

TRACK SUMMARIES

Ridgewood Winter Games

BOYS VARSITY

55M - 1, Troy White, Plainfield, 6.5; 2, Pierre Millien, Molloy, 6.7; 3, Daryton Denson, Weequahic, 6.7; 4, Rob DBrino, Old Tappan, 6.7; 7, Marlow Anderson, Englewood, 6.7; 8, Justin Everett, Paramus Catholic, 6.9; 10, Chris Flynn, Don Bosco, 6.9.

55M HH - 1, Mike Graf, Malloy, 7.8; 2, Dave Schuman, Saddle Brook, 7.9; 3, Ron Thomas, Kennedy, 7.9; 4, Sean Rhinehart, Hackensack, 7.9; 5, Greg Rehberger, Wayne Hills, 8.0; 7, Jamie Hardaway, Teaneck, 8.0; 9, Greg Wayne, Pascack Valley, 8.3; 10, Steve Thompson, Ramapo, 8.3.

300Y - 1, Thomas Pearson, Eastside, 32.0; 2, Marvin Brown, Montclair, 32.8; 3, Matt Krever, Ridgewood, 32.9; 8, Anthony Brown, Englewood, 34.1; 10, Brian Barry, Don Bosco Prep, 34.2.

600Y - 1, Jose Lopez, Memorial, 1:13.0 (meet record, 1:13.7, by Henry Gavin, Wingate, 1984); 2, Tabari Sturdivant, Immaculate, 1:14.0; 3, Cyril Gillman, St. Francis Prep, 1:14.7; 5, Mark Doherty, Wayne Valley, 1:16.8; 7, Mark Wojcik, Paramus Catholic, 1:17.6; 8, Hector Martinez, Ridgefield Park, 1:17.7; 10, Sanice Francois, Kennedy, 1:18.9.

1,000Y - 1, Willie Best, Hackensack, 2:18.5 (record, old record, 2:21.7 by Mark Agoglia, Farmingdale, 1984); 2, Brendan Mulcahy, St. Francis Prep, 2:18.8; 3, Sean Conroy, Kearny, 2:20.8; 4, Ken Flynn, Ramsey, 2:22.0; 6, Jeff Varisco, Bergen Catholic, 2:22.9; 8, Chris Langan, Don Bosco Prep, 2:24.4.

1,600M - 1, Eric Boucher, Ridgewood, 4:24.4 (record, old record, 4:26.0 by Ernesto Perez, West Side, 1990); 2, J.R. Meloro, Bergen Catholic, 4:24.8; 3, Moses Mekbeb, Cliffs Park, 4:27.8; 7, Eddie Vezzola, North Bergen, 4:43.6; 8, Jeff Periman, Fair Lawn, 4:46.1; 10, Jeff Koegel, Wood-Ridge, 4:48.1.

3,200M - 1, Ken Flynn, Ramsey, 9:31.0 (meet record, old record, 9:46.7 by Dave Pataky, Paramus Catholic, 1990); 2, Larry Weiss, Metuchen, 9:40.3; 3, Nuno Santo, St. Benedict's, 9:43.3; 4, Rich Cochrane, Wayne Valley, 9:54.0; 6, Regan Ladisic, Paramus Catholic, 10:01.5; 7, Jeff Koegel, Wood-Ridge, 10:02.2; 10, Josh Fronfield, Ridgewood, 10:12.9.

1,600M relay - 1, Weequahic, 3:29.7; 2, Secaucus, 3:37.3; 3, Spellman, 3:40.7; 4, Bergen Catholic, 3:41.4; 5, Wayne Valley, 3:42.5.

3,200M relay - 1, Ridgewood (Sadek Alsaidi, Will McCann, Eric Boucher, Dave Cuiver), 8:18.9; 2, Warwick "A", 8:27.3; 3, Metuchen, 8:27.8; 6, Saddle Brook, 8:57.7.

Shot put - 1, Drew Rountree, Westfield, 51-5; 2, Ralph Sanon-Jules, SJR, 50-11; 3, Jennings, Indian Hills, 50-4; 4, Matt Gemma, Wayne Hills, 49-1; 5, Rich Hoffman, Bergen Catholic, 48-11; 6, John Hsu, Paramus, 46-5 1/2; 10, Seitz, Wayne Valley, 43-6.

High jump - 1, Lemmon Hamilton, Rahway, 6-4; 2, Willie Best, Hackensack, 6-2; 3, Brian Fersch, Hopatcong, 6-0; 4, Chris Ognek, Clifton, 6-0; 5, Rob Thompson, Clifton, 6-0; 6, Matt Grosse, Ramsey, 6-0; 9, tie between Mike Stec, Ramapo, and John Oeltenger, SJR, 5-8.

Triple jump - 1, Chris Lopez, Malloy, 47-11; 2, Darius Pemberton, Hackensack, 43-6 1/4; 3, Pierre Millien, Molloy, 42-9; 5, Paul Roberts, Ridgefield Park, 41-8 1/2; 6, Sean Rhinehart, Hackensack, 41-7 1/2; 7, Keiroy Jonas, Paramus Catholic, 41-7; 9, Dan Tullipano, Paramus Catholic, 41-0; 10, Tyrone Witherspoon, Kennedy, 40-6 1/4.

Long jump - 1, Darius Pemberton, Hackensack, 21-10; 2, Chris Lopez, Molloy, 21-5; 3, Desmond Jonas, Paramus Catholic, 20-4; 4, Sean Rhinehart, Hackensack, 20-3; 5, Willie Best, Hackensack, 20-3; 6, Justin Everett, Paramus Catholic, 20-2; 8, Tyrone Witherspoon, Kennedy, 19-6 1/4; 10, Ed Libroche, Fair Lawn, 19-3 1/4.

Pole vault - 1, Schroeder, Hanover Park, 13-6; 2, Hiewicki, Iona, 13-0; 3, Dashti, Molloy, 12-6; 4, Matt Psaltis, Fair Lawn, 12-6; 6, Kevin Bross, Hackensack, 11-0; 7, Adam Palmatier, Bergen Catholic, 11-0; 8, Brian Duffy, Paramus Catholic, 11-0.

GIRLS VARSITY

55M - 1, Regina Trotter, Weequahic, 7.0; 2, Nicole Golden, Teaneck, 7.3; 3, Natwin Harp, Science, 7.3; 4, Christine Rose, IHA, 7.4; 7, Tammy Hamm, Eastside, 7.5; 8, Jennifer Martin, Eastside, 7.6; 9, Jennifer Cosma, Englewood, 7.8.

55M HH - 1, Sabrina Kennedy, Weequahic, 8.5; 2, Natwon Harp, Science, 8.7; 3, Vonetta Williams, Teaneck, 8.7; 5, Tara Cassidy, Ramapo, 8.9; 7, Veronica Davi, IHA, 9.0; 10, Orna Ben-Or, Fair Lawn, 10.3.

300Y - 1, Regina Trotter, Weequahic, 35.7; 2, Tiffany

Weatherford, Science, 37.2; 3, Erin Ruddy, Bayonne, 38.1; 4, Christine Rose, IHA, 38.4; 7, Melissa Gilbert, Ridgewood, 39.1; 8, Kristin Pelcher, Clifton, 39.5.

600Y - 1, Jen Metz, Pascack Valley, 1:28.6; 2, Tiffany Weatherford, Science, 1:30.3; 3, Heather Parrish, Old Tappan, 1:31.7; 4, Teri Martin, Hackensack, 1:32.7; 5, Lis Raciti, Ramsey, 1:33.3; 7, Kristin Pelcher, Clifton, 1:34.1; 9, Breda McGowan, Bergenfield, 1:36.8.

1,000Y - 1, Jennie Anzalone, Westfield, 2:47.9; 2, Kerry Ann Codling, Hackensack, 2:52.0; 3, Christine Tarpey, St. Francis Prep, 3:00.9; 6, Kristin Zickler, Ramsey, 3:04.0; 7, Breda McGowan, Bergenfield, 3:05.7; 9, Allison Meschke, Bergenfield, 3:12.5.

1,600M - 1, Melissa Wyka, Fair Lawn, 5:22.4; 2, Eileen Fitzgerald, Ridgewood, 5:33.4; 3, Christina Asquith, Ramsey, 5:37.6; 4, Hadas Tal, Fair Lawn, 5:43.3; 6, Laura Farinas, Clifton, 5:54.5; 8, Jennifer Swan, Clifton, 6:00.4; 10, Melissa Rubel, Ramsey, 6:11.0.

3,200M - 1, Liz Figlar, Ridgewood, 11:42.6; 2, Hadas Tal, Fair Lawn, 11:53.0; 3, Christine Tarpey, St. Francis Prep, 12:18.1; 4, Jenna Rogers, Ridgewood, 12:33.7; 5, Laura Farinas, Clifton, 12:35.3; 6, Debbie Speert, Wayne Valley, 12:45.8; 7, Jen Swan, Clifton, 13:03.4; 10, Melissa Rubel, Ramsey, 13:22.3.

1,600M relay - 1, Spellman, 4:09.3; 2, Science, 4:13.6; 3, Teaneck, 4:20.9; 4, Old Tappan, 4:23.3.

3x200M relay - 1, Warwick (Liz Kaminski, Amy Williams, Lisa Torgerson, Claudine Kelly), 9:56.9; 2, Hackensack, 10:33.9; 3, Westfield, 10:34.4; 4, Ridgewood, 10:39.4.

Shot put - 1, Tammy Jones, Teaneck, 39-5; 2, Kelly Nilan, Bayonne, 36-6 1/2; 3, Kacey Bowen, Teaneck, 35-2 1/2; 4, Shannon Doyle, Tenafly, 35-0; 6, Elizabeth Shin, Secaucus, 33-1; 7, Alexis Krulish, Waldwick, 31-7; 8, Ernesta Parisi, Wayne Valley, 30-11; 9, Pantano, Clifton, 29-11; 10, Nyrre Simmons, Garfield, 29-11.

High jump - 1, Lisa White, Cranford, 5-2; 2, Orna Ben-Or, Fair Lawn, 4-10; 3, Renee Bednarz, Garfield, 4-8; 7, Nicole Davi, IHA, 4-6; 7, Gabi Parepinto, Tenafly, 4-6.

Triple jump - 1, Diane Dixon, St. Francis Prep, 36-1; 2, Renee Bednarz, Garfield, 34-1/2; 3, Renee Oliver, Spellman, 31-4; 4, Sue Montana, Clifton, 30-11 1/2; 6, Amy Hever, Old Tappan, 30-11; 7, Orna Ben-Or, Fair Lawn, 30-4 1/2; 8, LaTanya Brown, Englewood, 30-3; 9, Jen Legato, Westwood, 30-2 1/4; 10, Tara Setmayer, Fair Lawn, 28-11 1/4.

Long jump - 1, Carole Simpson, Rahway, 18-3 1/2; 2, LaTanya Brown, Englewood, 16-7 1/2; 3, Andrea Caine, Hackensack, 16-6 3/4; 4, Colette Kirchmer, Hackensack, 16-4; 5, Teri Martin, Hackensack, 16-3/4.

FRESHMAN BOYS

55M - 1, Kukic Shanks, Weequahic, 6.6.

55M HH - 1, Jason White, Rahway, 8.3.

600Y - 1, Robert Motz, Rahway, 1:20.0.

1,600M - 1, Robert Motz, Rahway, 4:49.5.

1,600M relay - 1, Rahway (Mathias Ealey, Jason Ware, Jamal Burden, Rob Motz), 3:51.6.

Shot put - Romel, Shabazz, 38-5.

High jump - 1, Jeff Ware, Rahway, 5-10.

Pole vault - 1, Ken Klein, Iona Prep, 8-6.

Long jump - 1, Scott Davis, Matawan, 17-7 1/2.

SOPHOMORE BOYS

55M - 1, Termaine Tompson, Weequahic, 6.5.

55M HH - 1, Darius Pemberton, Hackensack, 7.6.

600Y - 1, Billy Grogan, Bergenfield, 1:18.5.

1,600M - 1, Sadek Alsaidi, Ridgewood, 4:43.5.

1,600M relay - 1, Weequahic (Nato Brooks, Nalin Reynolds, Jermaine Thompson, Jihad Shirieff), 3:41.2.

Shot put - 1, Garland, Matawan, 48-5 3/4.

High jump - 1, Darius Pemberton, Hackensack, 6-0.

Pole vault - 1, Ian McKenna, Iona, 11-6.

FRESHMAN GIRLS

55M - 1, Younique McDonald, Arts, 7.5.

55M HH - 1, Tobl Bladzinski, Linden, 9.0.

600Y - 1, Tamika Saunders, West Side, 1:35.5.

1,600M - 1, Lauren Tota, Ridgewood, 5:41.1.

1,600M relay - 1, Arts (Lekiba Newton, Younique McDonald, To-meeka Millner, Saffiyah Jordan), 4:37.3.

Shot put - 1, Othella McNeal, Kennedy, 28-11.

High jump - 1, Jain Lattes, Dwight-Englewood, 4-6.

Long jump - 1, Jain Lattes, Dwight-Englewood, 15-4.

SOPHOMORE GIRLS

55M - 1, Canille Simpson, Rahway, 7.3.

55M HH - 1, Elana Crum, Linden, 9.1.

600Y - 1, Miree Biarno, Shabazz, 1:33.3.

1,600M - 1, Liz Fernina, Spellman, 5:41.8.

1,600M relay - 1, Westfield, 4:29.7.

Shot put - 1, Natalie Richardson, Science, 31-11 1/2.

High jump - 1, Hicks, St. Francis Prep, 5-3.

Ridgewood Games benefit stars

By Paul Schwartz
Correspondent

TRACK

NANUET — The Ridgewood Winter Games proved an interesting warmup, tuneup, and wrapup for many of the top local track and field athletes Thursday.

For Pascack Valley's Jen Metz, her come-from-behind victory in the 600-yard run over highly regarded sophomore Tiffany Weatherford of Newark Science set the stage for her Vitalis Invitational 1,000-meter performance Friday night at the Meadowlands.

For Eric Boucher of Ridgewood, J.R. Meloro of Bergen Catholic, and Ken Flynn of Ramsey, the meet served as a final tuneup before the New Jersey State Meet of Champions Feb. 18.

Metz battled Weatherford, the state's top sprinter last spring, and finally passed her in the final 75 yards on the new Rockland Community College surface, winning by 10 yards in 1:28.3.

"When she stopped my first

move, I just thought I'd try another one," said Metz. "My teammates have been telling me that I've just got to reach deeper and this time I found something extra."

For Boucher and Flynn, the something extra included a meet record in the 1,600 and 3,200, respectively.

Boucher and Meloro dueled brilliantly for most of the race's final two laps with the Ridgewood star holding off his longtime rival in a seasonal best of 4:24.4. That was 1.6 seconds faster than the meet record set last year by Ernesto Perez of West Side.

Meloro ran a personal best of 4:24.8 and State Group 3 champion Moses Mekbeb of Cliffside Park had an indoor personal best of 4:27.8 for third place.

The two figure to be among the top finishers in the Meet of Cham-

pions 1,600, with Meloro also competing in the 3,200. Neither will compete in the Bergen County championships Feb. 17.

Flynn also will skip the Bergen meet to try and win the State indoor 3,200 title that eluded him last winter.

Thursday, he ran an outstanding race against a good field, taking more than 15 seconds off the 3,200 record by running 9:31.0 to win by more than 50 meters over Group 1 champion Larry Weiss of Metuchen. Flynn also finished fourth in the 1000.

Willie Best of Hackensack prefers a busy schedule, so he is expected to run in the Bergen meet, even though he qualified in the 400, 800, and long jump in the State Group 4 meet. Thursday, he had a thrilling finish to steal a race that New Yorker Brendan Mulcahey of St. Francis Prep figured he had won.

Best sizzled through the final 125 yards in 13.5 to win the 1,000 yards in a meet record 2:18.5.