

TRACK



Left to right, first row: Tom Hammond, Tim Morse, Hal DeBona, Bob Cordz, John Karracker, Ernie Nelson, Sam Faulkner, Bruce Boyden, Joe Fiddler, Rick Disselhoff, Fred Mina, Steve Lang. Second row: Hud Wilson, Jeff Geyer, Bert Cullen, Grant Timmerman, Ken Rosell, Alan Liverance, Eric Arneson, Greg Gutsell, Blackwelder, Vic Dogenier, Doug Reinauer, Mr. Palmisano. Third row: Fred Burton, Grady Pevee, Bob Yount, Ray Pevee, Alan Stoskoth, Bruce Currivan, Mark Winnie,

Dan Goodman, Bruce Man, Jim McNamee, Chris Gouyd, Mike Short, Charley Handy, Marshall Prettyman. Fourth row: Mr. Deetz, Bill Norse, Dennis Judd, Wes Ciampo, Joe Robinson, Tom Weir, Vince Walker, Pete McCardle, Henry Hastings, Dave Wiley, Don Lundholm, Neil Esmark. Fifth row: Barry Nelker, Tim Bradly, Russ Strait, Sherwood Heineth, Tony Gaetjens, Mac Albis, Pete Leyden, Burt Brown, Jim Brock.

DEPARTMENT OF ATHLETICS

TEAM **TRACK** 1967

AT HOME

DATE

Score R Coach **Leo Palmisano** Opp.

Time

Won 5

Weather

Ass't **Barry Deetz** EXPENSES

Lost 5

RECEIPTS

Guarantee	Team Record	Ri	Oppon	Gate					
	Wayne Valley	47	75	(Won by forfeit)					
Officials	Teaneck	46	76						
	Paramus	49½	72½						
Miscel.	Bergenfield	42	80						
	Hackensack	64	58						
	Peddie	60	57						
	Passaic Valley	46	76						
	Cliffside Park	82	40						
					Total				
Gain	Englewood	65	57						
	Fair Lawn	48	74						
						Returned			

Manager

Letter Winners

2 Stars

Fred Mina
Steve Lang

1 Star

Hal DeBona
Keith Kincannon
Jim Brock
Hud Wilson

First Letter

Peter Lyden
Bruce Boyden
Bert Brown
Fred Tonetti
Tom Weir
Bill Nourse
Bob Cordz

Suggestions

Sportsmanship, Etc.

Attendance

Condition of Field

Remarks

OFFICIALS

NAME

ADDRESS

PAID



SET TO SPRINT—Ready to fly off the starting blocks for Ridgewood High's track team are dash vets Fred Mina and Mack Albus as veteran Coach Leo Palmisano observes the starting techniques of the Maroon cindersmen.



Ridgewood Cinder Team Has 7 Vets

RIDGEWOOD—Ridgewood High School's track team will open its season Tuesday at Wayne Valley with seven lettermen returning from a squad which posted a 2-8-1 record in 1966.

Coach Leo Palmisano, who has been the track coach at Ridgewood for 25 years, will have Tom Hammond, Jim Brock, Hal De Bona, Fred Mina, Steve Lang, Keith Kincannon and Pete Leyden back.

The Maroons seem to have depth in the hurdles events with Mina, Lang and Kincannon set to run. Mina will also compete in the long jump and so will De Bona, who also specializes in the 100 and and 220 yard dashes.

In Hammond, Ridgewood has an excellent two-miler, while Brock will handle the 880. Brock, inci-

dentally, is the lone junior among the returning vets.

In the field events, Palmisano will have Leyden, who won his

share of events **last season, plus** leading candidate Dennis Jud, who should pile up some points in the high jump.

VARSITY TRACK

APRIL

11	Wayne Valley	Away	4:00 p.m.
13	Teaneck	<u>Home</u>	<u>4:00 p.m.</u>
18	Paramus	<u>Home</u>	<u>4:00 p.m.</u>
20	Bergenfield	Away	4:00 p.m.
25	Hackensack	<u>Home</u>	<u>4:00 p.m.</u>
29	Peddie School	Away	2:00 p.m.

MAY

4	Passaic Valley	Away	4:00 p.m.
9	Cliffside Park	<u>Home</u>	<u>4:00 p.m.</u>
16	Englewood	<u>Home</u>	<u>4:00 p.m.</u>
23	Fair Lawn	Away	4:00 p.m.
27	League Meet, Englewood	Away	12:00 noon

Won 5
lost 5

1967

Ridgewood, MP Squads Lose Wednesday Track

It was windy and cold Wednesday, but two of the three area teams that had track meets scheduled went through with the events. And both lost.

While St. Luke's postponed its contest with St. Mary's of Rutherford, Ridgewood dropped a 72½-49½ verdict to Paramus at home and Midland Park was nipped by Park Ridge in a sizzler, 59-58, at the Parkers' new oval.

Although it went down to its third straight setback at the hands of the unbeaten Spartans, Ridgewood had several outstanding performances.

Sprinter Hudson Wilson and versatile Fred Mina both won doubles. Wilson won the 100-yard dash in 11 seconds and the 220 in 25.5. Mina took the 120-yard low hurdles in 14.5 and leaped 19 feet, 8 inches to capture the broad jump.

Pete Leyden cleared 11-6 to win the pole vault for the Maroons. A double winner for the Spartans was weightman Jim Loughlin.

Halfmiler Bob Livingston and miler John Schauble were the only track event victors for Midland Park, which dropped its third straight decision, but Dennis Balkema, Ken Behnke, Rick Escobar and John Hagedoorn also won field events for the Parkers.

Ridgewood-Paramus

Track Events

100-yard dash (11.0). Won by Wilson (R); 2. De Bona (R); 3. Bivona (P).

220-yard dash (25.5). Won by Wilson (R); 2. Bivona (P); 3. DeBona (R).

120-yard high hurdles (16.4). Won by Seigelman (P); 2. Pflugh (P); 3. Reiner (R).

120-yard low hurdles (14.5). Won by Mina (R); 2. Pflugh (P); 3. Seigelman (P).

440-yard dash (37.5). Won by Vanderbeck (P); 2. Schumm (P); 3. Brinley (P).

880-yard run (2:12.6). Won by Trezza (P); 2. Brock (R); 3. Bak (P).

One mile run (4:49.5). Won by Cordz (R); 2. Lo Bue (P); 3. Boyden (R).

One mile relay (3:51.4). Won by Paramus (Trezza, Bak, Vanderbeck, Schumm).

Field Events

Shot put (45-5½). Won by Loughlin (P); 2. Rotolo (P); 3. Reyland (P).

Discus throw (156-8½). Won by Loughlin (P); 2. B. Carlson (P); 3. D. Carlson (P).

High jump (5-6). Won by Pflugh (P); 2. Kearnes (P); 3. Norris (R).

Broad jump (19-8). Won by Mina (R); 2. Wilson (R); 3. De Bona (R).

Pole vault (11-6). Won by Pete Leyden (R); 2. Orauchalk (P); 3. Drew (P).

Final team score: Paramus 72½, Ridgewood 49½.

Mina's Triple Fails To Deter Bergenfield

Bergenfield — Bergenfield overcame a triple win by Ridgewood's Fred Mina yesterday to defeat the Maroons, 82-40, for its third league win in four tries. Ridgewood is 0-4 in the circuit.

Phil Errichiello paced the Bears with victories in the 100 (10.1) and 220. Bill Bragg of Bergenfield won the mile in a sparkling 4:35.2. Mina captured the 120-yard low hurdles, the long jump (20-11) and the pole vault. Austin Johnston also won two events for the Bears, the 120 high hurdles and the high jump.

The summaries:

TRACK EVENTS

100-yard dash—1, Errichiello (B); 2, tie between Kahn (B); Wilson (R). Time: 10.1 seconds.

220-yard dash—1, Errichiello (B); 2, Kahn (B); 3, Wilson (R). Time: 23 seconds.

120-yard low hurdles—1, Mina (R); 2, Henry (B); 3, Near (B). Time: 14.2 seconds.

120-yard high hurdles—1, Johnston (B); 2, Near (B); 3, Reiner (R). Time: 15.9 seconds.

440-yard dash—1, Bross (B); 2, Tonetti (R); 3, Tobiassen (B). Time: 54.4 seconds.

880-yard run—1, Dolainski (B); 2, Brock (R); 3, Belits (B). Time: 2:04.4.

1-mile run—1, Bragg (B); 2, Austin (B); 3, Cord (R). Time: 4:35.2

2-mile run—1, Brown (R); 2, Thistle (P); 3, Hammond (R). Time: 10:35.9

1-mile relay—1, Bergenfield (Kostrinsky, Murphy, Chase, Bookstaver). Time: 3:49.5

FIELD EVENTS

Shot put—1, Gebhart (B); 2, Weir (R); 3, Mavancsik (B). Distance: 48 feet, 1½ inches.

Discus throw—1, Godkin (B); 2, Gebhart (B); 3, Kochakli (B). Distance: 137 feet, 4 inches.

High jump—1, Johnston (B); 2, Meyer (B); 3, Norse (R). Height: 5 feet, 10 inches.

Long jump—1, Mina (R); 2, DeBona (R); 3, Johnston (B). Distance: 20 feet, 11 inches.

Pole vault—1, Mina (R); 2, Falele (B); 3, Leyden (R). Height: 11 feet, 3½ inches.

Final team score: Bergenfield 82, Ridgewood 40.

Mina's Triple Paces

Maroons Over Comets

Ridgewood — Fred Mina's triple carried Ridgewood to its first track victory as the Maroons edged winless Hackensack, 64-58. Mina recorded wins in the 220, low hurdles, and broad jump.

Pete Leyden won the pole vault for Ridgewood with a 12-foot jump. Ed Cook turned in a double for the Comets, capturing the 440 and the high jump.

The summaries:

RIDGEWOOD 64, HACKENSACK 58 TRACK EVENTS

100-yard dash — 1, Wilson (R); 2, Williams (H); 3, DeBona (R); Time: 10.9 seconds.

220-yard dash — 1, Mina (R); 2, Wilson (R); 3, DeBona (R); Time: 24.5 seconds.

120-yard low hurdles — 1, Mina (R); 2, Kozikowski (H); 3, Kincanon (R); Time: 14.5 seconds.

120-yard high hurdles — 1, Kincanon (R); 2, Kozkowski (H); 3, Reiner (R); Time: 16.4 seconds.

440-yard dash — 1, Cook (H); 2, Tonnetti (R); 3, Hudson (H); Time: 57.2 second.

880-yard run — 1, Brock (R); 2, VonHalle (H); 3, Hastings (R); Time: 2:14.

1-mile run — 1, Gramlich (H); 2, Boyden (R); 3, Fiedler (R). Time: 4:48.

1-mile relay — 1, Hackensack (Echa-
nique, Giurleo, Francis, Long); Time: 3:28.

FIELD EVENTS

Shot put — 1, Wright (H); 2, DeLaura (H); 3, Nelson (R); Distance: 41 feet, 10½ inches.

Discus throw — 1, MCKeeks (H); 2, DeLaura (H); 3, Weir (R); Distance: 133 feet, 8½ inches.

High jump — 1, Cook (H); 2, Meeks (H); 3, Porter (H); Height: 5 feet, 6 inches.

Broad jump — 1, Mina (R); 2, DeBona (R); 3, Wilson (R); Distance: 20 feet, 9 inches.

Pole vault — 1, Leyden (R); 2, Kincanon (R); 3, Rayner (H); Height: 12 feet.

Ridgewood Skids To 4th Setback

LITTLE FALLS — Once Ridgewood got past the short distances, it was no match for a strong Passaic Valley track team Thursday. The Maroons suffered a 76-46 setback in a Northern New Jersey Interscholastic League meet, dipping to 3-4 overall and 2-4 in the circuit. The Hornets are 7-1.

Fred Mina was the bright light for the losers, scoring a triple. He sped home first in the low hurdles and the 220 and added his other five points with a 20-1 broad jump.

The summaries:

Track Events

100-yard dash (10.9). Won by Wilson (R); 2. Scales (PV); 3. D'Alleinne (PV).
220-yard dash (23.9). Won by Mina (R); 2. Nassaro (PV); 3. Wilson (R).
120-yard high hurdles (16.7). Won by

Kincannon (R); 2. Reiner (R); 3. Orban (PV).

180-yard low hurdles (21.4). Won by Mina (R); 2. D'Alleinne (PV); 3. Ratz (PV).

440-yard dash (53.1). Won by Salvator (PV); 2. Tonetti (R); 3. Staudinger (PV).

880-yard run (2:03). Won by Collins (PV); 2. Brock (R); 3. Gurley (PV).

One mile run (4:37). Won by Mizzone (PV); 2. Boyden (R); 3. Procopio (PV).

Two-mile run (10:34.7). Won by Toner (PV); 2. Bozzellino (PV); 3. Brown (R).

One mile relay (3:37.8). Won by Passaic Valley (Collins, Walker, Travers, Hawkswell.)

Field Events

Shot put (51-3). Won by Welhorsky (PV); 2. Scales (PV); 3. Roeshk (PV).

Discus throw (136-4). Won by Minochi (PV); 2. Salvatore (PV); 3. Black (PV).

High jump (5-6). Won by Ferguson (PV); 2. Sally (PV); 3. Nourse (R).

Broad jump (20-1). Won by Mina (R); 2. DeBona (R); 3. D'Alleinne (PV).

Pole vault (10). Won by Dutton (PV); 2. Kincannon (R); 3. Mason (PV).

Final team score: Passaic Valley 76, Ridgewood 46.

Mina Has 22-1 Leap As Ridgewood Wins

Ridgewood—Fred Mina sailed 22-1 in the long jump, one of the better performances in Bergen County, in leading Ridgewood to a 65-57 victory over Englewood in N. N. J. I. L. track. The Maroons are 4-4 and the Maroon Raiders are winless in eight outings.

Englewood had three double winners in Ted Walker, who won both hurdles, including a 15-flat clocking the 120 highs; sprinter Roger King, and weightman Ben Walls. Pete Keller of the Raiders cleared 12-6 in the pole vault.

The summaries:

TRACK EVENTS

100-yard dash—1, King (E); 2, DeBona (R); 3, Wil i m (R). Time: 10.4 seconds.

220-yard dash—1, King (E); 2, Wilson (R); 3, DeBona (R). Time: 23.4 seconds.

120-yard low hurdles—1, Walker (E); 2, Mina (R); 3, Truesdale (E). Time: 13.5 seconds.

120-yard high hurdles—1, Walker (E); 2, Kincannon (R); 3, Reiner (R). Time: 15 seconds.

440-yard dash—1, Adams (E); 2, Lang (R); 3, Tonetti (R). Time: 56.5 seconds.

880-yard run—1, Brock (R); 2, Morse (R); 3, Reid (E). Time: 2:08.2.

1-mile run—1, Boyden (R); 2, Fidler (R); 3, Cullen (R). Time: 4:51.4

2-mile run—1, Brown (R); 2, Polter (E); 3, Disselhoff (R). Time: 10:32.

1-mile relay—1, Englewood (Anderson, Grushkin, Eason, Autry); 2, Ridgewood. Time: 3:53.

FIELD EVENTS

Shot put—1, Walls (E); 2, Weir (R); 3, Nelson (R). Distance: 43 feet, 1 inch.

Discus throw—1, Walls (E); 2, Tlummer (E) 3, Usdan (E). Distance: 131 feet.

High jump—1, Nourse (R); 2, tie: King (E.), Jud (R). Height 5 feet, 2 inches.

Long jump—1, Mina (R); 2, DeBona (R); 3, Adams (E). Distance: 22 feet, 1 inch.

Pole vault—1, Keller (E); 2, Mina (R); 3, Leyden (R). Height: 12 feet, 6 inches.

Final team score: Ridgewood 65, Englewood 57.

Fair Lawn Thinclads Score Win Over Ridgewood, 74-48

FAIR LAWN—Fair Lawn High's trackmen concluded the campaign with an excellent 10-2 record after routing arch rival Ridgewood on Tuesday, 74-48.

The Cutters got a double win from sprinter Don Abate and a school record pole vault mark of 11 feet, 9 inches by John Rieve.

Abate took the century in 10.5 and the 220 in 22.7. The Maroons were limited to just four-first place performances as the Cutters completely dominated the field

event firsts.

Mina Scores 11

Fred Mina of the losers won the 120-yard low hurdles in 13.8 and was second in both the 100-yard dash and the broad jump.

Track Events

100-yard dash (10.5). Won by Abate (FL); 2. Mina (R); 3. Arrighi (FL).

220-yard dash (22.7). Won by Abate; 2. DeBona (R); 3. Ferriola (FL).

120-yard high hurdles (16.2). Won by Solt (FL); 2. Maison (FL); 3. Kincaannon (R).

120-yard low hurdles (13.8). Won by Mina (R); 2. Maison (FL); 3. Solt.

440-yard dash (53.5). Won by Lang (R); 2. Hirsch (FL); 3. Tonetti (R).

880-yard run (2:02.5). Won by Brock (R); 2. Tedeschi (FL); 3. Thum (FL).

One mile run (4:42.8). Won by Stapleton (FL); 2. Bayden (R); 3. Hughes (FL).

Two-mile run (10:22.6). Won by Brown (R); 2. Rubin (FL); 3. Lapidus (FL).

One mile relay (3:43). Won by Fair Lawn (Mullen, Cohen, Perrier, Boylen).

Field Events

Shot put (50-1/4). Won by Gierisch (FL); 2. Weir (R); 3. Feinberg (FL).

Discus throw (142-2). Won by Hollander (FL); 2. Nelson (R); 3. Oehler (FL).

High jump (5-9). Won by Recchio (FL); 2. Nourse (R); 3. Maison (FL).

Broad jump (19-1/4). Won by Arrighi (FL); 2. Mina; 3. DeBona (R).

Pole vault (11-9). Won by Rieve (FL); 2. Leyden (R); 3. Kincaannon (R).

Final team score: Fair Lawn 74, Ridgewood 48.

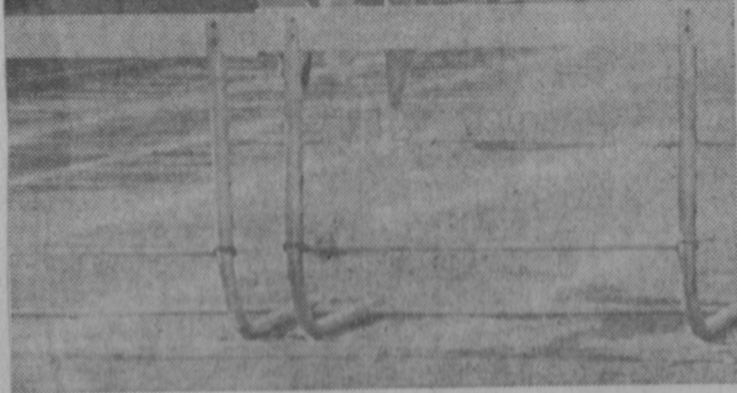
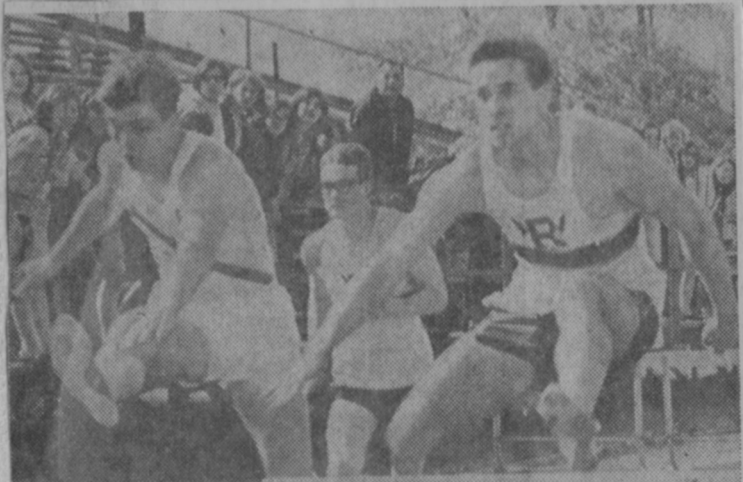
FRED MINA
Co-Captain





STEVE LANG
Co-Captain





MINA'S MOVING OUT—Fred Mina, Ridgewood High's standout hurdler (r.) is ahead of Fair Lawn's Art Maison in Tuesday's 120 low event. Mina's 13.8 won the race but Fair Lawn took the meet.



—Staff Photo

IT'S A WATCH—Steven Lang, left, and Fred Mina, captains of Ridgewood High School's track team, reward coach Leo Palmisano for his 25 years of service to the school. Pres-

entation was made by student athletes last night at banquet attended by track team and guests. Varsity letters were awarded to 22 men. Team had .500 win-and-loss record.