

## Bergen County Relays

April 20, 2013

### Wednesday April 17 at Indian Hills

High Jump: 1st (tie)- Sophie Montgomery-4-10/ MimiDevita-4-8/Megan Lucky-4-8 = 14-2

### Friday April 19 at RiverDell

3x400H: 1st - McPadden-64.0/ Ramirez-68.5/ McKeon-69.8/ = 3:22.3  
4x200m: 3rd - Caffrey-27.4/ Monnerat-28.5/ Cron-28.0/ McPadden-25.1/ = 1:48.3  
4x1600m: 1st - Fishbein-5:44.6/ Weisberger-5:36.0/ Cleary-5:27.9/ Pagano-4:57.8/ = 21:46.3  
3xDiscus: - Cichocki-76-8/ Bhat-70-4/ Baum-70-02/ = 217-2  
3xTripleJump: - Flynn-32-9.5/ L.DeVita-30-4/ Long-30-8/ = 93-9.5 (Just missed 6th!)

### Saturday April 20 at River Dell

4x100H: 1st - Ramirez-17.3/ McKeon-16.1/ Montgomery-18.2/ M.DeVita-15.6/ = 1:07.2  
4x100m: 6th - Caffrey-/Monnerat-/Park-/Cron-/ = 52.5 (good stick Passing!)  
Distance Med: 1st- Cleary-3:57.8/ Muccio-63.5/ Weisberger-2:23.9/ Pagano-4:57.5/ = 12:22.5  
Sprint Med: 1st - Caffrey-?/ Monnerat-?/ Cron-?/ McPadden-2:18.4/ = 4:17.8  
4x800m: 1st - Cleary-2:33.1/ Davis-2:33.0/ Weisberger-2:27.4/ Pagano-2:16.4/ = 9:50.7  
Frosh 4x4: 3rd - Schmidt-69.2/ Keppler-67.3/ Formichella-66.5/ Ades-65.7 / = 4:28.6  
4x400m: 2nd - Caffrey-62.2/ Weisberger-63.6/ Muccio-63.2/ McPadden-58.8/ = 4:07.4  
3xShot: - Baum-23-7.5/ Cerasuolo-22-3/ M.Vogel-22-3 = 68-1.5  
3xLong Jump: - McKeon-14-10/ Cron-13-9/ Montgomery-12-1 = 40-8  
3xJavelin: 1st - Cichocki-98-9/ McKeon-84-1/ Ramirez-83-0 = 265-10  
3xPoleVault: 1st-M.Devita-10-0/Tanner-8-0/Cichocki-8-0 = 26-0

**Comment:** One of Ridgewood's best county relays ever! Mistake free with lots of great performances! We were 39 points ahead of the 2nd place team. We had a great start on Wednesday in the High Jump. Then lead off Friday with a win in the intermediates and were never challenged after that!

## GIRLS

### DIVISION A

**TEAM SCORES:** Ridgewood 104, IHA 65, Northern Highlands 54, Teaneck 51, Old Tappan 44, Bergen Tech 38, Pascack Valley 33, Tenafly 32, Paramus Catholic 30, Fair Lawn 21, Paramus 12, Hackensack 11.

Ridgewood earned its 20th team title with a stunningly easy 104-65 win over IHA in A, led by Catherine Pagano, who earned the Jacob Brown Award as the outstanding girls track performer. Pagano had two remarkable 1,600 legs on the distance medley relay and 4-x-1,600 wins in 4:57 and 4:57.2, respectively, and added a 2:16.4-winning anchor on the 4-x-800 team. Amanda Fields of Holy Angels earned the Dick Hitt Field Award.

"This is quickly becoming one of my favorite teams," said Brown, who is the only coach the Ridgewood girls have had. "They're energetic and full of joy and that comes from our senior captains, Sirai Ramirez, Micaela McPadden, Anna Caffrey and Mimi DeVita. This team is dialed in and this weekend we did everything right."