

Big North Track & Field Dual Meet

Ridgewood vs Paramus

Girls

April 2, 2013

Event	First Place	Second Place	Third Place	Total Score	
				RHS	PHS
400H	Sirai Ramirez, R, 1:12.6	Katie McKeon, R, 1:14.7	Nicole Pituras, P, 1:21.3	8	1
100m Dash	Micaela McPadden, R, 12.8	Kate Weiss, P, 13.5	Amanda Muccio, R, 13.8	6	3
1600m Run	Kelly Cleary, R, 5:34.0	Laura Weisberger, R, 5:39.7	Lindsey Lucas, P, 5:45.5	9	1
400m Dash	Micaela McPadden, R, 59.5	Amanda Muccio, R, 64.5	Jolie Bartner, P, 67.6	8	1
100m Hurdles	Mimi DeVita, R, 16.9	Katie McKeon, R, 17.1	Nicole Pituras, P, 17.6	9	1
800m Run	Catherine Pagano, R, 2:20.5	Anna Caffrey, R, 2:32.4	Emily Fishbein, R, 2:35.6	9	0
200m Dash	Lauren Monnerat, R, 29.0	Amanda Muccio, R, 29.1	Shannon Cron, R, 29.3	9	0
3200m Run	Kelly Cleary, R, 12:10.9	Lauren Weisberger, R, 12:20.6	Lindsey Lucas, P, 12:26.8	8	1
High Jump	Mimi DeVita, R, 4-6	Megan Lucky, R, 4-6 (T)	Kayla Pituras, P, 4-6	7	2
Pole Vault	Emma Chichocky, R, 7-6 (T)	Becky Tanner, R, 7-6 (T)	Abby Taylor, R, 7-0	9	0
Long Jump	Sophie Montgomery, R, 15-0	Katie McKeon, R, 14-8 1/2	Nicole Pituras, P, 14-1 1/2	8	1
Triple Jump	Emily Flynn, R, 31-6	Sophie Montgomery, R, 31-5	Meghan Lucky, R, 29-4	9	0
Discus	Emma Chichocky R, 84-1	Lilly Shala, P, 71-4 1/2	Sanjana Bhat, R, 69-4	6	3
Shot Put	Victoria Stabile, P, 28-4	Lilly Shala, P, 27-4	Inderpreet Dhaliwari, P, 24-10	0	9
Javelin	Emma Chichocky, R, 94-3	Sirai Riquiez, R, 85-10	Emily Colasante, P, 76-8	8	1
4X400relay	Ridgewood, 4:21.1	Paramus, 4:38.7		5	0

Total Score	
RHS	PHS
118	24

Comment: We were a great Track & Field TEAM today. We showed energy and enthusiasm thru out the meet. We performed some good early season marks. We did a good job of being ready for our events. The work of March is paying dividends. Now we need to move forward with this energy and be ready for the big meets.