RIDGEWOOD TRACK FIELD 2013 SEASON SUMMARY

DUAL MEETS 3 wins - 2 Loss CHAMPIONSHIP MEETS
1 Championship

Paramus 118-24 Northern Highlands 64.5-75.5 Hackensack 86-54 Indian Hills 115-25 Ramapo 69-71 Pawlowski Relays 2nd - 92.5 pts Arcadia Invite 5 athletes Comet Relavs Bergen Relays 1st Penn Relays 10th in DM Big North Div 3 3rd Bergen A 2nd State Section 2nd **BMOC** 2 Champions State Group SMOC 3-quailifiers

<u>SENIORS</u>: Anna Caffrey*, Shannon Cron*, Mimi DeVita*, Francesca Felder*, Micaela McPadden*, Sirai Ramirez*, Romy Toornend*, Abby Taylor*.

<u>JUNIORS</u>: Alyssa Bennett, Mackenzie Broatch, Courtney Cerasuolo*, CC Chadwick, Sarah Davis*, Emily Fishbein*, Emily Flynn*, Maryam Jahanbin, Samiantha Klein, Demi Kontos, Erica Kontos, Juliana Kritzer, Megan Lucky*, Amanda Muccio*@, Tara Olson, Maxine Peskens, Becca Stern, Becky Tanner*, Laura Weisberger*.

SOPHOMORES: Christina Barrales, Natasha Baum*, Sanjana Bhat, Dayna Bussanich, SarahKate Caliguire, Emma Cichocki*, Katherine Cirillo, Tara Cirillo*, Kelly Cleary*, Maggis Coakley, Amanda DeVera, Libby DeVita*, Genevieve Felsenstein, Katie Gammer, Dani Klein, Stephanie Kusel*, Olivia Manke, Anne McGinley, Katie McKeon*@, Lauren Monnerat*@, Sophie Montgomery*, Catherie Negron, Olivia Pacelli, Catherine Pagano*@, Charlotte Pillow, Joanne Sidote, Taylor Tai, Abby Taylor, Monica Vitting*, Maya Vogel.

FROSH; Jamie Ades, Sophia Barclay, Poyani Bavishi, Olivia Buzzeo, Ester Choi, Megan Collier, Erin Dwyer, Anjelica Esposito, Becca Feder, Alexandre Formichella, Erin Gioia, Sam Halvorsen*, Soojin Han, Grace Harris, Allia Jahanbin, Saskia Keppler, Molly Knee, Tatiana Mehos, Vera Mudry, Isabel Park*@, Katie Reis, Vanessa Reis*, Sara Schmidt, Anya Sherman, Emily Stern, Jasmine Tobdzic, Sonal Tulsyani, Amit Vogel, Cayla Whittaker.

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

^{* =} letter winner @ = coaches class award

Track & Field 2013 - Schedule of Meets

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4/2 - Tuesday - Paramus at Ridgewood BF - 4:00pm - *entire team*
4/5&6- Friday & Saturday - Arcadia Invitational, Arcadia HS California - *limited varsity*
4/6 - Saturday - The Steve Pawlowski Relays at BF-Track in Ridgewood - 9am *entire team*
4/9 - Tuesday - Northern Highlands at Northern Highlands - 4:00 - *entire team*
4/10 - Wednesday - Indian Hills & Hackensack at Ridgewood BF - 10am - *entire team*
4/13 - Saturday - Comet Relays at Hackensack HS - 9am - *limited varsity/JV/frosh*
4/17 - Wednesday- Bergen Relays *varsity* HJ at Indian Hills
4/19 - Friday - Bergen Relays *varsity* at River Dell HS
4/20 - Saturday - Bergen Relays *varsity* at River Dell HS
4/25 - Thursday - Penn Relays at Franklin Field *(limited varsity)*
4/30 - Tuesday - Ramapo at Ramapo - 4:00pm - *entire team*
5/6 - Monday - Big North Division 3 (Freedom) League Championship at Hackensack HS - 4pm *varsity*
5/7 - Tuesday - Big North Novice (JV-Frosh) Meet at Hackensack HS - 4pm *JV-Frosh*
5/10 - Friday - Team Picnic - BF Cafeteria 5pm.
5/14 - Tuesday - Novice Championship at BF Track - 4pm. *JV & Frosh*
5/15 - Wednesday - Bergen Group A Field Events at Indian Hills HS *varsity*
5/17 - Friday - Bergen Group A Champs at Old Tappan HS *varsity*
5/18 - Saturday - Bergen Group A Champs AT Old Tappan HS *varsity*
5/20 - East Coast Relays - Randolph High School *(limited varsity)*
5/24 - Friday - State Sectional Champs at Randolph High School *varsity*
5/25 - Saturday - State Sectional Champs at Randolph High School *varsity*
5/28 - Tuesday - Bergen County Meet of Champions at Hackensack High School *must qualify*
5/31 - Friday - State Group 4 Champs at Egg Harbor Township High School *must qualify*
6/1 - Saturday - State Group 4 Champs at Egg Harbor Township High School *must qualify*
6/3 - Monday – Bergen Frosh Champs (girls) at BF Track 4pm *frosh* (2 X Rain Postponed!)
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6/5 - Wednesday - NJ State Meet of Champs at South Plainfield High School *must qualify*

Big North Track & Field Dual Meet Ridgewood vs Paramus

Third Place Event First Place **Second Place** RHS PHS 400H Sirai Ramirez, R. 1:12.6 Katie McKeon, R. 1:14.7 Nicole Pituras, P. 1:21.3 8 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 400m Dash Micaela McPadden, R, 59.5 Amanda Muccio, R, 64.5 Jolie Bartner, P, 67.6 8 100m Hurdles Mimi DeVita, R, 16.9 Katie McKeon, R, 17.1 Nicole Pituras, P, 17.6 9 0 800m Run Catherine Pagano, R, 2:20.5 Anna Caffrey, R, 2:32.4 Emily Fishbein, R, 2:35.6 0 200m Dash Lauren Monnerat, R, 29.0 Amanda Muccio, R, 29.1 Shannon Cron, R, 29.3 9 Lauren Weisberger, R, 12:20.6 3200m Run Kelly Cleary, R, 12:10.9 Lindsey Lucas, P, 12:26.8 2 Mimi DeVita, R. 4-6 Kayla Pituras, P, 4-6 **High Jump** Megan Lucky, R, 4-6 (T) 0 Becky Tanner, R, 7-6 (T) 9 **Pole Vault** Emma Chichocky, R, 7-6 (T) Abby Taylor, R, 7-0 Katie McKeon, R, 14-8 1/2 Nicole Pituras, P, 14-1 1/2 Sophie Montgomery, R, 15-0 **Long Jump** Emily Flynn, R, 31-6 0 **Triple Jump** Sophie Montgomery, R, 31-5 Meghan Lucky, R, 29-4 3 Discus Emma Chichocky R. 84-1 Lilly Shala, P. 71-4 1/2 Saniana Bhat, R. 69-4 9 Shot Put Victoria Stabile, P, 28-4 Lilly Shala, P, 27-4 Inderpreet Dhaliwali, P, 24-10 Emma Chichocky, R, 94-3 Emily Colasante, P, 76-8 Javelin Sirai Riquiez, R, 85-10 8 Ridgewood, 4:21.1 4X400relay Paramus, 4:38,7 5

Girls

April 2.2013

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.

Paramus Dual meet at Ridgewood April 2, 2013

100: McPadden-12.8/ Cron-13.7/ Muccio-13.7/ Kusel-13.9/ Vitting-14.1/ Monnerat-14.1/ Manke-14.3/ Park-14.4/ Testa-14.6/ Keppler-14.7/ Ades-14.7/ B.Stern-15.1/ A.Taylor-15.1/ Olson-15.1/ Broatch-15.4/ Collier-15.5/ Schmidt-15.6/ Szymanski-15.8/ Feder-15.8/ Bennett-15.9/ Tocci-16.2/ McGinley-16.4/ Toorend-16.5/ Caliguire-16.8/ Horna-16.9/ Mehos-18.6/ Miniter-18.6/ Jahanbin-19.3/ S.Tulsyani-21.6/ Formichella-DNF.

200: Monnerat-28.9/ Muccio-29.2/ Kusel-29.2/ Cron-29.5/ I.Park-29.8/ Vitting-30.0/ Testa-30.6/ Ades-30.8/ Manke-30.9/ A.Taylor-31.1/ Keppler-31.2/ Stern-31.4/ Schmidt-32.2/Collier-32.6/ Feder-32.6/ Broatch-32.6/ Szymanski-33.0/ Tocci-33.1/ Olson-33.3/ Bennett-33.6/ McGinley-34.0/ Toorend-34.7/ M.Jahanbin-35.0/ Calguire-36.1/ Horna-36.9/ A.Jahanbin-38.2/ Mehos-39.6/ Miniter-41.8/ Sonal Tulsyani43-5.

400: McPadden-60.0/ Muccio-64.7

800: Pagano-2:20.6/ Caffrey-2:32.6/ Fishbein-2:35.7/ Davis-2:37.3

1600: Cleary-/ Weisberger-5:40.2/K.Cirillo-5:48.7/ Halvorsen-5:49.5/ T.Cirillo-5:55.7/ V.Reis-5:57.9/ K.Reis-6:09.0/ Felder-6:11.1/ Tai-6:13.8/ Felsenstein-6:14.8/ Pillow-6:24.2/ Dwyer-6:25.2/ Pacelli-6:25.8/ Barrales-6:28.3/ Gammer-6:30.7/ Carle-6:33.1/ Mudry-7:00.3/ Sherman-7:08.3/ Bavishi-7:15.5/ Knee-7:31.1/ Ester?-7:31.5/ Peskens-7:34.1/ Barclay-8:01.3/ Stella?-8:11.6.

3200: Cleary-12:11.1/ Weisberger-12:20.9/ T.Cirillo-12:52.9/ Tai-13:43.0/ Felsenstein-13:43.3/ Gammer-14:22.4/ Pillow-14:31.5

100H: M.DeVita-17.2/ Katie McKeon-17.3/ Sirai Ramirez-17.7/ Amanda DeVera-20.0/ S.Montgomery-20.1/ Libby DeVita-21.1.

400H: Sirai Ramirez-72.9/ Katie McKeon-74.7

Long Jump: Sophie-15-0/ Kate-14-8.25/ Megan-13-11/ Isabelle-13-4/ Steph-13-2.5/ Libby-12-7/ Amanda D-12-5.5/ Emily-F/ Shannon-F.

Triple jump: Emily-31-6/ Sophie-31-5/ Megan-29-4/ Isabelle-28-9/ Katie-28-8/ Libby-28-6/ Amanda-27-9/ Steph-27-4.

High Jump: Megan-4-6/ Mimi-4-6/ Saskia-4-4/ Libby-4-4/ Amanda-3-10/ Sophie-NH.

Pole Vault: Choski-7-6/ Tanner-7-6/ Kritzer-6-0/ Samantha-NH, M.Devita-NH.

Shot:Courtney Cerasulo-23-7.5/Natasha Baum-23-2/Sanjana Bhat-21-7/Maggie Coakley-19-10.5

Discus: Emma 1^{st} -84'1/ Sanjana 3^{rd} -69'4/ Maya-66'3/ Natasha-60'10/ Demi -59'7/ Catherine-52'7/ Courtney-54'7/ Maggie- 48'5/ Megan -42'/ Grace -39'4/ Amit -37'3/ Dani-33'/ **Javelin**: Emma Citchosky-94-3/ Sirai Ramirez-85-10/ Maya Volgel-49-3.

4X400: McPadden-62.3/Caffrey-66.5/Pagano-65.5/Davis-66.8=4:21.4

JV Splits: Muccio-65.0/Testa-68.1/Manke-70.2/Vitting-70.9/ Cron-70.9/ Feder-72/ Saskia-73/ Mave-80/ Jamie-75/ Sara-77.6/ Noelle-78/ Megan-72/ K.Cirillo-71/ Calguire-80.0/ Emma-82/ Roomy-80/ Abby T.-78/ Brotch-74.0/ EmilyF.-71/ Stern-73.7/ Lucky-71.6/ Allia-91/ Tatiana-1:41/ Sonal-1:41/

Comment: We had a great Meet!

4X100: Lauren-14.0, Amanda-14.6, StephK-13.9, I.Park-12.9 = 55.0 BeccaF-13.5, Saskia-16.0, AlexF.-16.0, Jamie-15.2 = 60.1 JoAnn-17.3, Anne-15.6, Romy-16.3, Olivia-13.9 =63.0 Sonal-?, Tatiana-?, ???-, Jasmine-? = 74.0

4X200: JoAnn-32.3, Anne-34.6, Romy-32.7, OliviaM.-31.0 = 2:10.5 Saskia-33.2, EmilyFeder-26.3, Becca-30.6, MeganL.-30.3 = 2:00.2

4x400: AmandaM-63.9, Lauren-64.0, Steph-68.5, Sirai-63.4 = 4:19.9 JoAnn-79.4, Anne-75.1, Romy-75.8, Olivia-69.8 = 5:00.0 BeccaF- 71.0, Saskia-72.7, AlexF-70.1, JamieA.-67.7 = 4:41.6

4X800: Genevieve-2:53, Erin-2:51, Katie-2:48, Taylor-2:45.0 = 11:17 Olivia-2:55, Vera-3:03, Poyani-3:12, EricaK. - 3:01 = 12:11

4X1600: Fishbein-5:47, K.Reis-6:07, V.Reis-5:46, T.Cirillo-6:05 = 23:44.8

Sprint Medley: Amanda-66.0, Lauren-27.3, Sirai-27.7, Fishbein-2:37.5 = 4:38.5

Distance Medley: V.Reis-4:16.4, StephK-68.2, K.Reis-2:44.9, T.Cirillo-6:07.3 = 14:16.7 Genevieve-4:26.6, K.Gammer-73.4, OliviaP-2:54, TaylorTai-6:23.7 = 15:00 Poyani-5:06, MKnee-88, SophiaBarclay-3:30, ErinDwyer- 6:25 = 16:29

4X100H: Katie-17.4, Sophie-17.7, Libby-21.0, Sirai-17.7 = 1:13.6

3X400H: did not run a team.

3XLJ: Kate McKeon14-1, Sophie M.-13-1, Emily Flynn-13-1.5, Libby D.-13-3.5, Isabelle-13-2, Amanda-13-.5, Megan Lucky-12-7.

3XTJ: Emily Flynn-30-6.5, Sophie-29-8, Megan Lucky-29-1, Isabelle-28-8, Katie-27-7.5, Libby-29-8.5, Steph-27-9.5

3XHJ: Sophie-4-8, Megan-4-6, Libby-4-4, Saskia-4-0, Amanda-4-0

3XPV: Tanner-8-0, Cichocki-7-6, S.Klein-6-0.

3XShot: CourtneyC-25-, Bhat-24-2, Baum-23-6, M.Vogel-23-5, Coakley-23-2. D.Kontos-21-8, Molloy-19-1.

3XDiscus: Emma-78-10, Bhat-72-9, Courtney-62-9, D. Kontos-61-6, Baum-61-1, M. Vogel-59-7, Negron-56-?, Coakley-52-8, Molloy-48-7.

3XJavelin: Cichocki-86-10, Rameriz-78-4, McKeon-85-3, E.Kontos-62-0, M.Vogel-48-3, Tai-42-5, Malloy-35-4.

Arcadia April 5&6, 2013

Friday:

4X800: 10-Ridgewood, 9:39.27 (Kelly Cleary-2:27.62, Laura Weisberger-2:25.80, Anna Caffrey-

2:29.80, Micaela McPadden-2:16.8)

3200: 13-Catherine Pagano - 11:00.0

Saturday:

Pole Vault: - Mimi DeVita-NH

Distance Medley: 10, 12:17 (Kelly Cleary-3:52.82, Micaela McPadden-58.52, Laura Weisberger-

2:25.25, Catherine Pagano-5:00.64)

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Sports

Track Team Travels To California for Arcadia Invitational

Laura Weisberger sports editor

On April 4, 5, and 6, the girls and boys spring track programs flew to California for the annual Arcadia Invitational. The girls team competed in the 4x800 meters relay on Friday and the Distance Medley Relay on Saturday, sophomore Catherine Paganoran in the open 3,200 meters race on Friday aight, and senior Minni Devita competed in the pole vault. The boys competed in the pole vault. The boys competed in the 4x800 meter relay the Distance Medley Relay, the Sprint Medley Relay, and the 4x200 meter relay The Radgewood track program goes to the Arcadia Invitational every year and last year experienced great success, as the girls 4x800 meter relay came in second place and was ranked top 40 in the country by the end of the season and was ranked US #3 at the time it was ran. The Distance Medley the girls ran at Arcadia was 20th in the country for last season and was ranked US #5 at the time the girls ran in it.

the grits ran at Arcsicia was 20th it must country for last season and was ranked US #5 at the time the girls ran in it. This year, the girls 4x800 ran a solid time of 9:37.27. Each leg of the relay is half of a mile. Soptomore Kelly Cleary ran the leadoff leg in 2:27, followed by junior Laura Weisberger, who ran 2:25, then senior Anna Caffrey, who is headed to University of Kansas next fall, ran a 2:29, and senior Micaela McPadden closed the relay with a bang, running her personal best time of 2:16. Micaela is running at The University of Rhode Island next year. In the open 3200 meters, which is two

miles, sophomore Catherine Pagano ran a time of 11:00 and came in thirteenth place. On Saturday, senior Mimi Devita, beaded to Villanova University, no heighted in the pole vault. The girls distance medley team, although not running as well as they had hoped, still ran a fast enough time to qualify



From left, Weisberger, Cleary, Coffrey, and McPadden after the 4x800 relay.

for the Penn Relays, a prestigious meet held at The University of Pennsylvania each year on April 25th, 26th, and 27th. Penn Relays are the oldest and largest track and field competition in the United States. In the distance medicy, unlike the 4x800 meter relay, each member of the relay team runs a different distance. The girls ran a time of 12:17, with sophemore Kelly Cleary leading off and running the 1200 meter leg, which is three quarters of a mile, in 3:52. Next, Micaels McPadden run the 400 meters leg in \$8.5, followed by Laura Weisberger, who spit 12:25 for the 800 meters. Sophemore Catherine Pagano closed the relay with a 5:00 1600 meters, which is one mile. When asked about Arcadia, Catherine Pagano alosed the relay with a 5:00 1600 meters, which is one mile. When asked about Arcadia, Catherine Pagano alosed the relay terms on the season. I know we can run even faster than we did in California, and hopefully take one of our relay teams to Nationals like last year. Since Arcadia, the track team has bosted the Steve Palowski tenth has bosted the Steve Palowski enth of the paganost of the season. I should meets, the first against Northern Highlands high school, and the second against Indiun Hills and Hackensack.

Big North Track & Field Dual Meet Ridgewood vs Northern HighLands

April 9,2013

Total Score

RHS NH 64.5 75.3

Event	First Place	Second Place	Third Place	RHS	NH.
400H	Madison Holleran, NH, 64.8	Saral Ramirez, RHS, 68.2	Katle McKeon, RHS, 70.8	4	- 5
100m Dash	Sullivan, NH, 12.6	McPadden, RHS, 12.9	Lauren Monnerat, RHS, 13.7	4	5
1600m Run	CatherinePagano,RHS,5:29.9	Kelly Cleary, RHS, 5:34.7	A.North, NH, 5:40	8	1
400m Dash	M.Mcpadden, RHS, 57.7	Sullvan, NH, 58.5	NH, 61.9	. 5	- 4
100m Hurdles	NH, 16.3	Ramirez, RHS, 16.8	NH, 17.0	3	- 6
800m Run	Madison Holleran, NH, 2:19.5	Laura Welsberger, RHS,	NH, 2:22.9	3	- 6
200m Dash	Sullivan, NH, 26.1	M.McPadden, RHS, 26.3	RHS, 28.0	4	5
3200m Run	A.North, NH,	Kelly Cleary, RHS, 12:03.8	Tara Cirlio, RHS, 13:34.1	4	. 5
High Jump	NH	S.Montgomery, RHS, 5-0	NH & M.DeVita, RHS, 4-8	3.5	5.5
Pole Vault	Mimi DeVita, RHS	NH	RHS	- 6	. 3
Long Jump	NH	Libby DeVita, RHS, 13-5	AmandaDeVera,RHS,13-4.75	4	5
Triple Jump	NH	S.Montgomery, RHS, 31-4.5	NH	. 3	- 6
Discus	NH	Emma Cichocki,RHS, 79-0	Sanjana Bhat, RHS, 76-0	4	5
Shot Put	NH	Natacha Baum, RHS, 25-10.5	NH	3	- 6
Javelin	Emma Cichocki,RHS, 100-3	NH	S.Rameriz, RHS, 86-4	- 6	3
4X400relay	Northern Highlands, 4:04.7	Ridgewood, 4:09.6		0	- 5

The girls 100-meier high surface once in Tuesday's fault meet beautined, from left, Nicothern Highlands' Jackle Reigneos, Rilliagneost Highlands' Madace Hollians and Hidge-excess Sant Berklet, Helliams 100,3 pac Helliams and Hidge-excess Sant Berklet, Helliams 100,3 pac Helliams (H.J.) for gift Fluenter (H.J.) for fluenter (H.J.) fluenter (



GIRLS from C1

Emily Plyes and Magus Lucky and sophosome Sophic Mindgonary comprised the teach's Sover-mone triple samp may (80-316, while the grouping of Maccio, Manners, Romeso and pasting Emily Fishbelp clocked 4.58.4 in

Erolly Philibeta clocked 6.58.4 is the sprint medicy.

Edgescool often get brorate medici performances in the Partenesti Polograin the sex (1000 Fairbota, Ironamer Xuttere and Vouceets. Hen, replesement Ten Carifoli, 3 x high jump Mont partenty, Landy, replesement Line Deviton and F. simefa (Noborca Deviton med F. simefa (Noborca Deviton med F. simefa (Noborca

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Northern Highlands Dual meet at Northern Highlands April 9, 2013

100: McPadden-12.7, Monnerat-13.6, Kusel-13.6, Park-13.7, Vitting-13.9, Testa-14.2, Formichella-14.3, Ades-14.4, Manke-14.5, Keppler-14.6, B.Stern-14.9, Feder-15.2, Tobdzic-15.2, Sidote-15.4, McGinley-15.7, Szymanski-15.9, T.Mehos-18.7, Sonal Tulsyani-19.2.

200: McPadden-26.3, Flynn-27.9, Kusel-28.3, Formichella-28.4, Park-28.6, Monnerat-29.3, Manke-29.7, B.Stern-30.3, Testa-30.4, Keppler-30.6, B.Feder-31.4, McGinley-31.4, J.Tobdzic-31.9, Sidoke-32.3, Szymanski-32.8, Tatiana Mehos-40.6, Sonal Tulsyani-41.6.

400: McPadden-57.7, Caffrey-62.5, Muccio-62.8, Vitting-65.5, Ades-66.0

800: Weisberger-2:22.6, Davis-2:37.3, Tai-2:41.5, Felsenstein-2:52.4, Mudrey-2:27.7, E.Stern-3:00.2, Knee-3:11.1, S.Collins-3:28.6, S.Barclay-3:35.8.

1600: Pagano-5:29.8, Cleary-5:34.7, T.Cirillo-6:03.7, K.Reis-6:05.1

3200: Cleary-12:03.8, T.Cirillo-13:34.1.

100H: Ramirerz-16.7, McKeon-17.1, S.Montgomery-17.9, L.Devita-18.6, A.DeVera-19.2.

400H: Ramirez-67.8, McKeon-70.5.

Long Jump: Libby-13-5, Amanda D-13-4.75, Sophie-13-4.5, Jade-12-11.5, Emily-12-8, Isabelle-2-2.5

Triple jump: Sophie-31-4.5, Jade-29-8, Amanda-28-6.25, Steph-28-6, Libby-28-5, Isabelle-27-7.5, Emily-FFF

High Jump: S.Montgomery-5-0, M.DeVita-4-8, L.Devita-4-6, Keppler-4-4, DeVera-4-2, Long-NH

Pole Vault:

Shot: Natacha-25-10.5, Courtney-24-1.75, Maggie-23-8.75, Maya-23-0.25, Sanjana-23-9.5, Demi-21-6.25, Catherine-19-10.25, Amit-16-0, Grace-14-5.

Discus: Emma-79', Sanjana-76', Natasha -63-6, Courtney-63'5, Demi-69-3, Maya-69-1, Maggie-59-4, Catherine-54-6, Grace-44-11, Amit-38-3

Javelin: E.Cichocki-100-3, Rameriz-86-4, McKeon-76-9, E.Kontos-74-7.

4X400: Caffrey-64.3, Muccio-62.1, Ramirez-62.7, McPadden-60.6 = 4:09.6 B.Feder-72, Ades-73, Manke-72, Kusel-69 = 4:46

Comment: Northern Highlands has a great team and they won this meet against us. We competed well and did not lose anything!

BOYS/GIRLS TRACK & FIELD

Maroon teams 'spring' from starting line



PHOTOS/ROBIN GOTTESMAN

The senior captains of the 2013 Ridgewood High School boys spring track and field team are, from left, distance runner Nick Salamone, hurdler Kevin Chung, sprinter Neil Schoff, middle-distance runner Storm Dublirer and

RHS took silver in the 4 x 110-meter shuttle hurdles relay (1:07.9) and bronze

in both the triple jump (113 feet) and high jump (15 feet, 10 inches) relays to finish behind Old Tappan (125 points), Warwick, N.Y. (88½) and Union (80).

The Maroons also scored top-five fin-

ishes in the 4 x 800 (fourth, 8:39.7), discus

(fourth, 346-8), pole vault (fifth, 23-6) and distance medley (fifth, 11:23.9) relays.

and sophomores Jonathan Davila and

Armand Punjabi have emerged as Ridge-

wood's top competitors in the long, triple

bring added speed in the sprints, while seniors Tanner Garrity and Graham

Jones and junior Ryan Neville strength-

seniors James Barnett and Aaron Muller.

Barnett finished first in the shot put,

Elsewhere in the field, senior Dylan Downing, junior Allan Wong and sophomore Connor Abernethy are all

By defeating Hackensack, 93-47, and Indian Hills, 106-34, Ridgewood upped

its record in Big North Freedom Division dual meets to 4-0. That puts the Maroons

in good shape with regard to their quest

for a 13th consecutive league title - they won nine straight in the NNJIL before

realignment put them into the NJTCC for one year and the Big North-Freedom for

Juniors Brian Collins and Jamal Locke

and high jumps.

en the distance corps.

experienced pole vaulters.

The Maroon

Juniors Mike Zeno and Bryce Joyner

Boys setting a fast pace to open the new season

BY GREG TARTAGLIA Assistant Sports Editor

RIDGEWOOD - The Maroons are so fast and ready to set records this spring, they have done so without even noticing. Josh Saladino witnessed it first-hand

The Ridgewood High School boys track and field coach was answering questions on just that topic after his team's 92-48 dual-meet victory over Northern Highlands in Allendale. His train of thought was interrupted when he realized that the sound of bus engines running in the background was gone.

So were the buses.
"Is that possible?" an incredulous Saldino said as he looked over an empty driveway next to the Highlands track

A quick cell phone call to assistant discus and javelin in Wednesday's tri-Mike Glynn confirmed that it was not a meet with Hackensack and Indian Hills. practical joke but simply an innocent mistake. Glynn also declared it to be a new "record" of sorts, since he had never seen such an occurrence in his 44 years of coaching.

Though merely an amusing footnote in retrospect, the incident bespoke Ridgewood's desire to be quick on the track as well. The Maroons sent four relay squads consisting of nine athletes to the prestigious Arcadia Invitational in California last weekend, and all impressed in their first major meet of the 2013 season.

On Friday, the 4 x 200-meter grouping of seniors Kevin Chung and Neil Schoff and juniors Teddy Migliorelli and Jake Sabatini finished fifth in their division in

"They ran the sixth-best time in Ridgewood High School history, which is very good for this early on," Saladino said on the car ride back to RHS.

Sabatini, Schoff, Migliorelli and junior Bryan Clarendon then ran a combined 3:38.91 in the sprint medley relay, good for fourth in their section.

On Saturday, the Maroon 4 x 800meter quartet of seniors Storm Dublirer and Nick Salamone and juniors David Frering and Luke Dublirer clocked 7:53.49 to place ninth in the invitational race. "That's the fastest Bergen County time since 2004," Saladino noted.

That evening in the distance medley invitational, Salamone (1,200-meter lead-off leg), Sabatini (400), Storm Dublirer (800) and Frering (1,600) teamed up for a seventh-place 10:24.25, the best time by a school from outside of California in the 28-team race. "It also was five seconds better than they ran indoors," Saladino said, "which is a step in the right direction, obviously."

Those performances were only the tip of the iceberg for Ridgewood, the three-time defending North 1, Group 4 state

Back on the East Coast, the rest of the Maroons carried the team to a fourthplace total of 73 points at the 29th annual Steve Pawlowski Ridgewood Relays at Ben Franklin Middle School.

2013 RHS varsity spring track & field schedule

REMAINING DUAL/CHAMPIONSHIP MEETS

Tomorrow Comet Relays @ Hackensack H.S., 9 a.m.

April 17 Bergen County Relays (field events only) @ Indian Hills, 3:30 p.m.

April 19-20 Bergen County Relays @ River Dell, 3:30 p.m./9 a.m.

April 25-27 Penn Relays @ Franklin Field, Philadelphia, TBA

April 30 at Ramapo, 4 p.m.

May 4 County Seat Invitational @ Ramsey H.S., 9 a.m.

May 6 Big North Freedom Division Meet @ Hackensack, 4 p.m.

May 15 Bergen County Championships (Division A field events) @ Indian Hills,

May 17-18 Bergen County Championships @ Old Tappan, 3:30 p.m./9 a.m.

May 24-25 North 1, Group 4 Championships @ Randolph H.S., 3:30 p.m./10 a.m.

May 28 Bergen County Meet of Champions @ Hackensack, 3:30 p.m.

May 31-June 1 State Group 4 Championships @ Egg Harbor Twp., 3:30 p.m./11 a.m.

June 6 State Meet of Champions @ Jost Field (South Plainfield), 3:30 p.m.

*Schedule subject to change



FRONT ROW, from left: hurdler Sirai Ramirez and pole vaulter Mimi DeVita. BACK ROW, from left: sprinter Anna Caffrey and middle-distance runner Micaela McPadden.

Girls squad excels with action-packed schedule

BY GREG TARTAGLIA Assistant Sports Editor

RIDGEWOOD – The 2013 Ridgewood High School girls track and field team does not lack for experience.

In the first week of the season, the faroons participated in four meets a six-day span, including one on the

about the extremely rare occurrence of dual meets on back-to-back days. When asked how often that has occurred during his 42 years on the job, RHS head coach Jacob Brown simply responded,

With major meets taking place on Fridays and Saturdays throughout the spring, league duals are traditionally held on Tuesdays during the first month to afford athletes time to recover from the previous major and prepare for the next one. However, next weekend's Bergen County Relays begin with field events on Wednesday, and the Penn Relays run Thursday to Saturday of the

Originally, "We had a dual meet, then the County Relays on Wednesday, Fri-day and Saturday," Brown said. "So we moved that dual meet and the dual meet right before Penn to [this past Wednesday]. And all the coaches agreed, it's better to do it like this than have them right before Penn."

The Maroons came up short against talented Northern Highlands squad 741/2-651/2, Tuesday in Allendale. The Vest Coast. following day, they swept a home tri-Tuesday and Wednesday brought meet with Hackensack, 86-54, and Indian Hills, 115-25, at Ben Franklin Middle School to improve to 3-1 in Big North Freedom Division action.

Other highlights from a busy opening week included 10th-place finishes in the 4 x 800 and distance medley relays at the Arcadia (Calif.) Invitational. In the latter, sophomore Kelly Cleary, junior Laura Weisberger and seniors Anna Caffrey and Micaela McPadden com-

bined for a time of 9:39.28.

The quartet of Cleary (1,200 leg, 3:52.82), McPadden (400, 58.52), Weisberger (800, 2:25.25) and sophomore Catherine Pagano (1,600, 5:00.64) teamed up to run 12:17.23 in the distance medley. Pagano also competed in the 3,200 meters (13th place, 11:00.01) and senior Mimi DeVita in

the pole vault.

While that was happening in the Golden State on Friday and Saturday, the rest of the Maroons were back in the Garden State hosting the Steve Pawlowski Ridgewood Relays on Saturday. RHS earned a gold medal in the pole vault relay and silvers in the 4 x 400, sprint medley and triple jump relays to finish runner-up to Old Tappan, 98½-92½.

"We were second at Pawlowski, and if everybody had been here, we probably would have won it." Brown said "But

would have won it," Brown said. "But the kids ran very nicely out at Arcadia and gave us the kind of recognition that we're after. And the [distance medley] got a time that will probably get us into

Penn, so we had a good weekend."

Caffrey, DeVita, McPadden and hurdler Sirai Ramirez are the senior captains of the team this spring. Ramirez anchored the 4 x 400 quartet at the Pawlowski Relays, joining with junior Amanda Muccio and sophomores Stephanie Kusel and Lauren Monnerat for a time of 4:19.9.

The Maroon pole vaulters tied Verona for first in the meet at Ben Franklin, as juniors Becky Tanner, Emma Cichocki and Samantha Klein cleared a combined 21-foot-6. Juniors



Ridgewood sophomore Catherine Pagano, right, gains position on Northern Highlands senior Ariana North in the girls 1,600-meter race of their teams' dual meet Tuesday in Allendale. Pagano pulled away to win in 5:29.

Carrier (Carrier)

Big North Track & Field Dual Meet Ridgewood vs Hackensack - Girls

April 10, 2013

Total	Score
RHS	HHS
86	54

Event	First Place	Second Place	Third Place		RHS	HHS
400H	Sirai Ramirez, RHS, 1:10.3	Katie McKeon, RHS, 1:11.8	Bromfield, HHS, 1:13.6		8	1
100m Dash	Lynch, HHS, 13.1	Isabel Park, RHS, 13.6	Monnertia, RHS, 13.7]	4	5
1600m Run	Kelly Cleary, RHS, 5:36.8	Catherine Pagano, R, 5:40.5	Pena, HHS, 5:51.5]	8	1
400m Dash	Anna Caffrey, RHS, 1:02.4	Amanda Muccio, RHS,1:03.2	Castro, HHS, 1:03.8		8	1
100m Hurdles	Mimi DeVita, RHS, 15.5	Lynch, HHS, 16.6	McPadda, RHS, 17.2		6	3
800m Run	Grant, HHS, 2:25.2	Sarah Davis, RHS, 2:34.9	Martinez, HHS, 2:35.2]	3	6
200m Dash	Lauren Monnerat, RHS, 28.0	Lynch, HHS, 28.1	Pettwang, HHS, 28.3		5	4
3200m Run	Catherine Pagano, R,11:43.3	Emily Fishbein, RHS, 12:45.8	Pena, HHS, 13:03.9		8	1
High Jump	Bromfield, HHS, 4-10	Redman, HHS, 4-10	Sophie Montgomery, R, 4-8		1	8
Pole Vault	Mimi Devita, RHS, 11-1/2	Emma Cichocki, RHS, 8-0	Becky Tanner, RHS, 8-0		9	0
Long Jump	Pettway, HHS, 14-8	Katie McKeon, RHS, 14-5	Lynch, HHS, 13-11 1/2]	3	6
Triple Jump	Emily Flynn, RHS, 31-1 1/2	Redman, HHS, 30-5	Pettwang, HHS, 29-9 1/2		5	4
Discus	Ariela, HHS, 87-7	Sanjana Bhat, RHS, 82-6	Emma Cichocki, RHS, 70-2		4	5
Shot Put	Ariela, HHS, 32-10	Talene, HHS, 28-10	Tayan, HHS, 25-3		0	9
Javelin	Sirai Ramirez, RHS, 96-10	Emma Cichocki, RHS, 92-6	Katie McKeon, RHS, 89-10		9	0
4X400relay	RHS, 4:19.2		and the second second		5	0

Ridgewood vs Indian Hills - Girls

April 10, 2013

Total	Score
RHS	IH
115	25

Event	First Place	Second Place	Third Place	RHS IH
400H	Ramirez, RHS, 1:10.3	McKeon, RHS, 1:11.8	Michaels, IHHS, 1:13.8	8 1
100m Dash	Park, RHS, 13.6	Lauren Monnerat, RHS, 13.7	Kusel, RHS, 13.7	9 0
1600m Run	Cleary, RHS, 5:36.8	Pagano, RHS, 5:40.5	Buccisam, IHHS, 5:43.6	8 1
400m Dash	Mangold, IHHS, 1:01.1	Caffrey, RHS, 1:02.4	Amanda Muccio, RHS, 1:03.2	4 5
100m Hurdles	DeVita, RHS, 15.5	Micaela McPadden, R, 17.2	Ramirez, RHS, 16.6	9 0
800m Run	Coughlin, IHHS, 2:27.5	Davis, RHS, 2:34.9	Buccisac, IHHS, 2:36.5	3 6
200m Dash	Mangold, IHHS, 27.1	Monnerat, RHS, 28.0	Flynn, RHS, 29.3	4 5
3200m Run	Pagano, RHS, 11:43.3	Buccisam, IHHS, 12:34.2	Fishbein, RHS, 12:45.8	6 3
High Jump	Sophie, RHS, 4-8	Mimi DeVita, RHS, 4-8	Libby DeVita, RHS, 4-6	9 0
Pole Vault	Mimi DeVita, RHS, 11'-1/2"	Emma Cichocki, RHS, 8-0	Becky Tanner, RHS, 8-0	9 0
Long Jump	McKeon, RHS, 14-5	Mangold, IHHS, 13-11 1/2	Jade Long, RHS, 13-4 1/2	6 3
Triple Jump	Flynn, RHS, 31-1 1/2	Long, RHS, 29-2	Park, RHS, 28-1	9 0
Discus	Sanjana, RHS, 82-6	Emma, RHS, 70-2	Natasha Baum, RHS, 66-2	9 0
Shot Put	Courtney Cerasuolo, R, 25-0	Natasha Baum, RHS, 24-10	Alexis, IHHS, 24-5	8 1
Javelin	Sirai Rameriz, RHS, 96-10	Emma Cichocki, RHS, 92-6	Katie, RHS, 89-10	9 0
4X400relay	RHS, 4:19.2			5 0

Comment:

Hackensack and Indian Hills Double Dual meet at BF April 10, 2013

100: Park-13.4, Monnerat-13.6, Kusel-13.7, Vitting-13.8, (Missed times in first JV heat but order of finish: Formichella-NT, Testa-NT, Ades-NT, Manke-NT), T.Mehos-18.0, S.Tulsyani-18.4.

200: Monnerat-28.0, Park-28.0, Kusel-28.3, Flynn-29.1, S.Tulsyani-40.8, T.Mehos-41.8.

400: Caffrey-62.3, Muccio-63.2, Monnerat-64.6, Vitting-65.8, Ades-66.5, Formichella-67.1, Testa-67.5, Manke-69.0, B.Stern-69.4, Feder-70.5, Keppler-70.7, McGinley-71.3, Tobdzic-73.1, Sidote-75.2, Toornend-76.5.

800: Davis-2:34.2, T.Cirillo-2:37.4, Tai-2:37.8.

1600: Cleary-5:36.8, Pagano-5:40.4, Fishbein-5:51.6, Felsenstein-6:18.2, K.Reis, E.Dwyer-6:26.2, Gammer-6:28.2, E.Stern-6:36.0, Knee-7:01.0, Peskens-7:35.9, S.Barclay-7:38.8, Stella Collins-7:42.1.

3200: Pagano-11:43.2, Fishbein-12:34.5, Felsenstein-14:38.9, Gammer-14:42.9

100H: M.DeVita-15.3, Ramirez-16.5, McPadden-17.1, McKeon-17.4, A.DeVera-19.8

400H: Ramirez-70.3, McKeon-71.8, DeVera-77.0

Long Jump: McKeon-14-5, Park-13-10.25, Amanda DeVera-13-2, Flynn-12-9, Long-12-6.5, L.DevVita-11-2.

Triple jump: Flynn-31-1.5, Jade Long-29-2. Isabel Park-28-1, Steph Kusel-26-11.

High Jump: Montgomery-4-8, M.DeVita-4-8, L.DeVita-4-6, Keppler-4-4, DeVera-4-2, Long-4-0

Pole Vault: Mimi DeVita-11-0.5 (Facility Record!), Cichocki-8-0, Tanner-8-0, S.?-6-6, J.Kritzer-6-6, C.Gizelman-NH

Shot: Courtney-25-0, Natasha Baum-24-10, MayaVogel-23-10.5, Maggie L-23-10, Sanjana Bhat-23-11, Catherine Negron-20-10, Demi Kontos-20-9, Amit Vogel-17-8, Grace harris-16-1.

Discus: Sanjana Bhat-82-6, Emma Cichocki-70-2, Natasha Baum-66-2, Courtney Cercusolo-62-3, Maya Vogel-70-7, Demi Kontos-66-5, Maggie Coakley-59-7, Catherine Negron-57-10, Amit Vogel-47-6, Grace Harris-42-7.

Javelin: Emma Cichocki-92-6, Ramirez-96-10, McKeon-89-10, Kontos-63-4.

4X400: Muccio-63.1, Kusel-68.0, Vitting-64.6, Davis-63.7 = 4:19.2

Comment:

Comet Relays at Hackensack's Tom Delatorre Field April 13, 2013

Frosh 4X100m: Schmidt-/ Formichella-/ Keppler-/ Ades-/ =

Frosh 4X200m: **5th** Schmidt-/ Formichella-/ Keppler-/ Ades-/ = 2:02.2

2xPole Vault: 3rd (tie) - Cichocki-/ Abby Taylor-/ = 14-0

2xJavelin: Cichocki-?/ Baum-?/ =

2xDiscus: Cichocki-73-7/ Bhat-74-5/ = 148-0

2xShot: Novice **5th** - Baum-26-0/ Bhat-24-8.25/ = 50-8.25

Comment: We had a limited entry at Comet. We needed some field experience looking to the County Relays next week and we also got some frosh in action with an eye toward the county relay frosh 4x4.

Bergen County Relays

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!

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."

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.

High School Girls' Distance Medley Championship of America

Event 163Thursday 6:05 PM

Records

NR Harvard-Westlake (No. Hollywood, Calif.)

PR Tatnall (Wilmington, Del.)

11:22.23 2011 Amy Weissenbach (3:24.85), K.C. Cord (58.45), Lauren Hansson (2:13.70), Cami Chapus (4:45.23)

PR Tatnall (Wilmington, Del.)

11:28.86 2012 Reagan Anderson (3:35.7), Lindsay Voltz (57.8), Julie Williams (2:12.5), Haley Pierce (4:42.9)

Results

PL	School/Affiliation	Mark	Athletes	ID
1	Benjamin Cardozo (Oakland Gardens, NY)	11:45.69	Denise Branch (3:36.9), Deajah Stevens (53.2), Shaniqua Kirtpatrick (2:21.8), Sabrina Southerland (4:53.8)	A
2	Germantown Friends (Philadelphia, PA)	11:55.99	Sarah Walker (3:35.6), Taryn Milbourne (58.2), Brigit Andersson (2:22.6), Eliza Lukens-Day (4:59.6)	L
3	Warwick Valley (Warwick, NY)	11:57.08	Darby Ginley (3:39.8), Jessica Stokkeland (58.8), Katie FitzGerald (2:20.3), Megan Reilly (4:58.2)	I
4	Bernards (Bernardsville, NJ)	11:57.96	Zoe Wojtech (3:38.3), Brooke Savoye (1:01.3), Sydney Rudin (2:20.9), Laura Quintana (4:57.5)	G
5	$\frac{West\ Springfield}{VA)}\ (Springfield,$	11:59.69	Katie Kennedy (3:39.6), Reagan Bustamante (59.1), Maddie Wittich (2:23.5), Caroline Alcorta (4:57.5)	C
6	Henderson (West Chester, PA)		Natalie Deacon (3:38.1), Haley Maturani (1:01.4), Marielle Moy (2:22.2), Stephanie Aldrich (4:59.9)	E
7	West Morris Mendham (Mendham, NJ)		Abby Seel (3:38.1), Skye Tonnesen (1:02.5), Reagan Kolakowski (2:21.4), Mackenzie Barry (5:05.0)	D
8	Northern Highlands (Allendale, NJ)	12:11.22	Madison Holleran (3:33.1), Emma Sullivan (57.4), Anna Richard (2:21.9), Ariana North (5:18.8)	F
9	Lenape (Medford, NJ)	12:14.61	Camille Franklin (3:43.4), Ana de las Heras (58.7), Emily McGee (2:17.5), Amanda Restivo (5:15.0)	В
10	Ridgewood (Ridgewood, NJ)	12:16.29	Kelly Cleary, Micaela McPadden, Laura Weisberger, Catherine Pagano (From Jacob Brown: 3:59.8, 57.9, 2:21.6, 4:56.5)	О
11	Toms River South (Toms River, NJ)	12:23.08	(2:28.1), Molly Applegate (5:12.3)	N
12	Central Bucks East (Doylestown, PA)	12:27.98	Elizabeth Morris (3:54.5), Dara Lindsey (59.9), Louise Huuki (2:25.2), Elizabeth Huuki (5:08.4)	P
13	Syosset (Syosset, NY)	12:30.77	Henna Rustami (3:44.1), Erika Moran (59.9), Jade Knaster (2:24.2), Lauren Gruber (5:22.6)	J
14	Haddonfield Memorial (Haddonfield, NJ)	12:31.80	Shelby Cain (3:50.3), Grace Baccare (1:00.7), Olivia Blaber (2:26.6), Meghan Malloy (5:14.2)	M
15	Southern Regional (Manahawkin, NJ)	12:34.14	Courtney Muraczewski, Brianna Angellella, Melana Hammel, Jillian Smith	K

Comment: Great Job in a tough meet. We were seeded 14th and came in 10th! Catherine's split was the 2nd fastest in the race and would have placed her 5th in the open race. Franklin Field is a tough place to run fast. The clerking/warm up area is very cramped and limited, athletes are not able to jog and stride 5 and 10 minutes before the race when it is most critical. We ran our best time this year and ran proud!

SECTION **APRIL 26, 2013**

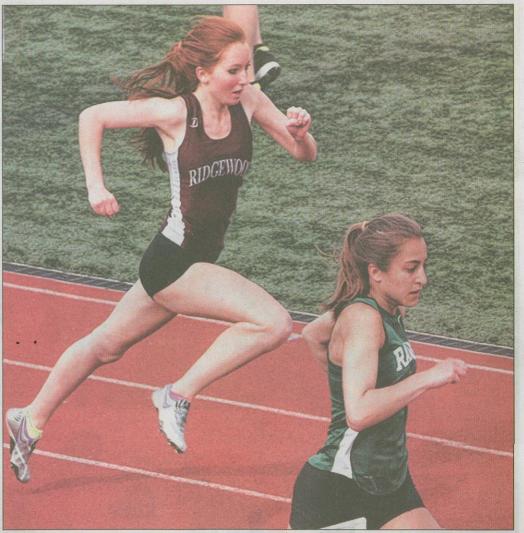
JACK YOCKERS BERGEN COUNTY RELAYS

Ridgewood sweeps Division A titles



PHOTOS COURTESY OF JACOB BROWN

Ridgewood sophomore Alex Armatas runs in the Division A boys 3-x-400 intermediate hurdle race for the victorious Maroons, who clocked 2:56.9 to win the event at the Bergen County Relays last weekend.



Ridgewood senior Mimi DeVita competes in the Division A girls shuttle hurdle race at last weekend's Bergen County Relays, where she helped the Maroons take gold in the event in

Boys garner gold in five events to claim crown

BY RON FOX Correspondent

The competition was hot, but Ridgewood High School seniors James Barnett and Storm Dublirer were up to the challenges over the three-day stretch of the Jack Yockers Bergen County Relays on Wednesday, Friday and Saturday of last week

Tames threw three personal bests in the shot put, discus and javelin," RHS boys track coach Josh Saladino gushed. "At the start of the day, in the first two events of the meet, we won the discus and pole vault, 2-for-2 right off the bat, and we were on our way.

The Maroons outshone 12 other teams to take the Division A title with 95 points to runner-up Don Bosco Prep's 72 for the convincing win at River Dell High School. The County Relays title was their first since 2010.

"Storm is an established star for us," Saladino continued. "And he showed his range competing in the sprint medley, 4-x-400 and 4-

The team, as a whole, thoroughly impressed the coach with five wins, while placing in 13 of 16

"We're always excited to take part in this meet because more athletes are asked to contribute to the team," Saladino said. "This was a well-balanced team effort; a full-team effort. The key was an ability to succeed across the board, in the sprints, the hurdles, the distances and the throws.

The coach gave ample credit to assistant coach Holly Martin, who switched this year from coaching the jumps to handling the throws. Under her guidance the throwers put Ridgewood in great position with the opening victories.

Michael Barnett, junior Antosiewicz and senior Aaron Muller took the discus title with a combined throw of 395 feet, 7 inches. Then came the winning pole vault total of 35 feet even by senior Dylan Downing, junior Allan Wong and sophomore Patrick Morgan.

races on the track. The 4-x-800 was run in 8:09.6 by senior Nick Salamone, junior Bryan Clarendon, junior Luke Dublirer and junior David Frering. The 4-x-1,600 was taken in 18:17.9 by

freshman Michael Thurston, Salamone, Storm Dublirer and Frering. The 3-x-400 intermediate hurdles were covered in winning fashion by senior Neil Schoff, junior Brian Collins and sophomore Alex Armatas in 2:56.9.

Young people joined in with the upperclassmen to provide substantial balance. Thurston, the freshman, rose to the occasion in his first varsity race, and his coach knew he was ready to excel

"Michael ran well in crosscountry, so we knew he had great promise," Saladino said. 'And Jamal Locke, a junior, helped us score in the javelin [second place and high jump [sixth]. He's a sprinter, but we needed guys for those events and Jamal volunteered."

The Maroons set a pair of school records. Barnett, Locke and junior Nick Higgins teamed for a 452-11 in the javelin, and juniors Doohee Han, Teddy Migliorelli, Locke and Jake Sabatini took third in the 4-x-200 with a time of 1:31.4.

Saladino added that strong senior leadership, provided by captains Kevin Chung, Schoff, Salamone, Barnett and the elder Dublirer brother accounted for much of the success as the younger team members have adapted to varsity pressure under their leadership and performed so well as to make it a true team-wide

Besides the wins, the Maroons had four second-place finishes (sprint medley, distance medley, javelin and shot put), one third (4 x 200), one fourth (triple jump), one fifth (4 x 400) and a sixth (high jump).

Saladino was Bergen County Boys Coach of the Year for indoor track and had quite a carryover from one season to the next, with both Dublirers, Migliorelli, Sabatini, Clarendon, Schoff and Salamone having been named first-team All-Bergen County indoors.

The coach was extremely proud of his team's continuing on the high path by winning so prestigious a title outdoors and gave thanks all around.

The freshmen, sophomores The Maroons also won three and juniors complimented the seniors' efforts," he said. "And this sets the tone for high expectations for the rest of the season.

> Ron Fox can be reached at farrellb@northjersey.com



Ridgewood junior Michael Zeno runs in the Division A boys shuttle hurdles race at the Bergen County Relays.



Junior Amanda Muccio helped the Ridgewood girls earn gold in the distance medley relay and silver in the 4-x-400.

Athlete of Meet Pagano paces girls to 20th title

BY RON FOX Correspondent

Running in unison is nothing new to Ridgewood High School junior Laura Weisberger and sophomores Kelly Cleary and Catherine Pagano.

"They're cross-country teammates, they're training mates, and they just have a common bond in that respect," RHS girls track coach Jacob Brown said after his team rolled to the program's 20th Jack Yockers Bergen County Relays championship Saturday. "You might say they've been together before.'

The youthful trio teamed to run on three winning relay races as the Maroons romped to a total of 104 points, a full 39 points more than their nearest pursuer, Immaculate Heart, for the Division A title at River Dell High School. It also marked the first time since 2005 that the Ridgewood boys and girls teams completed a championship sweep at the County Relays.

"I wasn't expecting us to win by that much," Brown said, "but the kids ran mistake-free relay races over three days [Wednesday, Friday and Saturday]. They weren't disqualified at all in those three days, and there was every opportunity to be DQ'd.

"I'll bet that if you asked the coaches of the other top teams that were expected to do well, they would say they had their mistakes," he continued. "But ours was a broad-based team victory; mistake-free, which is pretty cool. I was thrilled."

The founder of the girls track and field program at RHS, Brown has become so legendary a coach that the individual award given to the top track athlete at the meet is named after him. Pagano was the girl chosen for the Jacob Brown Award after a sensational performance. She turned in sparkling legs on three victorious teams: a 2:16.4 in the 4-x-800 race, a 4:57 split on the 1,600-meter anchor leg of the distance medley and a 4:57.2 in the 4-x-1,600.

"Catherine is an aggressive racer," Brown said. "She was put in a position where she had to run aggressively, and she did. She was fabulous.

Pagano, Cleary and Weisberger teamed with junior Sarah Davis to win the 4-x-800 in 9:50.7. The trio rellb@northjersey.com

also teamed with junior Emily Fishbein to win the 4-x-1,600 in 21:46.3, then ran with another junior, Amanda Muccio, to claim gold in the distance medley in 12:22.5. The talented trio qualified with senior Micaela McPadden to run in the this weekend's Penn Relays.

Brown's four senior captains -Anna Caffrey, Mimi DeVita, Sirai Ramirez and McPadden – also were prominent in the dominant performance that saw the Maroons place in 11 of the 16 Yockers events and win seven of them, while leaving 12 other schools in the dust.

McPadden, who earned All-North Jersey and All-Bergen County honors in indoor track, ran the anchor leg on the winning sprint medley squad, teaming with Caffrey, sophomore Lauren Monnerat and senior Shannon Cron to clock 4:17.8.

Ramirez and Katie McKeon joined McPadden in running the winning 3-x-400 hurdles race in 3:22.3. Ramirez, McKeon, sophomore Sophie Montgomery and DeVita teamed for the 1:07.2 win in the shuttle hurdles.

The one field victory came in the pole vault, where DeVita, junior Becca Tanner and sophomore Emma Cichocki cleared a combined 26 feet.

Elsewhere, the Maroons placed second in the 4-x-400 and third in the 4-x-200, ended in a three-way tie for third in the high jump and took sixth in the 4-x-100.

If there were surprises, Brown couldn't come up with any to report. "There might be surprises to people outside the program, but no surprises to me," he said. For instance, "Sophie Montgomery might have surprised other people, but she's been super in practice for three weeks, and so have a number of other younger girls. So, no surprise here.

The team effort also marked a strong showing from freshman Isabelle Park, Brown noted. "She ran a great sprint leg in the 4-x-100. People don't tend to notice third legs and usually just notice the anchor runner. We didn't win, but Park helped us score points that we didn't expect."

That, said Brown, further underscores the meaning of a team effort.

Ron Fox can be reached at far-

Big North Track & Field Dual Meet Ridgewood vs Ramapo

April 30,2013

Total	Score
RHS	Ram
69	71

Event	First Place	Second Place	Third Place	RHS Ram
400H	Ramirez, R, 67.6	Jina Salmins, Ram, 68.5	Katie McKeon, R, 69.6	6 3
100m Dash	Claire Scavone, Ram, 12.6	M.McPadden, R, 12.7	LaurenBrozozowski,Ram,13.1	3 6
1600m Run	Catherine Pagano, R, 5:16	Kelly Cleary, R, 5:20	Suz Abribat, Ram, 5:24	8 1
400m Dash	Deanna Dilandro, Ram, 57.5	M.McPadden, R, 58.4	Claire Scavone	3 6
100m Hurdles	Devita, R, 15.7	Jina Salmins, Ram, 15.9	Katie McKeon, R, 16.5	6 3
800m Run	Pagano, R, 2:15	Deanna DiLandro, Ram 2:24	Suz Abribat-2:29	5 4
200m Dash	Claire Scavone, Ram, 26.6	McPadden, R, 27	Lauren Brozozowsk,Ram27.8	3 6
3200m Run	Kelly Cleary, R, 12:23.9	Ashlen McKenna,Ram,12:32	EmmaWatson,Ram,12:52	5 4
High Jump	Jorden Even-Chen, Ram, 4-10	Montgomery, R, 4-8	Ramapo, 4-4	3 6
Pole Vault	Mimi DeVita, R	Jordan Even-Chen, Ram	Megan Gambuti, Ram	5 4
Long Jump	Jina Salmins, Ram	Jenna Phillips, Ram,	Montgomery, R, 14-7.25	1 8
Triple Jump	Mimi DeVita, R, 33-5.75	Gina Salmins, Ram,32-6.25	Emily Flynn, R, 31-9	6 3
Discus	Emma Cichocki, R,	Kara Giacose, Ram, 72	Natasha Baum,R, 70-10	6 3
Shot Put	Sophia Caride, Ram, 29-5	Natasha Baum, R, 26-4	Kara Giacose, Ram, 23-9	3 6
Javelin	Emma Cichocki, R,	Sophia Caride, Ram	Katie McKeon	6 3
4X400relay	Ramapo, 4:05.3	Ridgewood, 4:07.3		0 5

Ramapo Dual meet at Ramapo April 30, 2013

100: McPadden-NT, Caffrey-NT, Park-NT, Kusel-13.7, Formichella-13.9, Schmidt-14.2, Testa-14.3, Manke-14.5, B.Feder-14.8, A.(soph)Taylor-14.8, B.Stern-14.9, Chadwick-15.1, Tobdzic-15.1, Toornend-15.3, Broatch-15.3, Collier-15.3, Bennett-15.5, Sidote-15.5, S.Han-15.5, McGinley-15.8, Gioia-15.9, Olsen-16.1, Caliguire-16.2, Jahanbin-16.5, Mehos-17.7, Tulsyani-19.6,

200: McPdden-26.9, Caffrey-27.8, Vitting-28.2, Monnerat-28.5, Kusel-28.7, Schmidt-29.5, Manke-30.2, Testa-30.4, B.Stern-30.4, A.(soph) Taylor-30.8, M.Broatch-31.4, M.Collier-31.5, CCChadwick-31.8, B.Feder-31.8, Sidote-31.9, J.Tobdzic-32.0, Bennett-32.3, R.Toornend-32.4, A.McGinley-32.8, E.Gioia-32.8, SueHan-33.7, T.Olsen-34.1, SKCaliguire-34.7, M.Jahanbin-35.2, Tatiana Mehos-40.3, Sonal Tulsyani-42.7,

400: McPadden-58.4, Monnerat-63.1, Vitting-63.9, Ades-67.1, Bussanich-68.3,

800: Pagano-2:15.2, S.Davis-2:31.6, Halvorsen-2:41.1, Felder-2:44.5, Felsenstein-2:54.8, Pillow-2:55.1, A.Sherman-3:04.7

1600: Pagano-5:16.3, Cleary-5:19.9, Weisberger-5:32.5, V.Reiss-5:41.1, Halvorsen-5:41.3, T.Cirillo-5:47.2, Fishbein-6:00.0, E.Dwyer-6:17.4, E.Stern-6:22.9, Mudrey-6:30.8, C.Whittaker-6:42.0, Sherman-7:01.4

3200: Cleary-12:23.9, Tai-NT (about 13:10)

100H: M.DeVita-15.5, McKeon-16.4, Rameriz-16.4, DeVera-18.4, L.DeVita-20.4

400H: Rameriz-67.9, McKeon-69.8, DeVera-75.1

Long Jump: S.Montgomery-14-7.25, E.Flynn-13-8, M.Lucky-13-8, L.DeVita-13-7.5, KMckeron-F

Triple jump: M.Devita-33-5.75, Flynn-31-9, M.Lucky-30-5.75, L.Devita-29-4.25

High Jump: Montgomery-4-8, Lucky-4-4, Keppler-4-4, DeVera-4-2, L.Devita-4-0

Pole Vault:

Shot: Natasha-26-4.5, Courtney-23-4.5, Maggie-23, Maya-22-2.5..

Discus: Emma-86, Natasha-70-10, Maya-68-4, Courtney-41-2

Javelin: Emma-105-6, Kate-96, Sirai-80-5, Erica-66-3.

4X400: Varsity: Caffrey-61.6, Muccio-64.1, Rameriz-63.0, McPadden-58.9 = 4:07.4

JV: Park-65.5, Keppler-67.7, Formichella-67.8, Ades-65.8 = 4:26.6

Comment: This was a tough 2 point loss to a good team. We were tied after 6 events, had a 1 point lead after 9 events, and were 2 behind at the end. 4 tough races for Micaela and 3 big wins for Mimi.

Big North Freedom Division Championship at Hackensack HS April 6, 2013

100: 10-Anna Caffrey, 13.79. 11-Isabel Park, 13.95. 12-Steph Kusel, 14.12.

200: 7-Anna Caffrey, 28.36. 12-Amanda Muccio, 29.22.

400: 3-Micaela McPadden, 58.95. 8-Monica Vitting, 63.30. 10-Sarah Davis, 65.05.

800: 3-Catherine Pagano, 2:19.78. 11-Tara Cirillo, 2:39.04. 12-Fran Felder, 2:39.33

1600: 1-Catherine Pagano, 5:04.19. 6-Laura Weisberger, 5:32.14. 9-Vanessa Reis, 5:37.26.

3200: 7-Laura Weisberger, 12:15.48. 11-Sam Halvorsen, 12:25.08. 12-Vanessa Reis, 12:48.03

100H: 1-Mimi DeVita, 16.05. 3-Sirai Ramirez, 16:10. 4-Katie McKeon, 16.51.

400H: 2-Micaela McPadden, 64.08. 6-Sirai Ramirez, 68.79. 8-Katie McKeon, 70.05.

Long Jump: 4-Katie McKeon, 14-10.75. 9-Emily Flynn-13-11.25. 11-Soiphie Montgomery, 13-3.75

Triple jump: 2-Mimi DeVita, 34-00. 4-Emily Flynn, 32-05. 12-Megan Lucky, 29-0.

High Jump: 4-Sophie Montgomery, 5-0. 6-Megan Lucky, 4-8. 7-Libby DeVita, 4-8.

Pole Vault: 3-Abby Taylor, 9-6. 4-Emma Cichocki, 7-6. --Mimi DeVita-Scratch(darkness)

Shot: 7-Natasha Baum, 26-0. 12-Courtney Cerasuolo, 23-11. 13-Maggie Coakley, 23-05.5

Discus: 7-Emma Cichocki, 83-03. 9-Sanjana Bhat, 72-03. 12-Natasha Baum, 59-08.

Javelin: 2-Katie McKeon, 98-08. 4-Emma Cichocki, 94-05. 5-Sirai Ramirez, 91-05.

4X400: 4-Ridgewood, 4:13.69 (Caffrey-62.6, Vitting-65.2, Pagano-62.7, Ramirez-63.0)

Comment: We were third behind the two teams that beat us in the dual meets. We are 3rd in Big North Freedom Division for 2013.

GIRLS

FREEDOM

FREEDOM
Team Scoring (not including pole vault): Ramapo (Rm) 151, Northern Highlands (NH) 141 1/3, Ridgewood (Rw) 99 1/3, Hackensack (H) 51, Indian Hills (IH) 41 1/3, Paramus (P) 11.
100: 1. Naomi Clarke (H), 12.98; 2. tie between Emma Sullivan (NH) and Claire Scavone (Rm), 13.12; . Katie Murphy (Rm), 13.50; 5. Amanda Pook (NH), 13.52; 6. Dana Lynch (H), 14.14.
200: 1. Emma Sullivan (NH), 26.28; 2. Katie Murphy (Rm), 26.79; 4. Amanda Pook (NH), 27.41; 5. Jaime Mangold (IH), 27.42; 6. Naomi Clarke (H), 27.57.
400: 1. Emma Sullivan (NH), 57.47; 2. Deanna Dil.andro (Rm), 58.69; 3. Micaela McPadden (Rw), 58.95; 4. Claire Scavone (Rm), 59.62; 5. Jaime Mangold (IH), 1:00.57; 6. Hillary McElwain (NH), 1:01.48.
800: 1. Madison Holleran (NH), 2:14.20; 2. Deanna Dil.andro (Rm), 2:18.08; 3. Catherine Pagano (Rw), 2:19.78; 4. Kathryn Grant (H), 2:22.13; 5. Anna Richard (NH), 2:25.84; 6. Sydney Coughlin (IH), 2:27.41.

Kathryn Grant (H), 2:22.13; 5. Anna Richard (NH), 2:25.84; 6. Sydney Coughlin (IH), 2:27.41.

1,600: 1. Catherine Pagano (Rw), 5:04.19; 2. Julia Guerra (IH), 5:05.55; 3. Ariana North (NH), 5:14.98; 4. Suzanne Abribat (Rm), 5:16.57; 5. Anna Richard (NH), 5:16.97; 6. Laura Weisberger (Rw), 5:32.14.

3,200: 1. Julia Guerra (IH), 11:14.87; 2. Ariana North (NH), 11:47.89; 4. Krissie Gaffney (IH), 12:03.11; 5. Lindsey Lucas (P), 12:05.86; 6. Kelly Buccisano (IH), 12:11.31.

100 HH: 1. Mimi DeVita (rw), 16.05; 2. Gina Salmins (Rm), 16.06; 3. Sirai Ramirez (Rw), 16.10; 4. Kattie McKeon (Rw), 16.51; 5. Jackie Reyneke (NH), 16.58; 6. Hannah Riyas (IH), 16.87.

400 IH: 1. Madison Holleran (NH), 1:03.01; 2. Micaela McPadden (Rw), 1:04.08; 3. Hillary McElwain (NH), 1:04.08; 3. Hillary McElwain (NH), 5:5ina Salmins (Rm), 1:08.42; 6. Sirai Ramirez (Rw), 1:08.79.

Shot put 1. Arriela King (H), 32-11.½; 2. Sara Dec (NH), 32-1; 3. Sophia Caride (Rm), 30-6; 4. Victoria Stabile (P), 29-3 34; 5. Talene Rose (H), 28-54; 6. Elena Pappas (NH), 26-134.

Discuss: 1. Arriela King (H), 104-10; 2. Amarys Berry (H), 104-5; 3. Sara Dec (NH), 92-6; 4. Sophia Caride (Rm), 90-2; 5. Victoria Stabile (P), 87-1; 6. Talene Rose (H), 86-1.

Amarys Berry (H), 104-5; 3. Sara Dec (NH), 92-6; 4. Sophia Caride (Rm), 90-2; 5. Victoria Stabile (P), 87-1; 6. Talene Rose (H), 86-1.

Javelin: 1. Jackie Reyneke (NH), 124-5; 2. Katie McKeon (Rw), 98-8; 3. Sophia Caride (Rm), 98-4; 4. Emma Cichocki (Rw), 94-5; 5. Sirai Ramirez (Rw), 91-5; 6. Emily Colasante (P), 77-7.

High jump: 1. Jenna Phillips (Rm), 5-2; 2. Jackie Reyneke (NH), 5-0; 3. Jordan Even-Chen (Rm), 5-0; 4. Sophie Montgomery (Rw), 5-0; 5. Sahara Gipson (Rm), 4-10; 6. Megan Lucky (Rw), 4-8.

Long jump: 1. Gina Salmins (Rm), 15-9 44; 2. Vanessa Phillips (Rm), 15-7; 3. Jenna Phillips (Rm), 15-13; 4. Katie McKeon (Rw), 14-103; 5. Rehinda Pettway (H), 14-94; 6. Amanda Pook (NH), 14-8.

Triple jump: 1. Jackie Reyneke (NH), 34-113; 2. Mimi DeVita (Rw), 34-0; 3. Gina Salmins (Rm), 33-9; 4. 4. Emily Flynn (Rw), 32-5; 5. 5. Nicole Pituras (P), 32-23; 6. Taylor Hwang (NH), 31-114.

Pole vault: 1. tie between Megan Gambuti(Rm) and Jordan Even-Chen (Rm), 10-6; 3. Abbey Taylor (Rw), 9-0; 4. tie between Ernma Cichocki (Rw), Kaela Gandy (H) and Katherine Aguillon (NH), 7-6.

4x-400 Relay: 1. Ramapo (Suzie Abribands, 4:06.67; 3. Indian Hills, 4:10.63; 4. Ridgewood, 4:13.69; 5. Hackensack, 4:15.06.

Girls title is up in the air in Big North Freedom

By PAUL SCHWARTZ

STAFF WRITER

HACKENSACK - You'll excuse Ramapo coach Bill Manzo and Northern Highlands coach in the dark." Tom Viscardi if they're not paying attention to the early part of the Big North novice meet this afternoon at Hackensack High

Their attention, instead will be on the pole vault area, where the winner of Monday night's Big North Freedom girls meet will be decided.

The Demarest boys and girls won their respective National Ridgewood boys rolled to the Freedom Division crown. But darkness forced suspension of the girls pole vault with the bar about to go to 10 feet.

Ramapo's Megan Gambuti and Jordan Even-Chen, two of North Jersey's best pole vaulters, had passed to that height along with Ridgewood's Mimi DeVita. As the trio warmed up for their first attempts, the official stopped the competition.

Northern Highlands, which was the only undefeated team in the dual season, holds a 139-133 lead over Ramapo. Highlanders vaulter Katherine Aguillon is in a three-way tie for second place, behind Becca Tanner of Ridge-

If both Ramapo girls clear 10 feet today, a height they've Thurston in the 800, won by cleared numerous times, the Green Raiders win regardless. If just one clears and DeVita beats the Ramapo vaulter, Northern Mike Theuerkauf called his Highlands wins by a third of a team's best field performance of point. If one clears and DeVita doesn't, then the teams will tie for the league meet title.

"The only thing I'm sure of is that at least we get a share of the overall championship because we won all our duals," said Vis-

"It's unfortunate that this had to happen, because Hackensack is such a gracious host every year," said Manzo. "But the girls are getting better every year, and every year they end up jumping Norris' 800-1,600-3,200 triple.

TRACK AND FIELD

The indecisive ending overshadowed a sensational battle between two of the state's best teams. For Northern Highlands, Madison Holleran won the 400 hurdles and 800, Emma Sullivan scored wins in the 200 and 400 and Jackie Reyneke won the triple jump and javelin, the latter with a personal best at

Ramapo stayed close by scor-Division meets easily and the ing in every event but the 3,200, and dominant performances in the high jump (1-3-5 behind winner Jenna Phillips) and long jump (1-2-3 behind winner Gina Salmins) kept them close. A sterling anchor leg by Deanna DiLandro, holding off Sullivan in the 4-x-400 relay brought the NH lead down to six points before darkness intervened.

The other meets weren't nearly as dramatic. The Ridgewood boys led from the third event, when Jake Sabatini and Doohee Han went 2-3 in the 100. The Maroons, with wins from Kevin Chung in the high hurdles, Storm Dublirer in the 400, a 1-2 finish from Dylan Downing and Allen Wong in the vault, Nick Salamone in the 3,200 and freshman Mike more than 50 points over Ramapo.

Demarest, with what coach the year, defeated archrival Old Tappan by 49 points in the National boys meet. Andrew Trumbetti (59-2 shot, 163-9 discus) and Eric Geider (15-0 pole vault) set North Jersey seasonal

Demarest's girls gave coach Brendan Kenny an early birthday present (he turns 28 Wednesday) with a 126-103 win over Tenafly, holding off a furious challenge paced by Josette

Big North JV - Frosh Champs at Hackensack HS May 7, 2013

100: JV--Abby Taylor, 13.8(t)/14.6(s). --Olivia Manke, 14.1(t)/14.2(s). --Becca Stern, 14.8(t)/15.0(s). --Mackenzie Broatch, 13.9. --Lindsey Testa, 14.3. --CCChadwick, 14.3. --Dayna Bussanich, 14.8. --Joanne Sidote, 15.4. --Anne McGinley, 15.4. --Alyssa Bennett, 15.8. --Tara Olsen, 16.0. --Romy Toorend, 16.2. --SarahKaate Calguire, 16.5. --Maram Jahabin, 16.6. Frosh 5-Sara Schmidt, 14.1(t)/14.0(s)/14.1(f). --Alex Formichella, 13.9(t)/13.8(s). --Jamie Ades, 14.8(t)/14.3(s). --Jasmine Tobdzic, 15.1(t)/14.8(s). --Megan Collier, 15.3. Becca Feder, NT. Sue Han, 16.0. --Tahiana Mehos, 18.0.

200: --Olivia Manke, 29.7. --Abby Taylor, 30.9. --Joanne Sidote, 32.8. --Romy Toorend, 32.8. Maryam Jahabin, 33.8. --(frosh)-Alex Formichella, 29.2. --Sara Schmidt, 29.6. --Jamie Ades, 28.8. Saskia Keppler, 29.8. --Megan Collier, 31.1. --Becca Feder, 31.4.

400:

800: --(JV)-Taylor Tai-2:43.2/ Charlotte Pillow-2:45.9. --(frosh)-Vera Mudrey-2:57.4. --Anya Sherman, 3:03.0. Sophia Barclay, 3:35.1

1600: Katie Reis-5:58.9/ Erin Dwyer-6:14.6/ Genevieve Felsenstein-6:14.8/ Emily Stern-6:20.4/ Katie Gammer-6:23.9/ Kayla Whitaker-6:49.3/ Molly Knee-7:27.1/ Angelica Esposito-DNF.

3200: ??

100H: -Amanda DeVera, 18.5.

400H: **1**-Amanda DeVera, 74.1.

Long Jump: ??

Triple jump: ??

High Jump: --Saskia Keppler, 4-6. --Amanda Devera, 4-2.

Pole Vault: 1-Tanner-8-0/ Juliana Kritzer-7-0/SamKllein-7-0.

Shot: --Maya,24-0. Olivia, 19-6. --Grace Harris, 19-5. Dani, 18-10. Amit, 18-0.

Discus: --Maya, 69-9. --Grace Harris, 53-11. --Dani, 46-0. Olivia, 44-1. Amit, 43-0.

Javelin: Erica Kontos-64-0

4X400: Comment:

Novice Meet at Ridgewood May 14, 2013

100: final: 1-Isabel Park-13.4, 3-Steph Kusel-13.7, 4-Monica Vitting-13.7. trials: Park-13.4/13.3. Vitting-13.6/13.2. Kusel-NT/13.3. Schmidt-13.6/13.9. Formichella-13.8/13.7. Ades-14.1/14.1. A.Taylor-NT/14.1. Bussanich-NT/16.7. Monnerat-13.3. Manke-14.0. B.Stern-14.2. Tobdzic-14.4. Sue Han-14.9. Collier-15.3. Bennett-15.7. Caliguire-15.9. Toornend-16.1. Allia Jahanbin-16.7. NT: Feder-NT. Tulsyani-NT. CCChadwick-NT, Olsen-NT. McGinley-NT. Sidote-NT. M.Jahanbin-NT. Mehos-NT.

200: 1-Monnerat-26.8, Kusel-27.6, Park-27.9, Schmidt-28.5, Bussanich-29.0, Manke-29.8, B.Stern-29.8, Broatch-30.0, Keppler-30.1, CC Chadwick-31.1, Collier-31.5, Feder-31.8, M.Jahanbin-34.1, A.Jahanbin-36.0, Tulsyani-NT, Olsen-NT, Bennett-NT, McGinley-NT, Sidote-NT, A.Taylor-NT, Mehos-NT, Toornend-NT, Caliguire-NT, Formichella-NT, S.Han-NT. (due to multiple heats, coaches were unable to get all times)

400: ?-Monica Vitting-66.0.

800: Taylor Tai-2:39.3, C.Pillow-2:46.3, M.Knee-3:14.8, S.Barclay-3:29.2

1600: F.Felder-5:56.1, K.Reis-6:00.3, G.Felsenstein-6:04.22, E.Stern-6:17.1, E.Dwyer-6:21.5, K.Gammer-6:25.1, V.Mudry-6:27.5, A.Sherman-6:35.9, K.Whitaker-6:38.8

3200: **3**-G.Felsenstein-13:18.0, **5**-E.Stern-13:37.8, E.Dwyer-13:57.5, K.Reis-14:12.7, A.Sherman-14:34.4

100H: **3**-Amanda DeVera-17.7, 17.7, 17.8.

400H: ? -Amanda DeVera-73.4

Long Jump: **2**-Park-14-8.5, L.DeVita-13-9.5, E.Flynn-13-3.5,

Triple jump: **3**-Park-30-10.5, A.DeVera-30-0.

High Jump: 2-Keppler-4-6, --DeVera-4-2.

Pole Vault: S.Klein-6-0, J.Kritzer-6-0, C.Gieselmann-6-0.

Shot: D.Kontos-20-5, Negron-20-5, A.Vogel-19-4, Grace Harris-19-2, D.Klein-18-7,

Buzzeo-18-6,

Discus: D.Kontos-57-0, C.Negron-48-5, Grace Harris-46-11, A.Vogel-46-0, D.Klein-41-8,

Buzzeo-34-5.

Javelin: 2-Erica Kontos-77-2.

Comment: We set some PR's, took home some medals and all in all had a great meet!

Bergen Championship May 15 & 17 & 18 2013

Wednesday at Indian Hills:

Shot: 17-Natasha Baum-24-11.5. 20-Courtney Cerasuolo-24-4. 24-Maggie Coakley-22-2.5

Disc: 12-Emma Cichocki-85-3. 20-Natasha Baum-73-0. 24-Maya Vogel-69-0. Javelin: 5-Emma Cichocki-95-04. 7-Sirai Ramirez-91-00. 14-Katie McKeon-82-04 High Jump: 4(tie)-Sophie Montgomery-4-10. -Megan Lucky-4-8. -Libby DeVita-4-6. 12-Katie McKeon-15-00.75. 12-Isabel Park-15-00.75. 22-Libby DeVita-14:3.5.

Pole Vault: 1-Mimi DeVita-11-0. 5(tie)-Emma Cichocki-8-0. 7-Becca Tanner-8-0.

Friday at Old Tappan:

 400H:
 2-Micaela McPadden-63.43. 9-Sirai Ramirez-69.23. 13-Katie McKeon-70.76

 100m:
 10-Isabel Park-13.56. 13-Lauren Monnerat-13.64. 22-Steph Kusel-13.99

 1600m:
 1-Catherine Pagano-4:57.10. 9-Sam Halvorsen-5:33.65. 17-Tara Cirillo-5:51.14.

 400m:
 13-Anna Caffrey-63.44. 15-Monica Vitting-64.00. 23-Sarah Davis-65.73.

Saturday at Old Tappan:

100H: **3**-Sirai Rameriz-15.93(16.35t). **4**-Mimi DeVita-16.38(16.72t). 7-Katie McKeon-16.53(16.61t)



800m: 20-Tara Cirillo-2:37.05. 25. Taylor Tai-2:44.20.

200m: 2-Micaela McPadden-26.23. 15-Anna Caffrey-27.80. 17-Lauren Monnerat-28.06.
 3200: 1-Catherine Pagano-10:39.88. 6-Sam Halvorsen-11:58.45. 12-Vanessa Reis-12:12.21

Triple Jump: 7-Emily Flynn-33-5.5. 9-Isabel Park-32-3.5. 19-Libby DeVita-31.4.25 4x400m: 5-Ridgewood-4:10.21, (Caffrey-61.9, Kusel-64.5, Park-62.9, Monnerat-60.9)

Comment: We were 2nd as a team to Northern Highlands which is a great accomplishment in strong Bergen A. We were very good all three days of the competition. Catherine's record setting performances in the 16 and 32 earned her the Record's "Athlete of the Week" Honor.



Ridgewood's Pagano makes big statement

By PAUL SCHWARTZ

STAFF WRITER

OLD TAPPAN - Most of the publicity in the first six weeks of the track and field season has gone to middle distance runners such as Josette Norris of Tenafly, Madison Holleran of Northern Highlands and hurdler Alexandra Cimino of Westwood.

That doesn't bother Catherine Pagano of Ridgewood, even though at times it seems she's been overlooked.

"They totally deserve the attention they're getting," said the sophomore Friday on the first day of the Red Littler Bergen County Track and Field Championships.

"I'm only a sophomore and not only are they all great runners, but

they're all great girls."

Pagano made sure she won't be forgotten, tearing apart the A Division 1,600 meters in 4:57.10, one of the top times in New Jersey this year and adding her name to an amazing list of Bergen County middle distance stars this year which includes Division C winner Corinne Myers of Westwood, Division B winner Julia Guerra of Indian Hills.

that we have so many girls running so well," said Pagano, who says she is well ahead of her pace of last year when she ran 4:56.35 for ninth at the state Meet of Champi-

"I know that a lot of people are watching me, coaches, fans and especially other girls, and I'm really looking forward to running some great times."

Paramus Catholic junior Tatiyanna Sanders is also catching the eye of many track fans.

The Teaneck resident ran a personal best 12.42 seconds to easily win the A Division 100 and long

Girls leaders

Leaders by division after Friday's competition:

DIVISION A

- 1. Northern Highlands 78.6
- 2. Paramus Catholic 35¾
- 3. IHA 32.6

DIVISION B

- 1. Ramapo 46
- 2. River Dell 34

3. Holy Angels 31 **DIVISION C**

- 1. Westwood 49
- 2. Hasbrouck Heights 38
- 3. Pascack Hills 36

DIVISION D

- 1. Queen of Peace 36
- 2. Emerson 33
- 3. Saddle Brook 26

jumped a career best 18-73/4, which for a time was the fifth best jump in Bergen history, winning the A division. But later Friday, Amanda Fields of Holy Angels, won the B Division by going a half-inch further, exciting Sanders even further.

"I saw Amanda [who was off to "It's really great for the county the Holy Angels prom after her victory] and we got excited about going against each other the next several weeks," said Sanders, "It's exciting because some colleges are starting to show interest and my speed and my hops are coming to-

> The improvement in both events validated Sanders' decision to give up basketball last winter and devote herself to track.

> "I still miss it, but I'm sure I made the right decision and I'm happy with it, and this makes it easier and easier to stick with it."

BERGEN COUNTY TRACK & FIELD CHAMPIONSHIPS

AT OLD TAPPAN HIGH SCHOOL

DIVISION A

TEAM SCORES: 1. Northern Highlands (NH) 111.6; 2. Ridgewood (Rwood) 63.35; 3. Paramus Catholic (PC) 62.75; 4. 63.35; 3. Paramus Catholic (PC) 62.75; 4. Immaculate Heart (IHA) 51.6; 5. Teaneck (Tea) 42; 6. Tenafly (Ten) 41¼; 7. Old Tappan (OT) 41; 8. Pascack Valley (PV) 32.2; 9. Bergen Tech (BT) 23; 10. Fair Lawn (FL) 17; 11. Hackensack (Hack) 7¾, 7.75; 12. Paramus (Param) 2. 100; 1. Tatiyanna Sanders (PC) 12.42; 2. Emma Sullivan (NH) 12.81; 3. Nicole Miller (PV) 12.81; 4. Aminah Sarraga (Tea) 12.90; 5. Naomi Clarke (Hack) (Tea) 12.90; 5. Naomi Clarke (Hack) 13.06; 6. Maria Acosta (PC) 13.29.

13.06; 6. Maria Acosta (PC) 13.29. 200: 1. Tatiyanna Sanders (PC) 25.85; 2. Micaela McPadden (Rwood) 26.32; 3. Nicole Miller (PV) 26.47; 4. Aminah Sarraga (Tea) 26.48; 5. Amanda Pook (NH) 26.86; 6. Tatianna Jenkins (PC) 27.04. 400: 1. Emma Sullivan (NH) 58.13; 2. Al-ice Urbiel (PV) 1:00.30; 3. Hillary McEl-wain (NH) 1:00.32; 4. Aminah Sarrraga (Tab) 1:06; 5. Papilla Bipolii (PR)

(Tea) 1:00.68; 5. Danielle Pinelli (FL) 1:00.86; 6. Maria Acosta (PC) 1:01.59.

800: 1. Josette Norris (Ten) 2:10.98; 2. Madison Holleran (NH) 2:11.36; 3. Phoebe Hersh (Ten) 2:18.69; 4. Catilin Ubl (OT) 2:19.64; 5. Colleen Buckley (IHA) 2:21.17; 6. Ariana North (NH) 2:22.17; 6.

2:23.79.
1,600: 1. Catherine Pagano (Rwood)
4:57.10; 2. Madison Holleran (NH)
5:08.94; 3. Ariana North (NH) 5:14.83; 4.
Veronica Rocco (Ten) 5:22.31; 5. Erin
Ahearn (IHA) 5:25.15; 6. Vivian Tu (BT)
5:29.93.

Anearr (IHA) 5:25.15; 6: Wilan IU (B1) 5:29.93.
3,200: 1. Catherine Pagano (Rwood) 10:39.88; 2. Ariana North (NH) 11:10.39; 3. Veronica Rocco (Ten) 11:30.87; 4. Erin Ahearr (IHA) 11:35.79; 5. Veronica Mahler (NH) 11:47.32; 6. Sam Halvorsen (Rwood) 11:58.45.
100 HH: 1. Amanda Simms (Tea) 15.64; 2. Shaye Wisse (IHA) 15.86; 3. Sirai Ramirez (Rwood) 16.39; 5. Nicole Pituras (Param) 16.39; 6. Kristi Nati (FL) 16.52.
400 IH: 1. Madison Holleran (NH) 10:295; 2. Micaela McPadden (Rwood) 1:03.43; 3. Phoebe Hersh (Ten) 1:05.68; 4. Emma Sullivan (NH) 1:06.24; 5. Hillary McElwain (NH) 1:06.99; 6. Kristi Nati (FL) 1:07.28.
Shot put: 1. Gabrielle Nutile (IHA) 34-6;

(FL) 1:07.28. Shot put: 1. Gabrielle Nutile (IHA) 34-6; 2. Yanique Spigner (BT) 34-1½; 3. Cydney Bradley (Tea) 33-9½; 4. Amanda Okereke (BT) 32-3½; 5. Ashley Rongo (FL) 32-1½; 6. Myrika Harding (Tea) 31-

334. US: 1. Ashley Rongo (FL) 110-4; 2. Sara Dec (NH) 108-0; 3. Dannie Griffin (PC) 105-6; 4. Amarys Berry (Hack) 103-10; 5. Yanique Spigner (BT) 100-5; 6. Stephanie Sopelsa (IHA) 100-3. Javelin: 1. Jackie Reyneke (NH) 132-0; 2. Rachel Diaz-Granada (BT) 114-2; 3. Dannie Griffin (PC) 103-3; 4. Patricia Lederer (IHA) 96-9; 5. Emma Cichocki (Rwood) 95-4; 6. Ashley Rongo (FL) 92-0. High jump: 1. Taryn DeLeon (OT) 5-2; 2. Taylor Parcells (OT) 5-0; 3. Jackie Reyneke (NH) 4-10; 4. Olivia Pandolfo (Ten) 4-10; 5. Kayla Adams (PC) 4-10; 6. Amber Redmond (Hack) 4-10; (tie) So-

phie Montgomery (Rwood) 4-10. **Long jump:** 1. Tatiyanna Sanders (PC) 18-74; 2. Shaye Wisse (IHA) 17-2½; 3. Taryn DeLeon (OT) 17-2½; 4. Amanda Simms (Tea) 16-9; 5. Debbie Majkowicz (IHA) 16-4½; 6. Anastasi Atkinson (Tea)

Triple jump: 1. Tatiyanna Sanders (PC) 38-0¾; 2. Anastasi Atkinson (Tea) 37-4¼; 3. Rosie Menyhart (PC) 36-2¾; 4. Shaye Wisse (IHA) 34-3¼; 5. Jackie Reyneke (NH) 34-3; 6. Lauren Bilali (OT)

39-2/4.
Pole vault: 1. Mimi DeVita (Rwood) 11-0; 2. Lauren Bilali (OT) 9-0; 3. Olivia Cas-sano (PV) 9-0; 4. Natalie Miller (IHA) 9-0; 5. Julie Weismiller (IHA) 8-0; 6. Rachel Kearney (PV) 8-0.

Kearney (PV) 8-0.

4x-400 relay: 1. Northern Highlands
(Madison Holleran, Amanda Pook,
Hillary McElwain, Morgan Busacca)
3:57.72; 2. Tenafly 3:58.70; 3. Pascack
Valley 4:03.95; 4. Old Tappan 4:09.08; 5.
Ridgewood 4:10.21; 6. Immaculate
Heart 4:10.23.

Girls: Big day for Maroons' Pagano

From Page S-9

ing of Northern Highlands' first A Division title, sometime early this afternoon. be at older brother Colin's graduation in more than a year. from Loyola (Md.) today

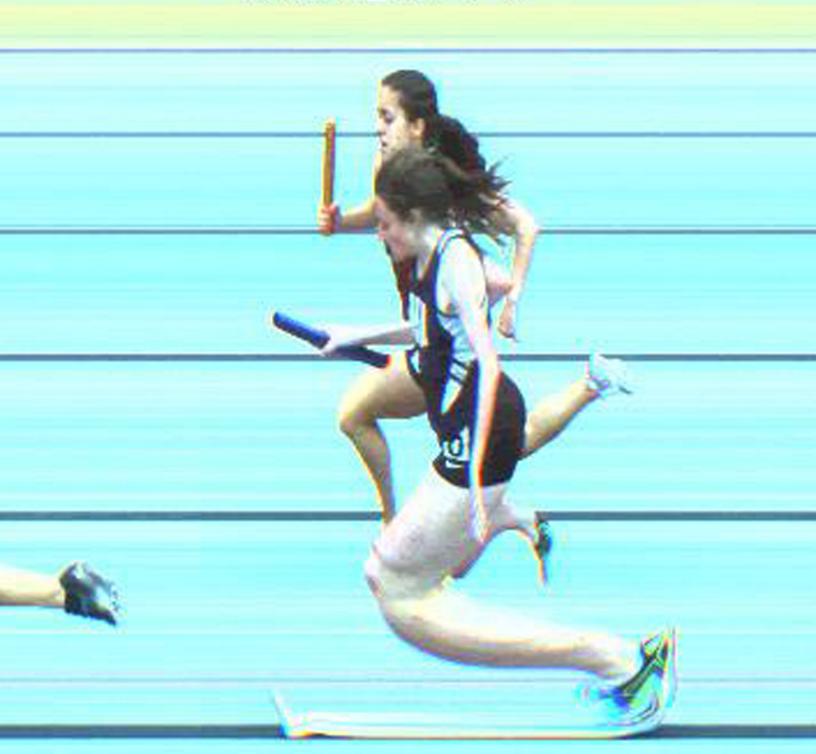
But Sullivan has already done more said Sullivan, who took second in the Emma Sullivan will miss the clinch- than her share for the Highlanders, 100 and won the 400, her normal scoring 22 points in her three events Friday, including a surprising fourth place The Boston College-bound senior will in the 400 hurdles, a race she hadn't run

"I'll be texting from Loyola for sure," miss."

events. "I can't believe how things have changed since I started running track last winter and I'm sorry to miss the celebration, but this is something I can't



0310,21



F THE WEEK

By ANDY VASQUEZ

STAFF WRITER

Many high school athletes view running as punishment. What happens when you mess up in practice? You do laps. So when Catherine Pagano tries to explains to her friends how much she loves running, she gets weird looks.

"They don't understand it because they think you're just out there running in circles," Pagano said.

"But I really like running, because it's kind of an escape."

Pagano isn't just escaping from the rigors of her busy

schedule at Ridgewood.

She's running away from the competition. Pagano won the Division A 1,600 and 3,200 meters at the Bergen County Track and Field Championships last week, earning her The Record Female Athlete of the Week honor.

She's only a sophomore, but Pagano is driven and analytical about her pursuit of becoming a better runner. She studies her favorite runners on television and by attending as many big-time meets as she can.

Whether she's running or just watching, she cherishes the excitement before the start of an important event.

"It's very fun to just fall in love with the sport all over

again," Pagano said.

Pagano prepares herself for every big race with a similar routine. She makes sure she's wearing two different-colored elastics in her hair.

She ties her shoes tightly and meticulously, to the point where her friends make fun of her. But her most important preparation takes place in her mind.

"I visualize what's about to happen and kind of put a

fun spin on it," Pagano said.

"There's a lot of determination and aggressiveness that goes into running. I think it really helps to picture the race like that, because if you really want it, it's much easier to

go out there and push yourself."

Also nominated: Danielle Roesing of Secaucus, Steph Thomas of IHA and Sarah Piening of Immaculate Conception for softball; Christina Welzer of Demarest, Cheyenne Bellerand of Emerson, Tatiyanna Sanders of Paramus Catholic, Claire Scavone of Ramapo, Julia Guerra of Indian Hills, Madison Holleran of Northern Highlands and Ayo O'Uhuru of Pascack Hills for track and field.



FEMALE ATHLETE

Sport: Track **Class:** Sophomore **Age:** 15 **Accomplishment:** Pagano won the 1,600 and 3,200 meters in Division A of the Bergen County Track and Field Championships.

: : : : :

East Coast Relays at Randolph Relays

Monday May 20th, 2013

4x100H: 4-Ridgewood-65.38, (Rameriz, McKeon, McPadden, DeVita)

7th on the Ridgewood ATL9th on Bergen County ATL

4x100m: 25-Ridgewood-52.26, (Caffrey, Kuzel, Park, Monnerat)

Two poor handoffs

Comment: Hurdlers won medals and we got great preparation for the meet this weekend.

BERGEN COUNTY TRACK & FIELD CHAMPIONSHIPS

Division races end up 'A'-OK for RHS

Boys claim first title since 2005

BY RON FOX

Depth charges have been known to demolish submarines in time of war. The Ridgewood High School boys track and field enauted its own version of the term to wrest a championship away from Don Bosco Prey Saturday, subduing the Ironmen with excellence in numbers







Division A girls 4-x-400 relay for Ridgewood. The Maroons edged out Immaculate Heart for fifth in the race by .02 to secure See BOYS TRACK, page C2 second place in the team standings, .6 points ahead of Paramus Catholic.

Golden girls DeVita and Pagano star

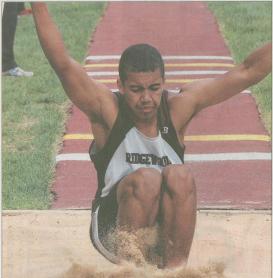
BY RON FOX

Jacob Brown had been impressed many times before, but Ridgewood High School sophomore Catherine Pagano's performance last weekend was, to her coach, an affirmation of her lofty lead to the coach, an affirmation of her lofty good times, and both were meet records," Brown, the RHS girls tack and field coach, said on Tuesday. "And with that, she earned The Record's Female Athlete of the Week award. She may wind up being the best I've had." Pagano won the 1,600 meters in 45°7.10 and the 5,200 in 10.39.88 at the Gene "Red" Littler Bergen County championships in Old Tappan, which concluded on Saturday. "As sophomore, she's running times that my best girls ran as juniors back in the day," Brown continued. "She's third all-time on our school list in the mile and third all-time in the two-mile. There's no jive about that. She can run. And she she of the property of the control of the she's not done yet."

There was lots for Brown to alented Division A field with 63.35 points. They placed behind Northern Highlands (11.6) and ahead of Paramus Catholic (62.78) and Immaculate Heart (51.6).

All four of Ridgewood's senior captains stood out. Mimi DeVita won the pole vault at a height of 11 feet and was fourth in the 100-meter high hundles (16.38 seconds). Micaela McPadden was second in both the 200-meter dash unit that clinched second place in the team standings for the Maroons with a fifth-place time of 4.10.21, edging out Irla by Junit that clinched second place in the team standings for the Maroons with a fifth-place time of 4.10.21, edging out leaves time of 4.10.21, edging out misses at 11-6. Which are the second place in the team standings for the Maroons with a fifth-place time of 4.10.21, edging out misses at 11-6. And then she was fourth in the 100-meter she was fo

See GIRLS TRACK, page C2



Junior Bryce Joyner of Ridgewood lands an 18-foot, 8.5-inch long jump in the Bergen County Division A meet last Saturday in Old Tappan.



Ridgewood senior Micaela McPadden, right, is hot on the heels of race-leader Tatiyanna Sanders of Paramus Catholic, center, in the Division A girls 200-meter dash. McPadden clocked a silver-medal 26.32 in the event.

FRIDAY MAY 24 2013

BOYS TRACK from C1
high hurdles in 15.04 seconds, and
Downing won the pole vault by
clearing 14 feet even.
"Both were favored to win
those events," Saladino noted
about the two seniors, "and they
responded to the pressure of
expectations. They scored in
points where we really needed
them."
Ridgewood piled up the points
with their vaunted depth, earning
three silver medals and five
bronze, to go along with thee
fourth-place showings, six fifths
and one sixth.
"We had a real breakthrough in
the spirits with Jake Sabatini, a
junior," said Saladino. "Jake was
third in the 200 [in 22.32] and
fourth in the 100 [in 11.05] against
the best sprinters in Bergen County.
And our field events exceeded
expectations. [Senior] James Sand
fourth in the 400-meter
land point of the solution of the solution

high hurdles on Saturday.

"Sirai was awesome," the coach added. "We had three girls make the finals of the high hurdles, and two of them placed. Sirai led the charge with her best time, a personal best in a big meet."

Brown had made an adjustment in the relay lineup, holding out the team's normal anchor, fourth in the team's normal anchor, fourth in the team's normal anchor, events. Sophomore Lauren Monnerat stepped in and sparkled with the ranchor performance. She followed Caffrey, sophomore Stephanie Kusel and Treshman Isabelle Park as the Maroons the samed their final points of the meet.

"We were third in the team." Ke Alos shuttle hurdle "We were third in the team." Randolph, 4x-100 shuttle hurdle "Randings", McPadden.

earned their imal points of the meet.

"We were third in the team standings until the relay," Brown said. "The girls were great, and Lauren passed the IHA girl with one yard left in the race with a great stretch finish. It was inspiring; that's the way to finish a meet."

a meet."
That relay lineup was noteworthy because it is one of the many examples of youthful talent on the roster that will enable the program

to continue on at a high level even after the seniors graduate.

One such athlete is junior Emma Cichocki, whom Brown recognized for taking part in "an interesting duality" by competing in the disparate events of javelin and pole vault. She was fifth in both the javelin (95 feet, 4 inches) and the vault (8-0), while sophomore Sophie Montgomery tied for fourth in the high jump (4-10). Freshman Sam Halvorsen added joints with a sixth-place time of 11:58:45 in the 3,200.

East Coast Relays
The Maroon girls had one more
achievement to add to the team
luster Monday at the East Coast
Relays in Randolph, where the
4-x-100 shuttle hurdles team of
Amirez, McPadden, Devita and
sophomore Katie McKeon made
history in a fourth-place finish.
The quartet ran the event in
ever in Bergen County.
"That was the sixth-fastest alltime at our school, too," Brown
said. "That was cool."

North 1 Group 4 Sectional Champs, Randolph High School, May 24 &25, 2013

Friday:

400 Hurdles: **6**-Micaela McPadden, 69.35. 10-Katie McKeon, 72.14. 13-Sirai Ramirez, 73.87. 100m: 17-Monica Vitting, 13.66. 18-Isabel Park, 13.74. 20-Lauren Monnerat, 13.78

1600m: **1**-Catherine Pagano, 4:59.11. 27-Taylor Tai, 6:15.63.

400m: **3**-Micaela McPadden, 59.59.

Shot Put: 25-Natasha Baum, 25-1.5. 28-Courtney Cerasuolo, 20-9.5. 30-Maya Vogel,19-0.5

Javelin: **3**-Emma Cichock, 98-6. 9-Katie McKeon, 85-01. 10-Sirai Ramirez, 82-1. Long Jump: 12-Katie McKeon, 14-0.25. 17-Isabel Park, 13-6.5. 23-Libby DeVita, 12-9.75

PoleVault: 2(T)-Abby Taylor, 9-0. 6-Becca Tanner, 8-0. --Mimi DeVita-NH

4X800mrelay: 7-Ridgewood, 10:20.20 (Weisberger-2:25.2, V.Reis-2:35.8, Cirillo-2:39.3, Cleary-2:39.7).

Comment: The rain and cold was the worst I have ever seen at a meet in May! The officiating was very slow. Our 4X8 was finished running at 9:30pm and we got back to Ridgewood at 11pm! At the end of this worst kind of day we are 3rd, 6 points behind Livingston for 2nd.

Saturday:

100 Hurdles: 5-Katie McKeon, 16.46(t),16.48(f). **6**-Sirai Ramirez, 16.27(t),16.85(f). 9-Mimi DeVita, 16.04(t), 17.83(f).

2-Catherine Pagano, 2:17.26. 20-Laura Weisberger, 2:35.38. 23-Tara Cirillo, 2:37.40

4x100mrelay: **3**-Ridgewood, 51.47 (Caffrey, Kusel, Park, Monnerat)

4-Micaela McPadden, 26.15. 14-Amanda Muccio-28.45. 16-Steph Kusel, 28.57.
 3200m: 1-Catherine Pagano, 10:57.60. 4-Kelly Cleary, 11:54.30. 10-Vanessa Reis-12:09.01
 Discus: 18-Emma Cichocki, 76-2. 19-Maya Vogel-68-9. 26-Natasha Baum-53-11.

Triple Jump: 4-Emily Flynn, 33-3. 9-Isabelle Park-31-3. --Libby DeVita, FFF.

High Jump: 9-Sophie Montgomery, 4-6. 15-Libby DeVita-4-4. --Megan Lucky, NH 4x400mRelay: 1-Ridgewood, 4:04.23 (Caffrey-61.8, Monnerat-61.8, Ramirez-62.2, McPadden-58.4)

Comment: After a long 2 days in 3rd place we scored 24 points in the final two events and moved ahead of Livingston for 2nd place. This earns our team a trip to Egg Harbor for the Group 4 team Championship.



BMOC at Hackensack Wednesday May 29, 2013

High Jump: **3**(tie)-Sophie Montgomery, 5-0.

100mH: 8-Katie McKeon, 16.23. 9-Sirai Ramirez, 16.28

400IH 1-Micaela McPadden, 63.12.

Pole Vault: 1-Mimi Devita, 10-10. --Abby Taylor, NH

4x400mrelay: **3**-Ridgewood, 4:02.86 (Caffrey-61.6, Monnerat-61.0, Ramirez-62.5, McPadden-57.7).

Comment: We had a great night! Micaela Wins a much deserved Championship, runs her fastest time and is now 2nd on the ATL Ridgewood list! Mimi joins a family tradition of BMOC champions: Her Dad in 1981, her brother in 2009 & 2010, and her sister in 2010!! Sophie did her best jumping and earned 3rd place. The 4x4 ran their fastest time of the year so far and grabbed third place medals from the 2nd heat! All in All we brought 8 athletes to the meet and 6 came home with medals.

State group 4 Championship at Egg Harbor Twp. High School 2013

Friday May 30

400IH: 4-Micaela McPadden, 63.15.

1600M: **2**-Catherine Pagano, 4:54.76.

Javelin: 22-Emma Cichocki-98-06. 26-Katie McKeon-78-02

Pole Vault: 20-Abby Taylor, 8-6.

Long Jump: 25-Katie McKeon, 14-11.5.

4x800relay: 22-Ridgewood, 10:06.71 (Weisberger-2:23.2, Reis-2:32.4, Cirillo-2:38.0, Cleary-2:32.7.)

Saturday June 1

100H: 23-Katie McKeon, 16.14.

3200: **2**-Catherine Pagano, 10:49.64. 21-Kelly Cleary, 12:25.04. 22-Vanessa Reis,

12:26.08.

4x100relay: 22-Ridgewood, 52.94 (Caffrey, Kusel, Park, Monnerat)

Triple Jump: 23-Emily Flynn-33-00.75. --Isabelle Park-DNC (scratch)

High Jump: 11-Sophie Montgomery, 5-2.

4x400relay: 17-Ridgewood, 4:07.67 (Caffrey-63.3, Muccio-63.4, Monnerat-62.4, McPadden-58.1.)

Comment: We have 3 athletes who advance to the State Meet of Champs. Congratulations to Catherine, Micaela and Sophie. This is a long two day meet and it was difficult to stay focused until the end. But we were part of the new state scoring system and had a team overnight trip to Egg Harbor! We have a number of good things to take away from this meet.

Bergen Frosh Champs at Ridgewood BF

June 3, 2013

100: --Isabel Park-13.1(t),13.4(s). --Alex Formichella-14.2. --Becca Feder14.7. --Megan Collier-14.9. --Sue Han-15.1. --Allia Jahanbin-16.6. --Tatiana Mehos-18.1. --Sonal Tulsyani-18.8.

200: **5**-Isabelle Park-27.4. --Alex Formichella-28.8. --Megan Collier-30.5. --Becca Feder-30.9. --Sue Han-32.2. --Allia Jahanbin-37.9. --Tatiana Mehos-39.6. --Sonal Tulsyani-40.0.

400: **4**-Jamie Ades-63.0. --Sara Schmidt-68.9

800: **5**-Katie Reis-2:37.8. --Vera Mudrey-2:49.4. --Mollie Knee-3:14.0. --Anjelica Esposito-3:29.2. --Sophia Barclay-3:37.3.

1600: **3**-Vanessa Reis-5:29.6. **6**-Sam Halvorsen-5:32.2. --Erin Dwyer-6:15.0. --Cayla Whittaker-6:30.8.

3200: 1-Vanessa Reis-12:24.8. Emily Stern-13:49.1. Anja Sherman-14:54.4.

High Jump: 5-Saskia Keppler-4-6.

Shot: --Olivia Buzzeo-19-6.5. --Grace Harris-16-10.

Discus: --Olivia Buzzeo-51-3. --Grace Harris-47-6.

4X400: **6**-Ridgewood, 4:33.4 (Formichella-68.8, Schmidt-70.8, Keppler-68.2, Ades-65.8)

Comment: We took home some medals and had some good performances but were unable to keep up with Division A winner Old Tappan. A notable double medal performance by Vanessa Reis in the 1600 and 3200. This meet was twice rain postponed from its traditional date.

SMOC South Plainfield High School June 5, 3013

High Jump: --Sophie Montgomery, NH.

opening height was 5-2, Sophies PR

400 Hurdles: 4-Micaela McPadden, 61.36.

RHS school Record, 3rd on all time Bergen List.

3200m: --Catherine Pagano, DNF.

Catherine fell and was unable to continue on lap 7.

RHS Best Performances List - 2013

<u>100</u>:

12.7 - McPadden

13.1 - Park

13.66 - Vitting

<u>200</u>:

26.15 – McPaddan

26.8 - Monnerat

27.4 – Park

27.80 - Caffrey

<u>400</u>:

57.7 – McPaddan

63.30 - Vitting

63.44 - Caffrey

<u>800</u>:

2:15.2 - Pagano

2:22.6 - Weisberger

<u>1600</u>:

4:54.76 – Pagano

5:34.7 - Cleary

<u>3200</u>:

10:39.88 - Pagano

11:54.30 – Cleary

11:58.45 - Halvorsen

100H:

15.3 - M.DeVita

15.93 – Ramirez

16.14 - McKeon

<u>40</u>0H:

61.36 – McPaddan

67.8 – Ramirez

69.8 - McKeon

LongJump:

15' 00.75" - McKeon

15' - Montgomery

14' 8.5" - Park

<u>TripleJump</u>:

34' - M.DeVita

33' 5.5" - Flynn

32' 3.5" - Park

HighJump:

5'2" – Montgomery

4' 8" – Lucky

4' 8" -M.DeVita

PoleVault:

11' 0.5 - M.DeVita

9' 6 - A.Taylor

Shot:

26' 4.5" - Baum

25' - Cerasuolo

Discus:

86' - Cichocki

Javelin:

105' 6" - Cichocki

98' 8" - McKeon

96'10" - Ramirez

Relays:

4x100 - 51.47

4x400 - 4:02.86

4x100H - 65.38

DM - 12:16.29

SECTION

ALL-SUBURBAN GIRLS TRACK & FIELD

Summer reruns' garner high ratings

Repeats are welcome sight for 16 athletes who receive recognition for at least a second time

> BY JIM MCCONVILLE Correspondent

RIDGEWOOD – Northern Highlands and Westwood have been making big strides in girls track and field the past few seasons, and the Highlanders and Cardinals find themselves in an unfamiliar but welcome spot. The two area high schools combine with longtime powerhouse Ridgewood to fill the most spots on the 2013 All-Suburban first team.

North 1, Group 3 champ Northern Highlands is represented in 4-of-17 events, while Ridgewood and Westwood are each represented in three. Paramus Catholic had two athletes selected, and five other schools occupy one slot apiece on a unit with nine seniors, six juniors, two sophomores and three freshmen (including the relay foursome).

This year, a whopping 16 girls have earned All-Suburban recognition for at least the second time, including six who are three-time overall picks: Westwood's Alexandra Cimino (2011-13 first team), Ramapo's Deanna DiLandro and Mahwah's Gena Pickett ('11-12 first team, '13 second team), Northern Highlands' Madison Holleran ('11-12 second team, '13 first team) and Ariana North ('11-13 second team) and River Dell's Paige Fernandez ('11-13 second team).
Four others repeat on the first team,

three more (besides Holleran) move up from last season's second team, and two Waldwick long jumper Patty McHugh and River Dell shot putter Laura Oh are two-time second-team honorees.
Corinne Myers of Westwood moves

to the first team from the Sophomore of the Year spot, something that this year's choice, Shaye Wisse of Immaculate Heart, will try and duplicate next season.

The individual profiles:
TATIYANNA • SANDERS, Paramus Catholic — A first-teamer in the jumps last year, this junior earns her spot in the 100-meter dash this spring. The Teaneck resident had an active season, notching a first in the high jump and a third in the triple jump in Group A at the Bergen County Relays, followed by a 12th in the long jump at the Penn Relays and a triple gold in the Ironman Invitational 100, long jump and triple jump. She then surged into the postseason, winning the 100, 200 and long jump and taking second in the triple jump at the Big North-United meet and pulling off a quadruple at the Bergen Group A meet with gold in the sprints and the long and triple jumps.

After winning the long jump and adding a third in the triple, a sixth in the 100 and a 19th in the 200 at the North Non-Public A meet, Sanders won the sprints and the long jump and took third in the triple jump at the Bergen Meet of Champions (BMOC). At the State Non-Public A finals, she tripled in the 100 and the two jumps before closing with a sixth in the long jump, a 10th in the triple jump and a 17th in the 100 at the State Meet of Champions (SMOC). She had the second-fastest 100- (12.28 seconds) and 200-meter (25.50) times in North Jersey this season, plus the No. 2 long jump (18-7¹/₄) and triple jump (38-0³/₄). **CLAIRE SCAVONE, Ramapo** — A mem-

ber of the Green Raiders' 4-x-400 relay quartet that garnered first-team honors a year ago, this speedy senior makes the grade on her own for 2013. She even tried her hand at the pole vault at the County Relays, firtishing 12th in Group A, but the sprints were her bread and butter. She was second in the 100 at the Crusader Relays before taking on the postseason, which began with seconds in the 100 and 200 and a fourth in the 400 for the Big North-Freedom champs.

Scavone earned gold in the 100 and 200 and silver in the 400 at the Bergen B meet, helping Ramapo to a second team title, and followed that up with a third in the 100 and a fourth in the 200 at the North 1, Group 3 sectional. She placed third in the 200 and eighth in the 100 at the BMOC, then was 14th in the 200 and 18th in the 100 at the State Group 3 finals. On the season, she ran the fifthfastest 200 time in North Jersey (25.63) and the ninth-best 400 clocking (58.86).

EMMA SULLIVAN, Northern Highlands — A solid competitor in the sprints, this senior excelled in the 400, where her 56.51-second best ranked as the fastest time in North Jersey this season. The Ho-Ho-Kus resident also had the fastest 200meter clocking (25.48) in the area, and she owns a 12.73-second personal record in the 100 meters. She ran second



TATIYANNA SANDERS **Paramus Catholic**

in the Ironman Invitational 400 in her only regular-season major but got the postseason off to a solid start by winning the 200 and 400 and taking third in the 100 at the Big North-Freedom meet. Sullivan won the 400 and ran second

in the 100 and fourth in the 400-meter intermediate hurdles at the Bergen A meet, then added a win in the open 400, a third in the 200 and an eighth in the 400 hurdles at the North 1, Group 3 sectional. The repeat first-teamer was second in the 400 and fourth in the 200 at the Group 3 finals and capped her career with a ninth in the SMOC 400, and she plans to run for Boston College.

MADISON HOLLERAN, Northern High-lands — A strong mid-distance runner, this senior from Allendale excelled in the 400 hurdles as well, giving early indications by placing first in the County Relays Group A hurdles and third in the Ironman Invitational hurdles. She opened the postseason with gold medals in the 400 hurdles and 800 meters while adding a bronze in the 3,200 at the Big North-Freedom meet, and she continued with gold in the hurdles and silver in the 800 and 1,600 at the Bergen A meet.

Holleran then won the 400 hurdles and the 800 at the North 1, Group 3 sectional before winning the 800 and running second in the hurdles at the State Group 3 finals. She bested fellow first-teamer Corinne Myers to win a classic duel in the SMOC 800, and the 2:08.87 she logged in that race was the fastest time in North Jersey this season and third-fastest in Bergen history. Bound for UPenn, she also had a 1:02.28 hurdles best (No. 4 in North Jersey) and

a 5:08.94 best in the 1,600 (No. 7).

CORINNE MYERS, Westwood Already one of the top distance runners in Bergen County, this junior continued to improve her times as the season went along. She opened the campaign with a

All-Suburban Girls Track

FIRST TEAM

100-Tatiyanna Sanders, Paramus Cath.Junior 200-Claire Scavone, RamapoSenior 400-Emma Sullivan, No. HighlandsSenior 800-Madison Holleran, No. Highlands .Senior 1-Mile-Corinne Myers, Westwood... 1,600-Julia Guerra, Indian Hills.....Frosh 3,200-Catherine Pagano, Ridgewood....Soph. 100H-Alexandra Cimino, Westwood.....Senior 400H-Micaela McPadden, Ridgewood .Senior

1,600 RELAY: Northern Highlands	
- Madison Holleran	Senior
- Hilary McElwain	Freshman
- Amanda Pook	Freshman
- Emma Sullivan	Senior
SP-Chevenne Bellerand, Emerson	Junior
DISC-Kailee Oakes, Westwood	Junior
JAV-Jackie Revneke, No. Highlands	Senior
HJ-Lisa Carle, Midland Park	Junior
LJ-Kelly Redl, Ramsey	Junior
TJ-Rosie Menyhart, Paramus Catho	
PV-Mimi DeVita, Ridgewood	

SOPHOMORE OF THE YEAR Shaye Wisse, Immaculate Heart

SECOND TEAM

100-Ayo O'Unuru, Pascack Hills	trosi
200-Kaitlin Salisbury, Hawthorne	Frosl
400-Deanna DiLandro, Ramapo	Junio
400-Katie Vernon, Ramsey	Senio
800-Anna Richard, No. Highlands	Junio
1,600-Emily Croonquist, River Del	IIJunio
3,200-Ariana North, No. Highland	sSenio
100H-Jenna Dyksen, Hawthorne	Junio
400H-Paige Fernandez, River Del	1Senio
1,600 RELAY: Westwood	
- Alexandra Cimino	Senio
- Corinne Myers	Junio
- Alesia Passaro	Sophomore
- Emma Pranschke	Sophomore

SP-Laura Oh, River Dell..... DISC-Jessica Molina, Westwood... JAV-Melissa Terpstra, Midland Park.. HJ-Sophie Montgomery, RidgewoodSoph. HJ-Jenna Phillips, Ramapo LJ-Patty McHugh, Waldwick TJ-Gena Pickett, Mahwah PV-Megan Gambuti, Ramapo.

second in the 1,600 and a fourth in the 800 at the Lady Skins Invitational (Pa.), won the Ironman Invitational 1-mile run and took ninth in the mile at the Glenn Loucks Games (N.Y.), before running third in the Big North-Patriot 400.

Myers won the 800 and 1,600 and ran

a leg for the winning 4-x-400 relay at the Bergen C meet, then won gold in the 800 and 4-x-400 and silver in the 1,600 at the North 1, Group 2 sectional. She finished first in the 800 and second in the 1,600 at the Group 2 finals before placing second in the SMOC 800 with the fourth-fastest time in Bergen history (2:09.74).

At New Balance Nationals, Myers added a PR of 5:00.97 in the mile and teamed with Alexandra Cimino on the Cardinals' sprint medley squad that set a Bergen County record of 4:02.34. She also ran the No. 4 1,600 time in North Jersey (4:56.60).

JULIA GUERRA, Indian Hills — This freshman certainly made a big splash in 2012-13, following up first-team All-Suburban honors for cross-country in the fall by earning a nod on the elite unit for spring track. She came on strong in the postseason, beginning with gold in



The 3,200-meter honorees on the 2013 All-Suburban girls track and field squads are, from left, Ariana North of Northern Highlands (second team) and Catherine Pagano of Ridgewood (first team).

ALL-SUBURBAN PUBLICATION SCHEDULE

June 14: Boys Lacrosse June 21: Girls Lacrosse

June 28: Baseball July 5: Softball

July 12: Boys Track & Field **TODAY: Girls Track & Field** July 26: Boys Tennis

Aug. 2: Boys, Girls Golf

the 3,200 and silver in the 1,600 at the Big North-Freedom meet, which she followed up with double gold in the 1,600 and 3,200 at the Bergen B meet.

Guerra got silver in the 1,600 and bronze in the 3,200 at the North 1, Group 3 sectional. In the State Group 3 finals, the Oakland resident took fourth in the 1,600, and she closed with a fifth in the SMOC 1,600, where her 4:52.69 ranked No. 2 in North Jersey this spring and No. 3 all-time in Bergen County. She also had the third-fastest 3,200 time (10:55.87) in the area this season.

CATHERINE PAGANO, Ridgewood —

There was no sophomore jinx for this Maroon, who now owns the sixth-fastest 3,200 time in Bergen history (10:39.88, No. 3 in school history), plus top-five times in North Jersey this year in the 1,600 (4:54.76, No. 3) and 800 (2:17.26, No. 4). Now a two-time first-team pick, she got the spring started with a 13th in the 3,200 at the Arcadia (Calif.) Invitational before excelling in the postseason, which she began by helping Ridgewood to gold medals in the Group A 4-x-800, 4-x-1,600 and distance medley at the County Relays.

Pagano captured individual gold in the 1,600 and bronze in the 800 at the Big North-Freedom meet, swept the 1,600 and 3,200 titles at the Bergen A meet and followed by taking gold in the 1,600 and 3,200 and silver in the 800 at the North 1, Group 4 sectional. She placed second in the 1,600 and 3,200 at

the State Group 4 finals and should be primed to take a run at the county 3,200 record next year.

ALEXANDRA CIMINO, Westwood — Perhaps the best girls track performer in Cardinals' history, she followed up a sensational junior campaign with a stellar senior effort. She took on all comers, opening the season with a 400-meter hurdle victory in the Kings Relays (N.Y.), then won both the 100 and 400 hurdles races at the Red Raider Relays. She took fourth in the Penn Relays 400 hurdles before earning gold in the 400 hurdles and silver in the 100 hurdles at the Ironman Invitational.

Cimino began the final month with wins in the 100 hurdles and 200 at the Big North-Patriot meet and a quadruple gold at the Bergen C meet, where she won the open 400, both hurdle races and ran a leg on the winning 4-x-400 relay. She tripled in North 1, Group 2 (400, 400 hurdles, 100 hurdles) and won the 100 hurdles at the BMOC, then took second in both hurdle races at the Group 2 finals before running third in the high hurdles and fifth in the intermediates at the SMOC, the latter in a county-record 1:00.08. She ended her career with a 12th in the 100 hurdles and a 10th in the 400 hurdles at Nationals.

Cimino's 14.72 PR in the 100 hurdles was No. 1 in North Jersey this year, and the Maryland-bound standout also had a 57.40 best in the 400 (No. 2)

MICAELA McPADDEN, Ridgewood — This senior was chosen to last year's second team in the 400-meter dash and moves up to the top squad in the hurdles event of the same distance. The four-year varsity mainstay got her final season underway by running with the Maroons' 4-x-800 and distance medley relays at Arcadia before clocking the secondfastest 400 hurdles time at the County Relays to help her team to Group A gold in both the event and the overall team competition. She kicked off the postseason with a silver medal in the 400 hurdles and a bronze in the 400 meters at the Big North-Freedom meet prior to earning silver in the 400 hurdles and 200 at the Bergen A meet.

McPadden placed third in the 400, fourth in the 200, sixth in the 400 hurdles and anchored the winning 4-x-400 relay at the North 1, Group 4 sectional before breaking through with her first 400 hurdles win of 2013 at the BMOC. Her fourth in the 400 hurdles at the State Group 4 finals advanced her to the SMOC, where ran a school-record 1:01.36 (No. 3 in Bergen history, No. 2 in North Jersey this season) to finish fourth. She plans to continue her career at the University of Rhode Island.

NORTHERN HIGHLANDS 1,600 RELAY - First-team honorees Madison Holleran and Emma Sullivan were joined by a pair of freshmen, Hilary McElwain and Amanda Pook, to form a quartet that had the top time 4-x-400 clocking in North Jersey this season with a Bergen Countyrecord 3:51.44. They won the County Relays Group A race prior to embarking on the final month of the season with a second in the Big North-Freedom meet.



PHOTO COURTESY OF JACOB BROWN

All-Suburban first-team selections Corinne Myers of Westwood (No. 2031) and Madison Holleran of Northern Highlands (1599) staged a classic duel in the 2013 State Meet of Champions 800-meter run.



MARION BROWN/STAFF PHOTOGRAPHER

Recent Ridgewood High School graduate Storm Dublirer signs his letter of intent on June 12 to continue his running career at the University of Pennsylvania. Standing behind Dublirer are, from left, RHS boys track and field coach Josh Saladino, his mother, Nicola, and RHS Principal Dr. Tom Gorman.

Dublirer, Salamone set to run for D-I colleges

BY GREG TARTAGLIA Assistant Sports Editor

RIDGEWOOD -Storm Dublirer and Nick Salamone have run together on both the cross-country course and the track throughout their Ridgewood High School careers. Each will focus on one of the two venues moving forward.

The two Maroon standouts discussed their college plans during RHS National Letter of Intent Media Day on June 12. Salamone will stick to the long distances and head for the Catskills to Marist College in Poughkeepsie, N.Y. Dublirer is bound for the University of Pennsylvania to compete on the same Franklin Field track where he helped Ridgewood medal in its Penn Relays 4-x-400 relay heat in April.

Both recent graduates ended their varsity careers on top, having contributed to the Maroons' 2012-13 North 1, Group 4 championships in crosscountry (their third straight), wintrack (second in three years)

The latest sectional crown also capped Ridgewood's sweep of all four major-meet titles for which it competed this spring, including

league, county and county relays.
"Winning the [spring track] sectional championship this year was, I think, definitely the highlight of my running career" at RHS, Dublirer said.

Of course, those words were spoken three days before Ridgewood's historic outing at New Balance Outdoor Nationals in Greensboro, N.C. That day, the 6-footer had yet another memoFrom RHS to the NCAA

At Ridgewood High School Media Day on June 12, seven RHS seniors signed letters of intent to continue their athletic careers at Division I colleges. Over the summer, The Ridgewood News will run features highlighting each:

July 12 (Women's lacrosse): Charlotte Morley, Quinnipiac

TODAY (Men's track & field): Storm Dublirer, UPenn; Nick Salamone, Marist

July 26 (Women's track & field): Micaela McPadden, Rhode Island

■ Aug. 2 (Men's rowing): Anthony Criscitiello, Holy Cross; John Sluis, Columbia

Aug. 9 (Women's rowing): Kat Francis, Delaware

rable meet with a pair of 800-meter relay splits that beat his pre-vious best by nearly two seconds: 1:52.48 in the sprint medley and 1:52.70 in the 4-x-800. The Maroons earned All-America honors in the former race and set a new Bergen County record (7:44.30) in the latter

He also considered the University of California at Berkeley but never made it to the West Coast

isited it, and spring track (fourth straight). and I loved it," said Dublirer, 18, who is interested in studying finance. "If I hadn't gotten in and ended up getting into Berkeley, I was going to fly across the country and check it all out. But I ended up getting into Penn, and those were the only two schools I had

to apply to."
The 5-8 Salamone, 17, wound up choosing between Marist and the University of New Hampshire – not an easy call, given his affin-

ity for mountain landscapes. "I'm an Eagle Scout, so I actually work up in the Adirondacks "There's just something about being an Éagle Scout that draws me toward a rural area."

Ultimately, the Red Foxes offered him a partial athletic scholarship to help clinch the

Salamone earned two medals at the North 1, Group 4 spring track meet, a silver in the 1,600 meters and a bronze in the 3,200. His senior year included three individual sectional gold medals "I decided to go early decision as well: two for indoor track 1,600/3,200) and the North 1, Group 4 cross-country title, which made him the fifth Ridge-

wood race winner in 10 years. His varsity cross-country career drew to a close at the State Meet of Champions, where he logged a personal Holmdel Park best to place 24th and author one

of his favorite RHS memories. "I ran 16:17 at Holmdel, which is a top-six time in school history [for that course], so I was pretty pleased with that," said Salamone, who would like to study business administration.

during the summer," he said. Email: tartaglia@northjersey.com



Recent Ridgewood High School graduate Nick Salamone signs his letter of intent on June 12 to continue his running career at Marist College. Seated next to Salamone are his father, Alex, and mother, Amy. In the back row are, from left, RHS boys track and field coach Josh Saladino and RHS Principal Dr. Tom Gorman.

GIRLS TRACK from C1

The Highlanders' foursome went on to win the 4-x-400 at the Bergen A meet, the North 1, Group 3 sectional, the BMOC and State Group 3 finals before closing with a fourth-place 3:52.78 in the SMOC.

CHEYENNE BELLERAND, Emer-

son — A second-team choice in 2012, this junior picked up numerous individual titles on the way to the top shot put in North Jersey this season (41 feet, 3½ inches). Her campaign began with a win in the shot and a second in the discus at the Lyndhurst Invitational and continued with victories in the Group D shot put and discus and a seventh in the javelin at the County Relays.

In the postseason, Bellerand won the shot put and javelin and took second in the discus at the NJIC Patriot Division meet and added wins in the shot put and discus and a second in the javelin at the Bergen D meet. In North 1, Group 1, she placed second in the shot and discus and seventh in the javelin, then was second in the shot and third in the javelin at the BMOC. She was fourth in the shot and 11th in the discus at the Group 1 finals and closed with a sixth in the SMOC shot put.

KAILEE OAKES, Westwood -This junior was an integral part of the Cardinals' success, scoring valuable points in the throws to help them to the Bergen Group C team title. She got started at the Pearl River Relays, placing first in the discus and fourth in the shot put, and added with a third in the discus and a sixth in the javelin at the Lady Skins meet. She took second in the discus, third in the shot and 15th in the javelin at the County Relays and won the Ironman Invitational discus.

Oakes' postseason began in the Bergen C meet with a second in the discus, a third in the shot put and an eighth in the javelin, and she was fourth in the discus, sixth in the shot and 12th in the javelin at the North 1, Group 2 sectional. A fourth in the discus and 13th in the javelin at the BMOC preceded a third in the discus, a 16th in the shot put and a 26th in the javelin at the Group 2 finals. She closed with a 15th in the SMOC discus, and her discus best was 115-11 (No. 4 in North Jersey).

JACKIE REYNEKE, Northern Highlands — After earning firstteam All-Suburban accolades three times for basketball and twice for soccer, this senior makes her first appearance on the elite unit for girls track and field after taking off the spring of her junior year. She got things going at the County Relays with fourths in the Group A high jump and javelin and an eighth in the triple jump, then won the javelin at the Ironman Invitational.

Reyneke won the javelin and triple jump and took second in the high jump and fifth in the 100 hurdles at the Big North-Freedom meet and followed with a win in the javelin, a third in the high jump, a fifth in the triple jump and a ninth in the hurdles at the Bergen A meet. She won the javelin and was eighth in the high jump and 10th in the triple jump in North 1, Group 3, placed fifth in the high jump and javelin at the Group 3 finals and ended her career with a 25th in the SMOC javelin. The 6-3 Upper Saddle River resident had the third-best javelin toss in North Jersey this spring (132-0) and plans to play basketball at Princeton.



PHOTO COURTESY OF JACOB BROWN

MICAELA McPADDEN - Ridgewood

LISA CARLE, Midland Park — This junior's personal best of 5-4 in the high jump ranked No. 3 in North Jersey this season, and she was very diverse in the events she competed throughout the regular season. She won the high jump at the Aviator Invitational and also helped the Panthers to team gold in the Group D high jump at the County Relays, where she placed 16th in the shot put. At the NJIC Patriot meet, she claimed gold in the high jump, 100 hurdles and 200 and silver in the triple jump.

Carle added a high jump win, a second in the 100 hurdles and a fifth in the 200 at the Bergen D meet before collecting silver in the high jump and bronze in the 100 hurdles at the North 1, Group 1 sectional. She placed seventh in the hurdles and second in the high jump at the BMOC, then ran 11th in the hurdles and took second in the high jump at the State Group 1 finals

KELLY REDL, Ramsey — It was a season of improvement for this junior, who competed in both the sprints and the jumps. She started strong, finishing first in the long and triple jumps at the Aviator Invitational and adding a fourth in the long jump and an eighth in the triple at the County Relays. At the Big North-Patriot meet, she earned gold in the long jump, silver in the 200 and bronze in the 100, then followed with a second in the long jump and a ninth in the 200 at the Bergen B meet.

Redl garnered bronze in both the long jump and 200 at the North 1, Group 2 sectional, then closed the year with a 17th in the long jump and a 19th in the 200 at the State Group 2 finals. An All-Suburban second-team honoree for girls soccer last fall, she recorded track and field bests of 17-4½ in the long jump (No. 5 in North Jersey) and 33-11¼ in the

ROSIE MENYHART, Paramus Catholic — The latest standout in what is becoming a traditionally strong event for the Paladins, this sophomore had the No. 4 triple jump in North Jersey this season at 37-73/4. She opened with a second in the triple jump at the Comet Relays, a second in the triple and a 20th in the high jump at the County Relays and a second in the triple jump and an eighth in the 400 hurdles at the Ironman Invitational.

Menyhart had a third in the triple jump, a seventh in the 400 hurdles and a 26th in the 400 34-81/2 in the triple jump.

meters at the Bergen A meet. After winning the triple jump and placing fifth in the 400 hurdles at the North Non-Public A meet, she won the triple jump and was 12th in the hurdles at the BMOC. She finished fifth in the triple jump at the State Non-Public A finals and ended with a 17th in the SMOC triple jump.

MIMI DeVITA, Ridgewood —

Following a family tradition of strong jumpers, this senior contributed in other events during the season but made her mark in the pole vault, clearing the No. 2 height in North Jersey this spring (11 feet). At the County Relays, she helped the Maroons to Group A gold in the pole vault, high jump and shuttle hurdles, and she added a gold in the 100 hurdles and silver in the triple jump at the Big North-Freedom meet.

In making her ascent from the 2012 second team, DeVita won the pole vault and took fourth in the 100 hurdles at the Bergen A meet before scoring a ninth in the hurdles at the North 1, Group 4 meet, where a no-height in the pole vault derailed her chance to advance to the state level. She still went out in style, though, winning the BMOC pole vault to join father Tom (Bergen Catholic '81), brother Tommy (Ridgewood '10) and sister Sarah (Ridgewood '11) as BMOC gold medalists. She finished with PR's of 34 feet in the triple jump, 16.04 in the 100 hurdles and 11-1 in the pole vault.

SHAYE WISSE, Immaculate Heart — Specializing in the jumps and also competing in the 100 hurdles, this sophomore became a major component of the IHA lineup. She impressed early, tak-ing first in the long jump, fourth in the high jump and sixth in the triple jump at the County Relays before placing second in the hurdles, thirds in the long and triple jumps and a fifth in the high jump at the Big North-United meet.

After seconds in the hurdles and long jump and a fourth in the triple jump at the Bergen A meet, Wisse took third in the hurdles and long jump and fifth in the triple jump at the North Non-Public A meet. A fourth in the BMOC long jump preceded sixths in the long and triple jumps and a seventh in the hurdles at the Non-Public A finals. She closed with a 28th in the long jump and a 34th in the triple at the SMOC and set PR's of 15.86 in the hurdles, 17-21/2 in the long jump and



PHOTO COURTESY OF JACOB BROWN

Versatile seniors Mimi DeVita of Ridgewood (left) and Jackie Reyneke of Northern Highlands, shown vying in the 100-meter hurdles, were named to the All-Suburban first team in the pole vault and javelin, respectively.

McPadden inks letter to run track at Rhode Island

BY GREG TARTAGLIA Assistant Sports Editor

RIDGEWOOD - Micaela McPadden wastes no time.

In her four years of varsity track and field at Ridgewood High School, the 5-foot-6 sprinter/hurdler built her reputation on getting to the point as quickly as possible - and often spoke about her races in similar fashion.

True to form, the affable McPadden was both fast and friendly in relating the reasons she chose the University of Rhode Island at RHS National Letter of Intent Media Day on June 12. She involuntarily showed another example of her perseverance that day as well, since she was battling a sore throat and partial loss of voice.

"I was looking at Loyola [Md.] and UMass, too, but I always knew I wanted to go to Rhode Island," she said. "I like the location, it's close to the beach... it was just a good fit for me."

McPadden, 18, capped the spring of her senior season by running the fastest 400-meter hurdles time in school history (1:01.36, third-fastest in Bergen County history) at the 2013 State Meet of Champions, where she earned a fourth-place medal. Her the Ridgewood girls' second record-setter in the hurdles to opt for the Kingston, R.I. school.

Lara-Jane Que (Class of 2007) lowered the Maroons' 100-meter hurdles record to 14.54 seconds - a mark that still stands - during her senior campaign at RHS Island. She then ran the No. 4 high hurdles time in URI women's team history (14.01) in 2010 and also set a Rams record of the interview.



MARION BROWN/STAFF PHOTOGRAPHER

clocking ensured she would be Recent Ridgewood High School graduate Micaela McPadden signs her letter of intent on June 12 to continue her track and field career at the University of Rhode Island. Seated next to McPadden are her father, Michael, and mother, Janice. In the back row are, from left, Ridgewood sprints/hurdles coach Josh Saladino, Ridgewood girls track head coach Jacob Brown and RHS Principal Dr. Tom Gorman.

> in the 60-meter indoor hurdles (8.58) the following winter.

"I heard stories about her and [Ridgewood] coach [Jacob] Brown, but I haven't met her vet." McPadden said at the time

As far as RHS records go, new Bergen County standards at leadoff 800 leg at Nationals was McPadden appears on several all-time top 10 lists, including the before moving on to Rhode from the Rhode Island coach No. 1 spot in a pair of relays. She ran with the Maroons' 4-x-800 (9:00.43) and distance medlev (11:50.73) quartets that won national championships and set last summer that running the medley also ranks as a PR.

Nationals in Greensboro, N.C.

top on-track illustration of her split that remains a personal toughness. The 400-meter spe-record. Her 57.5-second 400 cialist told The Ridgewood News split in the 2012 NBON distance

the 2012 New Balance Outdoor "the most nerve-wracking thing I've ever done in my life," yet she too long before she decides. That 4-x-800 race remains the came through with a 2:18.05

From RHS to the NCAA

At Ridgewood High School Media Day on June 12, seven members of the RHS Class of 2013 signed letters of intent to continue their athletic careers at Division I colleges. Over the summer, The Ridgewood News will run features highlighting each:

July 12 (Women's lacrosse): Charlotte Morley, Quinnipiac

July 19 (Men's track & field): Storm Dublirer, UPenn:

Nick Salamone, Marist

TODAY (Women's track & field): Micaela McPadden, Rhode Island

Aug. 2 (Men's rowing): Anthony Criscitiello, Holy Cross; John Sluis, Columbia

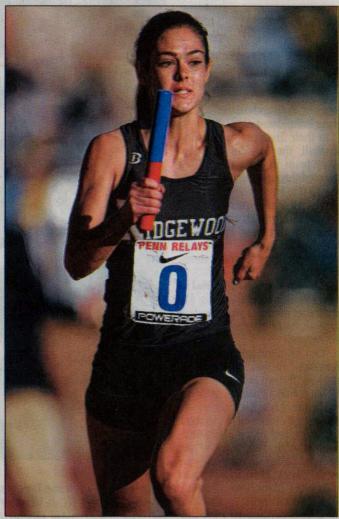
M Aug. 9 (Women's rowing): Kat Francis, Delaware

Individually. McPadden's career bests in the 400- (58.06) and 200-meter (26.02) dashes are Nos. 3 and 5, respectively, in RHS annals for spring track.

Her best open 800 effort (2:18.67) came at the State Group 4 finals for indoor track this past February, less than one week after her gold medal in the 400 and silver in the 800 helped Ridgewood defend its North 1, Group 4 sectional title.

McPadden is still discerning which course of studies to take at URI but, odds are, it shouldn't be Dawdling is not her thing.

"I can't imagine not running every day," she said. "It keeps me in shape and keeps me moving, and it's a good routine. I like it."



KEVIN R. WEXLER/THE RECORD

Micaela McPadden running in the distance medley this spring, her last season competing for Ridgewood High School.

County champion hurdler McPadden **Rhode Island-bound**

BY RON FOX Correspondent

RIDGEWOOD - Micaela McPadden was willing to enter just about any event for the Ridgewood High School girls track team when asked, but she

didn't necessarily have to like it.

"She didn't like the 800
[meters race], but she was so good at it," head coach Jacob Brown said Tuesday by phone, huffing and puffing during a break from clearing property formula. he owns in northwestern van

The University of Rhode Island-bound McPadden, one of Bergen County's all-time fastest hurdlers, seemed to wince when the 800 was mentioned after our conversation with Brown. "I wasn't a big fan of it," she said with a laugh. "He forced me to

Brown understood McPadden's reluctance. "It was so out of her range because she always ran the 100, 200 and 400," he said, "but she did it, and she did it well. She became one of our best kids in the 800."

McPadden did it so well that when chosen by Brown to run it as part of a Maroons' relay during her junior year, the team won the national championship in the 4 x 800 in Greensboro, N.C., also adding another national title that day while running her preferred 400 meters in the distance medley.

'We had three great 400meter runners, but we needed a fourth [for the 4 x 800]," Brown added. "Without her, we didn't have any chance of winning it, but we did win it with her. Putting a sprinter in there filled an inside straight for us.'

The 5-foot-61/2-inch McPadden was able to adjust to a new distance for two reasons - her talent and her flexibility, both mental and physical

Brown described her as quick as an athlete and one who was very even-tempered. "She was always on an even keel, and I mean that in a good way," he said. "She doesn't get riled by a lot of things.

McPadden, 18, figures her easy-going style has been inspired by her parents, who also are pretty unflappable. With a new event thrust upon her, she said she didn't practice the 800 more than a few times after Brown pointed her in that direc-

tion. "He just threw me into it. I was just happy because we won,"

She has run since middle school - "It wasn't too serious, just fun," she said - and also has dabbled in lacrosse and soccer. But running was always the top athletic priority for McPadden. She ran indoor and outdoor track all four years of high school, but chose not to run cross-country. Instead, she took a break during the fall season, maybe just running lightly. It proved to be a winning

As a well-rounded senior, dden set the school reco in her favorite event, the 400 hurdles, outdoors with a time of 1:01.36, the third fastest time in the long history of Bergen County track.

McPadden also took a silver medal in the event at the Bergen County Relays as the Maroons won the Group A team championship. She also won medals in the Big North Conference's Freedom Division meet (silver in the 400 hurdles and bronze in the 400 meters).

She continued to rise to the occasion as the pressure increased. McPadden became the Bergen County Meet of Champions' gold-medal winner in the 400 hurdles, and, with the season moving into the state sectionals, she took third in the 400, fourth in the 200, sixth in the 400 hurdles and anchored Ridgewood's championship run in the 4 x 400 relay in North 1, Group 4.

Then followed her schoolrecord performance at the highest level, the State Meet of Champions, where she took fourth in the hurdles in a time that also ranked as the second fastest in North Jersey this year.

All those outdoor track heroics followed a sensational indoor season in which McPadden won six major races, was the sectional champion in the 400 and sixth in the Eastern States meet in the same event. She ranked 14th alltime in the county indoors 400 and 21st all-time in the 800

She was an All-North Jersey first-team choice both indoors and outdoors.

Undecided on a course of study for the future, McPadden looked at a few colleges, such as UMass, Loyola and Marist before deciding on accepting a track scholarship from URI.

See MCPADDEN, page C3

MCPADDEN from C1

"I liked the school and the academics, and it's close to the she offered. "It was a good fit."

McPadden said she would

have been resting more this sum- have an athlete coming in who mer if not for a directive from her future coaching staff. "The coach gave me a training program for URI," she said. "A three-mile run

and some sprints."

not only is versatile, but also can excel in an event she doesn't necessarily cherish.

Ron Fox can be reached at The coaches there realize they farrellb@northjersey.com

ALL-BERGEN GIRLS TRACK AND FIELD

100: Tatiyanna Sanders, Paramus Catholic, jr. 200: Janienne Palmer, Dwight Morrow, sr. 400: Emma Sullivan, Northern Highlands, sr. 800: Corinne Myers, Westwood, jr. 1,600: Josette Norris, Tenafly, jr.
3,200: Catherine Pagano, Ridgewood, so.
100 HH: Alexandra Cimino, Westwood, sr.
400 IH: Madison Holleran, Northern

Highlands, sr.

Shot put Cheyenne Bellerand, Emerson, jr.

Discus: Tania Pabon, Cresskill, sr.

Javelin: Lisa Sesnik-Clee, Holy Angles, sr. High jump: Taryn DeLeon, Old Tappan, jr. Long jump: Amanda Fields, Holy Angels, sr. Triple jump: Ana Atkinson, Teaneck, sr. Triple jump: Rosie Menyhart,

Paramus Catholic, so.

Pole vault: Alex Paspalas, Demarest, sr.
4-x-400 relay: Northern Highlands (Amanda Pook, fr.; Hilary McElwain, fr.; Madison Holleran, sr.; Emma Sullivan, sr.)

Coach of the year: Rob Brady,
Hashrunek Heights Hasbrouck Heights

SECOND TEAM

100: Stacey Prozl, Hasbrouck Heights, fr. 200: Claire Scavone, Ramapo, sr. 400: Katie Vernon, Ramsey, sr. 800: Phoebe Hersh, Tenafly, jr. 1,600: Julia Guerra, Indian Hills, fr. 3,200: Lydon Kersting, Holy Angles, jr. 100 HH: Christina Wizer, Demarest, so. 400 IH: Micaela McPadden, Ridgewood, sr. Shot put: Irene Cedano, Hasbrouck

Discus: Hailey Hirsch, Demarest, sr. Javelins Camila Alonsa, Lyndhurst, sr. High jump: Lisa Carle, Midland Park, jr. Long jump: Amanda Simms, Teaneck, jr. Pole vault: Tiffany Tencza, Wallington, sr. Pole vault: Catherine Rozalski,

Queen of Peace, so.
4-x-400 relay: Westwood

THIRD TEAM

100: Ayo O'Uhuru, Pascack Hills, fr. 200: Ashley Jeng, Fort Lee, jr. 400: Deanna DiLandro, Ramapo, jr 400: Deanna DiLandro, Ramapo, jr.
800: Anna Richard, Northern Highlands, jr.
1,600: Ashley Strysko, Holy Angles, sr.
3,200: Ariana North, Northern Highlands, sr.
100 HH: Shaye Wisse, Immaculate Heart, jr.
400 IH: Paige Fernandez, River Dell, sr.
Shot put: Laura Oh, River Dell, sr.
Discus: Kailee Oakes, Westwood, jr.
Javelin: Jackie Reyneke, Northern
Highlands, sr. Highlands, sr. **High jump:** Jenna Phillips, Ramapo, jr.

Long jump: Kelly Redl, Ramsey, ir.

Triple jump: Gena Pickett, Mahwah, sr. 4-x-400 relay: Tenafly

HONORABLE MENTION

100, 200, 400 (12.60, 26.34, 59.96): Naomi Clarke, Hackensack; Kristen Sherlock, Holy Angels; Jaime Mangold, Indian Hills; Hilary McElwain, Northern Highlands; Isabel Sella, Pascack Hills; Nicole Miller, Pascack Valley; Hannah DeMatteo, Rutherford; Aminah Sarraga, Tea-

800, 1,600, 3,200 (2:19.68; 5:19.68; 11:41.54): Mary Watters, Holy Angels; Erin Ahearn, IHA; Caitlin Ubl, Old Tappan; Julianna Lee, Pal-isades Park; Amanda Tosi, Pascack Hills; Suzie Abribat, Ramapo; Kaitlyn Johnston, Ramsey; Emily Croonquist, River Dell; Veronica Rocco, Tenafly; Kim Oppenheim, West-

100 and 400 hurdles (15.93; 66.96): Kaitlin Kupferschmid, Demarest; Kristi Nati, Fair Lawn; Emily Rogan, Glen Rock; Dana Lynch, Hackensack; Jillian DiGiacinto, Hasbrouck Heights; Natalie Negroni, Queen of Peace; Gina Salmins, Ramapo; Sirai Ramirez, Ridgewood; Noreen Byrne and Christine Woods,

Shot put, discus and javelin (35-3; 105-1; 111-3): Rachel Diaz-Granada and Yanique Spigner, 3): Rachel Diaz-Granada and Yanique Spigner, Bergen Tech; Nikolia Kanaris, Demarest; Gina Yannette, Dumont; Chanel Garcia, Englewood; Ashley Rongo, Fair Lawn; Alysha Menzies and Qua Valdez, Garfield; Amarys Berry, Hackensack; Nina Messery, Hasbrouck Heights; Courtney Cantwell and Mackenzie Merkel, Holy Angels; Gabrielle Nutile, IHA; Kristen DiRenzo, Lodi; Melissa Terpstra, Midland Park; Sara Dec, Northern Highlands; Danie Griffin, Paramus Catholic; Sophia Caride, Ramapo; Stacey Anning, Ridgefield Park; Rim Elbeshbeshw, Teaneck; Jessica Molina, West-Elbeshbeshy, Teaneck; Jessica Molina, Westwood; Nicole Sinatra, Wood-Ridge.

High jump, long jump and triple jump (5-0; 16-64; 34-8): Kerianne Conner, Dumont; Kristen DelCalzo, Hasbrouck Heights; Debbie Majowicz, IHA; Lauren Michel, Mahwah; Lauren Bilali, Arianna Chipolone and Taylor Parcells, Old Tappan; Jen Wankmuller, Pascack Hills; Lia Rodriguez, Queen of Peace; Sierra Sands, Ramsey; Sophie Montgomery, Ridgewood; Marina Reilly and Madison Smith, River Dell; Patty McHugh, Waldwick.

Patty McHugh, Waldwick.
Pole vault (10-0): Nicole Piccinich, Emerson;
Jenna Braun and Vanessa Virgens, Mahwah;
Christina Masciale, Pascack Hills; Michelle
Rozalski, Queen of Peace; Jordan Even-Chen
and Megan Gambuti, Ramapo; Mimi DeVita,
Ridgewood; Bridget Brindley, River Dell.
4x-400 relay (4:03.95): Demarest, Pascack Valley, Ramapo, Ramsey, Ridgewood, River Dell.



ALEXES WASHINGTON

ALL-PASSAIC GIRLS TRACK AND FIELD

100: Alexes Washington, Passaic Tech, so. 200: Victoria Kriv, Passaic Valley, sr. 400: Lyndsey Smith, Eastern Christian, so. 400: tyndsey Smith, Eastern Christian, so. 800: Stephanie Bitcon, Wayne Hills, ir. 1,600: Allison Fournier, Wayne Walley, jr. 3,200: Kerri-Ann Edwards, Passaic Tech, sr. 400 hurdles: Jenna Dyksen, Hawthorne, jr. 4x-100 relay: Passaic Tech (Morgann Duncan, so.; Cheyenne Allen, so.; Ayana Smith, jr.; Washington)

4-x-400 relay: Wayne Valley (Jessica Cusick, jr.; Erin Callaghan, so.; Justine Cianci, jr.;

4-x-800 relay: Wayne Valley (Julianna Falso, jr.; 4-x-800 relay; Wayne Valley (Julianna Falso, jr.; Callaghan; Cianci; Fournier)
Shot put: Alicia Hester, Wayne Valley, jr.
Discus: Stephanie Easse, Wayne Valley, sr.
Javelin: Brooke Geyer, Lakeland, sr.
High jump: Jessica Cusick, Wayne Valley, jr.
Long jump: Zahtae Mouzone, Passaic, sr.
Triple jump: Kristina Langan, Wayne Hills, so.
Pole vault: Haley Steele, West Milford, so.
All-around: Yuria Yuasa, Clifton, sr.
All-around: Kadejnia Sellers, Manchester
All-around: Kaitlin Salisbury, Hawthorne, fr.
Coach of the year: Erik Schulman, Wayne Val-

Coach of the year: Erik Schulman, Wayne Val-

SECOND TEAM 100: Chandler West, Eastern Christian, sr. 200: Tashique Francis, Kennedy 400: Nicole Gignac, Wayne Hills, so. 800: Erin Callaghan, Wayne Valley, so. 1,600: Alexandra Pyper, Wayne Hills, sr. 3,200: Alyssa Loffredo, Wayne Hills, ir. 400 hurdles: Erin Van Lenten, Eastern Christ-

100 hurdles: Jessica Addonizio, Passaic Valley,

4-x-100 relay: Eastern Christian 4-x-400 relay: Wayne Hills
4-x-600 relay: Wayne Hills
4-x-600 relay: Wayne Hills
Shot put: Sherika Dyer, Hawthorne, fr.
Discus: Carol Chen, Wayne Valley, jr.
Javelin: Kayla Osborne, West Milford, sr.
High jump: Amy Devoe, Wayne Valley, sr. Long jump: Sarah Bright, Lakeland, jr. Triple jump: Nicole Buttel, Clifton, jr. Pole vault: Sarah Post, Eastern Christian, sr.

HONORABLE MENTION

Gabby Gonzaga, Maria Minnella, Clifton; Danielle Caruccio, Cara Silvestri, DePaul; Blair Bohuny, Kathryn Post, Eastern Christian; Zeniya Thomas, Eastside; Jessica Chamber-lin, Renee Vitole, Hawthorne; Alexandra Baels, Hawthorne Christian; Ebonee Jackson, lanna Megregor, Kennedy; Annie Rivera, Is-abel Anderson, Lakeland; Jessica Dumeng, Emily Homler, Mary Help; Selenne Galvez, Yessenia Lopez, Passaic; Earleen Gonzalez, Malika Clark, Passaic Tech; Hanna Zadoyko, Melissa Hildalgo, Pompton Lakes; Lucy Peschel, Jillian O'Donohue, Wayne Hills; Francesca Boylan, Lindsey Frank, Wayne Valley; Brianna Romer, Taylor Ryan, West Milford.

BIG NORTH FREEDOM

FIRST TEAM 100: Naomi Clarke, Hackensack, so. 200: Emma Sullivan, Northern Highlands, sr. 400: Micaela McFadden, Ridgewood, sr. 400: Micaela Micradoen, Riogewood, Sr. 800: Deanna DiLandro, Ramapo, jr. 1,600: Catherine Pagano, Ridgewood, sr. 3,200: Julia Guerre, Indian Hills, fr. 110 HH: Mimi DeVita, Ridgewood, sr. 400 IH: Madison Holleran, Northern Highlands,

4-x-400 relay: Ramapo (Claire Scavone, Erin Ralano, Suzanne Abribat, Deanna DiLandro)
Shot put Ariela King, Hackensack, sr.
Discus: Amarys Berry, Hackensack, fr.
Javelin: Jacqueline Reyneke, Northern High-

Long jump: Gina Salmins, Ramapo, sr. Triple jump: Jacqueline Reyneke, Northern

Highlands, sr.
High jump: Jenna Phillips, Ramapo, Jr.
Pole vault: Megan Gambuti, Ramapo, sr.
Pole vault: Jordan Even-Chen, Ramapo, jr.
Coach of the year: Bill Manzo, Ramapo and
Tom Viscardi, Northern Highlands

SECOND TEAM

100: Claire Scavone, Ramapo, sr. 200: Lauren Brzozowski, Ridgewood, sr. 400: Jaime Mangold, Indian Hills, sr. 800: Kathryn Grant, Hackensack, jr. 1,600: Suzanne Abribat, Ramapo, jr. 3,200: Ariana Guerra, Northern Highlands, so. 110 HH: Sirai Ramirez, Ridgewood, sr. 400 IH: Hilary McElwain, Northern Highlands,

4-x-400 relay: Northern Highlands Shot put: Sara Dec, Northern Highlands, so. Discus: Sophia Caride, Northern Highlands,

Javelin: Kate McKeon, Ridgewood, so. Long Jump: Vanessa Phillips, Ramapo, jr. Triple jump: Emily Flynn, Ridgewood, jr. High jump: Sophie Montgomery, Ridgewood,

HONORABLE MENTION

Katie Murphy, Ramapo; Anna Richard, North-ern Highlands; Victoria Stabile, Paramus; Dana Lynch, Hackensack; Hannah Rivas, Indi-an Hills; Anna Caffrey, Ridgewood.

The Record 2013 NORTH JERSEY SPORTS



TATIYANNA SANDERS Paramus Catholic



JANIENNE PALMER Dwight Morrow



EMMA SULLIVAN Northern Highlands



CORINNE MYERS Westwood



JOSETTE NORRIS Tenafly



CATHERINE PAGANO Ridgewood



ALEXANDRA CIMINO Westwood



Northern Highlands



MADISON HOLLERAN CHEYENNE BELLERAND TANIA PABON Emerson



Cresskill



LISA SESNIK-CLEE Holy Angels



TARYN DELEON Old Tappan



AMANDA FIELDS Holy Angels



ANA ATKINSON Teaneck



ROSIE MENYHART Paramus Catholic



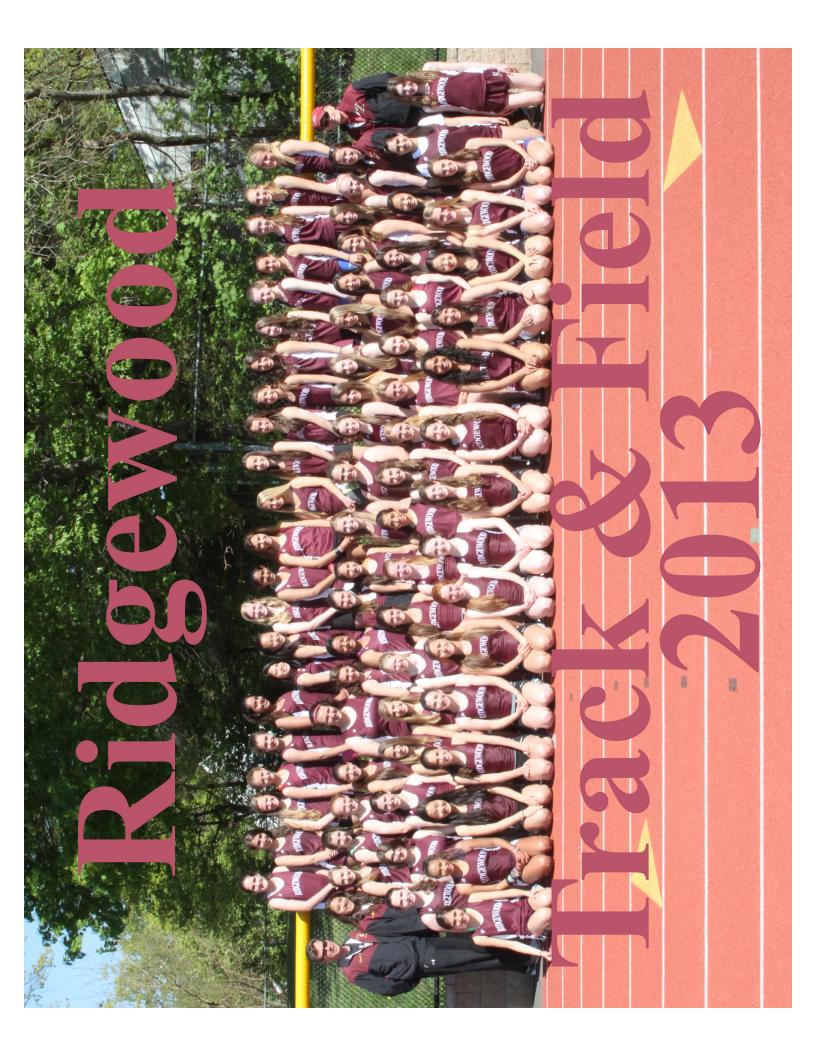
ALEX PASPALAS Demarest



AMANDA POOK Northern Highlands



HILARY MCELWAIN Northern Highlands



2013 Team Photo:

<u>First Row</u>: Anya Sherman, Jasmine Tobdzic, Sue Han, Jamie Ades, Becca Feder, Saskia Keppler, Sara Schmidt, Erin Gioia, Megan Collier, Amit Vogel, Poyani Bavishi, Sophia Barclay, Ester Choi, Vanessa Reis, Sam Halvorsen.

Second Row: Mollie Knee, Grace Harris, Emily Flynn, Mackenzie Broatch, Megan Lucky, Shannon Cron, Micaela McPadden, Anna Caffrey, Sirai Ramirez, Fran Felder, Abby Taylor, Romy Toornend, Alyssa Bennett, Laura Weisberger, Emily Fishbein, Isabel Park, Angelica Esposito, Cayla Whittaker.

<u>Third Row</u>: Coach Opremcak, Coach Martinez, Charolette Pillow, Sophie Montgomery, Katie McKeon, Jade Long, Natasha Baum, Sarah Davis, Maryam Jahabin, Emma Cichoski, Amanda Muccio, Becca Stern, Courtney Cercasulo, Anne McGinley, Samantha Klein, CC Chadwick, Dayna Bussanich, Taylor Tai, Maggie Coakley, Dani Klein, Olivia Manke, Coach Martin, Coach Brown.

Forth Row: Erin Dwyer, Olivia Buzzeo, Katie Gammer, Lindsey Testa, Stephanie Kusel, Catherine Negron, Abby Taylor, Joanne Sidote, Monica Vitting, Sanjana Bhat, Catherine Pagano, Kelly Cleary, Katherine Cirillo, Tara Cirillo, Libby DeVita, Maya Vogel, Genevieve Felsenstein, Sarah Kate Caliguire, Lauren Monnerat, Emily Stern, Vera Mudry, Katie Reis.

