:30am) was the worst weather we had had all season and if fact turned out to be the worst weather we had for the entire season! The new facility at BF handled the big meet and the weather beautifully. And the Ridgewood girls competed head down tough into the driving rain and won the trophy!

TRACK AND FIELD

Pawlowski Relays

AT BENJAMIN FRANKLIN MIDDLE SCHOOL. RIDGEWOOD

GIRLS

TEAM SCORING

Large schools: 1. Ridgewood 107½, 2. Old Tap-pan 68½, 3. Union 65, 4. Elizabeth and Northern Highlands 62, 6. Demarest 61, 7. Paramus 56, 8. Paramus Catholic 33, 9. Pascack Valley 14, 10.

Highlands 62, 6. Demarest 61, 7. Paramus 56, 8. Paramus Catholic 33, 9. Pascack Valley 14, 10. Perth Amboy 10. Small schools: Ridgefield Park 62, Cresskill 58, Garfield 51, Emerson 47, Pequannock 37, Lodi 34, Waldwick 23, Leonia 17, Eldred (NV) 14. **4x-100**: 1. Union (Haisha Bisolu, Fatimat Ayedine, Da'naga Rhodes, Jennifer Edobi), 50.6; 2. Elizabeth, 54.1; 3. Emerson, 54.5; 4. Ridgefield Park, 55.1; 6. 6. Waldwick, 55.5. **4x-200**: 1. Paramus Catholic (Rosie Menyhart, Tatiana Sanders, Ezirah Yeboah, Angela Har-rison), 1:48.8; 2. Elizabeth, 1:52.4; 3. Elizabeth B, 1:56.0; 4. Ridgewood, 1:56.3; 5. Old Tappan, 1:58.1; 6. Union, 1:58.3. **4x-400**: 1. Ridgewood (Hanako Shigenobu, Caroline Davidson, Emily Fishbein, Catherine Pagano), 4:13.9; 2. Pequannock, 4:22.1; 3. Northern Highlands, 4:27.4; 4. Pascack Valley, 4:29.1; 5. Ridgefield Park, 4:29.4; 6. Elizabeth 4:31.9 4:31.9

4-x-800: 1. Northern Highlands (Ariana North, 4x:800: 1. Northern Highlands (Ariana North, Emma Sullivan, Anna Richard, Madison Holleran), 9:32.0; 2. Ridgewood, 9:35.9; 3. Old Tappan, 10:290: 4. Pequannock, 10:56.3; 5. Old Tappan B, 11:08.7; 6. Elizabeth, 11:09.9. 4x:1,600: 1. Ridgewood (Camille Davis, Kelly Cleary, Tina Gibble, Victoria Pan), 23:09.3; Paramus, 24:03.7; 3. Elizabeth, 24:35.4; 4. Ridgewood B, 24:44.6; 5. Cresskill, 25:48.9; 6. Emerson, 25:51.9. Sprint medley: 1. Union (Haisha Bisiolu, Ennia Jacob, Fatimat Avedine, Jennifer Edobi).

Sprint medley: I. Union (Haisha Bisiolu, Ennia Jacob, Fatimat Ayedine, Jennifer Edobi), 4:16.2; 2. Demarest, 4:20.4; 3. Ridgewood, 4:25.7; 4. Pascack Valley, 4:39.0; 5. Emerson, 4:54.1; 6. Northern Highlands, 4:59.9. Distance medley: I. Paramus (Jolie Bartner, Kelsey Revicki, Erin Davis, Lindsey Lucas), 13:50.7; 2. Demarest, 13:51.4; 3. Ridgewood, 14:09.5; 4. Ridgefield Park, 14:21.6; 5. Eliza-beth, 14:25.3; 6. Paramus Catholic, 14:26.9. Shutde hurdles: I. Demarest (Allison Tell, Vic-toria Davis, Moeko Nagatsuki, Kara Danziger), 1:08.9; 2. Paramus, 1:11.6; 3. Old Tappan, 1:12.3; 4. Union, 1:13.7; 5. Elizabeth, 1:19.4; 6. Ridge-wood, 1:19.8.

wood, 1:19.8.

wood, 1:19.8. 3-x-400 IH: 1. Northern Highlands (Madison Holleran, Emma Sullivan, Erika Chang Munoz), 3:32.2; 2. Elizabeth, 3:40.7; 3. Emerson, 3:46.3; 4. Ridgefield Park, 4:01.6. Shot put: 1. Garfield (Shaunteriah Douglas, Melanie Odatalla, Alysha Menzies), 99-8; 2. Union, 88-6; 3. Cresskill, 85-34; 4. Demarest, 84-5; 5. Paramus, 80-63; 6. Old Tappan, 78-94. Discus: 1. Pequannock (Kristen Reichenlach, Katie Maier, Jessica Thimmel), 267-3; Garfield, 237-1; 3. Cresskill, 228-1; 4. Union, 218-0; 5. Pe-quannock, 214-4; 6. Northern Highlands, 213-3.

3. Javelin: 1. Garfield (Carolina Cardinas, Melanie Odatalla, Shaunteriah Douglas), 303-8; 2. Perth Amboy, 241-9; 3. tie between Old Tappan, and Ridgewood, 239-4; 5. Ridgefield Park, 237-10; 6. Leonia, 217-6. **High jumy:** 1. tie between Old Tappan (Taryn DeLeon, Rachael Abolafia, Stacey Faivre) and Demarest (Haley Hirsch, Katie Kupfer-schmidt, Alex Paspalas), 13-2; 3. Ridgefield Park, 13-0; 4. Cresskill, 12-10; 5. Union, 12-8; 6. Long jumm: 1. Cresskill (Marcina)

Lodi, 12-4. Long jump: 1. Cresskill (Maci DeCarlo, Hyemi Shon, Linda Peri), 42-3½; 2. Lodi, 40-6½; 3. Old Tappan, 38-4½; 4. Ridgewood, 37-9½; 4. Para-mus, 37-1; 5. Demarest, 36-3½; 6. Northern Highlands, 34-5½. **Triple jump:** 1. Cresskill (Maci DeCarlo, Alex Phoenix, Hyemi Shon), 98-1; 2. Waldwick, 91-4; 3. Garfield, 88-8½; 4. Lodi, 88-2½; 5. Demarest, 87-6; 6. Old Tappan, 86-3½. **Pole vault:** 1. Emerson (Nicole Piccinich, Hay-ley Finn, Danielle Lacoravza). 20-6; 2. Ridge-

ley Finn, Danielle Lacoravza), 20-0; 2, Ridge-wood, 17-0; 3. Eldred, 7-0.

BOYS

TEAM SCORING

TEAM SCORING Large schools: Ridgewood 94, Demarest 85, Old Tappan 78 ½, Union and Northern High-lands 78 CBA 60, Bergen Catholic and Pascack Valley 39, Paramus Catholic 38, Paramus 17½, Perth Amboy 9½. Small schools: Ridgefield Park 97½, Emerson 68, Lodi 46, Cresskill 38, Eldred (NY) 20. Ridge-field 7, Waldwick and Leonia 1. 4-x-100: 1. Old Tappan (Jae Rho, Ben Davis, Jon Choi, Devin Fuller), 44.5; 2. Paramus Catholic, 44.7; 3. Union, 44.8; 4. Ridgewood, 45.0; 5. Lodi, 46.7; 6. Ridgefield Park, 47.5. 4-x-200: 1. CBA (Zack McDermott, Clark Mangini, Matt Rodin, Theo Exter), 1:31 9:3

4-x-200: 1. CBA (Zack McDermott, Clark Mangini, Matt Rodio, Theo Foster), 1:31.9; 2. Old Tappan, 1:32.0; 3. Pascack Valley, 1:33.2; 4. Union, 1:34.3; 5. CBA B, 1:35.5; 6. Paramus Catholic, 1:35.7. 4-x-400: 1. Ridgewood (Evan Bartlik, Storm Dublirer, Brian Collins, Neil Schoff), 3:30.4; 2. Union, 3:31.0; 3. Ridgefield Park, 3:34.0; 4. Pas-cack Valley, 3:35.9; 5. Ridgewood B, 3:44.6; 6. Bergen Catholic, 3:46.3. 4-x-600: 1. CBA (Kevin Olsen, Adam Kershner, Dan Gallagher, Gorsha Saling), 8:22.3; 2. Emer-son, 8:31.3; 3. Ridgefield Park, 8:36.4; 4. Union, 8:42.9; 5. Old Tappan, 9:05.9; 6. Northern High-lands, 9:09.5. 4-x-600: 1. CBA (Jack Boyle, Tim Gorman,

lands, 9:09.5. **4x:1,600:** 1. CBA (Jack Boyle, Tim Gorman, Mike Cassidy, Neil Cusat), 18:31.7; 2. CBA D, 18:32.0; 3. CBA B, 18:52.4; 4. CBA C, 18:55.3; 5. Demarest, 19:04.1; 6. Old Tappan, 19:40.7. **Sprint medley:** 1. Demarest (Pathala, 19:40.7. **3:45.7; 2.** Ridgefield Park, 3:54.8; 3. Lodi, 4:06.5; 4. Ernerson, 4:09.5; 5. Eldred, 4:12.1; 6. Perth Amboy, 4:14.3. **Distance medlew:** 1. Didgeword, 4:04.5;

Amboy, 4:14.3. Distance medley: 1. Ridgewood, 10:54.9; 2. Ridgewood B, 11:08.2; 3. Emerson, 11:30.6; 4. Paramus, 11:38.4; 5. Demarest, 11:43.1; 6. Ridgefield Park, 11:51.1. Shuttle hurdles: 1. CBA (Matt O'Connor, Mike Pozo, Matt McAnally, Zack McDermott), 1:08.2; 2. Union, 1:09.4; 3. Northern Highlands, 1:11.2; 4. Demarest, 1:11.5; 5. tie between Old Tappan and Ridgefield Park, 1:14.0. 3x-400 IH: 1. Emerson (Eric Benny, Kieran En-sor, Andrew DeLa Paz), 3:10.3; 2. Union, 3:11.8; 3. Northern Highlands, 3:13.4; 4. Pascack Val-ley, 3:15.8; 5. Lodi, 3:17.5; 6. Bergen Catholic, 3:18.4. Shot put: 1. Demarest (Dave Chimney, Evan

3:18.4. Shot put: 1. Demarest (Dave Chimney, Evan Migliore, Andrew Trumbetti), 135-214; 2. Old Tappan, 125-634; 3. Ridgewood, 122-944; 4. Ridgefield Park, 117-845; 5. Northern High-lands, 117-642; 6. Bergen Catholic, 115-342. Discus: 1. Old Tappan (Jung Min Youn, Keith Rodman, Hunter Norman), 350-6; 2. Bergen Catholic, 318-1; 3. Ridgefield Park, 317-2; 4. De-marest, 312-5; 5. Ridgewood, 308-7; 6. Cresskill, 299-4.

Mike Begen, Pat Cziaławie K. Ridgewood, 308-7; 6. Cresskill, 299-4. Javelin: 1. Pascack Valley (Liam McCarthy, Mike Begen, Pat Cznizer), 395-3; 2. Cresskill, 386-2; 3. Ridgewood, 378-0; 4. Ridgefield Park, 372-6; 5. Cresskill B, 338-2; 6. Bergen Catholic, 336-7

336-7. High jump: 1. Ridgewood (Evan Bartlik, Young Koo, James Knight), 17-4; 2. Northern High-lands, 16-10; 3. Demarest, 16-4; 4. Ridgefield Park, 15-10; 5. Union, 15-6; 6. Lodi, 15-2. Long jump: 1. Old Tappan (Ben Davis, Jae Rho, Jon Choi), 57-9½; 2. Ridgewood, 55-8; 3. Union, Jon Choi), 57-9½; 2. Ridgewood, 58-8; 3. Union, Jon Choi, 57-9½; 2. Ridgewood, 58-8; 3. Union, Jon Choi, 57-9½; 2. Ridgewood, 58-8; 3. Union, Usen Mulzac), 115-11½; 2. Northern High-lands, 115-7; 3. Emerson, 114-8½; 4. Demarest, 109-8; 5. Cresskill, 103-9; 6. Lodi, 73-6½; Pole vault: 1. CBA, 31-6; 2. Ridgewood, 29-6; 3. Ridgefield Park, 27-0; 4. Eldred, 26-0; 5. Emer-son, 22-0.

son, 22-0.

Paramus Dual meet at Paramus April 4, 2011

 $100: \ Jennings - 12.9 \ / Monnerat - 13.9 \ / Olivia \ Menke- 14.5 \ / \ Whalen - 14.9 \ / \ Burdack - 15.2 \ / \ Broatch - 15.5 \ / \ Stern - 15.0 \ / \ Olsen - 15.5 \ / \ Kearney - 16.1 \ / \ Bragg - 15.4 \ / \ Alyssa - 16.1 \ / \ Martin - 16.4 \ / \ ???? - 15.0 \ / \ Laura \ 15.3 \ / \ Sophie - 14.5 \ / \ Kusel - 14.4 \ / \ Chang - 14.8 \ / \ Garbriella - 17.1 \ / \ Testa - 14.8 \ / \ Sidote - 15.7 \ / \ Margot - 15.6 \ / \ Amelia \ DeVita - 13.9 \ / \ Sara \ Kate - 16.0 \ / \ Zoe - 16.9$

 $\begin{array}{l} \textbf{400:} \quad Pagano-??, \ Shigenobu-??, \ Davidson-??, \ Flynn-67.1 / \ Whalen-71.8 / \ Alyssa-74.1 / \ Olsen-74.5 / \ Bragg -74.5 / \ Martin-79.0 / \ Kearney-79.7 / \ Gabriella-82.0 / \ Testa-71.0 / \ Montgomery-73.2 / \ Margot-74.2 / \ Amanda-76.5 / \ Laura-77.0 / \ Joanne-83.7 / \ Sara \ Kate-85.0 / \ Zoe-85.9 \end{array}$

800: Cleary-2:33.6 / C.Davis-2:36.4 / Jordan-2:40.0 / Tai-2:45.3 / Gammer-3:02.3 / 1.Kirshner-3:03.0

1600: Weisberger-5:38.8/ Fishbein-5:39.0/ Kontos-5:51.0/ T.Cirillo-6:13.4/ Neborsky-6:36.6/ D.Casey-6:39.6/ Christina Barrales-7:02.3/ M.Callaghan-7:24.4/ Olivai Pacelli-7:25.2.

3200: Tina Gibble-12:12.3/ V.Pan-12:29.2/ Emily Rick-13:05.2/ K.Cirillo-13:20?/ Janey Holland-13:38.7.

100H: Devita – 17.5 / Ramirez – 19.1 / Caffrey – 21.6 / Muccio – 19.0 / McKeon – 19.0

400H: Ramierez – 74.1 / Caffrey – 79.0 / Muccio – 75.0

Long Jump:Kate-13-3.5 / Joanna C.-12-8.5 / Megan-11-5 / Emily-11-4

Triple jump: Mimi-31-9 / Emily- 30-10 / Megan-26-8 / Joanna-26-6

High Jump: DeVita – 4'4 / Davis – 4'2 / Lucky – 4'4 / Montgomery – 3'10

Pole Vault: Brown-9-0 / Taylor-8-6 /Cichoki-8 / Tanner-8-0 / Gieselmann-6-0/ DeVita-NH

Shot: Fanda-29-4/ S.Klein-24-8/ Noble-24-5/ C.Cerasuolo-23-4/ Roumila-23-0/ L.Rieger- 21-4/ N.Baum-20-11/ Sinjana Bhat-20-6/ K.Montero-19-11/ Linda Mayisoglu-18-10/ EmilyBroekin-18-6/ Jackie Wellington-18-3/ Christine Dimino-18-2/ Catherine Negron-14-9/ Emma Wellington-17-4.

Discus: Fanda-95-5/ Noble-75-6/ Roumila-61-7/ Bhat-59-0/ J.Wellington-58-0/E.Wellington-55-3/ Negron-52-10/ Mayisoglu-51-7/ Rieger-50-6/ Brodkin-47-0/ Dimino-44-10/ Baum-44-7/ Montero-42-9/ Cerasuolo-41-6/ Klein-FFF.

Javelin: Kim? / Cichoki? / Sirai Ramirez-78-6.

4X400:

Muccio-66.7 / S.Davis-66.6 / Ramirez-68.2 / Caffrey-66.0 = 4:27.4 Broatch-70.2 / Burdack-72.0 / Stern-71.5 / Lucky-67.1 = 4:40.9 Monnerat – 68.1 / Kusel – 73.9 / Menke – 71.4 / Mckeon – 68.1 4:41.3

Comment: We had a very good day at the Paramus Track!

1								
Event	FIRST (5 POINTS) Name/School/perf	SECOND (3 POINTS Name/School/perf) THIRD (1 POINT) Name/School/perf	P	0		P	0
INT.	Paramus	Ridgewood	Ridgewood	C	1			
hirbu		Ramirez	Mutai	5	4	2	S S	4
100	paramus	Ridgewood	Paramus.	10	3		11	7
M	<u>u</u>	dennings_	WEISS	0	2			17
1600	ridgewood	Kiagewood	Paramus	·)	8		12	15
	Weisburger	Elshbiene	Barmer		D		12	11-
400	Ridgewood	Riagewood	Ridgewood	Ó	9		10	1
	Pagano	Shigenobo	Danidson				12	24
HIGH	RIDGEWOOD	paramus	paramus	11	5		· · · ·	100
INFO		Meyer	sula	4	2		1.6	29
800	Paramus	Ridgewood	Ridgewood	5	4	-	01	170
	Bartner	Cleary	bain's.		4		21	33
200	Ridgewood	Ridgewood	Paramus		0		1.	10
	Jennings_	Cattrey	WEISS	1	8		22	41
32.00	Ridgewood	Ridgewood	Paramus	1	0			111
.	GIbble	Pan	Lucas		B		23	40
4×'4	Ridgewood	Paramus	1. J.	Ö	5		23	54
JAV RIDGEWOOD	Riagewood	Paramus	,	- ~	ļ		<u> </u>	
0114	KIM NODIE	Emma	LOICHE CAROUN		8		24	62
oisc	Paramus	Ridgewood	Ridgewood	-	11	İ		
	Renveni	Lora	kim	5	4		29	60
ntin 1	paramus	paramus	ridgewood	0	1			
mp	UIU	Castronovo	bavita	8		12	37	67
inut	paramus	Ridgemood	Paramus			Γ	.]	
TUT	Reyveni	Fanda	stabile	6	3		43	70
+1. 1	Ridgewood	Ridgewood	Paramus					areas defined a local de la constantina de la co
1.1.1	Devita	Flynn	Mattessich		8		44	78
IF	paramus	paramus	Ridgenood	~	1			
J'	Sula	Oliff,	McKeph	8		10	52	79.
1010	Ridgewood	Ridgewood	Ridgewood	x			. [
JUIH	Brown	Taylor	Tanner	0	9	5	524	88
Date A	pr113,2012	TEAM RECORDS:	D=0-1	, , , , , , , , , , , , , , , , , , ,		• -		
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		1 M						

Arcadia Invitational - 2012



Friday:

· · · · · · · · · · · · · · · · · · ·				
Event 202 Women 4x800 Meter Relay Invitational				
2- Ridgewood (Nj) 9:12.85				
1) Laura Weissberger 2) Hanako Shigenobu 12 3) Caroline Davidson 12 4) Catherine Pagano 9				
2:18.79 2:16.92 2:20.32 2:16.85				
Saturday:				
Event - 103 Woman's One mile run. Section 1				
8- Laura Weisberger 10 Ridgewood (Nj) 5:27.03				
9- Emily Fishbein 10 Ridgewood (Nj) 5:29.61				
Event-125				
7- Mimi DeVita 11 Ridgewood (Nj) J3.23m 10-07.00				
2.92 3.08 3.23 3.38 P XXO O XXX				
Event - 28 Woman's Distance Medley Invitational				
3- Ridgewood (Ni) 12:02:02				

3- Ridgewood (Nj) 12:02.02

1) Caroline Davidson12	2) Michaela McP	adden11 3) Hanako Shigenobu1	12 4) Catherine Pagano9
3:43.50	58.5	2:18.7	5:02.0

Comment:

4x8 is currently US #3 and #3 on RHS and Bergen County All Time List!! DM is currently US #5 and #3 on Bergen ATL and #2 on RHS ATL!!!



HIGH SCHOOL



Reasons to run are infinite. Here are a few. By LAURA WEISBERGER



eople ask me, why do I run? I run because I can. Because when I do, there's always the chance to be extraordinary. A chance to start unknown and to finish unforgettable.

A chance to overcome all obstacles, to fight through pain and suffering to test your emotional limits and boundaries, to experiment with the potential of the human body and discover just how far you can push yourself. And a chance to feel like a completely different person, a person who inspires others, and who they strive to be.

That girl who yearns to always be number one, that girl who dedicates her life to this sport, that

girl who looks invincible and effortless when she's racing, like nothing can faze her. That girl you don't believe you're capable of being, until you stand on the starting line in position to run, waiting for the trigger to be pulled, your heart pounding with adrenaline, your hands shaking with energy and fear. The gun goes off, and everything changes. From that moment on, there's only one conscious thought pounding in your mind for the entirety of the race. Finish. At that moment, life is about being the best version of yourself and nothing 1137 else matters.

High School Runner/Writers

We want to highlight your stories. Send us your writing – about a great race, a great season, a great workout (or a bad one that taught you something), what you love about running – any writing that reflects the competitive runner's experience. We'll consider your story for print or web. Send to *editor@runningtimes.com*.

Running is about knowing that all those hours of training are just for this short race, only a few minutes long. That's why it's so hard, forcing every second of pain and agony in this race to be an example of every step, every workout, every mile you ran before it.

Running is about the time during the race when your mind wanders to your own special world where no one can reach you or touch you, where you're able to break down the barriers you never even knew existed, experience pain that you've never felt before, and feel the determination, the tenacity, the pure and simple commitment to yourself for success. It's about when the voice inside your head that kept yelling, "I can't" stops, and a new voice, a stronger voice, takes its place and whispers, "I can." It's about when the finish line is visible on the final straightaway, or when you hear them scream that you have one lap to go, and you search within yourself to give it every last bit of energy you have left.

It's about judging how well you ran a race not only by the time on the clock, but also by the feeling in your legs and arms after you stopped running, the pounding of your heart after crossing the finish line, whether or not you were able to stand or speak right after shakily handing in your tag to the official.

It's about those few moments of glory after the end of the race, where the world around you is spinning and walking in a straight line is impossible — that moment when you can't help but smile, because even though you may not have won or beaten anyone else, you know that you gave absolutely everything you possibly could into that race and there's nothing that you could have done better. You endured the pain, you found the courage to fight through the misery, you found beauty in the ache, the burn, the sheer torment you inflicted upon yourself, and that alone is an experience to be thankful for. And while you might not have a shiny medal or trophy to show for it, you learned something much more meaningful in that the person you thought you were is nothing compared to the person you are.

It's about how you took every ounce of strength and determination and passion and turned it into something to be proud of — not an object you can hold or touch or put on a shelf to show off to everyone, but a time, just a few trivial numbers thrown together by an automated clock. But each one of those numbers, down to the hundredth of a second, has a meaning beyond what you can comprehend. That's why I run. **w**

I hat s why I run. RT

Laura Weisberger is a 16-year-old cross country and track runner from Ridgewood, N.J., with a mile PR of 5:15 and an 800m PR of 2:18.

Bergen Academy Dual meet at BF Track

April 9, 2012

100: McPadden - 13.1 / Jennings - 13.3 / Cron - 13.6 / Monnerat - 13.9 / Kusel - 14.2 / Burdack - 15.1 / Stern - 13.6 / Menke - 14.6 / Broatch - 15.4 / Laura W. 15.2 / Testa - 14.7 / Bragg - 15.8 / Olsen - 15.6 / Gabriella - 18.4 / Whalen - 14.9 / Sidote - 15.8 / Chang - 14.8

200: McPadden-26.4/ Jennings-27.2/ Caffrey-27.9/ Monnerat – 28.1 / Kusel – 29.8 / Menke – 29.5 / Stern – 30.4 / Burdack – 31.7 / Broatch – 31.1 / Lucky – 29.2 / Laura W. – 31.5 / Testa – 30.7 / Bragg – 32.9 / Olsen – 32.1 / Gabriella – 34.7 / Whalen – 30.7 / Sidote – 33.3 / Chang – 30.7

400: Caffrey-63.7/ S.Davis-65.0/ Emily Flynn-65.4.

800: Gibble-2:40.7/ Kelly Cleary-2:41.8/ Kontos-242.3/ T.Cirillo-2:49.2/ Tai-2:56.5/ L.Kirshner-3:07.4/ Neborsky-3:08.0/ Catherine Cleary-3:08.3/ Casey-3:08.7/ Gammer-3:09.1

1600: Kelly Cleary-5:40.1/ Kontos-5:43.7/ Gibble-5:44.1/ Pan-6:01.3/ K.Cirillo-6:03.8/ T.Cirillo-6:04.7/ Tai-6:06.6/ Rick-6:07.2/ Felder-6:14.3/ Catherine Cleary-6:25.2/ Neborsky-6:27.3/ L.Kirshner-6:28.6/ D.Casey-6:31.4/ Gammer-6:43.9

3200: Weisberger-12:29.2/ Shigenobu-12:33.5/ Davidson-12:33.5/ Fishbein-13:07.1/ K.Cirillo-13:36.7 Rick-13:36.8.

100H: Sirai Ramirez-17.8/ K.McKeon-18.3.

400H: Shigenobu-67.8/ S.Ramirez-73.7/ Caffrey-80.3.

Long Jump: Shannon Cron-14-7.5/Katie McKeon-13-6/ Megan Lucky-12-2.25/ Joanna Chang-12-1.

Triple jump: Emily Flynn-31-.5/ Kate-30-3.5/ Shannon-28-6.5/Joanna-26-11.5/ Megan Lucky-26-1

High Jump: Lucky -4'4 / Sarah Davis -4'4 / Cron -4'0

Pole Vault: Brown-9-0/ Taylor-9-0/ Cichocki-8-0/ Gieselmann-6-6.

Shot: Fanda-27-0/ S.Klein-22-10/ Bhat-22-4/L.Rieger-21-6/ Baum-21-4.5/ C.Cerasuolo-21-0/ J.Wellington-21-0/ Dimino-19-0/ Brodkin-18-7/ E.Wellington-17-7/ Negron-16-10.5.

Discus: Fanda-94-5/ S.Bhat-70-11/ Brodkin-55-2/ Mayisoglu-51-4/ Negron-50-10.

Javelin: Emma Cichocki-97-11/ Sirai Ramirez-64-0.

4X400: Monnerat – 66.6 / Kusel – 70.5 / Menke – 68.4 / Mckeon – 66.6 – 4:32.0 Davis – 67.9 / Broatch – 69.8 / Stern – 68.5 / Flynn – 67.0 – 4:33.0

Comment: A very steady day of Great Track and Field!!

Big North Track & Field Dual Meet Ridgewood vs Bergen Academy

Girls

	Ridgewood vs	Bergen Academ	у	April 9,2012	
	-	-	-		Total Score
Event	First Place	Second Place	Third Place	RHS BA	RHS BA
400H	H. Shigenobu, RW, 1:07.9	Pan, BT, 1:11.4	S. Ramirez, RW, 1:13.7	6 3	89 51
100m Dash	M. McPadden, RW, 13.1	M. Jennings, RW, 13.3	Cron, RW, 13.4	90	
1600m Run	Cleary, RW, 5:40.1	Tu, BT, 5:41.9	Kontos, RW, 5:43.7	6 3	
400m Dash	Caffrey, RW, 63.5	Davis, RW, 64.7	Flynn, RW, 65.3	90	
100m Hurdles	Douling, BT, 16.8	S. Ramirez, RW, 17.8	McKeon, RW, 18.3	6 3	
800m Run	Tu, BT, 2:36.5	Stevens, BT, 2:36.7	Gibble, RW, 2:40.5	1 8	
200m Dash	McPadden, RW, 26.4	Jennings, RW, 27.2	Caffrey, 27.9	90	
3200m Run	Weisberger,RW, 12:29.2	Shigenobu, RW, 12:33.5	Davidson, RW, 12:33.6	90	
High Jump	Douling, BT, 4-10	S. Davis, RW, 4-4(Tie)	M. Lucky RW, 4-4 (Tie)	4 5	
Pole Vault	Illana Brown, RW, 9-0	Abby Taylor, RW, 9-0	E. Cichocki, BT, 8-0	8 1	
Long Jump	Shannon Crone, RW, 14-7.5	Emily oowling, BT, 14-5.75	Kate McKeon, RW, 13-6	6 3	
Triple Jump	Emily Flynn, BT, 31-1.5	Kate Mckeon, RW, 30-3.5	Emily Dowling, BT, 29-10.75	36	
Discus	Fanda, RW, 94-5	S. Sachdeu, BT, 92-10	Y. Spigner, BT, 89-10	5 4	
Shot Put	S. Sachdeu, BT, 29-11.5	A. Okereke, BT, 29-11	Y. Spigner, BT, 28-2	0 9	
Javelin	H. Yi, BT, 105-6	E. Chichocki, RW, 97-11	S. Ramirez, RW, 83-2	3 6	
4X400relay	RW 4:31.8	RW 4:32.9	BT 4:38	5 0	

Comment:

Teaneck/Hackensack Double Dual meet at Teaneck April 11, 2012

100: Jennings-12.9/ Caffrey-13.6/ Stern-14.9/ Whalen-14.6/ Kusel-14.3/ Menke-14.3/ Testa-14.9/ Monnerat-14.1/ Sidote-16.0/ Laura W.-15.2/ Burdack-15.3/ Bragg-15.7/ Gabriella-16.7/ Chang-14.5.

200: McPadden-26.1/ Jennings-26.9/ Caffrey-27.4/ Monnerat-28.5/ Lucky-28.9/ Testa-30.7/ Menke-29.4/ Stern-30.5/ Whalen-30.7/ Bragg-33.6/ Gabriella-37.1/ Burdack-30.8/ Chang-31.1/ Laura W.-32.2.

400: Pagano-62.1/ Flynn-65.8/ S.Davis-66.7/Muccio-66.9/ Testa-68.2/ Stern-69.7/ Kusel-71.2.

800: Shigenobu-2:20.8/ Weisberger-2:21.3/ Davidson-2:23.1/ T.Cirillo-2:42.6/ Gammer-3:00.2.

1600: Davidson-5:37.1/ Fishbein-5:37.3/ K.Cleary-5:40.3/ Kontos-5:44.2/ C.Cleary-6:21.9/ Tai-6:25.7/ Neborsky-6:34.5/ L.Kirshner-6:39.8/ Barrales-6:49.7/ Callaghan-7:22.4.

3200: Fishbein-11:51.4/ Gibble-12:03.0/ C.Davis-12:31.1/ Kelly Cleary-12:41.1/ K.Cirillo/ Rick-13:26.7.

100H: McPadden-17.1/ Ramirez-17.6/ McKeon-18.8.

400H: Shigenobu-69.3/ Ramirez-73.7/ Muccio-77.7

Long Jump: Katie McKeon-14-4.5/ Emily Flynn-13-5.5/ Jade Long-12-9/ Joanna Chang-11-2.25.

Triple jump: Emily Flynn-30-5.5/Kate McKeon-30-2.5/Jade Long-29-9.5/ Joanna Chang-27-3.5.

High Jump: Lucky-4-8/ S.Davis-?

Pole Vault: Taylor-9-0/ Cichocki-8-0/ Gieselmann-6-6.

Shot: Fanda-26-5.5/ Nobel-24-11.5/ Bhat-23-7.75/ Cerasuolo-24-0.25. JV: L.Rieger-23-11/ Dimino-21-6/ Mayisoglu-21-5/ J.Wellington-20-1/ Baum-20-0/E.Wellington-18-1/Brodkin-18-5.

Discus: Fanda-87-1.5/ Noble-76-2/ J.Wellington-57-8/ Bhat-57-3/ JV; L.Mayisglou-64-9.5/ Rieger-56-9.75/E.Wellington-53-7.5/Demino-51-6/C.Cerasuolo-50-1/ Brodkin-49-6/Baum-41-7.

Javelin: Emma Cichocki-101-6/ Kim Noble-95-8/ Sirai Ramirez-75-5.

4X400: Shigenobu-62.1, Davidson-62.0, Pagano-61.7, McPadden-58.8 = 4:04.4 Frosh: Lauren-66.8, Steph-71.2, Olivia-68.6, Katie-68.1 = 4:34.7

Comment: A tie with Teaneck is a big disappointment! Many different places we could have scored one more point! We beat Hackensack easily.

Teaneck Track & Field

Date April 11, 2012 Opponet TEANECK/Bickgewood

	1 st Place -5PTS	2 nd Place-3PTS	3rd-PTS (1PT)	TEANECK	OPPONET
Event		2 Place-SF15	SIRAH	6	
400 HURDLES	Hanako	Janay		3	10
	Shigenoou	Ferrell	RAMEREZ	3	6
L00m	NU .	Morian	Amarcia	/	/
Loom	knalia			6	3
	Taylor	Jennings	Simmi	.9	9
1600m	Caroline	Emily	ERICA	D	9
	Davidson	· ·	KONTOS	9	
	BUUGAR	21	2	1	18
400m	Knaha	Caintrine	Ana	6	3
	Taylor	Pagano	Atkinson	and the second se	The second second
	71	2	FI	15	21
110H	Amanda	Trenice	SIRAI	8	
	Simms	Foster	RATINCELL	23	22
200	TI	TI	RI I		
800m	shigenobu	WEISberger	Davidson	O	A
	2	5	E	23	31
200m	Khana	Mikayia	Marian		4
	Taylor	Mapaiader	y vonnings		
	T	R	R	28	35
3200m	EMILY			0	9
<i>i</i>	FISHBINE	GIBBLE	DAVIS	28	44
	RI	R	R	20	74
4x400 Relay	Mikayla	knalia		0	5
	1	Tayir		28	49
Shot	Chardonay	Aaream	RIKEYA		0
Shot	FEILIOTT	Jones	Attogan	9 37	49
Discus	RIKEYA	Atuana	Adrean	9 40	0
Discus	FI Hogan	7 Hyatt	TI Jones	日	40
Long Jump	Trenice	And	Kasie	8	1
	FI FOSTER	T] Atkinson			- Starter
Triple Jump	Amanda	Ana	Trenice	9 63	0
	FT Simms	TT I	7	and and a second and a second and a second a sec	Comment of the second of the s
High Jump	Amanda	Megan	Dovenport	6 69	3 5
	TT SIMMS	RI	CHRISTINE		1 ~ 1
Pole Vault	ABBY	Emma		O warman of	190
	21	K. NUBLE	ATYONA		-
Javelin	CHICOCKI		THYATT	8- 70	8 70
	E	FL	TOTAL -	Jan	-770

TOTAL = 70

A.

7

A LANGE LAND

51

Teaneck Track & Field

Date APRIL 11th 2012

RIDGEWICD VS HACKENSACK

400 HURDLESEl Hanako Englenolo LandezEl Siza Figure Hill Tashi EdgeucedRidgeuced Hockensze Figure Hill Canal Linch <b< th=""><th>Event</th><th>1st Place -5PTS</th><th>2nd Place-3PTS</th><th>3rd-PTS</th><th>TER AND AR</th><th>]</th></b<>	Event	1 st Place -5PTS	2 nd Place-3PTS	3 rd -PTS	TER AND AR]
$\begin{array}{c cccc} & & & & & & & & & & & & & & & & & $			and and an other statement of the statem		TEANEOK	HAOVENSACE
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		chilockini2"	96'6"	Ramirez 11'9"	93-	047

TOTAL =

Ridgewood 93 Hacrensack 47

Comet Relays at Hackensack April 14, 2012

4x1600:	C.Davis-5:52.6/ Kontos-5:45.0/ K.Cleary-5:56.0/ Gibble-5:40.6 = 23:14.2 2nd
4x100H:	Caffrey-21.3/ Muccio-19.3/ Mckeon-18.2/ Ramirez-17.7
4x100:	?/?/?/ Flynn = 58.0 ?/?/?/ Testa = 60.9 Monnerat/ Kusel/ Manke/ McKeon = 55.5
4x800: (novice) (frosh)	Pan-2:37.5/ Kontos-2:37.9/ C.Davis-2:37.7/ Gibble-2:36.9 = 10:29.8 5th S.Davis-3:39/ Gammer-3:00.5/ Barrales-3:00.6/ JHolland-2:55.7 = 11:36 Rick-2:48.9/ Tai-2:53.9/ T.Cirillo-2:54.4/ K.Cirillo-2:43.9 = 11:20.9
4X200	Monnerat-29.6/ Kusel-28.4/ Whalen-30.2/ Lucky-27.0 = Lane3: 32.7/ 30.1/ 30.3/ 27.9 = 2:00.8 Lane4: 32.7/ 30.6/ 36.3/ 28.6 2:08.0
SM	McPadden-59.9/ Jennings-27.7/ Caffery-26.7/ K.Cleary-2:36.0 = 4:28.9 3rd
DM: (frosh)	T.Cirillo-4:41.1/ Tai-73.1/ Rick-2:58.9/ K.Cirillo-6:09.9 = 15:02.8
3X400H:	McPadden-69.6/ Muccio-74.1/ Ramirez-74.4 $=$ 5th
2xLJ	 (N) Shannon-14-1.5/ Emily-13-9.25/ = (N) Joanna-135/Megan-12-3/ = (F) Jade-13-9/ Katie-13-2.5/ =
2xTJ	 (N) Emily-325/ Shannon-28-1/ = (N) Lucky-27-10/ Joanna-27-9.5/ = (F) Katie-30-3.5/ Jade-30-1/ =
2xHJ 2xPV 2xShot	Jade Long-4-6/ S.Cron-4-0 = 8-6 6th Taylor-9-0/ Cichocki-8-0 = 17-0 1st Fanda-26-11.5/ Noble-25-4 = 52-3.5 C.Dimino-20-3/ Negron-17-4 = 37-7 N.Baum-23-9/ Sarah Davis-17-5 = 41-2
2xDisc 2xJav	Fanda-84-2/ Noble-77-4 = 161-6 C.Dimino-51-2/ Negron-51-2 = 102-4 Nobel-94-11/ Cichocki-93-8 = 188-7 4th

Comment: We came to Comet Relays to get experience for Bergen Relays next week and to take home some medals. Both Goals were accomplished on this sunny day.

Bergen Country Relays

April 21, 2012

Wednesday April 18 at Ridgewood's Track at BF High Jump: - Sarah Davis-4-4/ Long-4-4/ Lucky-4-0 = 12-8

Comment: Our young HJ team was unable to score.

Friday April 20 at River Dell			
3x400H:	3rd - McPadden-65.1/ Shigenobu-66.0/ Rameriz-71.6 = !?3:28.0?! (3:22.7)		
	Official recorded Rameriz time as 76.7 - cost us the meet!		
4x200:	3rd -Jennings/ Monnerat/ Caffrey/ McPadden = 1:49.1		
4X1600:	1st-Weisberger-5:15.3/Fishbein-5:32.0/Davidson-5:25.3/Pagano-5:17.0= 21:29.3		
javelin:	1st-Cichocki-96-3/ Noble-88-5/ Ramirez-84-6 = 269-2		
Discus:	-Fanda-87-9/ Noble-88-5/ Bhat-FFF = 176-2		
Triple Jump:	7th-Flynn-31-10.5/ Mckeon-29-5.5/ Long-29-5.5 = 90-11		

Comment: We had a scare with the dropped baton in the 4x16 but ended up with a pretty good Friday. We have 32 points, 5 away from first place Teaneck.

Saturday April 16 at River Dell

4X100H:	-McKeon-18.5/ Muccio-18.6/ Caffrey-20.5/ Ramirez-17.4 = 1:15.0
4X100:	3rd -Jennings/ Monnerat/ Muccio/ Cafffrey = 52.2
Distance Med	: 1st -Davidson-3:47.9/Shigenobu-59.9/ Fishbein-2:25.8/ Pagano-5:03.2 = 12:16.8
Sprint Medley	: 4th-McPadden-59.3/ Jennings-26.5/ Caffrey-26.8/ Weisberger-2:22.7 = 4:15.0
4X800:	1st-Davidson-2:22.1/Fishbein-2:32.2/ Pagano-2:23.9/ Shigenobu-2:24.5 = 9:43.4
Frosh 4X400:	Kusel-69.4/ Montgomery-70.9/ K.Cleary-66.4/ McKeon-68.0 = 4:34.6
4X400:	2nd -Shigenobu-60.8/ Davidson-62.7/ Pagano-61.7/ McPadden-57.7 = 4:04.1
Shot:	Fanda-27-10/ Noble-24-0/ Cerasuolo-23-4 = 75-2
Long Jump:	7th-Cron-14-4.5/ Long-14-7.5/ Flynn-13-6.25 = 42-6.5
Pole Vault:	1st - Taylor-9-0, Brown-9-0, Cichocki-8-0 = 26-0

Comment: Our team performed well over 3 days but came up 0.5 points short of Demarest. The timing error in the hurdles was not noted until Sunday - Too late to do anything about it.

Penn Relays 2012

Thursday:

Event #164 - Distance Medley 4th of 16 teams: 11:54.34 Caroline Davidson-3:39.8 Micaela McPadden-58.3 Hanako Shigenobu-2:17.4 Catherine Pagano-4:58.8

We ran a perfect race. All had PR's or close to PR's. New School Record. New Bergen County record. Broke one of our oldest school records (1983)! This is the







Penn-ing relay history

Micaela McPadden, center, running the 400-meter leg, helping Ridgewood's girls distance medley relay team to a school and Bergen County record time of 11:54.34 with a fourth-place finish in its heat at the Penn Relays in Philadelphia on Thursday. Other legs were run by Caroline Davidson, Hanako Shigenobu and Catherine Pagano. **More coverage, S-11, S-13**

2012 Ironman Invitational

800meter Sprint Medley: (100,100,200,400)

3rd - Jennings/ Toscano(both-25.3)/ Caffrey-28.1/ McPadden-58.9 = 1:52.86

100m: Toscano-13.92/ Monnerat-14.06/ Muccio-14.62

400m: 6th - Sarah Davis-63.67

4x200m relay:

1st - Jennings/ Monnerat/ Caffrey/ Mcpadden = 1:49.47 (splits were missed)

Long Jump: Cron-14-0.5/ DeVita-13-8.

Triple Jump: DeVita-30-6/ Cron-29-6.75.

Pole Vault:

1st-DeVita-10-0/ 4th-Brown-8-6/6th- Cichocki-8-0/ Tanner-NH/ Gieselmann-NH

Shot: Lora Fanda- FFF

Javelin: 3rd - Emma Cichocki - 96-8/ 5th - Kim Noble - 92-3.

Comment: Two wins tonight from our sprint and field group! Very nice job! This was some good experience going into the league meet next week.

County Seat Meet at Ramsey High School May 5, 2012

1600m:	Kelly Cleary-5:41.3/ Tara Cirillo-6:02.8/ Emily Rick-6:15.8/ Lauren Kirshner-6:26.6.
4x200:	Martin-33.6 / Chang-30.4 / Bennett-32.9 / Kearny-34.1 – 2:10.9 Broatch-31.0 / Stern-30.0 / Lucky-29.5 / Burdack-34.9 – 2:05.1 Pusche-34.1 / Kopec-33.1 / Calguire-33.7 / Vitting-30.5 – 2:11.3 Menke-29.4 / Kusel-28.6 / McKeon-27.4 / Monnerat-28.3 Testa-29.8 / Kaiser-32.1 / Whalen-30.7 / Sidote-32.0 – 2:06.6
800m:	Sarah Davis-2:28.5/ Gabby Jordan-2:37.9/ Janey Holland-2:42.7/ Taylor Tai-2:44.2/ Olivia Pacelli-2:58.4.
400H:	6-Sirai Ramirez-71.7/ Amanda Muccio-73.6
4x400:	Monnerat-64.0 / Kusel-68.9 / Menke-67.6 / Testa-65.8 –4:26.6 Broatch-69.4 / Stern-69.3 / Lucky-66.7 / Muccio-64.7 –4:30.0 Pusche-78.2 / Kopec-79.0 / Calguire-78.8 / Vitting-72.8 – 5:08.6 Kaiser-73.0 / Sidote-75.2 / DeVera-74.6 / Whalen-70.0 – 4:52.7
3200m	1-Catherine Pagano-11:07.7/ -Emily Fishbein-11:55.0/ -Tina Gibble-12:02.0
100H:	Ramirez-17.4 / 17.7. McKeon- 17.8 / 17.5 / 17.5
100m:	6-Toscano-13.3 / NT / 13.3 6-Flynn-13.7 / 13.5 / 13.8 Monnerat- 13.5 / 13.4. Kusel- 14.0 / 14.0. Montgomery- 13.8 / 13.9 Martin- 16.1 / Chang-14.2 / Bennett-15.6 / Kearney-15.5 / Menke-13.8 / Testa-14.3 / Whalen-14.7/ Sidote-15.2 / Broatch-15.1 / Stern-14.6 / Burdack-14.9 / Puche-15.9 / Kopec-NT / Calguire-15.9 / DeVera- 15.5 / Vitting- 14.7
LJ:	Emily-14-4/Katie-12-11/Sophie-12-1.75/Joanna-12-1.
TJ:	Emily30-1.75/Katie29-2.5/Joanna28-3.5/Sophie27-7
HJ:	Lucky- 4'6/ Montgomery- 4'4/ Davis- NH
PV:	Emma Cichocki-8-6/ Becky Tanner-8-0/ Christina Gieselmann-7-6
Shot:	Cerasuolo-24-8/ S.Klein-23-7/ Bhat-23-0.5/ Baum-23-0/ Negron-18-10
Disc:	Bhat-72-0/ Baum-55-1/ Negron-48-5/ S.Klein-47-3/ Cerasuolo-35-5.
Jav:	3-Emma Chioski-98-9/ 5-Kim Noble-92-5.

Big North Division 3 at Hackensack May 9, 2012

- 100: 3-Jennings-13.38,13.18. -Toscano-13.77. -Caffrey-13.97.
- 200: 2-McPadden-26.34. 3-Jennings-26.97. 4-Caffrey-27.98
- **400**: 1-McPadden-58.58. 4-S.Davis-63.57. 5-Muccio-64.54.
- 800: 1-Pagano-2:17.08. 2-Davidson-2:18.33. -Fishbein-2:31.39.
- 1600: 1-Davidson-5:23.57. 2-Fishbein-5:23.98. 4-K.Cleary-5:33.16.
- **3200**: 1-Gibble-11:54.19. 5-K.Cleary-12:37.5. -Pan-13:01.36
- 100H: 4-Ramirez-17.60,17.32. 5-McKeon-17.46,17.36. -Muccio-19.52
- 400H: 1-McPadden-64.82. 3-Shigenobu-67.47. 5-Ramirez-70.81.
- Long Jump: -Flynn-13-10. -Long-?. -Montgomery-?.
- Triple Jump: 3-DeVita-31-6.5. -Flynn-?. Montgomery-?.
- High Jump: 5-Lucky-4-6, S.Montgomery-4-6, Long-NH
- Pole Vault: 1-DeVita-10-0. 3-Tanner-8-0. Brown-NH
- Shot: -Fanda-26-7. -Noble-24-1.25. -Cerasuolo-23-5.5.
- **Discus**: -Fanda-94-1. -Noble-71-11. -Baum-56-7.
- Javelin: 2-Cichocki-93-10. 3-Noble-88-1. 5-Ramirez-82-1
- **4x400**: **2-Ridgewood-4**:05.12 (McPadden-60.2, Pagano-61.6, S.Davis-62.4, Shigenobu-60.8)

Comment: Lost to Teaneck by 1! Very Frustrating.

Novice Championship -2012

100: Cron-13.2/13.8/13.6. Menke-13.7/13.9/13.8. Whalen-14.7/Chang-14.4/ Sidote-15.4/Pusche-16.4/Lizzie-15.4/Calguire-15.6

200: Bennett- 31.0 / Calguire- 31.9 / Pusche- 32.7 / Martin- 32.9 / Monnerat- 27.6 / Kusel- 28.8 / Whalen- 30.6 / Monica- 30.2 / Stern- 29.6 / Burdack- 30.4 / Broatch- 30.3 / Testa- 28.8 / Chang- 30.0 / Kaiser- 31.6 / Olsen- 31.7 / Bragg- 31.1

400: Whalen- 69.4 / Monica- 79.9 / Martin- 76.4 / Bragg- 72.9 / Olsen- 73.5 / Bennet- 72.5 / Kaiser- 71.4

800: Pacelli-2:54.8/ Katie Gammer-2:56.9/ Barrales-3:01.8/ Meghan Callaghan-3:10.3.

1600: **1**-Kontos-5:37.8/ **6**-T.Cirillo-5:57.8/ Jordan-6:09.1/ Holland-6:17.2/ Neborski--6:35.0/ L.Kirshner-6:36.0.

3200: **2**-Camille Davis-12:45.7

100H: **1**-Mckeon- 17.6 / 17.4

400H: **1**-Katie McKeon-72.7.

Long Jump: Jade Long-13-6.5/ Joanna Chang-12-4.

Triple Jump: 6-Jade Long-30-.75/ Shannon Cron-29-2.25/Katie McKeon-29-0/Alyssa Bennett-25-0/ JoannaChang-FFF.

High Jump: 1-Megan Lucky-5-8/ Jade Long-NH

Pole Vault: 1-Becky Tanner-8-0/ 5- Christina Gieselmann-7-0.

Shot: Baum-23-9/ Klein-23-8/ Rieger-23-4.25/ Cerasuolo-20-9/ Wellington?/Wellington?/Dimino?.

Discus: Natasha Baum-69-2/ Jackie Wellington-60-8/ Emma Wellington-56-11/ Christine Dimino-53-3/ Sam Klein-50-7/ Lalka Rieger-46-10/ Courtney Cerasuolo-38-0

Javelin:

4x400: **1**-Monnerat- 66.3 / Kusel- 69.9 / Menke- 68.1 / Testa- 66.3 – 4:30.3 **2**-Broatch- 68.8 / Burdack- 69.2 / Whalen- 68.6 / Lucky- 67.1 – 4:33.4

Bergen Championship at Old Tappan High School May 18 & 19, 2012

Friday:

400H:	2-Micaela McPadden-64.39. 6-Hanako Shigenobu-66.61Sirai Ramoirez-72.58
100:	4-Moriah Jennings-13.26, 13.18Shannon Cron-13.97Olivia Manke-14.39.
1600:	1-Catherine Pagano-5:02.67. 2-Caroline Davidson-5:12.98Emily Fishbein-5:31.08.
400:	2-Micaela McPadden-58.15 Anna Caffrey-62.25 Sarah Davis-64.12.
Discus:	-Lora Fanda-88-6Kim Noble-72-8Natasha Baum-64-9.
Long Jump:	-Emily Flynn-14-9Shannon Cron-14-7.75Sophie Montgomery-14-7.5.
Pole Vault:	1-Mimi DeVita-10-0. 4(Tie)-Ilana Brown-9-0Emma Cichocki-8-6.

Comment: We had a great Friday and are 16 points in the lead with 52 points to 36 for Teaneck.

Saturday:

100H:	-Katie McKeon-17.29Sirai Ramirez-17.68Amanda Muccio-19.49.
800:	1-Caroline Davidson-2:18.45. 3-Hanako Shigenobu-2:19.07Erica Kontos-2:33.56
200:	5-Micaela McPadden-26.21Moriah Jennings-27.27Anna Caffrey-28.35.
3200:	1-Catherine Pagano-10:59.90. 3-Caroline Davidson-11:36.03Tina Gibble-11:56.86
High Jump:	-Sarah Davis-4-8Megan Lucky-NHSophie Montgomery-NH.
Shot:	-Lora Fanda-?Kim Noble-?. Courtney Cerasuolo-?.
Javelin:	-Kim Noble-93-07Emma Cichocki-91-09. Ramirez-?.
Triple:	3-Emily Flynn-33-0.25. 6-Mimi DeVita-32-3.25. Sophie Montgomery-31-1.
4x400 relay:	3-4:03.77 (Shigenobu-60.1, SDavis-62.9, Caffrey-63.8, McPadden-57.1)

Comment: Teaneck has a much stronger 2nd day team and they gradually overcame our lead thru out the day but Emily Flynn's break thru PR in the Triple Jump put us only 10 points behind with 2 events remaining. We got 16 in the 3200 and then down to the relay. We had to get 3rd in the 4x4 and we got it! We scored in 10 of the 16 events showing team strength. We maintained focus and enthusiasm throughout 2 days. Ridgewood Proud! Great 2 point win!

TRACK AND FIELD: BERGEN COUNTY CHAMPIONSHI All for Ridgewood

Davidson's 3,200 key in team win

By MIRA WASSEF STAFF WRITER

OLD TAPPAN - When Caroline Davidson finished her 3,200-meter race at Saturday's Red Littler Bergen County championships, she was greeted at the finish line by Ridgewood coach Jacob Brown with a big hug and a simple message - "Thank you."

"I felt like I had to say that because just saying 'Good job' seemed hollow," Brown said.

Brown knew the 3.200 wasn't exactly Davidson's favorite event, but he asked her to take one for the team. And the Ridgewood senior obliged. But even her teammates acknowledged her sacrifice.

"Not an ounce in her body wanted to do it," Ridgewood senior Hanako Shigenobu said. "I was [mad] for her, but she sucked it up and did it. It shows her great leadership. I'm so Ridgewood senior Caroline Davidson, en route to gold in the 800 on Saturday, also runs proud of her."

Davidson's third-place performance in the 3,200 proved to combined 11/2 points. be huge in helping Ridgewood points in Division A, edging out next school year. "I just blocked But I knew she was capable. She Padden took second in the 400 and Hanako have been the ones (58.15), fifth in the 200 (26.21). marest took third with 74.

Maroons got a much-needed won the 800 (2:18.45) and fin- hurdles (1:06.61) and on the 4- it today." victory after they suffered two ished second in the 1,600 x-400 relay team that finished tough losses in the Bergen Coun- (5:12.98). Her time of 11:36.03 third (4:03.77). Freshman

her first 3,200 this season to help the team to its first Bergen County title since 2007. personal record.

"It's my least favorite event,

could win this. It feels really who brought back the attitude

ty Relays and league meet by a in the two mile was close to a Catherine Pagano established

herself as one of the best dis-"She thinks I'm a whack job, tance runners in the county with win a championship Saturday. but we needed it," said David- a crazy track coach," Brown wins in the 3,200 (10:59.90) and The Maroons finished with 99 son, who will run at Colgate said with a laugh. "She's right. 1,600 (5:02.67). Micaela Mc-

"This championship is very It was Ridgewood's first coun- great to win this title after com- of excellence that sort of slipped special," Shigenobu said. "We ty championship since 2007, and ing up short in the other meets." away from us for a bit." knew we had it in us. We per-it was the first time Davidson ran bavidson ran three-and-half Shigenobu was third in the formed well on Friday, and that the 3,200 this season. And the miles in the two-day meet. She 800 (2:19.07), sixth in the 400 gave us the confidence to finish





Bergen Frosh Champs Thursday May 24 at BF Track

100: Menke–13.9/13.8 Monnerat–13.6/13.8 Kusel–13.9 Testa–14.3 Kaiser–14.9 Vitting–14.7 Sidote–15.9 Caliguire–16.5

200: Kusel–28.7 Menke–28.5 Monnerat–28.3 Testa–29.4 Vitting–31.2 Sidote–33.1 Caliguire–33.7.

400: Kaiser-72.7 Vitting-69.8 Sidote-76.5.

800: -Tara Cirillo-2:41.8. -Olivia Pacelli-2:49.9, Katie Gammer-2:54.6. -Christina Barrales-2:57.1.

1600: 1. Kelly Cleary-5:32.5, -Taylor Tai-6:11.7

3200: 1.Kelly Cleary-12:11.2

High Jump: Montgomery–4'4" Long-NH

Long Jump: Sophie Montgomery-13-3, Jade Long-13-0.5

Triple Jump: Sophie Montgomery-32-0.5, Jade Long-30-7.75.

Pole Vault: Christina Gieselmann-7-6.

Shot: Sanjana Bhat-21-9.

4x400: Monnerat–64.9, Kusel–68.7, Menke–69.0, Testa–64.6 = 4:27.2 Cirillo–69.5, Tai–72.3, Gammer–71.8, Kaiser–70.6 = 4:44.0

BERGEN COUNTY GIRL'S FROSH CHAMPIONSHIP RIDGEWOOD'S TRACK at BF

<u>Team Scores</u>: A Champion-Old Tappan. B Champion-River Dell. C Champion-Tie-Pascack Hills & Lodi. D Champion-Waldwick.

Individual Results:

100meters: 1-Caitlin Ubl, Old Tappan, 12.9. 2-Dana Lynch, Hackensack, 13.0. 3-Alicia Pena, Englewood, 13.2. 4-Shereen Al-Sawwaf, Dwight Englewood, 13.4. 5-Marina Reilly, River Dell, 13.4. 6-Tiana Hyde, Englewood, 13.6

200meters: 1-Dana Lynch, Hackensack, 27.2. 2-Taylor Parcells, Old Tappan, 27.3. 3-Hayley Lyons, Tenafly, 27.7. 4-Isabel Sella, Pascack Hills, 27.8. 5-Tatiana Jenkins, Paramus Catholilc, 28.1. 6-Noelle Cobin, Westwood, 28.2

400meters: 1-Isabel Sella, Pascack Hills, 1:01.7. 2-Allison Regan, Rutherford, 62.9. 3-Isabella Ayvaz, Waldwick, 1:03.9. 4-tie-Sami Berenbaum, Tenafly, 1:04.7 & Anne Tucker, IHA, 1:04.7. 6-Alicia Pena, Englewood, 66.4

800meters: 1-Caitlin Ubl, Old Tappan, 2:31.3. 2-Maddie Bonavita, River Dell, 2:33.0. 3-Samira Sujak, Tenafly, 2:39.0. 4-Eva Gurian, Holy Angels, 2:41.2. 5-Tara Cirillo, Ridgewood, 2:41.8. 6-MK Brosnan, Old Tappan, 2:43.0

1600meters: 1-Kelly Cleary, Ridgewood, 5:32.6. 2-Erin Davis, Paramus, 5:40.5. 3-Veronica Rocco, Tenafly, 5:50.4. 4-Allison Reynolds, Waldwick, 5:53.8. 5-Abigail Zammitti, Ramsey, 5:55.2. 6-Megan Johnston, Ramsey, 5:57.3

3200meters: 1-13:19.0Kelly Cleary, Ridgewood, 12:11.4. 2-Erin Davis, Paramus, 12:24.8. 3-Veronica Rocco, Tenafly, 13:02.3. 4-Abigail Zammitti, Ramsey, 113:07.4. 5-Allison Reynolds, Waldwick, 13:08.8. 6-Cara Powel, IHA,

100mHurdles: 1-Christina Welzer, Demarest, 15.5. 2-Nicole Pituras, Paramus, 16.6. 3-Dani Trafiglio, Demarest, 17.0. 4-Becca Adams, Demarest, 17.2. 5-Noreen Byrne, River Dell, 17.3. 6-Latoya Drakeford, Englewood, 17.3

400mHurdles: 1-Noreen Byrne, River Dell, 1:08.3. 2-Ileana Armendi, Demarest, 1:11.6. 3-Nicole Vignernon, River Dell, 1:11.8. 4-Taylor Parcells, Old Tappan, 1:12.9. 5-Rafaela Peratta-Vasquez, Dwight Englewood, 1:13.4. 6-Becca Adams, Demarest, 1:14.7

Shot Put: 1-Sam Ferrero, Demarest, 31-9 ½. 2-Chanel Garcia, Englewood, 31-6. 3-Kristen DiRenzo, Lodi, 27-9. 4-Chelliah Phillips, Bergenfield, 27-5. 5-Emila Danilowicz, River Dell, 26-7. 6-Gabbie Woods, Ramsey, 26-1.

Discus: 1-Canel Garcia, Dwight Morrow, 94-8. 2-Emila Danilowicz, River Dell, 84-11. 3-Jenn Desplat, River Dell, 83-10. 4-Sam Ferrero, Demarest, 78-10. 5-Vicky Geerlof, Pascack Hills, 74-11. 6-Val Garcia, Bergenfield, 73-8.

Javelin: 1-Kristen DiRenzo, Lodi, 99-11. 2-Sam Ferrero, Demarest, 89-0. 3-Janae Mayo, Tenafly, 85-1. 4-Tina Messery, Hasbrouck Heights, 81-9. 5-Madison Owens, Ridgefield Park, 71-9. 6-Ally Arluna, River Dell, 71-2.

Long Jump: 1-Noreen Byrne, River Dell, 15-10. 2-Camilla Castillo, Holy Angels, 15-6 ¼. 3-Imani Williams, Englewood, 15-2 ½. 4-Marina Reilly, River Dell, 15-2. 5-Lauren Bilali, Old Tappan, 15-1. 6-Amber Redmond, Hackensack, 14-11 ½.

Triple Jump: 1-Amber Redmond, Hackensack, 32-7 ³/₄. 2-Sophie Montgomery, Ridgewood, 32-12. 3-Kelsey Adizzone, Bergenfield, 31-10. 4-Camilla Castillo, Holy Angels, 31-8 ¹/₂. 5-Rory Edri, Demarest, 31-5 ¹/₂. 6-Lior Peri, Cresskill, 31-4 ¹/₂.

High Jump: 1-Amber Redman, Hackensack, 5-0. 2-Mackenzie Senick, Old Tappan, 4-8. 3-Kayla Adams, Paramus Catholic, 4-8. 4-Jordan Zaikov, Cresskill, 4-6. 5-Taylor Parcells, Old Tappan, 4-4. 6-Sophie Montgomery, Ridgewood, 4-4.

Pole Vault: 1-Jenna Braun, Mahwah, 9-0. 2-Nina Lucidello, Cresskill, 8-0. 3-Lauren Bilati, Old Tappan, 7-6. 4-Christina Giesemann, Ridgewood, 7-6. 5-tie-Enn Kang, Demarest, Tiffany Liriano, Ridgefield Park, Amanda Maecanio, Old Tappan, & Rosa Cullen, Garfield, 7-0.

4X400mRelay: 1-Old Tappan (Davis, Parcells, Ubl, Brosnan), 4:21.1. 2-River Dell, 4:21.4. 3-Demarest, 4:23.8. 4-Ridgewood, 4:27.1. 5-Tenafly, 4:28.3. 6-Rutherford, 4:32.5.

North 1 Group 4 Sectional Championship at Randolph High School Friday May 25, 2012

400H:	4-Micaela McPadden-64.99. 8-Hanako Shigenobu-67.18. 17-Sirai Ramirez-71.71	
100:	6-Moriah Jennnings-13.10,13.07. 25-Shannon Cron-14.26. 28-Amanda Muccio-14.42.	
1600:	1-Catherine Pagano-5:01.95. 4-Caroline Davidson-5:11.64. 14-Emily Fishbein-5:40.39	
400:	14-Anna Caffrey-62.62. 20-Sarah Davis-64.18.	
Discus:	12-Lora Fanda-89-10. 20-Kim Noble-75-1. 25-Sanjana Bhat-63-0	
Triple Jump:	9-Emily Flynn-32-2.25. 16-Sophie Montgomery-31-3.5	
Javelin:	5-Kim Noble-99-5. 8-Emma Cichocki-93-7. 15-Sirai Ramirez-84-9	
Pole Vault:	2-Mimi DeVita-10-6. 5-Llanna Brown-9-6. 13-Emma Cichocki-8-0.	
Saturday May 26, 2012		
100H:	19-Sirai Ramirez-18.24. 23-Amanda Muccio-18.67	
800:	1-Caroline Davidson-2:20.26.	
200:		
	3 -Micaela McPadden-26.14,26.02. 13-Moriah Jennings-27.31. 24-Anna Caffrey-28.44	
3200:	3-Micaela McPadden-26.14,26.02. 13-Moriah Jennings-27.31. 24-Anna Caffrey-28.442-Catherine Pagano-11:21.15. 4-Tina Gibble-12:09.44	
3200: 4X400:		

Long Jump: 20-Emily Flynn-13-8. 27-Shannon Cron-12-11.25.

High Jump: 17-Megan Lucky. NH-Sarah Davis.

Comment: Randolph was just too strong for us to keep up with their team score, however we had some great individual moments. We scored in 8 events with 8 individuals qualifying for the State Group Meet next week in Old Bridge. We had 2 significant wins: Catherine in the 1600 with a great time and Caroline in the 800 in dramatic gun to tape fashion. Three of us medaled twice (Micaela, Caroline and Catherine) and Kim Noble stepped up with a medal in the Javelin.

BMOC at Hackensack High School May 29, 2012

100: 10-Moriah Jennings-13.01
200: 11-Moriah Jennings-27.02
400: 1-Micaela McPadden-58.06
800: 4-Hanako Shigenobu-2:17.44
1600: 2-Caroline Davidson-5:09.83. 12-Emily Fishbein-5:32.13. 16-Kelly Cleary-5:41.09
3200: 5-Tina Gibble-12:07.19
Pole Vault: 2-Mimi Devita-10-10

Comment: Ridgewood had 5 medal winners! Micaela's win in the 400 was outstanding! A great race from gun to tape. Out Fast, maintained the lead with relaxation down the back stretch and then sprinted home in dominate style!

NJSIAA Group Championship at Old Bridge June 1 & 2, 2012

<u>Friday</u> :	
400H:	4-Micaela Mcpadden-63.56
100m:	13-Moriah Jennings-12.85
1600m:	7-Catherine Pagano-5:05.78 (fell hard during 2nd lap)
Pole Vault:	7-Mimi DeVita-10-6
Javelin:	19-Kim Noble-97-10

Saturday:

3200m: 13-Catherine Pagano-11:15.40

SMOC at Old Bridge Track & Field Complex June 6 & 11, 2012

400H: 23-Micaela McPadden-66.01

1600m: 11-Catherine Pagano-4:57.35

Pole Vault: 15-Mimi DeVita-10-0

Three great underclass gals in SMOC! However... Micaela ran sick before the rain on Thursday, Catherine's fall in the Group meet meant she was unable to be in the faster seeded heat, and Mimi's vault at 10-6 just missed. Three athletes at SMOC is a real team accomplishment but none of us did what we hoped. We all will be back next year with some unfinished business!

New Balance Nationals - Greensboro, North Carolina



Friday June 15:

4x800m: 1-Ridgewood, 9:00.43 (Micaela McPadden-2:18.05, Hanako Shigenobu-2:14.42, Caroline Davidson-2:13.99, Catherine Pagano-2:13.97)

National Champions! New School Record! New Bergen County Record!



Saturday June 16:

Distance Medley: 1-Ridgewood, 11:50.73 (Caroline Davidson-3:38.15, Micaela McPadden-57.52, Hanako Shigenobu-2:16.40, Catherine Pagano-4:58.68) National Champions! New School Record! New Bergen County Record!



Refresh

Print Result

Flash Results, Inc. - Contractor License New Balance Outdoor Nationals - 6/14/2012 to 6/16/2012 North Carolina A+T University, Greensboro, NC Event 34 Girls 4x800 Meter Relay Championship National: 8:43.12 4/25/2008 Eleanor Roosevelt, Greenbel Meet: 8:46.98 6/18/2010 Fayetteville-Manlius, Manli School Finals Finals 1 Ridgewood Tc-Nj 9:00.43 1) Caroline Davidson 122) Hanako Shigenobu 123) Micaela McPadden 134) Catherine Pagano 15 2 Eagles Tc-Co 9:03.42 1) Megan Irvine 15 3) Hayley Berg 14 2) Kendra Larson 15 4) Karina Ernst 12 3 Runner's High Rc-Nj SOUTHERN 9:03.74 2) Mary Kate Dooley 13 4) Meghan McMullin 12 1) Liana Marzano 12 3) Lindsey Bellaran 12 4 Lenape Tc-Nj 9:05.62 2) Natalia Ocasio 13 4) Camille Franklin 15 1) Emily McGee 14 3) Amanda Restivo 13 5 La Salle Tc-Ri 9:07.30 Caitlin Marino 13
 Caroline Falvey 14 1) Molly Keating 12 3) Maddy Byrnes 12 6 Warwick Valley Tc-Ny 9:07.32 1) Charlotte Brunjes 122) Katie FitzGerald 133) Megan Reilly 164) Jessica Stokkeland 13 7 Cosby Tc-Va 9:07.35 2) Alaina Redd 12 4) Megan Moye 12 1) Jayden Metzger 13 3) Elena Wirz 13 8 Bronxville Tc-Ny 9:08.61 1) Courtney Campbell 142) Emilie Hoffer 143) Hilary Rizzo 164) Meredith Rizzo 13 9 Bishop Guertin Tc-Nh 9:10.30 2) Sarah Burke 13 4) Molly McCabe 14 1) Gabby Richardson 15 3) Shannon Veillleux 13 10 Hamilton Tc-Ma 9:11.52 Kerry Phelan 12
 Emily Senning 12 1) Emily Weigand 15 3) Margaret Blatchford 13 11 Sylvania Northview Tc-Oh 9:16.23 9:16.3 2) Abigail Masters 13 1) Janelle Noe 13 3) Mallory Small 15 4) Alison Work 12 12 Pope John Xxiii Tc-Nj 9:24.87 9:24 2) Erin Jankowski 12 1) Vicky Sheridan 14 3) Calleigh Higgins 14 4) Tess Keller 12 13 Tolland Tc-Ct 9:28.21 1) Kristin Carr 12 2) Katy Sprout 13 3) Rachel Gedansky 12 4) Emily Howard 12 14 Benjamin Banneker Academy 9:50.18 2) Breanna Cummings 12 4) Ronsheica Trotman 13 1) Nzinga Meadows 13 3) Khadejah Harrison 13

New Balance Nationals High School Results -

Greensboro, North Carolina, June 14-16-

100(1.5) 1. Hester (Granville C, Stem, NC) 10.50; 2. Jamieson (Windsor, Ct) 10.58.

200(1.2): 1. Winter (Suitland, Forestville, Md) 21.13; 2. McSwain (Crest, Shelby, NC) 21.20.

400: 1. Cherry (Smith, Chesapeake, Va) 46.37; 2. Rush (Northwest, Grand Island, Nb) 47.01.

800: 1. Bile (Annandale, Va) 1:49.85; 2. Watkins (Liverpool, NY) 1:49.98.

Mile: 1. Burcham (Cabell-Midland, Ona, WV) 4:08.80; 2. Wynne (Staples, Westport, Ct) 4:11.59.

2M: 1. Cheserek' (St Benedict's, Newark) 8:55.12; 2. Graham (Academy, Cary, NC) 8:56.56.

2000St: 1. Smith (Christian Brothers, Syracuse) 5:55.79 (HSL); 2. Rossettie (Corning, NY) 6:01.88.

5000:1. Leingang (Bismarck, ND) 14:27.16;2. Thomson (Holy Cross, Louisville) 14:34.78.

110H(1.6): 1. Zaza (Strath Haven, Wallingford, Pa) 13.91; 2. Humphrey (Hoover, Al) 13.96.

400H: 1. Russell (Broad Run, Ashburn, Va) 52.37; 2. Roberts (Bay Shore, NY) 52.80.

MileW: 1. Flores (Pharr-San Juan-Alamo N, Pharr, Tx) 7:43.14; 2. Kates (Lisbon, Lisbon Falls, Me) 7:47.57.

Relay Events

4 x 100: 1. Uniondale, NY 41.55; 2. Lawrence Central,



Indianapolis 41.66.

4 x 200: 1. Knightdale, NC 1:27.40; 2. Greenbrier, Evans, Ga 1:27.54.

4 x 400: 1. Boys & Girls 3:14.95; 2. Knightdale 3:14.99. 4 x 800: 1. Christian Brothers, Lincroft, NJ 7:34.67 (HSL)

(11 HS); 2. Westfield, Chantilly, va 7:35.10. 4 x Mile: 1. Lawrence 17:35.36; 2. Trabuco Hills, Mission Viejo, Ca 17:37.10.

SweR(100, 200, 300, 400): 1. Smiths Station, Al 1:54.56 (HSL) (Smith 46.63); 2. Suitland 1:55.68.

800Med: 1. Smiths Station 1:30.23 (HSL) (Smith 46.39); 2. Mt Vernon, NY 1:31.02.

SpMed: 1. Union Catholic, Scotch Plains, NJ 3:23.15 (HSL) (=15 HS) (Eke 1:49.39); 2. Liverpool, NY 3:23.98 (Watkins 1:48.05).

DisMed: 1. Marshfield, Ma 10:01.32 (HSL) (Hubbard 4:08.82): 2. Pembroke, Ma 10:02.13.

4 x 110H: 1. Western Branch, Chesapeake 57.81 (HSL) (10 HS); 2. Central, Trenton 58.89.

Field Events

HJ: 1. Scinto (Cheshire, Ct) 6-8³/₄; 2. Moffitt (Oak Hill, Converse, In) 6-8³/₄.

PV: 1. Barber (Kingwood, Kingwood Park, Tx) 16-4; 2. Salisbury (Marine City, Mi) 16-0.

LJ: 1. Luper (Auburn, Al) 24-21/2w; 2. Mobley

(Olympia, Rochester, NY) 23-1134.

TJ: 1. Green (Hillsborough, Tampa) 50-10¼w; 2. Johnson (Charlottesville) 48-10¼w.

SP: 1. Bell (Hickory, Hermitage, Pa) 61-7; 2. Wolf (Hackley, Tarrytown, NY) 60-5¼.

DT: 1. Mattis (E Brunswick, NJ) 203-2; 2. Wolf 181-0.

HT: 1. Velez (Classical, Providence) 207-3; 2. Ionata (Barrington, RI) 205-10.

JT: 1. Shuey (Johnsonburg, Pa) 194-5; 2. Lipschutz (Robbinsville, NJ) 193-2.

Dec: 1. Horn (Pembroke) 6720 (HSL); 2. Cieslinski (Madison, Oh) 6077.

- NBN Girls -

100(0.5): 1. Westbrook (Chandler, Az) 11.63; 2. Oliver (Monroe, Albany, Ga) 11.67.

200(2.2): 1. Westbrook 23.92w; 2. Spaulding (American Heritage, Plantation, Fl) 24.04w.

400: 1. Baird' (Evers, Brooklyn) 52.14 (HSL); 2. Plante (Colonie Central, Albany, NY) 53.32.

800: 1. Rogers (Kincade, Houston) 2:05.50; 2. Over (Windsor, Ct) 2:08.66.

Mile: 1. Margey (Friends, Locust Valley, NY) 4:45.84; 2. Frazier (Ravenscroft, Raleigh) 4:48.28.

2M: 1. Frazier 10:13.43; 2. Shields (East, Salt Lake City) 10:14.16.

5000: 1. Erba (Warsaw, In) 16:18.21; 2. Anderson (Eagan, Mn) 16:43.65.

2000St: 1. Hollowood (Saratoga Springs, NY) 6:50.46; 2. Mantilla (Penfield, NY) 6:54.08.

100H(1.6): 1. Ross-Ransom (Langham Creek, Houston) 13.59; 2. Williams (Clayton, NC) 13.76.

400H: 1. Gelibert (Bay Shore, NY) 59.54; 2. Seymour (Carroll, Washington, DC) 59.99.

MileW: 1. Penn (Westhampton Beach, NY) 7:42.23; 2. Goreski (Katonah, NY) 7:47.36.

Relay Events

4 x 100: 1. Mt. Vernon, NY 46.87; 2. Withrow, Cincinnati 47.18.

4 x 200: 1. Withrow 1:39.21; 2. Mt. Vernon 1:39.33.

4 x 400: 1. American Heritage, Plantation, Fl 3:45.13; 2. Wakefield, Raleigh 3:46.28.

4 x 800: 1. Ridgewood, NJ 9:00.43; 2. Thompson Valley, Co 9:03.42. 4 x Mile: 1. Tatnall, Wilmington, De 20:02.90 (out HSL) (3 HS); 2. Saratoga Springs, NY 20:22.12.

800Med: I-1. Bay Shore, NY 1:44.39. II-1. Withrow 1:45.09.

SweR: I-1. Columbia, 2:10.28. II-1. Withrow 2:12.47.



SpMed: I-1. Cosby 3:55.17 (HSL); 2. Garden City 3:56.55.

DisMed: 1. Ridgewood 11:50.73; 2. Lenape 11:53.15. 4 x 100H: 1. Poly, Long Beach 58.88, (4 HS); 2. Western Branch 59.64; 3. Uniondale, NY 59.83.

Field Events

HJ: 1. Dailey-Harris (La Salle, Providence) 5-81/2; 2. Perry (Jordan, Raleigh) 5-81/2.

PV: 1. Rudolph (Lawrence Central) 12-103/4; 2. Benninghoff (Council Rock S, Holland, Pa) 12-103/4.

LJ: 1. Forbes (Newton N, Newtonville, Ma) 19-9; 2. Ryan (Chambersburg, Pa) 19-5½w.

TJ: 1. Forbes 42-91/2w (41-111/2); 2. Ryan 42-23/4.

SP: 1. Woodard (Cherokee, Marlton, NJ) 45-4½; 2. Sansbury (Hartsville, S.C) 44-1.

DT: 1. Lubarski (Hickory, Pa) 147-1; 2. Woodard 144-3. HT: 1. Story (Woodward, College Park, Ga) 165-3; 2.

Phillips (Pope, Marietta, Ga) 164-7. JT: 1. Douglas (Garfield, NJ) 148-7; 2. Skovira (Park Ridge, NJ) 147-11.

Hept: 1. Howell (Farmington Hills, Mi) 5071; 2. Cannon (Tennessee, Bristol, Tn) 4801.

THE RIDGEWOOD NEWS SPORTS

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SECTION FRIDAY, JUNE 22, 2012

Double national championships

Ridgewood girls 4 x 800, distance medley relays are best in the U.S.

BY GREG TARTAGLIA Assistant Sports Editor

Eight gold medals. Two national championships. Zero regrets. Those are just a few of the

mementos that the Ridgewood High School girls track and field team brought home from last weekend's New Balance Outdoor Nationals (NBON) in Greensboro, N.C.

The quartet of seniors Caroline Davidson and Hanako Shigenobu, junior Micaela McPadden and freshman Catherine Pagano won the 4 x 800-meter relay at Nationals last Friday and the distance medley relay on Saturday, setting both RHS and Bergen County records and earning All-American recognition in each event.

The national titles were the first ever for Ridgewood head coach well." Jacob Brown, who started the girls spring track program at the school in 1972. The NBON meet, held annually at North Carolina A&T University's Aggie Stadium,

A&I University's Aggle Stadium, began in 1991. "I had a few kids a long time ago that would have won the big prize, probably, but this meet did-n't exist early in my career," Brown said Wednesday.

The Maroons' winning distance medley time of 11:50.73 beat the school record of 11:54.34 that Davidson, Shigenobu, McPadden and Pagano had set earlier this spring at the Penn Relays - before this season, the RHS mark of

11:58.6 had stood for 20 years. Their NBON 4 x 800 time of 9:00.43 ranks No. 6 all-time in state history and shattered the school standard of 9:07.4 set 24 vears ago

"So this team broke a record from 1982 and a record from 1988. Brown marveled, "and those were two of the all-time great teams that we've had."

And to think, the Maroons considered skipping briefly Nationals altogether.

"Originally, we weren't going to go," said Shigenobu, hearkening back to the team's disappointment with its fourth-place finish at the North 1, Group 4 sectional meet on Memorial Day weekend.

"Our hearts weren't completely in it after sectionals, so we decided we weren't going," she said. "[Later], we figured, we'll just run one of the two relays and

hopefully get on the podium. But then, Mr. Brown suddenly decided to say, 'We're running both of them' – which, obviously was a good decision."

Fabulous 4 x 800

Leading off the 4 x 800 on Fri-day evening was McPadden, whose specialty is the 400-meter dash. She had not competed in an 800-meter event since this past winter track season and called the NBON race "the most nervewracking thing I've ever done in my life.

Yet in the end, her doubledown on distance was worth it.

'Mr. Brown told me to stay in the back and just follow for the first lap, and then on the second lap, run it how I normally run a 400 [dash] and just leave it all on the track," McPadden said. "So that's what I did, and it turned out

The junior wound up with a split of 2:18.05 before passing the baton to Shigenobu, who clocked 2:14.42. Davidson, this year's county and state-sectional champ in the open 800 meters, followed with a career-best relay split of 2:13.99, and Pagano iced the victory with a 2:13.97 anchor leg.

The Maroons finished roughly three seconds ahead of runner-up Thompson Valley from Loveland, Colo. (9:03.42) and third-place Red Bank Catholic (9:03.74). They also made good on the prerace proclamation issued by their coach

"When Mr. Brown said, 'I know you're a nine-minute team, you can do this, I know it's going to happen'... we were kind of skepti-cal about it, because that would mean huge PR's [personal records] for everyone," said Davidson. "And then, that's what ended up happening, and it was just crazy, because we all PR'ed by like four seconds.'

After taking its place atop the podium and being showered with gold medals, flowers and paper "All-American" crowns, Ridge-wood headed back to its hotel around 10 o'clock and enjoyed an order-in pasta dinner.

'The girls were up in that hallway, sitting there eating pasta, and it's probably 11, 11:30 at night," Brown recalled. "It was just such a neat scene of four teammates relishing the moment."

See CHAMPIONS, page C2



PHOTOS COURTESY OF JACOB BROWN

The Ridgewood High School girls 4 x 800-meter relay team was literally crowned national champions after running a schoolrecord time of 9:00.43 to win the event at New Balance Outdoor Nationals in Greensboro, N.C. last Friday. The same quartet won the national distance medley relay title less than 24 hours later. From left: freshman Catherine Pagano, seniors Caroline Davidson and Hanako Shigenobu and junior Micaela McPadden.

NEW BALANCE OUTDOOR NATIONALS

JUNE 15-16 AT NORTH CAROLINA A&T, GREENSBORO, N.C.

GIRLS RESULTS

4x800: 1. RIDGEWOOD, 9:00.43; **4x800:** 1. RIDGEWOOD, 9:00.43; 2. Thompson Valley (Colo.), 9:03.42; 3. Red Bank Catholic, 9:03.74; 4. Lenape, 9:05.62; 12. Pope John XXIII, 9:24.87. **Distance Medley:** 1. RIDGE-WOOD, 11:50.73; 2. Lenape, 11:53.15; 3. Shenendehowa (N.Y.), 11:58.59; 6. Southern Regional, 12:04.68; 7. West Windsor-Plains-boro North, 12:18.54. boro North, 12:18,54,

BOYS RESULTS

Distance Medley: 1. Marshfield (Mass.), 10:01.32; 2. Pembroke (Mass.), 10:02.13; 3. Christian Brothers, 10:02.94; 13. RIDGE-WOOD, 10:23.01. Sprint Medley: 1. Union Catholic, 3:23.15; 2. Liverpool (N.Y.), 3:23.98; 3. West Orange, 3:24.14; 21. RIDGEWOOD, 3:35.71. Shot Put (Emerging Elite): 1. Will Pope (South Salem, N.Y.), 56-4.75; 22. Anthony Balboa

(RIDGEWOOD), 47-5.75.

Maroon boys send 7 to NBON

Seven members of the Ridgewood High School boys track and field team competed at New Balance Outdoor Nationals (NBON) in Greensboro, N.C.

Schoff and Storm Dublirer combined for a 13th-place time of 10:23.01 in the boys distance medley relay on Saturday. Jennings ran the 1,200-meter leadoff leg in 3:06.88, followed by Schoff clocking 50.78 seconds in the 400, Dublirer running 1:55.73 in the 800 and Spicer logging 4:29.63 in the 1,600 anchor leg.

The Maroons' effort was the third-fastest by a New Jersey school in the event behind Christian Brothers of Lincroft (third place, 10:02.94) and Pope John XXIII of Sparta (seventh,

er also teamed up with junior Kevin Chung and sophomore Jake Sabatini for an 22nd-place 3:35.71 in the boys sprint medley relay, the sixth-best outing by last weekend, including two a Garden State squad in the relay squads. race. Union Catholic (3:23.15) Seniors Levi Jennings and took home the national title, Travis Spicer and juniors Neil while West Orange – the school Ridgewood bested for the North 1, Group 4 state championship last month – produced the bronze medalist (3:24.14).

RHS senior Anthony Balboa competed in Friday's Emerging Elite boys shot put and finished fifth in his flight with a throw of 47 feet, 53/4 inches. That put him 22nd overall and third among New Jersey entrants. The Maroons

capped their season on Monday with their annual awards barbecue. Rutgers-bound jumper Evan Bartlik earned the Senior of the went to Armand Punjabi for his Year Award, while Dublirer was efforts in the long and triple 10:10.65). named the team's Junior of the jumps. On Friday, Schoff and Dublir-Year, and Sabatini was tabbed



officially Travis Spicer

the Sophomore of the Year. The Freshman of the Year Award went to Armand Punjabi for his

Ridgewood relay team wins national title

GREENSBORO, N.C. Ridgewood girls quartet of Micaela McPadden, Hanako Shigenobu, Caroline Davidson and Catherine Pagano made all sorts of North Jersey track history Friday night at the New Balance Nationals at North Carolina A&T State University.

North Jersey girls team to win a national title in the 22-year history of the meet when they combined to run 9:00.43 in the 4-x-800 meter re-lay, destroying the 24-year-old Bergen County record set by the 1988 Ridgewood team.

"Holy cow, holy cow, holy cow," said veteran Ridgewood coach Jacob roons into third and then Davidson Brown, reached by phone a half hour ran 2:13.99 to grab the lead with

TRACK AND FIELD

after his team had held off the Eagles Track Club of Colorado to earn the victory. "I'm still speechless."

arolina A&T State University. The foursome became the first orth Jersey girls team to win a na-nine minutes and win, I don't know

what else to say." McPadden, a junior, charged from ninth to fourth in the closing stages of the first leg, running 2:18.05 and putting the Maroons in the race. Shigenobu followed with a 2:14.42 split to move the Ma-

New Jersey state power Lenape in second. But Pagano, just a freshman, was never seriously chal-lenged, running 2:13.97 and won by nearly 20 meters as Lenape faded to fourth.

Don Bosco is the only boys team to win a national title, winning the 2007 sprint medley. Former De-marest star Daina Pucurs won the 2004 javelin title, the last girl to earn a title.

Thursday night, Demarest junior Eric Geider was second in the Emerging Elite pole vault, clearing 15-21/4 on his second attempt and then losing a jump-off to Ryan Potter of North Hunterdon. Geider's performance was the third best in

Bergen County history and is just 1³/₄ inches short of the record set by Juan Andres Giglio of Ridgefield Park in 2010.

Hackensack junior Mike Cummings won the high jump and javelin competitions to take the lead in the octathlon and then was caught in the 1,000 by Zach Mc-Dermott of CBA as each finished with 5,180 points. McDermott won on the second tiebreaker.

Taylor Cudequest of Pascack Hills ran a 4:40.73 1,500 meters to come from well behind to take third place in the championship decathlon with 6,069 points, just eight points short of second.

- Paul Schwartz

Ridgewood relay team stars at New Balance

By PAUL SCHWARTZ STAFF WRITER

In the first 21 years of the New Balance National Outdoor Championships, North Jersey girls earned just two titles: Tawana Watkins' 400 hurdles win for Kennedy in 2001 and Daina Pucurs' javelin throw victory for Demarest in 2004.

TRACK AND FIELD

In the past 24 hours of this year's meet at Greensboro, N.C., they earned three more, including the first two national titles of Ridgewood coach Jacob Brown's illustrious career.

Ridgewood's quartet of Caroline Davidson, Micaela McPadden, Hanako Shigenobu and Catherine Pagano added the distance medley national title to the 4-x-800 championship it won Friday night, leading wire to wire and setting its second Bergen County record in two days with a stunning 11:50.73 clocking.

That win came hours after Garfield's Shauntierah Douglas added a national javelin title to her state championship, won on Mon-day. Douglas threw 148-7, 20 inches less than her winning throw at the state meet, and had to sweat out a great series from a familiar rival, Park Ridge's Becca Skovira, who finished second with a huge personal best throw of 147-10. The two have competed against each other in at least 25 meets in the past four years including a 1-2 finish at the Bergen Meet of Champions last month.

"When she made her last throw, I thought, is she going to take it from me?" said Douglas, who started to cry tears of joy after Skovira's last throw fell short. "I wouldn't honestly believe it was possible to win this - I knew I would do well, but I never would have thought I could win.



JOE CAMPOREALE/SPECIAL TO THE RECORD

Ridgewood senior Caroline Davidson ended her career in a big way, winning the distance medley national title Saturday.

moved to sixth on the all-time Bergen list (Douglas is third). "She's the most-deserving kid to vin a championship, and for me to finish second and throw as well as I did – I can't think of a better way

to end my high school career. Davidson and Shigenobu ended their careers on the highest of highs, three weeks after what could have been the lowest of lows. Shigenobu failed to qualify for the State Group 4 meet at 800 meters and the trip to nationals was in doubt

"I just had a tough spring," said Shigenobu, who split 2:16.40 for 800 meters and held onto the lead that Davidson had forged with a terrific 3:38.15 1,200 leg and Mc-Padden protected, running a 57.52 400. "But I realized that Mr. Brown was training us to peak at nationals and I just needed to get mentally refocused."

Davidson showed her focus, opening a 15-meter lead on the opening leg that was nearly the final margin. McPadden held the

That left it up to Pagano, just a freshman.

"It was hard for me to be alone in front," said Pagano, who split a comfortable 4:58.67 and never was seriously threatened. "But I tried to use everything around me to see where I was and make me proud of myself.'

'I give all the credit to my teammates - winning yesterday and today were the greatest moments of my life.

New Jersey state champion Ben Malone of Pascack Valley, fought off a start that put him well back in the first 400 and battled back to fourth place in the 800 meters, running an outdoor personal best of 1:50.70. Ahmed Bile of Annandale won the race in 1:49.85.

Don Bosco's 4-x-1 mile relay earned All American honors with a fourth-place finish in 17:42.29. a fourth-place finish in 1742.29. The team of Ryan Tucker, Mike Higgins, Kyle Levermore and Christian Costello was in the mix for the win until the final lap, when Lawrence Central (Ind.), Trabuco "It was crazy [finishing 1-2 with lead steadily and Shigenobu Hills (Calif.) and Chariho Region-Douglas,]" said Skovira, who opened it out to about 35 meters. al (R.I.) pulled away to finish 1-2-3.

CHAMPIONS from C1

Distance medley recap

To a girl, all four runners agreed that their 4 x 800 success was somewhat unexpected, given that the distance medley has been their stronger relay all eving spring.

ning. However, instead of resting on pair Friday night laurels, the their Friday night laurels, the Maroons drew motivation from the win as they prepared for the 7:45 p.m. start of Saturday's DMR, exactly 23 hours after the

DMR, exactly 25 hours after the 4 x 800 starting gun sounded. "Winning the 4 x 8 gave us more confidence going into the distance medley," Davidson said. "We didn't really want to settle for anything less than first, because after getting [gold] the first time, it was just better to get it the second time." Davidson solid 3.38 15 on the

It the second time." Davidson split 3:38.15 on the 1,200-meter leadoff leg of the DMR, opening up a lead that McPadden maintained with her 57.5-second 400 split.

"Since I'm used to running the 400, I knew that I would be able to do it well," McPadden said. "I

to do it well," McPadden said. "1 was really pumped up for it, instead of nervous." Shigenobu kept Ridgewood in front with her 800-meter time of 2:16.40, and Pagano slammed the door by running the 1,600 anchor leg in 4:58.68, shaving .12 seconds off her career-best DMR split. "I remember after both races, when L crussed the line not actu-

A remember after both races, when I crossed the line, not actu-ally believing that we had just won a national championship," said Pagano. "And it was all kind of a dream after that, because we had to get fitted for the All-Amer-ion more that we are then use The Maroons ended up lead-

ing a 1-2 New Jersey finish with Lenape of Medford Township (11:53.15), as all four Garden State distance medley entries placed in the top seven.

The big picture

The big picture The two NBON titles bring the overall RHS girls national-title count to three. At the 2008 National Scholastic Indoor Championships in Manhattan, the 55-meter shuttle hurdle quar-tet of Mia Martinez, Emily Barr, Kate Michel and Victoria Oliva clocked 35.226 to win gold by two-thousandths of a second, making a national champ of win-ter track head coach Mike Mullin. Mullin

This spring's victors arrived home Sunday to a gathering of parents and teammates, who greeted their bus with signs, bal-

parents and usinitiates, while greeted their bus with signs, bal-loons and silly string. Ridgewood's triumphant trip to Nationals was the ultimate topper for the varsity careers of Shigenobu and Davidson, who plan to run in college at Tufts and Colgate, respectively. "It was the perfect way to end the whole season," said David-son. "And it was so unexpected. We would have been thrilled to even place [in either relay], so actually winning them was just unreal. It was so exciting." And, while Pagano's career is still in its early stages, being amed All-American in two events is a far cry from the start

events is a far cry from the start of her freshman year, when her cross-country season was curbed

cross-country season was curbed by a stress fracture. "This year definitely had its ups and downs," Pagano said. "And the best thing to do is end on a good note. So overall, I think it's been a really good year, because all the hard work that we did definitely paid off."

Ridgewood National prominence for Maroons' relay team

By MIRA WASSEF STAFF WRITER

The Ridgewood girls track team kicked off the season with a bang and ended it with a bigger statement.

The Maroons started strong at Arcadia, made some noise at the Penn Relays, then made history at the New Balance Outdoor Nationals.

Caroline Davidson, Micaela McPadden, Hanako Shigenobu and Catherine Pagano won the distance medley relay (11:50.73) and the 4-x-800 relay (9:00.43) at nationals, giving coach Jacob Brown his first national championships.

"The last 72 hours was the most exciting run of track in my life," Brown said after the weekend at nationals. The Maroons' led the distance medley from the start and their times in the 4-x-800 and

"We're really impressed with this team. It's been a very satisfying season."

Ridgewood, The Record 2012 the dis girls track Team of the Year, lays ea won a dramatic come-from-behind race in the 4-x-800. Brown first B watched his team battle back 2007, a from third place before Davidson grabbed the lead on the 3,200.

third leg and handed the baton to Pagano, who brought it home.

She led all the way and Brown realized with 150 meters to go that they would win the race.

Then the excitement set in. Brown rushed to the finish line and shared a group hug with the girls.

"I started crying when I crossed the finish line," said Pagano, who anchored both relays. "I think the 4-x-800 was more exciting because we thought it was possible to place, but we never thought we could win. It's definitely special to bring the first national titles to the school."

The Maroons' led the distance medley from the start and their times in the 4-x-800 and distance medley are Bergen County records. Ridgewood set the previous county record in the distance medley at Penn Relays earlier in the season.

Ridgewood also captured its first Bergen County title since 2007, as Davidson came up with a huge performance in the 3.200.

Final Girls Track Top 25 rankings

- 1. Ridgewood
- 2. Teaneck
- 3. Northern Highlands
- 4. Demarest
- 5. Ramapo
- 6. Holy Angels
- 7. Mahwah
- 8. River Dell
- 9. Westwood
- 10. Passaic Tech
- 11. Ramsev
- 12. IHA
- 13. Hasbrouck Heights
- 14. Paramus Catholic
- 15. Tenafly
- 16. Pascack Valley
- 17. Garfield
- 18. Eastern Christian
- 19. Pascack Hills
- 20. Hackensack
- 21. Old Tappan
- 22. Clifton
- 23. Wayne Hills
- 24. Wayne Valley
- 25. Cresskill
The Record -North **RLS** RACK AND

Clearing hurdles on the way to records



TYSON TRISH/STAFF PHOTOGRAPHER

ALL-NORTH JERSEY FIRST TEAM

Alexandra Cimino, The Record 2012 girls track Athlete of the Year, excels in the hurdles and the 200 meters, and as part of Westwood's 4-x-400 relay team.

By MIRA WASSEF STAFF WRITER

Alexandra Cimino admits she wasn't blessed with natural speed, facture it.

was in a boot last fall due to a much more enjoyable." stress fracture in her left foot, she took her training to another level. breakout season. Cimino worked on her strength, stamina and speed for three events - the 400 hurdles, 200 memonths, and even changed her running form.

And by the time she broke out the Bergen County group champiof the boot, she had transformed her game.

But not even she could fathom lay team that finished second in a the season she's had.

"I definitely exceeded the goals Bergen Meet of Champions. I had in mind," said Cimino, The Record 2012 girls track Athlete of of the season when she broke the University of Pennsylvania. "I the Year. "I've enjoyed this season through in the 400 hurdles, her fa-like that there's an obstacle in your more than any other season. With vorite event, by changing her steps. way and you have to overcome it.

ATHLETE OF THE YEAR **Alexandra Cimino, Westwood**

so she figured out a way to manu- everything our team accomplished At the state sectionals, Cimino (the fifth fastest time in Bergen and all the recognition and acco- won the 400 hurdles, 100 hurdles While the Westwood junior lades we've gotten, it's made it and 200 meters. She also was on the winning 4-x-400 relay team The 16-year-old Cimino had a that helped the Cardinals win the Group 2 team title.

Cimino continued to drop her time in the 400 hurdles and finished second in that event with a ters and 100 high hurdles, and as a member of 4-x-400 relay team - at of 60.87 at the state Meet of Champions - just 0.044 off the onships. She also won the 100 hurdles and was on the 4-x-400 re-Bergen County record.

it's more than just running," said that's the goal." But she really peaked at the end Cimino, who hopes to run track at

It makes it more exciting.'

At the New Balance Nationals, Cimino was part of the winning sprint-medley relay team that set a meet record with a time of 4:08.23 County history). She also finished 13th in the 400 hurdles.

Cimino already holds a combined 10 school records indoor and outdoor, and presumably will continue rewriting those record books next school year.

"It's pretty crazy going down in personal- and school-record time the history books," Cimino said. "But next year I want to do even better in the 400 hurdles and 100 hurdles. I feel like I'm understand-"The hurdles came naturally to ing the [400 hurdles] now. It will me. I just like them more because be hard to top this next year, but



ALL-BERGEN FIRST TEAM



100: KAHLIA TAYLOR Teaneck, senior **All-Bergen First Team** Won the 100 and 200 at the state group meet, and helped the Highwaywomen to the Group 3 team title at state sectionals. She also took gold in the 100 and 400 at the Bergen County group meet.



200: JORDYN SMITH Paramus Catholic.

senior All-Bergen First Team Smith emerged as one of the top sprinters who made some noise at the state meet of champions by placing in both the 100 200 and 200.



800: DEANNA

DILANDRO

High jump:

BETHANY VAN ECK

Eastern Christian, junior

All-Passaic First Team

Van Eck won the Passaic

was third in the state

400: MONIKA MIAZGA Clifton, senior

Ramapo, sophomore All-Passaic First Team Miazga won the event at All-Bergen First Team the Passaic County cham-DiLandro is one of the bright young stars who pionship and anchored helped Ramapo win its the winning 4-x-400 relay team. She was also an Allfirst Bergen County group Passaic selection in the title. DiLandro won the 400 and 800 at the county meet, and took third in the 800 at the state meet of champions.



She was a winner in her four

thrilling race with Ramapo at the

110 HH: **BREAISHA MORTON** Passaic Tech, soph.

All-Passaic First Team Morton provides leadership and points for the Bulldogs. She won the 100 hurdles (All-Passaic first team selection) and 400 hurdles in the Passaic County championships and finished fifth in the 400 hurdles and eighth in the 100 hurdles at the state meet of champions



400: EMMA SULLIVAN No. Highlands, junior



Discus: TANIA PABON Cresskill, junior





THE



4-x-400: **GABRIELA SLOEZEN** Westwood, senior













400 IH: ALEXANDRA CIMINO Westwood, junior All-Bergen First Team At state sectionals, Cimino won the 400 IH, 100 hurdles, 200 and was on the winning 4-x-400 relay team that helped the Cardinals win the Group 2 team title.She was second in the 400 hurdles at the state meet of champions. She was on the winning sprint



Eastern Christian, senior All-Passaic First Team Traub finished her career on a roll. She finished second in the state meet of champions and set a Passaic County record by five seconds. She also won at state sectionals and the state group meet.



Ridgewood, freshman **All-Bergen First Team** Pagano has already established herself as one of the premiere distant runners in North Jersey. She won the 1,600 and 3,200 at the Bergen County meet and anchored the



that won national titles.



Long jump: **TATIYANNA SANDERS** Paramus Catholic, sophomore

All-Bergen First Team Sanders had a few ups and downs throughout the season, but put it all together at the state group meet when she set a personal, school and meet record with a jump of 18-6. She also won the title at the Bergen County group



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Inside

is The Record 2012 Coach of the Year.

It's been a recordsetting year for The Record 2012 girls track Team of the Year, Ridgewood. S-10



Old Tappan, soph.

4-x-400: **CORINNE MYERS** Westwood, soph.

Coach of the Year: BILL MANZO Ramapo

SECOND TEAM

100 — Angela Harris, Paramus Catholic, senior 200 — Shannon Roberts, Saddle Brook, senior 400 - Janay Ferrel, Teaneck, senior 800 - Madison Holleran, Northern Highlands, junior 1,600 - Corinne Myers, Westwood, sophomore 3.200 - Ariana North, Northern Highlands, junior 100 HH - Breonah Toon, Garfield, senior 400 IH - Allison Tell, Demarest, senior Shot put - Danielle Bach, Northern Highlands, junior Discus — Cheyenne Bellerand, Emerson, sophomore Javelin — Rebecca Skovira, Park Ridge, senior High jump — Haley Hirsch, Demarest, junior Long jump — Briana Setnitzky, Pascack Hills, senior Triple jump — Amanda Fields, Holy Angels, junior Pole vault — Tiffany Tencza, Wallington, junior

THIRD TEAM

100 — Janienne Palmer, Dwight Morrow, junior 200 — Jacky Feldman, Immaculate Heart, junior 400 - Micaela McPadden, Ridgewood, junior 800 - Phoebe Hersh, Tenafly, sophomore 1,600 - Caroline Davidson, Ridgewood, senior 3,200 - Ashley Strysko, Holy Angels, junior 100 HH — Jaime Woods, River Dell, junior 400 IH — Paige Fernandez, River Dell, junior Shot put — Chardonay Elliott, Teaneck, senior Discus — Melanie Odatalla, Garfield, senior Javelin — Lisa Sesink-Clee, Holy Angels, junior High jump — Talasiah Balgobian, Teaneck, sophomore Long jump - Patty McHugh, Waldwick, junior Triple jump - Rayn Moses, Hasbrouck Heights, senior Pole vault – Catherine Rozalski, Queen of Peace, freshman 4-x-400 relay – Teaneck (Taylor, senior; Trenice Foster, senior; Ferrel, senior; Ana Atkinson, junior)

Bergen County honorable mention, S-10

Long jump: Briana Setnitzky, Pascack Hills, senior Triple jump: Amanda Fields, Holy Angels, junior Pole vault: Mimi DeVita, Ridgewood, junior Javelin: Rebecca Skovira, Park Ridge, senior Shot put: Alicia Hester, Wayne Valley, sophomore Discus: Tania Pabon, Cresskill, junior 4x400: Westwood - Gabriela Sloezen, senior, Dana Bianchi, senior; Cimino, junior; Corinne Myers, sophomore.



medley team at nationals.

Triple jump: GENA PICKETT Mahwah, junior All-Bergen First Team Pickett set the standard high when she leaped 39-9 at the Aviator meet. Then she backed that up with wins at the state Bergen County group meet and took third in the state meet of champions with a 39-83/4.



Pole vault: **CAROLYN EDLER** Mahwah, senior **All-Bergen First Team** Edler won the event at the Bergen County meet with a leap of 11-6 and was fifth at the state meet of champions with 11 feet.



Javelin: SHAUNTIERAH DOUGLAS

All-Bergen First Team Douglas became the first javelin state champion in school history with a throw of 150-3 and won the event at the New Balance Nationals.



jury and only competing in a handful of events this season, Picciallo came through with a big throw when she needed it to win the state title.



All-Bergen First Team The team set the Bergen County mark in a thrilling race at the Bergen Meet of Champions with a time of 3:53.71.

meet.

Discus: STEPHANIE EASSE Wayne Valley, junior **All-Passaic First Team** Easse won the Passaic County title with a throw of 125-10 and finished 14th at the state meet of champions.

ALL-NORTH JERSEY SECOND TEAM

100: Shannon Roberts, Saddle Brook, senior 200: Angela Harrison, Paramus Catholic, senior 400: Micaela McPadden, Ridgewood, junior 800: Madison Holleran, No. Highlands, junior 110 HH: Amanda Simms, Teaneck, sophomore 400 IH: Allison Tell, Demarest, senior 1,600: Lisa Zimmer, Ramapo, senior 3,200: Ashley Strysko, Holy Angels, junior High jump: Breaisha Morton, Passaic Tech, soph.







All-Passaic County. S-10

Ramapo's Bill Manzo S-10

ALL-PASSAIC FIRST TEAM

2000

-

Javelin:

JESSICA ROLANDO

West Milford, junior



100: ALEXES WASHINGTON Passaic Tech, soph.

-

1000

100HH: SHIANNE

NEVERS

Clifton, senior



400: DANIELLE PARKER

100

Shot Put: ALICIA

HESTER

Wayne Valley, soph.

3

800: STEPHANIE BITCON Wayne Hills, soph. Passaic Tech, soph.



3,200: LUCY PESCHEL Wayne Hills, soph.



Triple jump: KRISTINA LANGAN Wayne Hills, freshman



Long jump: KELLY STIMMEL **DePaul**, senior



All-Around: GABRIELLA CROCCO **Passaic Valley, senior**

SECOND TEAM

100 - Chandler West, E. Christian, junior 200 - Jessica Addonizio, Passaic Valley, sophomore 400 - Tiera Elam, Clifton, junior 800 - Dusty Sacco, Pompton Lakes, senior 1,600 - Gabrielle Gonzaga, Clifton, junior 3,200 - Alyssa Loffredo, Wayne Hills, sophomore 400H - Sara DeVita Lakeland, sophomore 400H - Sara DeVita, Lakeland, sophomore 110HH - Julie Goldberg, Passaic Valley, sophomore Discus - Alex Majka, Pompton Lakes, junior Shot put - Andrea Ukleja, Wayne Hills, senior Javelin - Maya Legett, Manchester Lawa imma - Tamaro Loose, Sactrido Long jump - Tamara Jones, Eastside Triple Jump - Felicia Burke, Passaic Tech, senior Pole vault - Erin Eitel, Wayne Valley, senior High Jump - Michaela Bukoski, Lakeland, senior



Clifton, junior

All-Around: IANNA

McGREGOR

Kennedy, sophomore



4-x-400 Relay **KIMBERLY DOUGLAS** Clifton



Coach of the Year: JEFF CIOLETTI **Passaic Tech**

HONORABLE MENTION

Maria Minnella, Sofiya Nedelcheva, Clifton; Michaela Arbus, Tina Bonilla, DePaul; Sarah Post, Kathryn Post, E. Christian; Nieemia Allen, Shakiylah Edwards, Eastside; Alexandra Ross, Jenna Dyksen, Hawthorne; Taisa Dominick, Monae Clancy; Annie Rivera, Megan O'Brien, Lakeland; Jackie Colangelo, Mary Help; Taniyah Williamson, Lauren Savage, Manchester; Jada Lawrence, Bianca Ayala, Passaic Tech; Katherine Rodriguez, Selenne Galvez, Passaic; Paola Batarseh, Victoria Kriv, Passaic Valley; Bailey Ott, Mikalay Davies, Pompton Lakes; Francesca Boylan, Amanda Sherin, Wayne Valley; Nicole Cignac, Brooke Adamchak, Wayne Hills; Kayla Osborne, Taylor Ryan, West Milford.

Teams selected by

TEAM OF THE YEAR Ridgewood National prominence for Maroons' relay team

third leg and handed the baton

to Pagano, who brought it

to go that they would win the

Then the excitement set in.

more exciting because we thought it was possible to place,

but we never thought we could

win. It's definitely special to

bring the first national titles to

tance medley from the start and

their times in the 4-x-800 and

distance medley are Bergen County records. Ridgewood set

the previous county record in

Ridgewood also captured its

The Maroons' led the dis-

the school."

She led all the way and

home.

race

By MIRA WASSEF STAFF WRITER

The Ridgewood girls track

team kicked off the season with Brown realized with 150 meters a bang and ended it with a bigger statement. The Maroons started strong

at Arcadia, made some noise at Brown rushed to the finish line the Penn Relays, then made his- and shared a group hug with the tory at the New Balance Out- girls. oor Nationals. "I started crying when I Caroline Davidson, Micaela crossed the finish line," said door Nationals.

McPadden, Hanako Shigenobu Pagano, who anchored both reand Catherine Pagano won the lays. "I think the 4-x-800 was distance medley relay (11:50.73) and the 4-x-800 relay (9:00.43) at nationals, giving coach Jacob Brown his first national championships

"The last 72 hours was the most exciting run of track in my life," Brown said after the weekend at nationals.

"We're really impressed with this team. It's been a very satisfying season."

Ridgewood, The Record 2012 the distance medley at Penn Re-girls track Team of the Year, lays earlier in the season. won a dramatic come-from-behind race in the 4-x-800. Brown first Bergen County title since watched his team battle back 2007, as Davidson came up with from third place before David- a huge performance in the son grabbed the lead on the 3,200.

NJIC COLONIAL A

400IH-Katie Sullivan, Rutherford

400M-Alexandra Leary, Glen Rock 100HH-Breonah Toon, Garfield

800M-Sullivan, Rutherford 200M-Setnitzky, Pascack Hills

3200M-Tosi, Pascack Hills DIS-Melanie Odatalla, Garfield

D-Setnitzky, Pascack Hills D-Setnitzky, Pascack Hills

SECOND TEAM

PV-Carolina Canido, Garfield

SP-Alysha Menzies, Garfield JAV-Shaunteriah Douglas, Garfield

4001H-Alexandra Leary, Glen Rock 100M-Douglas, Garfield

1600M-Rebecca Janovic, Pascack Hills 400M-DeMatteo, Rutherford

100HH-Jocelyn Kaselow, Glen Rock 800M-Kaselow, Glen Rock 200M-Kaselow, Glen Rock 200M-Kaselow, Glen Rock 3200-Vandervalk, Glen Rock

DIS-Valerie Considine, Rutherford

PV-Christina Masciale, Pascack Hills

HJ-Jennifer Wankmuller, Pascack Hills

Brianna Williams, Yazmin Hogan, Lodi; Emily

Rogan, Lila Milgrom, Kelly Streaser, Glen Rock; Vanessa Urueta, Rutherford; Isabel

-Considine, Rutherford

4X400 RELAY- Pascack Hills

HONORABLE MENTION

JAV-Odatalla, Garfield

TJ-Douglas, Garfield

L-Douglas, Garfield

HJ-Alexandra Leary, Glen Rock 4X400 RELAY-Rutherford (Hannah DeMatteo,

Rebecca Arnold, Allison Regan, Sullivan) Coach of the year: Jeff Clark, Pascack Hills

100M-Briana Setnitzky, Pascack Hills 1600M-Amanda Tosi, Pascack Hills

FIRST TEAM

ALL-DIVISION GIRLS TRACK AND FIELD

TJ-Shon, Cresskill SP-Pabon, Cresskill DIS-Kavla Pauwels, Waldwick JAV-Nicole Van Dyke, Waldwick PV-Gianna Cumella, Cresskill 4X400 RELAY- Dwight-Englewood HONORABLE MENTION

Gabby Esclante, Romy Gabay, Margaret Smith, Leonia; Isabella Ayvaz, Waldwick; Ju-liana Lee, Palisades Park; Ali Girodano, Maci DeCarlo, Katherine Helewa, Ayah Hasisey, Cresskil

NJIC PATRIOT B

FIRST TEAM 100M-Stephanie Baumann, Park Ridge 200M-Rebecca Skovira, Park Ridge 400M-Skovira, Park Ridge 800M-Julie Perez, Park Ridge 1600M-Elizabeth O'Brien, Bogota 3200M-O'Brien, Bogota 100HH-Haley Azevedo, Park Ridge 400IH-Lisa Carle, Midland Park HJ-Kim Rabeiro, Midland Park LJ-Rabeiro, Midland Park D-Kabello, Midald Park T-Quinn Heinrich, Emerson SP-Cheyenne Bellerand, Emerson DIS-Kerry Deen, Park Ridge JAV-Skovira, Park Ridge **PV-Nicole Piccinich, Emerson** 4X400 RELAY- Park Ridge (Carly Reich, Dana Keenan, Baumann, Skovira, Sarah Revie) Coach of the year: Connie Washnik, Park Ridge SECOND TEAM 100M-Harley Finn, Emerson

200M-Baumann, Park Ridge 400M-Reich, Park Ridge 800M-Natalya Machado, Emerson 1600M-Jackie Morton, Emerson 3200M-Anais Fernandez, Bogota

Final Girls Track Top 25 rankings

- 1. Ridgewood
- 2. Teaneck
- 3. Northern Highlands
- 4. Demarest
- 5. Ramapo
- 6. Holy Angels
- 7. Mahwah 8. River Dell
- 9. Westwood
- 10. Passaic Tech
- 11. Ramsey
- 12. IHA
- 13. Hasbrouck Heights
- 14. Paramus Catholic
- 15. Tenafly
- 16. Pascack Valley
- 17. Garfield
- 18. Eastern Christian
- 19. Pascack Hills
- 20. Hackensack
- 21. Old Tappan
- 22. Clifton
- 23. Wayne Hills
- 24. Wayne Valley
- 25. Cresskill

PV-Tiffany Tencza, Wallington 4X400 RELAY- Hasbrouck Heights (Kristine Dugay, Victoria McKnight, DiGiacinto, Macera, Haleigh Machtemes) SECOND TEAM 100M-Moses, Hasbrouck Heights 200M-Moses, Hasbrouck Heights 400M-DiGiacinto, Hasbrouck Heights 800M-DiGiacinto, Hasbrouck Heights 3200M-Ali Robitaille, Hasbrouck Heights **100HH-**Machtemes, Hasbrouck Heights HJ-Kristen Delcalzo, Hasbrouck Heights LJ-Bielen, Wallington TJ-Jezewska, Wallington SP-Marissa Lortz, Saddle Brook DIS-Akua Addo, Wood-Ridge JAV-Nicole Sinatra, Wood-Ridge PV-Danielle Cannici, Hasbrouck Heights **HONORABLE MENTION** Alexandra Coe, Jesse Coffey, Maggie Filja, Hasbrouck Heights; Amy Czerepak, Martyna Czarnecka, Elizabeth Brozek, Wallington. **BIG NORTH UNITED**

FIRST TEAM 100M-Jordan Smith, Paramus Catholic 200M-Angela Harrison, Paramus Catholic 400M-Jacqueline Feldman, IHA 800M-Kylie McCavitt, IHA 1600M-Ashley Strysko, Holy Angels 3200M-Rachel Lotterman, IHA 400IH-Rosie Menyhart, Paramus Catholic 100HH-Kelly Stimmel, DePaul **SP-**Sara Carpentieri, Holy Angels **DIS-**Gabrielle Nutile, IHA LI-Debbie Majkowicz, IHA TJ-Jump-Amanda Fields, Holy Angels JAV-Emma Perazzo, IHA HJ-Tatiyanna Sanders, Paramus Catholic PV-Alexandra Eckert, Holy Angels 4x400 Relay - Holy Angels (Kristen Sherlock, Príscilla Branda, Shannon Glynn, Hanna Coach of the year: Howard Schulman, Holy Angels



(AD)

4-X-400 relay - Eastside

the Passaic County Coaches Association

ALL-BERGEN COUNTY HONORABLE MENTION

100; 200; 400 (12.78; 26.28; 59.59): Bobbie Javier, Dwight-Englewood; Menezies, Garfield; Sharelle Harris, Taylor Martin, Hackensack; Irene Jamie Mangold, Indian Hills; Molly Cohan, Mahwah; Myasia Jacobs, Paramus Catholic: Steph Baumann, Park Ridge: Nicole Miller, Pascack Valley; Claire Scavone, Ramapo; Katie Vernon, Kristen Webb, Ramsey; Sloezen, Westwood. 800; 1,600; 3,200 (2:19.92; 5:19.96; 11:55): Victoria Davis, Brittany Day, Demarest; Katie Vandervalk, Glen Rock; Kathryn Grant, Hackensack; Lydon Kersting, Mary Watters, Holy Angels; Colleen Buckley, Deanna Dragone, Rachel Lotterman, IHA; Erica Nagotko, Mahwah; Anna Richard, Northern Highlands; Erica Canas, Old Tappan; Rebecca Janovic, Amanda Tosi, Pascack Hills; Kaitlyn Johnston, Ramsey; Emily Fishbein, Tina Gibble, Hanako Shigenobu, Ridgewood; Emily Croonquist, River Dell: Josette Norris, Tenafly; Anna Jezewska, Wallington. 100 HH; 400 IH (15.99; 65.8): Ani Sarkisian, Cresskill; Sophia Luppino, Fort Lee; Jocelyn Kaselow, Glen Rock; Lizzie O'Connor, Mahwah; Lisa Carle, Midland Park; Natalie Negroni, Queen of Peace; Kelsey Witt, Pascack Valley; Barna, Ramapo; Allison Torsiglieri, Tenafly. Shot put; discus; javelin (35-51/2; 105-2; 111-1): Hope Yi, Bergen Tech; Melissa Pesce, Demarest; Gina Yannette, Dumont; Ashley Rongo, Fair Lawn; Alysha the Bergen County Women Coaches Association

Cedano, Nina Messery, Hasbrouck Heights; Theresa Picciallo, IHA; Jane Kim, Old Tappan; Stacy Anning, Ridgefield Park; Laura Oh, Erin Smith, River Dell; Val Considine, Rutherford; Kayla Pauwels, Waldwick; Kailee Oakes, Westwood. High jump; long jump; triple jump (5-2; 16-61/2; 34-10): HyeMi Shon, Cresskill; Kerianne Conner, Dumont; Elaina White, Leonia; Brianna Williams, Lodi; Lauren Michel, Mahwah; Kim Rabeiro, Midland Park; Erin Connolly, Pascack Valley; Gina Salmins, Ramapo; Kelly Redl, Ramsey; Atkinson, Foster, Teaneck. Pole vault (10-0): Alexandra Paspalas, Demarest; Nicole Piccinich, Emerson; Anne Kavalerchuk, Fair Lawn: Vanessa Virgens, Mahwah: Alexis Doucette, Pascack Valley: Michelle Rozalski, Queen of Peace; Jordan Even-Chin, Megan Gambuti, Ramapo; Mimi DeVita, Ridgewood; Bridget Brindley, River Dell. 4-x-400 relay (4:03.9): Demarest, Pascack Valley, Ramsey, Ridgewood, River Dell, Tenafly

Teams selected by

COACH OF THE YEAR Bill Manzo, Ramapo

By MIRA WASSEF STAFF WRITER

the action. One was at the finish line and the other focused squarely on Ramapo coach Bill Manzo.

And the shots of Manzo, who was sitting on the right side of the bleachers, were quite entertaining.

"It was hysterical," said Manzo, 42, The Record 2012 girls track Coach of the Year. "That race is going to put me in the grave. I've seen the video about a dozen times, and it's indescribable the feeling. That was one of the defining moments for our program. That was the model for stiff competition and of two teams pushing each other.'

Ramapo sophomore DeAnna DiLandro nipped Westwood junior Alexandra Cimino at the finish line riences of my life," Manzo said. "The girls really beto win a thrilling race in 3:53.71. The quartet of Lisa lieved, and it became contagious. I'm still trying to un-Zimmer, Claire Scarvone, Lisa Barna and DiLandro pack it all in my mind."



The same quartet took seventh at the state Meet of During the girls 4-x-400 relay at the Bergen Meet of Champions in the 4-x-400 relay and Zimmer and Di-Champions, there were a couple of cameras capturing Landro helped deliver the program's first Bergen

County group meet title. This year's team also brought home the school's first Penn Relays plaque and got contributions from unexpected sources, such as triple jumper Gina Salmins, pole vaulter Jordan Even-Chen and Abbey Roberts, who was a last-minute sub in the 4-x-400 relay at the Bergen County group meet because Zimmer ran the 3,200 to help the team win the title.

and trust in their ability, and rewarded him with one of his most memorable seasons since he took over as head

"This season was one of the most rewarding expe-

All-North Jersey schedule

June 15: Boys volleyball June 16: Boys tennis June 17: Baseball Monday: Softball Tuesday: Girls golf

Wednesday: Boys golf Today: Girls track and field Friday: Boys track and field Saturday: Girls lacrosse

Sunday: Boys lacrosse For videos of the spring season players of the year in each sport, visit northjersey.com.

Sella, Pascack Hills NJIC COLONIAL B

FIRST TEAM

4001H-Bethany Van Eck, E. Christian 100M-Chandler West, E. Christian 1600M-Kristen Traub, E. Christian 400M-Jen Reilly, Pompton Lakes 100HH-Van Eck, E. Christian 800M-Traub, E. Christian 200M-Reilly, Pompton Lakes 3200M-Kathryn Post, E. Christian DIS-Alex Majka, Pompton Lakes SP-Majka, Pompton Lakes JAV-Maya Legett, Manchester TJ-Solana Lewis, E. Christian LJ-Jenna Dyksen, Hawthorne PV-Sarah Post, E. Christian HJ-Van Eck, E. Christian 4X400 RELAY-E. Christian (West, Erin Van

Lenten, Emily Maura, Van Eck) Coach of the year: Joel Apol, E. Christian SECOND TEAM

4001H-Jenna Dyksen, Hawthorne 100M-Brial Bradley, Elmwood Park 1600M-Taylor Conroy, Hawthorne 400M-Sarah Soojian, Pompton Lakes 100HH-Dyksen, Hawthorne 800M-Van Lenten, E. Christian 200M-West, E. Christian 3200-Taylor Conroy, Hawthorne **DIS-**Alexandra Ross, Hawthorne -Ross, Hawthorne JAV-Ross, Hawthorne TJ-Van Lenten, E. Christian L-Lewis, E. Christian PV-Nafen Esmael, Manchester HJ-Bailey Ott, Pompton Lakes 4X400 RELAY- Pompton Lakes

HONORABLE MENTION

Katerina Damo, Elmwood Park; Esther Galo, Blair Bohuny, E. Christian; Dusty Sacco, Jamie Kellenbach, Stephanie Almazan, Sydney Boss, Pompton Lakes; Dejan Yacoub, Ly-dia Morris, Manchester; Jessica Chamberlin, wthorne

NJIC PATRIOT A

FIRST TEAM 100M-Khadijah Cox, New Milford 200M-Cox, New Milford 400M-Alexandra Stith, Leonia 00M-Bobbie Javier, Dwight-Englewood 1600M-Jennifer Teets, New Milford 3200M-Teets, New Milford 100HH-HyiMe Shon, Cresskill 100HH-Ani Sarkisian, Cresskill 400IH-Sarkisian, Cresskill HJ-Elaina White, Leonia LI-Patty McHugh, Waldwick TJ-McHugh, Waldwick SP-Alexandra Phoenix, Cresskill DIS-Tania Pabon, Cresskill JAV-Mariana Ruas, Waldwick PV-Maci DeCarlo, Cresskill 4X400 RELAY- Cresskill (Kelsey Foy, Lior Peri, Fabiana D'Addario, Sarkisian, Olivia Karach) Coach of the year: Mike Pasciuto, Cresskill SECOND TEAM 100M-Brianna Denyko, Waldwick 200M-Sarkisian, Cresskill

400M-Sarah Friedrich, Dwight-Englewood 800M-Jaimee Tiu, New Milford 1600M-Melissa Scalia, Cresskill 3200M-Andrea Galfo, Leonia 4001H-Margaret Stack, Leonia HJ-Jordan Zaikov, Cresskill LI-Shon, Cresskill

100HH-Kristen Frawley, Hawthorn 400IH-Piccinich, Emerson HJ-Lisa Carle, Midland Park LJ-Keenan, Park Ridge TJ-Rachael Duffy, Emerson SP-Sophie Boland, Midland Park **DIS-Boland, Midland Park** JAV-Bellerand, Emerson PV-Belen Healy, Park Ridge 4X400 RELAY- Emerson

HONORABLE MENTION

Krissy Benkovic, Jacklyn Boselli, Rachel Duffy, Emerson; Phoebe Bejarano, Alexa Sabbah, Saddle River Day; Christine Kehrli, Chelsey Galdi, Priscilla Kim, Amanda Kuron, Amanda Sansone, Park Ridge; Melissa Terp-stra, Midland Park; Kelliann Brown, Kayla Dixon, Bogota

NJIC MEADOWLANDS A

FIRST TEAM 100M-Kathleen Mercado, Secaucus 200M-Mercado, Secaucus 400M-Jessica Failace, Lyndhurst 800M-Failace, Lyndhurst 1600M-Michaila Mastrofilippo, Queen of 3200M-Victoria Delarosa, Secaucus **100HH-**Cristina Nardini, North Arlington **400H-**Natalie Negroni, Queen of Peace HJ-Jenna Corby, Lyndhurst HJ-Negroni, Queen of Peace LJ-Mercado, Secaucus TI-Mercado, Secaucus SP-Katelyn Lafaso, Lyndhurst DIS-Mary Smykowski, North Arlington JAV-Barbara Chritis, Ridgefield PV-Catherine Rozalski, Queen of Peace 4X400 RELAY- Secaucus

SECOND TEAM

100M-Ashley Sloan, Lyndhurst 200M-Sloan, Lyndhurst 400M-Katalina Cornelio, Secaucus 800M-Jackie McCaffrey, Secaucus LGOOM-Delarosa, Secaucus 3200M-Delarosa, Secaucus 100HH-Negroni, Queen of Peace 400H-Amanda Nowak, Lyndhurst LI-Nardini, North Arlington TI-Zaneta Balbuza, Becton SP-Eunice Gavieres, North Arlington DIS-Melissa Czarnogursky, Becton JAV-Kayla McLaughlin, Lyndhurst PV-Michelle Rozalski, Queen of Peace 4X400 RELAY- Lyndhurst

HONORABLE MENTION

Maggie Brodka, Becton; Mackenzie Cutruzzula, Tiffany Matos, North Arlington; Carleisha Forteau, Kaitlyn Norris, Secaucus; Joelle Voza, Fiona Carbone, Lyndhurst.

NJIC MEADOWLANDS B

FIRST TEAM

100M-Shannon Roberts, Saddle Brook 200M-Roberts, Saddle Brook 400M-Daniella Macera, Hasbrouck Heights 800M-Rebecca Fortoul, Hasbrouck Heights 1600M-Anna Jezewska, Wallington 1600M-Fortoul, Hasbrouck Heights 3200M-Fortoul, Hasbrouck Heights 100HH-Jennifer White, Hasbrouck Heights 400IH-White, Hasbrouck Heights **4001H-**Jenna DiGiacinto, Hasbrouck Heights **HJ-**Magda Bielen, Wallington LI-Rayn Moses, Hasbrouck Heights TJ-Moses, Hasbrouck Heights SP-Irene Cedano, Hasbrouck Heights DIS-Cedano, Hasbrouck Heights JAV-Nina Messey, Hasbrouck Heights

SECOND TEAM

100M-Angela Harrison, Paramus Catholic 200M-Sherlock, Holy Angels 400M-Danielle Caruccio, DePaul 800M-Caroline Morano, IHA 1600M-Deanna Dragone, IHA 3200M-Mary Watters, Holy Angels 400IH-Kristie Marshall, Paramus Catholic **100HH-**Eckert, Holy Angels SP-Mackenzie Merkel, Holy Angels **DIS-**Danielle Griffin, Paramus Catholic LJ-Lisa Sesink-Clee, Holy Angels TJ-Stimmel, DePaul JAV-Sara Carpentieri, Holy Angels HJ-Fields, Holy Angels PV-Alexandra Siegel, Holy Angels 4x400 Relay - IHA

HONORABLE MENTION

Natalie Miller, IHA; Brittany James, Paramus Catholic; Tina Bonilla, DePaul; Brianna Martinotti, Holy Angels.

BIG NORTH AMERICAN

FIRST TEAM

100M-Janienne Palmer, Dwight Morrow 200M-Ashley Jenq, Fort Lee 400M-Dana Bianchi, Westwood 800M-Gabriela Sloezen, Westwood 1600M-Corinne Myers, Westwood 3200M-Kim Oppenheim, Westwood 400IH-Sunya Mouada, Ridgefield Park 100HH-Alexandra Cimino, Westwood SP-Nataly Brown, Westwood DIS-Kathleen Baltazar, Dwight Morrow LJ-Fatima Hanne, Ridgefield Park TJ-Kimberly Johnson, Dumont JAV-Gina Yannette, Dumont HJ-Kerianne Conner, Dumont PV-Miranda DeRobertis, Ridgefield Park 4x400 Relay - Westwood (Dana Bianchi, Alexis Rizzo, Alesia Passaro, Sloezen) Coach of the year: George Glover, Westwood

SECOND TEAM

100M-Alicia Pena, Dwight Morrow 200M-Janienne Palmer, Dwight Morrow 400M-Abisola Adewolu, Ridgefield Park 800M-Alesia Passaro, Westwood 1600M-Monica Strowbridge, Ridgefield Park 3200M-Victoria Hanna, Westwood 400IH-Emma Pranschke, Westwood 100HH-Latoya Drakeford, Dwight Morrow SP-Chanel Garcia, Dwight-Englewood DIS-Lauren Nemard, Dumont **DIS-Kailee Oakes, Westwood** LI-Kassandra Reagan, Dumont TJ-Dominique James, Dwight Morrow JAV-Kellie Lane, Ridgefield Park HJ-Kadidia Haidara, Ridgefield Park PV-Kara Monaco, Dumont 4x400 Relay - Ridgefield Park

HONORABLE MENTION

Christina Ramirez, Fort Lee; Taylor Reagan, Dumont; Rebecca Fasano, Westwood; Merissa Muller, Ridgefield Park.

More Big North All-Division teams on S-11

The girls bought into Manzo's belief

coach in 2008.

NORTH JERSEY SPORTS/GOLF

ALL-DIVISION GIRLS TRACK AND FIELD

BIG NORTH PATRIOT

FIRST TEAM

100M-Molily Cohan, Mahwah 200M-Katie Vernon, Ramsey 400M-Kristen Webb, Ramsey 800M-Phoebe Hersh, Tenafly 1600M-Kaitlyn Johnston, Ramsey 3200M-Josette Norris, Tenafly 400IH-Paige Fernandez, River Dell 5P-Laura Oh, River Dell DIS-Melanie Negron, Bergenfield LI-Erin Connolly, Pascack Valley TJ-Gena Pickett, Mahwah JAV-Anna Bruno, Tenafly HJ-Jordan Meisel, Tenafly HJ-Jordan Meisel, Tenafly HJ-Jordan Meisel, Tenafly HJ-Jordan Meisel, Tenafly K-Carolyn Edler, Mahwah 4x400 Relay – River Dell (Melissa Gibbons, Jamie Woods, Sam Schleiger, Fernandez) 4x400 Relay – Ramsey (Webb, Kelly Redl, Emily Calabria, Vernon) Coach of the year: Michele Carcich, River Dell

SECOND TEAM

100M-Jennifer Calabrese, Indian Hills 200M-Monique Forrest, Bergenfield 400M-Allison Torsiglieri, Tenafly 800M-Erica Nagotko, Mahwah 1600M-Emily Croonquist, River Dell 3200M-Krissie Gaffney, Indian Hills 400IH-Elisabeth O'Connor, Mahwah 100HH-Kelsey Witt, Pascack Valley SP-Lana Weeks, River Dell DIS-Erin Smith, River Dell UI-Rachel Kearney, Pascack Valley TH-Lauren Michel, Mahwah JAV-Gianna DiTommaso, Indian Hills HJ-Stephanie Zaccaria, River Dell PV-Bridget Brindley, River Dell

HONORABLE MENTION

Kalene Marulis, River Dell; Christi Cipollini, Tenafly; Alexis Doucette, Pascack Valley; Sydney Coughlin, Indian Hills; Laura Dosch, Ramsey.

BIG NORTH NATIONAL

FIRST TEAM

100M-Claire Scavone, Ramapo 100M-Emma Sullivan, No. Highlands 200M-Allison Tell, Demarest 400M-Sullivan, No. Highlands 800M-Madison Holleran, No. Highlands 1600M-Lisa Zimmer, Ramapo 3200M-Ariana North, No. Highlands 400IH-Tell, Demarest 100HH-Tell, Demarest 5P-Danielle Bach, No. Highlands DIS-Jane Kim, Old Tappan 19-Gina Salmins, Ramapo 19-Gina Salmins, Salmins

SECOND TEAM

200M-Lauren Malajian, Demarest 400M-DiLandro, Ramapo 800M-DiLandro, Ramapo 300M-DiLandro, Ramapo 3200M-Erica Canas, Old Tappan 400H-Victoria Davis, Demarest 100HH-Vanne Kavalerchuk, Fair Lawn SP-Hirsch, Demarest DIS-Ashley Rongo, Fair Lawn J-Kat Kupferschmidt, Demarest DI-Lauren Bilali, Old Tappan JAV-Melissa Pesce, Demarest PV-Alexandra Paspalas, Demarest 4x400 Relay - Demarest

HONORABLE MENTION

Demi McEntee, No. Highlands; Moeko Nagatsuka, Demarest; Sharon O'Reilly, Old Tappan; Abbey Roberts, Ramapo; Marissa Piazza, Fair Lawn.

BIG NORTH INDEPENDENCE

FIRST TEAM

100M-Ann Rivera, Lakeland 200M-Pianca Wright, West Milford 400M-Victoria Kriv, Passaic Valley 800M-Stephanie Bitcon, Wayne Hills 1600M-Lucy Peschel, Wayne Hills 3200M-Alyssa Loffredo, Wayne Hills 400IH-Sara DeVita, Lakeland



FILE PHOTO BY KEVIN R. WEXLER/STAFF PHOTOGRAPHER Mahwah's Gena Pickett was a Big North Patriot first team selection in the triple jump.

100HH-Jessica Addonizio, Passaic Valley SP-Alicia Hester, Wayne Valley DIS-Stephanie Easse, Wayne Valley LI-Gabriella Crocco, Passaic Valley TI-Kristina Langan, Wayne Hills JAV-Jessica Rolando, West Milford HJ-Amy Devoe, Wayne Valley PV-Erin Eitel, Wayne Valley 4x400 Relay – Wayne Valley tina Boronow, Jasmine Solomon, Nicole Gi-

gnac) Coach of the year: Greg Rehberger, Wayne Hills

SECOND TEAM

100M-Sarah Bright, Lakeland 200M-Cara Kobylarz, Passaic Valley 400M-Gignac, Wayne Hills 800M-Taylor Ryan, West Milford 1600M-Allison Fournier, Wayne Valley 3200M-Caitlyn Wallace, Wayne Valley 400H-Justine Cianci, Wayne Valley 100HH-Danixa Nisisaka, Lakeland SP-Andrea Ukleja, Wayne Hills DIS-DeAnna D'Amico, Passaic Valley LJ-Julie Goldberg, Passaic Valley TJ-Mackenzie Bradley, Lakeland JAV-Alexa Burger, Wayne Hills HJ-Michaela Bukoski, Lakeland PV-Alexandria Farrell, Lakeland 4x400 Relay – Passaic Valley

HONORABLE MENTION

Violet Rooney, Lakeland; Marni Millstein, Wayne Hills; Carol Chen, Wayne Valley; Amy Cochran, West Milford.

BIG NORTH FREEDOM

FIRST TEAM

100M-Khalia Taylor, Teaneck 200M-Moriah Jennings, Ridgewood 400M-Micaela McPadden, Ridgewood 300M-Catherine Pagano, Ridgewood 300M-Caroline Davidson, Ridgewood 400H-Janay Ferrel, Teaneck 400H-Janay Ferrel, Teaneck 100HH-Amanda Simms, Teaneck SP-Chardonay Elliot, Teaneck DIS-Jessica Reuveni, Paramus L-Trenice Foster, Teaneck DIS-Jessica Reuveni, Paramus L-Trenice Foster, Teaneck TJ-Anastasia Atkinson, Teaneck JAV-Hope Yi, Bergen Tech HJ-Emily Dowling, Bergen Tech PV-Mimi DeVita, Ridgewood 4x400 Relay - Teaneck (Taylor, Foster, Anastasia Atkinson, Ferrel) Coach of the year: Cheryl Miller Porter, Teaneck SECOND TEAM 100M-Simms Teaneck

100M-Simms, Teaneck 200M-Anna Caffrey, Ridgewood

400M-Taylor, Teaneck 800M-Davidson, Ridgewood 1600M-Emily Fishbein, Ridgewood 3200M-Oni Obelle, Hackensack 400IH-Hanako Shigenobu, Ridgewood 100HH-Emily Dowling, Bergen Tech 9P-Taylor Martin, Hackensack DIS-Rikeya Hogan, Teaneck LI-Talasia Balgobian, Teaneck LI-Talasia Balgobian, Teaneck LI-Tashe Goodman, Hackensack JAV-Emma Cichocki, Ridgewood HI-Findia Davenport, Teaneck PV-Mandy Liu, Paramus 4x400 Relay – Ridgewood

HONORABLE MENTION

Vanessa Valdes, Hackensack; Jenna Sula, Paramus; Christina Stevens, Bergen Tech; Camille Davis, Ridgewood.

BIG NORTH LIBERTY

FIRST TEAM 100M-Monika Miazga, Clifton 200M-Jada Lawrence-Liburd, Passaic Tech 400M-Tiera Elam, Clifton 800M-Danielle Parker, Passaic Tech 1600M-Gabrielle Gonzaga, Clifton 3200M-Keri-Ann Edwards, Passaic Tech 400IH-Zahtae Mouzone, Passaic 100HH-Monae Clancy, Kennedy SP-Kaliah Smith, Passaic Tech DIS-Samantha Cooley, Passaic Tech LJ-Shianne Nevers, Clifton **TJ-**Naimah Allen, Eastside J**AV-**Carolina Tacconi, Passaic Tech **HJ-**Alexes Washington, Passaic Tech PV-Nicole Buttel, Clifton 4x400 Relay - Clifton (Elam, Nevers, Gonzaga, Miazga) Coach of the year: Jeff Cioleeti, Passaic Tech SECOND TEAM 100M-Felicia Burke, Passaic Tech 200M-Sashawna Thomas, Eastside

400M-Nashima Allen, Eastside 800M-Yuria Yuasa, Clifton 1600M-Bianca Ayala, Passaic Tech 3200M-Annette Malysa, Clifton 400IH-Kimberly Douglas, Clifton 100HH-Michelle Aplogan, Clifton 5P-Damyra Price, Passaic Tech DIS-Abigail Morrison, Kennedy LJ-Tamara Jones, Eastside TJ-Lanna MGGregor, Kennedy JAV-Maria Minnella, Clifton HJ-Keli Eason, Passaic Tech 4x400 Relay – Eastside

HONORABLE MENTION

Sofiya Nedelcheva, Clifton; Tasia Dominick, Kennedy; Earleen Gonzalez, Passaic Tech; Shakiylah Edwards, Eastside.

THE RIDGEWOOD NEWS PUK



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ALL-SUBURBAN GIRLS TRACK & FIELD

First, second teams ripe with repeat picks

BY JIM MCCONVILLE Correspondent

RIDGEWOOD – Paramus Catholic has shown itself to be an emerging power on the North Jersey girls track and field scene. The Paladins have been strong in the sprints and jumps over the past few years, and this spring – despite a season-long injury to three-time All-Suburban standout Myasia Jacobs – they used those events to pull down top honors on the

2012 All-Suburban first team. With representation 4-of-16 events, PC came in one notch ahead of Ramapo, which occupies three spots on the elite unit. Mahwah and Westwood each are represented in two events, while Ridge-wood, Immaculate Heart, Northern Highlands, Paramus and Park Ridge hold down one spot apiece on a balanced squad (nine seniors, five juniors, four sophomores and one freshman).

Five members of the team are repeat picks, including three-time first-teamer Theresa Picciallo of IHA, and three others move up from the 2011 second team.

The depth of talent in the area is such that seven additional athletes have repeated on this year's second team: Caroline Davidson and Hanako Shigenobu of Ridgewood; Danielle Bach, Madison Holleran and Ariana North of Northern Highlands, Briana Setnitzky of Pascack Hills and Paige Fernandez of River Dell. Corinne Myers of Westwood has been chosen as the Sophomore of the Year.

The individual profiles:

ANGELA HARRISON, Paramus Catholic - This senior earns her third overall All-Suburban nod, having been part of the first-team 1,600 relay in 2010 and a sec- Jersey, and added the seventh-fastest 100 ond-team 100-meter selection in 2011. She had the third-best 100-meter time (12.55 seconds) in North Jersey this year and the fifth-best 200-meter clocking it two-for-two for this sophomore from State Group 3 finals. She closed with a (25.59). She began this season with a sil- Oakland, as she is back on the first team ver medal in the 100-meter dash at the thanks to a solid postseason. It began with Ironman Invitational, then opened the silver medals in the 400- and 800-meter postseason with silvers in the 100 and 200 runs and a bronze in the 1,600 at the Big at the Big North-United meet.

Bergen County Group A championships before taking bronze in both the 100 and pionships, where the Green Raiders won tance events: her best 1,600-meter won the 200 and placed fourth in the 100 at the Bergen Meet of Champions (BMOC) and closed her campaign by finishing ninth in both the 100 and 200 at the State Non-Public A finals, just missing the State Meet of Champions (SMOC). JORDYN SMITH, Paramus Catholic -Her emergence as one of North Jersey's top sprinters was rooted in April, when the senior won the 100 at the Ironman Invitational. She continued to impress in the postseason, winning the 100 and 400 at the Big North-United meet and taking third in the 200 at the Bergen Group A championships. Smith earned gold in the 100 and silver in both the 200 and 400 at the North Non-Public A meet and scored a silver in the 100 at the BMOC, before taking silver in the 200 and bronze in the 100 at the State Non-Public A finals. She finished with eighth-place showings in the 100 and 200 at the SMOC. Her 12.13-second 100 time tied for No. 1 in North Jersey, and she was No. 3 in the 200 (25.41) and No. 8 in the 400(58.34) for the season. EMMA SULLIVAN, Northern Highlands - This junior got off to an impressive start by winning the 400 meters at the Ironman Invitational. After a successful regular season, she opened the postseason with a gold the 400 and a silver in the 200 at the Big North-National meet and then brought home bronze in the 400 at the Bergen Group A championships Sullivan and was third in the 200 at the North 1, Group 3 meet, and she did not compete in the BMOC, ending her campaign with a ninth in the 200 at the State Group 3 finals. She had the fastest 400meter time in Bergen County (57.66) this spring, which was No. 3 overall in North



1:44:

IGMLA)

PHOTO/ROBIN GOTTESMAN

EMMA SULLIVAN Northern Highlands

clocking (12.73) and ninth-best 200 time (25.84) in North Jersey

DEÁNNA DILANDRO, Ramapo — Make North-National meet and continued with Harrison ran sixth in the 200 at the golds in the 400 and 800 and a bronze in bid to the first team comes to this senior

RAMAPI

All-Suburban **Girls Track**

FIRST TEAM

100-Angela Harrison, Paramus Cath. Senior 200–Jordyn Smith, Paramus Cath....Senior 400–Emma Sullivan, No. Highlands ..Junior 800–Deanna DiLandro, RamapoSoph. 1,600–Lisa Zimmer, RamapoSenior 3,200-Catherine Pagano, Ridgewood .Frosh 100H-Alexandra Cimino, Westwood...Junior 400H-Alexandra Cimino, Westwood .Junior 1,600 RELAY: Ramapo

-	Jamie Barna	Senior
-	Deanna DiLandroSoph	omore
-	Claire Scavone	Junior

- Lisa Zimmer ... Senio SP-Theresa Picciallo, IHA.. .Senior DISC-Jessica Reuveni, ParamusSenior JAV-Rebecca Skovira, Park Ridge Senior HJ-Tatiyanna Sanders, Paramus C.... ..Soph. LJ-Tatiyanna Sanders, Paramus C.Soph. TJ-Gena Pickett, Mahwah Junior PV-Carolyn Edler, Mahwah .Senior

SOPHOMORE OF THE YEAR Corinne Myers, Westwood

SECOND TEAM

100-Molly Cohan, Mahwah. .Senior 200-Jacky Feldman, IHA . Junior 400-Micaela McPadden, Ridgewood.Junior 800-Madison Holleran, N. Highlands.Junior 800-Hanako Shigenobu, Ridgewood Senior 1,600-Caroline Davidson, Ridgewood Senior 3,200-Ariana North, No. Highlands...Junior 100H-Jaime Woods, River Dell .. Junior 400H-Paige Fernandez, River Dell....Junior 1,600 RELAY: Westwood

- Dana Bianchi Senior - Alexandra Cimino . Junior - Corinne Myers..... - Gabriela Sloezen. Sophomore .Senior SP-Laura Oh, River Dell. Junior DISC-Cheyenne Bellerand, Emerson...Soph. JAV-Danielle Bach, No. Highlands Senior HJ-Gianna DiTommaso, Indian Hills ...Senior HJ-Kim Rabeiro, Midland Park......Junior LJ-Patty McHugh, WaldwickJunior TJ-Briana Setnitzky, Pascack HillsSenior V-Mimi DeVita, Ridgewood.... Junior

third in the 800 at the SMOC, and her season-best time in the 800 (2:12.66) was No. 1 in North Jersey, while her top 400 effort (58.24) ranked seventh in the area.

LISA ZIMMER, Ramapo — A second



PHOTO/JOE CAMPOREALE

CATHERINE PAGANO Ridgewood

ALL-SUBURBAN PUBLICATION SCHEDULE

June 29: Boys Lacrosse	
June 29: Girls Lacrosse	
luly 6: Baseball	
luly 13: Softball	

She took first in the 1,600, third in the 400 1,600 at the State Group 3 finals before and fourth in the 800 at the Big North-National meet and added a win in the 1.600 and seconds in the 800 and 3,200 at the Bergen Group B championships.

July 27: Boys Track & Field **TODAY: Girls Track & Field** Aug. 10: Boys, Girls Golf

July 20: Boys Tennis

ending her varsity career with a 14th in the SMOC 1,600. The Wyckoff resident plans to continue running at the Univer-

sity of South Carolina. CATHERINE PAGANO, Ridgewood opening the final month with a win in the 800 at the Big North-Freedom meet and victories in the 1,600 and the 3,200 at the Bergen Group A meet, where Ridgewood captured its first team title since 2007. Pagano garnered gold in the 1,600 and silver in the 3,200 at the North 1, Group 4 meet, then ran seventh in the 1,600 and 13th in the 3,200 at the State Group 4 finals. After an 11th in the 1,600 at the SMOC, she anchored the Maroons to gold in both the 4 x 800 and distance medley relays at New Balance Outdoor Nationals. Her 10:59.90 in the 3,200 was tops in North Jersey this year, and her per-sonal records in the 1,600 (4:57.35) and 800 (2:17.08) ranked first and eighth, respectively, in Bergen County. ALEXANDRA CIMINO, Westwood — With another year to go, expect this junior to be a multiple county-record holder by the time she is done. A second straight berth on the first team comes after an impressive major-meet campaign, which started with a four-win effort at the Big North-American meet (200 meters, 100 high hurdles, 400 intermediate hurdles and high jump), followed by another quadruple at the Bergen Group C cham-pionships (200 meters, 100 and 400 hurdles, 4 x 400 relay). Cimino swept the hurdle races and added gold in both the 200 and the relay at the North 1, Group 2 meet to lead the Cardinals to the sectional championship,



Westwood

PHOTO/ROBIN GOTTESMAN **DEANNA DILANDRO** Ramapo

KEVIN R. WEXLER/THE RECORD ALEXANDRA CIMINO

See GIRLS TRACK, page C2

GIRLS TRACK from C1

prior to winning the 100 hurdles and anchoring the team's 4 x 400 quartet to second (in a schoolrecord 3:53.73, No. 2 all-time in Bergen County) at the BMOC. She anchored a relay victory and won the 400 hurdles at the State Group 2 finals, then was second in the SMOC 400 hurdles in a school-record 1:00.87 (just .44 off the county mark).

At New Balance Nationals, Cimino ran 13th in the 400 hurdles and helped Westwood win the Emerging Elite sprint medley relay in 4:08.23 (No. 5 in Bergen history). Her 14.64 high-hurdle best topped Bergen County and was second-fastest in North Jersey, while her 25.58 in the 200 ranked fourth in North Jersey.

RAMAPO 1,600 RELAY - The quartet of seniors Jamie Barna and Lisa Zimmer, junior Claire Scavone and sophomore Deanna DiLandro had a 4 x 400-meter race for the ages at the BMOC winning the gold in 3:53.71, holding off second-team selection Westwood by .02 at the finish and breaking a Bergen County record that had been held by Ridgewood (3:54.29) since 1988. They were superb throughout the spring, beginning with a win in the Season Opener Invitational, followed by a fourth at the Highlander Invitational, a fourth in Group B at the County Relays and a victory in their heat at the Penn Relays.

The Green Raider group's postseason began with a win in the Big North-National 4 x 400 and a fourth in the event at the Bergen Group B championships. They ran second in the North 1, Group 2 relay leading up to their record-setting BMOC triumph, then concluded the year with a fourth in the State Group 3 finals and a seventh at the SMOC.

THERESA PICCIALLO, Immaculate Heart — Originally, this senior from Upper Saddle River was going to miss the postseason due to an elbow injury that required surgery in June. Instead, the University of Pennsylvania-bound thrower competed through the pain to complete her first-team "three-plat," starting out with a



DON SMITH/THE RECORD JESSICA REUVENI Paramus

silver medal in the Penn Relays shot put before taking off the rest of the regular season.

Picciallo came back at the North Non-Public A meet and won the shot put, then matched that with a win at the State Non-Public A finals. She capped the season by successfully defending SMOC crown with a 45-foot, 8³/₄-inch heave on her final attempt. Her season-best shot put of 47-11/2 was over eight feet better than the next thrower in North Jersey and just four inches shy of her personal record, and she also logged the second-best discus throw (120-2 at the Season Opener Invitational) in Bergen County this year.

JESSICA REUVENI, Paramus — The Spartan specialist in the throws put together a fine senior season, beginning at the County Relays where she had the top distances in the Group A shot put and discus. She opened the final month with gold medals in both the shot put and discus at the Big North-Freedom meet and doubled in the two throws again at the Bergen Group A meet.

Reuveni was third in the shot put and fourth in the discus at the North 1, Group 3 meet prior to winning the BMOC shot put with a school-record toss of 38-8 and taking fourth in the discus at the same meet. Her shot put best ranked No. 3 in North Jersey this season, and her discus best of 117-9 (also a school record) was fourth-longest in



Paramus Catholic

GEORGE MCNISH/SPECIAL TO THE RECORD

javelin toss of 147-10 at New Bal-

ance Nationals, good for a silver

medal, the No. 2 throw in North

Jersey this season and No. 6 all-

mus Catholic — This sophomore

plied her trade in the jumps and

sprints throughout the season

and saw it culminate with a most

impressive end to the major-meet

slate. She opened with a fourth in

the Group A high jump at the County Relays before heading

into the final month with wins in

the 200, high jump and long jump at the Big North-United meet, fol-

lowed by a first in the long jump, seconds in the 100 and high jump

and a fifth in the 400 at the

the 200 and eighth in the 400 at

the North Non-Public A meet. At

the BMOC, she came in fourth in

the high jump and 11th in the

long jump but rebounded at the

State Non-Public A finals with

long jump gold - setting a person-

al best, as well as school and meet

Sanders then placed third in the high and long jumps, fifth in

Bergen Group A meet.

TATIYANNA SANDERS, Para-

time in Bergen County

Bergen County this spring.

REBECCA SKOVIRA, Park Ridge — This senior makes the leap from last year's second team after a stellar campaign, which began with the top throw in the Group D javelin at the County Relays and continued with a gold medal in the javelin and a silver in the 400 meters at the County Seat Invitational. Once the postseason began, she stayed on top, enjoying a four-win outing (javelin, 200, 400, 4 x 400 relay) at the NJIC Patriot B meet to lead the Owls to the team title.

Skovira added gold medals in the javelin, 400 and 4 x 400 and a bronze in the 200 at the Bergen Group D championships and followed that with wins in the javelin and the 400 at the North 1, Group 1 meet. She took second in the javelin and fourth in the 400 at the BMOC and was second in the javelin at the State Group 1 finals before finishing fourth in the SMOC javelin. Headed to the Naval Academy, she capped her varsity career in style with a personal-record

:::::

EVIN R. WEXLER/THE RECORD

records, with a North Jersey-leading leap of 18-6 – and a bronze in the 200. She wound up ninth in the long jump and 21st in the 200 at the SMOC, and her 5-4 high jump was tops in Bergen County.

Mahwah

GENA PICKETT, Mahwah — A second straight stint as a firstteam triple jumper followed a season in which this junior set the school record of 39-9 (No. 1 in North Jersey this spring) at the Aviator Relays in Hasbrouck Heights. She showed it was no fluke, turning in the top long and triple jumps and the fifth-best high jump in Group B at the County Relays. At the Big North-Patriot meet, she quadrupled in the 100 hurdles, high jump, long jump and triple jump, prior to gaining gold in the triple jump and silvers in the 100 hurdles, long jump and high jump at the Bergen Group B championships.

Pickett pocketed wins in the long and triple jumps and fifthplace finishes in the 100 hurdles and high jump at the North 1, Group 2 meet, which preceded a second in the triple jump, a third in the long jump and a 13th in the high jump at the State Group 2 finals. She ended with a third in the SMOC triple jump, and her season-best long jump (18-1) ranked No. 2 in North Jersey.

CAROLYN EDLER, Mahwah — Part of the T-Birds' strength in the field events, this senior moves up from the 2011 second team after dominating the pole vault in North Jersey. She set the standard early by finishing first in the pole vault and high jump, 14th in the triple jump and 22nd in the long jump at the County Group B Relays. Once the postseason rolled around, she scored a win in the pole vault, a third in the high jump and a fifth in the triple jump at the Big North-Patriot meet.

After getting gold in the pole vault and high jump and placing 10th in the triple jump at the Bergen Group B championships, Edler again doubled in the pole vault and high jump and took seventh in the triple jump at the North 1, Group 2 meet. She cap-tured the BMOC vault title, then placed second in the pole vault and ninth in the high jump at the State Group 2 finals before closing with a fifth in the SMOC pole vault. Her best of 11-7 was the top vault in North Jersey this season, and she plans to continue her career at the University of North Carolina-Wilmington.

CORINNE MYERS, Westwood — The Cardinals continue to develop good distance runners, and this sophomore looks to have a bright future for the next two years. She used the regular season to hone her skills before embarking on the final month of the season with wins in the 1,600 and 3,200 at the Big North-American meet, followed by wins in the 1,600 and 3,200, a second in the 800 and a fifth in the 400 at the Bergen Group C meet.

Myers swept the 1,600 and 3,200 and was eighth in the 800 at the North 1, Group 2 meet, then came home seventh in the 1,600 in the State Group 2 finals. At New Balance Nationals, she split 2:16.26 on the 800-meter anchor leg to cement Westwood's victory the Emerging Elite sprint medley relay, and her season-best 1,600 time of 5:08.85 was No. 6 in North Jersey.

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NEW JERSEY TRACK

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ALL-STATE TEAMS

BOYS

SECOND TEAM

FIRST TEAM

10035	FIRST LEAM			SECOND TEAM			THIRD TEAM	
100M	Fabian Santiago, Oakcrest	Sr.	100M	Mike Andre, Ocean Twp	Sr.	100M	Brian Regan, Cherry Hill East	Sr.
200M	Fabian Santiago, Oakcrest	Sr.	200M	Jamaar Muse, Timber Creek	So.	200M	Mike Andre, Ocean Twp	Sr.
400M	Zyaire Clemes, Trenton	So.	400M	Jermaine Griffith, Nottingham	Jr.	400M	Alex Reber, Cherry Hill East	Sr.
800M	Ben Malone, Pascack Valley	Jr.	800M	Allen Eke, Union Catholic	Sr.	800M	A.J. Chavez, WW-Plainsboro No.	Sr.
1600M	Chris Marco, Toms River South	Jr.	1600M	Stephen Lewandowski, Mt. Lakes	Sr.	1600M	Blake Udland, Millburn	Sr.
3200M	Edward Cheserek, St. Benedict's	Jr.	3200M	Jack Boyle, Christian Brothers	Jr.	3200M	Harrison Brakewood, Voorhees	Sr.
HH	Jermaine Collier, Trenton	Sr.	HH	Isaac Williams, Willingboro	Sr.	HH	Jamel Bolden-Presley, Rahway	Sr.
IH	Jermaine Collier, Trenton	Sr.	IH	Jonathan Petit-Homme, Linden	Sr.	IH	Evan Johnson, Ewing	Sr.
HJ	Zach Davis, Sparta	Jr.	HJ	A.J. Vance, Egg Harbor Twp	Sr.	HJ	Daniel Jefferson, Oakcrest	Jr.
PV	Craig Hunter, Robbinsville	Jr.	PV	Skylar Johnson, Pt. Pleasant Boro	Sr.	PV	Connor Grunwald, Somerville	Sr.
LJ	Anthony Averett, Woodbury	Sr.	LJ	Emeke Eze, Sayreville	Sr.	LJ	Mikhail Micheaux, Eastern	So.
TJ	Emeke Eze, Sayreville	Sr.	TJ	Dominique Irons, Haddon Heights		TJ	Rob Gerhard, Northern Highland	
SP	Braheeme Days, Bridgeton	Jr.	SP	Chris Staton, Franklin	Sr.	SP	Kofi Yamoah, Egg Harbor Twp	Jr.
DT	Sam Mattis, East Brunswick	Sr.	DT	Josh Awotunde, Delsea	Jr.	DT	Jong Min Youn, Old Tappan	Jr.
JT	Stephen Burke, Parsippany	Sr.	JT	Mclean Lipschutz, Robbinsville	Sr.	JT	Tom Carr, Eastern	Sr.
400R	Oakcrest		400R	Trenton	~	400R	Morris Hills	51.
800R	Oakcrest		800R	Trenton		800R	Cherry Hill East	
1600R	Trenton		1600R	Christian Brothers		1600R	Union Catholic	
3200R	Christian Brothers		3200R	Pope John		3200R	Vineland	
6400R	Christian Brothers		6400R	Don Bosco		6400R	Mendham	
SMR	St. Benedict's		SMR	Union Catholic		SMR	West Orange	
DMR	St. Benedict's		DMR	Christian Brothers		DMR	Piscataway	
SHR	Trenton		SHR	Oakcrest		SHR	St. Benedict's	
******	******	****	******	*************	***		**************************************	****
				GIRLS				
	FIRST TEAM			SECOND TEAM			THIRD TEAM	
100M	Annie Johnson, Shawnee	Sr.	100M	Kaitlyn Davis, North Brunswick	Sr.	100M	Julia Rizio, Montville	0
200M	Annie Johnson, Shawnee	Sr.	200M	Bria Saunders, Parsippany	So.	200M	Kaitlin Davis, North Brunswick	Sr.
400M	Olivia Baker, Columbia	So.	400M		Sr.	400M		Sr.
800M	Ajee Wilson, Neptune	Sr.	800M	* * * * * * * * * * * *	Sr.	800M	Nichole Candelaria, Newark Tech Katherine Vodopia, Hunterdon C.	Sr.
1600M	Dana Giordano, Bernards	Sr.	1600M	Liz Lansing, Randolph	Fr.	1600M	Kristen Traub, Eastern Christian	
3200M	Mackenzie Barry, Mendham	So.	3200M		Sr.	3200M	Megan Lacy, Cherokee	Sr.
100H	Stey'ce McNeil, Winslow Twp	Sr.	100H		Sr.	100H	·	Sr.
400H	Helena Leyrer, Buena	Sr.	400H		Jr.	400H		Sr.
HJ	Megan Kirschling, W. Deptford	Sr.	HJ		Sr.	HJ	Jen Silvestri, Sparta Kyairia Wright Harmon, Eusellia	Sr.
PV	Chelsea Vaughan, So. Ocean	Sr.	PV		So.	PV	Kyairia Wright-Harmon, Franklin Abby Nolte, Somerville	
LJ	Keturah Orji, Mt. Olive	So.	LJ		So.	LJ		Sr.
TJ	Keturah Orji, Mt. Olive	So.	TJ		Jr.	TJ	Morgan McLaughlin, Union Cath. Gena Pickett, Mahwah	
SP	Theresa Picciallo, Imm. Ht. Acad.	Sr.	SP	×	Jr.	SP		Jr.
DT	Jessica Woodard, Cherokee	Jr.	DT		Sr.	DT	Tatiana Johnson, Morristown-Brd Aziza Ahmed, Hightstown	
JT	Shaunteria Douglas, Garfield	Sr.	JT		Sr.	JT		Sr.
400R	Newark Tech		400R	Columbia	51.	400R	Katie Johnston, Haddonfield	Sr.
800R	Winslow Twp		800R	Union		800R	Winslow Twp	
1600R	Columbia		1600R	Lenape		1600R	Columbia	
3200R	Ridgewood		3200R	Red Bank Catholic		3200R	Neptune	
6400R	Mendham		6400R	Bernards		6400R	Lenape	
SMR	Columbia		SMR	Sparta		SMR	Randolph Bana Jahr	
DMR	Bernards		DMR	Ridgewood		DMR	Pope John Bod Bonk Cothelie	
SHR	Newark Tech	T	SHR	Irvington		SHR	Red Bank Catholic Columbia	
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2012 Performance List

100m

12.85 Jennings 13.2 Cron (13.97) 13.3 Toscano (13.77) 13.4 Monnerat (14.06) 13.5 Flynn 13.6 Caffrey (13.97) 13.7 Menke (14.39) 13.8 Montgomery 13.9 Kusel 14.2 Chang 14.3 Testa 14.42 Muccio 14.6 Stern 14.6 Whalen 14.7 Vitting 14.9 Burdack 14.9 Kaiser 15.1 Broatch 15.2 Williamson 15.2 Sidote 15.4 Bragg 15.5 Olsen 15.5 DeVera 15.5 Kearney 15.6 Bennett 15.6 Caliguire 15.9 Puche 16.1 Martin 16.9 VanCaugherty

200m

26.02	McPadden
26.97	Jennings
27.4	Caffery (27.98)
27.6	Monnerat
28.7	
28.5	Menke
28.8	
28.9	Lucky
	Flynn
29.5 N	Auccio
29.6	Stern
30.0	Chang
	Vitting
30.3	Broatch
30.4	Burdack
30.6	Whalen
31.0	Bennett
31.1	Bragg
31.6	
31.7	Olsen
31.9	Calguire
32.2 V	Villiamson
32.6	DeVera
32.7	Puche
32.9	Martin
31.1	Montgomery
33.1	Sidote
35.0 H	Kearney
	/anCaugherty

400m

400m
58.06 McPadden (57.1r,57.52r)
62.1 Pagano(61.6r)
62.25 Caffrey
?? Shigenobu(60.1r)
?? Davidson (62.0r)
63.57 S.Davis (62.4r)
64.54 Muccio
65.4 Flynn
68.2 Testa (64.6r)
69.4 Whalen (68.6r)
69.7 Stern (68.5r)
69.8 Vitting
71.2 Kusel (68.7r)
71.4 Kaiser (70.6r)
72.5 Bennet
72.9 Bragg
73.2 Montgomery (70.0r)
73.5 Olsen
76.4 Martin
76.5 DeVera(74.6r)
76.5 Sidote(75.2r)
77.0 Williamson
79.7 Kearney
82.0 Puche(78.2r)
85.0 Caliguire(78.8r)
85.9 VanCaugherty
Relay Additions:
Monnerat (64.0r)
K.Cleary(66.4r)
Mckeon(66.6r)
Lucky (66.7r)
Menke(67.6R)
Ramirez(68.2r)
Broatch(68.8r)
Burdack(69.2r)
Cirillo(69.5r)
Tai (72.3r)
Gammer(71.8r)

2;17.08 Pagano (2:13.97r) 2:17.44 Shigenobu (2:14.42r) 2:18.33 Davidson (2:13.99r) 2:21.3 Weisberger (2:18.79r) 2:28.5 S.Davis 2:31.39 Fishbein 2:33.56 Kontos 2:33.6 K.Cleary 2:37.9 Jordan 2:40.7 Gibble (2:36.9r) 2:41.8 T.Cirillo 2:42.7 Holland 2:44.2 Tai 2:49.9 Pacelli 2:54.6 Gammer 2:57.1 Barrales 3:03.1 Kirshner 3:08.0 Neborsky 3:08.3 C.Cleary 3:08.7 Casey 3:10.3 Calagan Relay additions: McPadden (2:18.05r) Pan (2:37.5r) K.Cirillo (2:43.9r) Rick (2:48.9r) 1600m 4:57.35 Pagano 5:09.83 Davidson 5:23.98 Fishbein 5:32.5 K.Cleary 5:37.8 Kontos 5:44.1 Gibble (5:40.6r) 5:57.8 T.Cirillo 6:01.3 Pan 6:03.8 K.Cirillo 6:06.6 Tai 6:07.2 Rick 6:09.1 Jordan 6:14.3 Felder 6:21.9 C.Clearv 6:26.6 Kirshner 6:27.3 Neborski 6:31.4 Casey 6:35 Holland 6:43.9 Gammer 6:49.7 Barrales 7:22.4 Callaghan 7:25.2 Pacelli Weisberger (5:15.3r) C.Davis (5:52.6r)

800m

3200m

10:59.90 Pagano 11:36.03 Davidson 11:51.4 Fishbein 11:54.19 Gibble 12:11.2 K.Cleary 12:29.2 Weisberger 12:29.2 Pan 12:31.1 C.Davis 12:33.5 Shigenobu 13:05.2 Rick 13:36.7 K.Cirillo 13:38.7 Holland

100mHurdles:

17.1 McPadden 17.29 Mckeon 17.32 Ramierz 17.5 DeVita 18.67 Muccio 21.6 Carrrey

400mHurdles:

63.56 McPadden 66.0 Shigenobu(66.61) 70.81 Ramirez 72.7 Mckeon 73.6 Muccio 79.0 Caffrey

Long Jump: 14-9 Flynn 14-7 ³/₄ Cron 14-7 1/2 Montgomery 14-7 1/2 Long 13-5 Chang 13-2 1/2 McKeon 12-3 Lucky

Triple Jump:

33¹/₄ Flynn 32-3 1/4 DeVita 31-3 1/2 Montgomery 30-7 ³/₄ Long 30-3 1/2 McKeon 29-6 3/4 Cron 28-3 Chang 27-10 Lucky 25-0 Bennett

High Jump:

4-8 Lucky 4-8 S.Davis 4-6 Montgomery 4-6 Long 4-4 DeVita 4-0 Cron

Pole Vault:

10-10 DeVita 9-6 Brown

9-0 Taylor

8-6 Cichocki

- 8-0 Tanner
- 7-6 Gieselmann

Shot:

- 29-4 Fanda
- 25-4 Noble
- 24-8 Cerasuolo 24-8 Klein
- 23-11 Rieger
- 23-9 Baum
- 23-9 Bhat
- 23-0 Roumula
- 21-6 Dimino
- 21-5 Mayisoglu
- 21-0 J.Wellington
- 19-11 Montero
- 18-7 Brodkin 18-1 E.Wellington
- 17-5 S.Davis

Discus:

- 95-5 Fanda 88-5 Noble
- 72-0 Bhat
- 69-2 Baum
- 64-9 Mayisglou
- 61-7 Roumila
- 60-8 J. Wellington
- 56-11 E.Wellington
- 56-9 Rieger
- 55-2 Brodkin
- 53-3 Dimino
- 52-10 Negron
- 50-7 Klein
- 50-1 Cerasuolo
- 42-9 Montero

Javelin:

101-6 Cichocki 99-5 Noble 84-9 Ramirez

RIDGEWOOD HIGH SCHOOL INDIVIDUAL GIRL'S TRACK AND FIELD RECORDS

EVENT	RECORD	PERFORMER	DATE	PLACE
100 meter dash	12.42	Emily Barr	2008	Clifton Stadium, NJ
200 meter dash	25.54	Emily Barr	2008	Hackensack HS, NJ
400 meter dash	56.1	Ginny Figlar	1988	Wayne Hills HS, NJ
800 meter run	2:10.9	Margaret Scutro	1985	Tenafly, NJ
1500 meter run	4:26.25	Margaret Scutro	1985	Uniondale, LI, NY
1600 meter run	4:46.4	Margaret Scutro	1985	South Plainfield, NJ
3000 meter run	9:58.15	Jenna Rogers	1994	Raleigh, NC
3200 meter run 5000 meter run	10:33.9 19:48.03	Jenna Rogers Victoria Pan	1994 2011	Tenafly, NJ Ramapo College, NJ
100 meter hurdles	14.54	Lara-Jane Que	2007	Egg HarborTwp, NJ
400 meter hurdles 300 meter hurdles	61.97 49.48	Cristina Law Victoria Oliva	2007 2010	Hackensack HS, NJ Arcadia, CA
Shot Put	38' 6 3/4"	Lisa Glidewell	1980	Tenafly, NJ
Javelin	135' 11"	Jaclyn Wypler		Egg Harbor, NJ Hackensack,NJ
Discus	123' 3"	Jess Sokolik	2007 1997	Bernardsville HS,NJ
Triple Jump	39'10 1/2"i	Jennifer McDermott	1989	Annapolis, MD
High Jump	5' 9"	Becky Deetz	1975	Holmdale HS, NJ
Long Jump	19' 4"	Jennifer McDermott	1989	South Plainfield, NJ
Pole Vault	12' 5 3/4"	Kayla Polcari	2011	Franklin Field, PA
Heptathlon	4011	Renee Pavelski	1993	Spokane, WA
1 mile walk	9:49.3	Anja Kannengieser	1983	Hackensack, NJ
Marathon	3hr 32min	Klara Grape	1977	Shore Marathon

RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD RELAY RECORDS

EVENT <u>TRACK RELAYS</u>	RECORD	PERFORMERS	DATE & PLACE
4 X 100 meter relay	49.67	Que/Barr/Martinez/C	Cigolini 2007 Penn Relays, PA
2 X 200 meter relay	1:44.67	Martinez/Barr/Miche	
4 X 400 meter relay	3:54.29	Degelmann/Reilly/Co	
4 X 800 meter relay	9:00.43	McPadden/Shigenob	
4 X 1 mile relay	20:34.4	Scutro/Pringle/M.Mi	
Sprint Medley	4:03.21	Que/Cigolini/Wisene	č
Distance Medley	11:50.73	Davidson/McPadden	-
4 X 100 meter hurdles	1:00.77	Martinez/Law/Wisen	
3 X 400 meter hurdles	3:14.90	Law/Wisener/Llerand	di 2007 Morristown, NJ
3 PERSON FIELD RELAY			
Shot Put Relay 8#	106' 9 1/2"	Glidewell/Sauerman/	
	2051 01		1979 Rutherford, NJ
Discus Relay	305' 2"	Glidewell/Miles/Sau	
Javelin Relay	290'	Laddin/Spilka/Vasqu	1980 New Milford HS, NJ
Javenin Kelay	290	Lauuiii/Spiika/vasqu	2008 Demarest HS, NJ
High Jump Relay	15' 7 1/2"	DuFlon/B.Granata/D	
mgn vamp nony	10 / 1/2	Dur Ion, D. Orunuu, D	1975 Monmouth College, NJ
Long Jump Relay	47' 1/2"	Porro/Smith/O'Rourl	ke 1979 New Milford HS, NJ
Triple Jump Relay	102' 9"	Lamothe/Law/Melli	1999 Ridgewood, NJ
Pole Vault Relay	29'		, Brown 2011 Ramsey HS, NJ
	-	· · · · · , · · · · · ·	,
2 PERSON FIELD RELAY	<u>S</u>		
Shot Put Relay 4kg	66' 3"i	Rayevich/Eldridge	1988 Jadwin, Princeton, NJ
Discus Relay	211'2"	Rayevich/Eldridge	1988 Kearney, NJ
Javelin Relay	217' 8"	Wypler,Vasquez	2007 Delbarton HS, NJ
High Jump Relay	10'	Richter/Roeske	1981 ParamusCatholicHS, NJ
Long Jump Relay	33'	Bogart/Law	2007 Morristown, NJ
Triple Jump Relay	69' 4 2"	Law/Lamothe	1999 Engelwood, NJ
Pole Vault Relay	21' 0"	K.Polcari/M.DeVita	2010 Randolph, NJ Updated (6/12)
			Opuateu (0/12)

RIDGEWOOD HIGH SCHOOL GIRL'S TRACK AND FIELD ALL TIME TOP TEN

100 METER DASH

12.42 Emily Barr	2008
12.1 (12.76) Erica Cigolini	2007
12.3 Jennifer McDermott	1989
12.6 Ginny Figlar	1987
12.6 Lara-Jane Que 2005,	06,&07
12.7 Marci Capitani 1	984&5
12.7 Cait Fiocchi	2002
12.85 Moriah Jennings	2012
12.8 Judy Davis	1980
12.8 Trish Fogarty	1981
12.8 Trish McGowan	2002
12.8 Jess Krejsa	2003
12.94 Mia Martinez	2008

400 m. RELAY SPLITS

55.7 Ginny Figlar	1988
57.1 Lynne Collazo	1989
57.1 Micaela McPadden	2012
57.3 Cristina Law	2007
57.4 Melissa Gilbert	1993
57.7 Emily Barr	2008
58.0 Marci Capitani	1985
58.0 Margaret Scutro	1984
58.1 Kerri Reilly	1988
58.3 Jennifer McDermott	1989
58.5 Alice Wisener	2007
58.6 Victoria Oliva	2010
58.7 Charlotte Criqui	2010
58.8 Katherine Zucaro	2000
58.9 Mary Ellen Mileski	1983
59.1*Kandie Latham	1974

1600 METER RUN

1000 METER KUN	
4:46.4 Margaret Scutro	1985
4:54.8*Patti Mileski	1983
4:57.35 Catherine Pagano	2012
5:01.2*Mary Ellen Mileski	1980
5:02.0 Jenna Rogers	1994
5:03.4 Jean Hughes	1988
5:04.28Clair Nowakowski	2001
5:05.05 Caroline Davidson	2011
5:05.5 Beth Pringle	1983
5:04.69Eileen Fitzgerald	1990
5:05.6 Norine D'Arcy	1987
5:06.2 Jennifer Hughes	1988
-	

200 METER DASH

25.54(25.4) Emily Barr	2008
25.3 (25.67) Erica Cigolini	2007
25.4 Jennifer McDermott	1988
25.7 Ginny Figlar	1988
26.02 Micaela McPadden	2012
26.1 Melissa Gilbert	1994
26.1 Lara-Jane Que	2005
26.2 Marci Capitani	1985
26.3 Kate Brunner	1995
26.3 Jess Krejsa	2003
26.51 Mia Martinez	2008
26.6* Judy Davis	1979

800 METER RUN

2:10.9 Margaret Scutro	1985
2:12.1 Patti Mileski	1982
2:13.8 Lynn Collazo	1988
2:13.9 Mary Ellen Mileski	1983
2:16.08 Cristina Law	2007
2:17.08 Catherine Pagano	2012
2:17.0 Jean Hughes	1987
2:17.44 Hanako Shigenobu	2012
2:17.7*Kandie Latham	1975
2:17.77 Liz Figlar	1990
2:17.8 Stephanie Doyle	1995
2:18.0 Norine D'Arcy	1987
2:18.33 Caroline Davidson	2012
2:18.13 Meg McDermott	1998
2:19.2 Beth Pringle	1982
2:19.2 Jennifer Zucaro	2000

3000 METER RUN

JUUU METEK KUN			
9:58.15	Jenna Rogers	1994	
10:03.12i	Jennifer Hughes	1988	
10:04.1i	Patti Mileski	1983	
10:04.7	Carol Dickstein	1981	
10:11.21	Jean Hughes	1988	
10:13.6	Karen Canon	1988	
10:13.9	MaryEllen Mileski	1982	
10:22.8	Beth Pringle	1982	
10:26.6i	Norine D'Arcy	1986	
10:28.2	Kathy Duffy	1981	

400 METER DASH

56.1 Ginny Figlar	1988
57.7 Marci Capitani	1984
58.06 Micaela McPadden	2012
58.42i Jennifer McDermott	1989
58.7 Judy Davis	1979
58.8 Melissa Gilbert	1994
58.9 Alice Wisener	2007
59.16 (59.0) Emily Barr	2008
59.3 Margaret Scutro	1984
59.4 Kerri Reilly	1988
59.5 * Kandie Latham	1974
59.9 Liz Ross	1985

1500 METER RUN

4:26.25	Margaret Scutro	1985
4:44.8	Mary Ellen Mileski	1983
4:44.9	Patti Mileski	1981
4:45.1	Norine D'Arcy	1985
4:46.4	Lynne Collazo	1989
4:46.9	Jean Hughes	1987
4:47.2	Carol Dickstein	1981
4:53.9i	Eileen Fitzgerald	1990
4:54.4	Kathy Duffy	1980
4:55.52	Caroline Davidson	2011
4:59.3	Emily Terrin	2004
5:05.45	Emily Fishbein	2011
5:06.4	Colleen Wright	1981

3200 METER RUN

10:33.9	Jenna Rogers	1994
10:34.5	Patti Mileski	1983
10:40.2	Margaret Scutro	1985
10:43.8	Jean Hughes	1988
10:46.4	Karen Cannon	1988
10:59.02	*i Celeste Sedo	1998
10:59.90	Catherine Pagano	2012
10:56.4	Jennifer Hughes	1987
10:58.6	Norine D'Arcy	1987
11:10.60	Amy Smith	1996
11:12.8	Meg McDermot	1999

100 METER HURDLES

14.4 (14.54) Lara-Jane Que	2007
14.55 Sarah DeVita	2010
14.95 Mia Martinez	2008
15.0 Sheryl van der Schyff	1988
15.1 Cristina Law	2007
15.4 Faith Ninivaggi	1994
15.6 Renee Pavelski	1992
15.6 Alice Wisener	2007
15.7 Cassie Wong	2006
16.0 Ana Law	1999
16.09 Kate Michel	2008
16.1 Jeanne McGuire	1985
16.2 Marli Klar	1997
16.2 Brooke Bogart	2007

JAVELIN

Jaclyn Wypler 200)6&07
Tammy Rayevich	1988
Emilie Chang	1993
Deanie Barth	1987
Marci Capitani	1985
Kim Slawek	1979
Amy Titus	1990
Claire Blaney	1991
Grayson Llerandi	2012
Claudia O'Rourke	1981
Donna Schlicher	1988
Dana Lipson	1993
Kim Noble	2012
	Tammy Rayevich Emilie Chang Deanie Barth Marci Capitani Kim Slawek Amy Titus Claire Blaney Grayson Llerandi Claudia O'Rourke Donna Schlicher Dana Lipson

HIGH JUMP

5' 9"	Becky Deetz	1975&76	
5' 5"	Renee Pavelski	1992	
5' 4"	Kathy Granata	1982	
5'4"	Meg Anderson	2002	
5' 3 ½ "	Beth Granata	1975	
5' 2"	Mary Sayers	1974	
5' 2"	Renee DuFlon	1975	
5' 2"	Sharon Roeske	1981	
5' 2"	Monica Richter	1982	
5' 2"	Wendy Hawthorn	ne 1984	
5' 2"	Sheryl vander Sch	hyff 1987	
5' 2"	Jen Wrubel	1987	
5' 2"	Jennifer McDerm	ott1988	
5'2"	Corinne Hyslop	2001	
5'2	Sarah DeVita	2010&11	
All Marks reported in 1/10s are hand times.			
All Marks reported in 1/100s are FAT.			
* - Mark made at English distance. No conversions are made on this list.			
When FAT and Hand times are listed, athlete			
ran both marks at different meets.			

400 METER HURDLES

DISCUS

123' 3" Jess Sokolik	1997
118'11" Tammy Rayevich	1988
117' 7" Lisa Glidewell	1980
115'6" Janet Sauerman	1980
111' 3" Megan Gonzalez	2009
107'11" Alfreda Eldridge	1989
107' 1" Jaclyn Wypler	2006
107' Ellen Barkensush	1986
106'9" Alison Barbeau	1990
105' 6" Courtney Moody	1984
103' 6" Christina Grab	1996
103' 1" Cathie Deyoe	1975

LONG JUMP

19'4" Jennifer McDermo	tt 1989		
17'9" Brooke Bogart	2005		
17' 5" Becky Deetz	1976		
17' 5" Cristina Law	2007		
17'0" Cait Fiocchi	2002		
16'9 ½ "Tonia Clarke	1995		
16'9" Shannon McGarrig	gle 1992		
16'9" Alisa Vetter	2001		
16'7" Helena Lamothe	1999		
16'6 ¹ / ₂ "Racquel Mair	1989		
16' 6" Kayla Polcari(?-LowPit)2009			
16' 5" Kathy Granata	1983		
16' 5" Trish McGowan	2003		
16' 4 ³ / ₄ ' Kayla Polcari	2011		
16'3 ¹ / ₂ "Emilie Chang	1992		
16'3" Jen Wrubel	1988		
16'3" Marli Klar	1995		

POLE VAULT

12' 5 ³ /	4" Kayla Polcari	2011
11' 8"	Ann Polcari	2008
11' 7"	Cassie Wong	2006
11' 4"	Mimi DeVita	2011
11'0"	Kerri Norton	2004
10' 6"	Elyse Norton	2004
10' 6"	Ashlyn Llerandi	2006
9' 9"	Evann Borgman	2003
9' 9"	Ramelle Brown	2009
9' 6"	Robin Lee	2008
9' 6"	Ilana Brown	2012
9' 0"	Cait Fiocchi	2002
9' 0"	Abby Taylor	2012
8' 6"	Meredith Harris	2000
8' 6"	Emma Cichocki	2012

SHOT PUT

38' 6 ¾ "	Lisa Glidewell	1980
36' 8"i	Tammy Rayevich	1988
36' 7"	Megan Gonzalez	2009
36' 2"	Shayna Brown	1997
35' 8 ¾ "	Alfreda Eldridge	1989
34'10"	Jess Sokolik	1996
34' 9"	Kristina Schwehn	n2000
34' 0"	Jaclyn Wypler	2007
33' 9"	Kathleen Willett	2004
33' 4"	Jessica Berg	1980
33' 2"	Megan Gonzales	2008
32' 7"	Janet Sauerman	1980
32' 7"	Yoon Jang	2010

TRIPLE JUMP

39'10 ¹ / ₂ " i JenniferMcDermott1989		
37' 8 ½"	Trish McGowan	2003
36' 3 ½ "	Kathy Granata	1983
36' 0"	Brooke Bogart	2007
35' 6 ½ "	Ana Law	1999
35' 4"	Helena Lamothe	1999
35' 3"	Cristina Law	2007
35' 2 ¼ "	Becky Deetz	1976
35' ¼ "	VanessaMcDermo	ott1995
34' 11 ½ '	' Deecy Porro	1978
34'11 ½"	Alisa Vetter 200	92001
34' 7 ¼ "	Tonia Clarke	1995
34' 5"	ShannonMcGarrig	le 1994
34' 4 ½ "	Jen Wrubel	1988



Ridgewood Track and Field 2012 - Team Photo Names

<u>First Row</u>: Jade Long, Catherine Negron, Olivia Pacelli, Sarah Davis, Taylor Tai, Katherine Cirillo, Kelly Cleary, Catherine Pagano, Olivia Manke, Stephanie Kusel, Tara Cirillo, Cristina Barrales, Margo Kaiser, Olivia Burdack, Lara Weisberger, Katie Kearney, Alyssa Bennett, Erica Kontos.

Second Row: Christina Gieselmann, Joanne Sidote, Sanjana Bhat, Ilana Brown, Andina Toscano, Hanako Shigenobu, Kim Noble, Victoria Pan, Caroline Davidson, Summer Neborski, Deirde Casey, Tina Gibble, Camille Davis, Brittany Frank, Lauren Kirshner, Lora Fanda, Moriah Jennings, Coach Holly Martin.

<u>Third Row</u>: Coach Steve Opremcek, Natasha Baum, Katie Gammer, Meghan Callaghan, Amanda Muccio, Gabby Jordan, Emily Fishbein, Mimi DeVita, Anna Caffrey, Micaela McPadden, Jane Holland, katie mckeon, Sirai Ramirez, Joanna Chang, Tara Olsen, Jen Martin, Megan Lucky, Shannon Cron, Keeauna Whalen, Coach Jacob Brown.

<u>Forth Row</u>: Zoe VanCaugherty, Lauren Monnerat, Lindsay Testa, Sarah Caliguire, Sophie Montgomery, Courtney Cerasuolo, Samantha Klein, Amanda DeVera, Becca Stern, Elizabeth Kopec, Laura Williamson, Gabby Puche, Monica Vitting, Mackenzie Broatch, Emily Flynn, Fran Felder, Lalka Rieger.

