

Wayne Valley girls take league title

TRACK

HACKENSACK — Amy Mizzone, Beth Crenshaw, and Michelle Dette scored individual wins Thursday night to lead Wayne Valley to the Northern Hills indoor championship title in the Rothman Center. Newark West Side captured the boys crown.

Mizzone took the 1,600-meter test, with Crenshaw winning the 3,200 and Dette the high jump. Michelle Dudzinski won the 55-meter high hurdles to help Passaic Valley the West Milford for fifth place.

Morris Catholic placed second behind Vanessa Lewis' victories in the 55-meter dash and 400-meter run. Wayne Valley recorded 40 points, 3½ more than Morris Catholic.

In the boys competition, Montville's Dean Ferrar won the shot put with a heave of 50 feet, 9½ inches to help his club finish fourth with 15 points — seven back of the winners. Wayne Valley's top performer was Mike DeVos who won the 55-

meter test, with Crenshaw winning the 3,200 and Dette the high jump. Michelle Dudzinski won the 55-meter high hurdles to help Passaic Valley the West Milford for fifth place.

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Ridgewood Invitational

HACKENSACK — For most of his high school career, Danny Schuman has never quite been satisfied.

Even though he has progressed steadily since winning the freshman Bergen Group 1-2, 1,600 meters outdoors, and was a second-team All-Bergen cross-country selection last fall, his own sense of perfection has left him frustrated in the wake of a bumper crop of local distance runners.

Friday night, the Saddle Brook senior left some of his frustration behind with an impressive comeback victory over a quality field to win the 1,600 meters at the Ridgewood Winter Games.

"All my other races this year, I had taken the lead and then I was caught near the end," said Schuman, who came from third to first in the final lap to win in 4:34.0. "This time I wanted to stay with the leaders and make a late move."

He did just that. After letting All-Bergen cross-country runner Bill Grogan of Bergenfield lead for the first half of the race, Tony Barocco of Kearny took the lead.

Barocco, who was seventh in the State Meet of Champions in cross-country, led until the final lap when Schuman flew by and held his form to the finish.

"I didn't feel good enough to move with a 400 to go, but on the last lap I wanted to push it," said Schuman. Barocco was second, followed by highly regarded Anthony DeBenedictis of Roselle Park. Sadek Al-Saidi of Ridgewood was fourth and Grogan, still recovering from a late-season illness, was fifth.

Ridgewood's Renee Pavelski had earlier provided a highlight in the meet, which drew more than 50 teams from throughout New Jersey and New York, by holding off Ramsey's Allison Poganowski in the girls 600 meters, winning in 1:41.0.

Other local winners included sophomore Rashidi Brown of Hackensack, who won the 60-yard dash, the Ridgewood girls 3,200 relay team, paced by a fine anchor leg by Claire Blaney, and the Ridgewood boys 3,200 relay, which nipped Northern Highlands in the final straightaway.

"Rashidi has a second gear that he kicks into," said Hackensack assistant coach Dottie Donnell. "But sometimes he forgets that other guys have it too. But tonight his was better than theirs."

— PAUL SCHWARTZ

Summaries will appear Sunday

Bergen Development meet

At Rothman Center
VARSITY BOYS
 Triple jump — 1, Anthony Jacobs, Englewood, 41-3¾; 2, Shawn Silvers, Garfield, 40-10¼; 3, John Perrino, Englewood, 40-4¼; 4, Eric Wiseman, Waldwick, 38-2¾; 5, Chris Tevanie, Old Tappan, 38-1½.
 Long jump — 1, Anthony Jacobs, Englewood, 21-¾; 2, Anthony Hayne, Ridgefield Park, 20-4¼; 3, Shawn Silvers, Garfield, 19-10; 4, Jim Kano, Old Tappan, 18-6½; 5, John Romero, Old Tappan, 18-2.
 High jump — 1, Thannel Robinson, Englewood, 6-0; 2, Mike Bobovnik, Fort Lee, 5-10; 3, Josh Welsky, Dwight-Englewood, 5-8; 4, Darin Truckenmiller, Ramsey, 5-8; 5, Dennis Parvalz, Bergenfield, 5-6.
 Pole vault — 1, Mike Van Grouw, Mahwah, 12-6; 2, Mike Bobovnik, Fort Lee, 12-0; 3, Bob Appar, Saddle Brook, 11-6; 4, Dave Carroll, Mahwah, 11-6; 5, Harrin Kroff, Demarest, 11-0.
 Shot put — 1, Dave Marko, Paramus, 50-6; 2, Mike Sheehan, Demarest, 47-9; 3, Curt Lowdermilk, Saddle Brook, 46-11½; 4, Sean Horowitz, Ridgewood, 42-7¼; 5, Terry Murphy, Mahwah, 42-3½.
VARSITY GIRLS
 Triple jump — 1, Emilie Chang, Ridgewood, 33-3¼; 2, June Hoppie, Englewood, 32-9; 3, Jain Lattes, Dwight-Englewood, 32-4¼; 4, Erica Ables, Pascaque Valley, 31-8; 5, Kristin Curran, Midland Park, 31-4.
 Long jump — 1, Emilie Chang, Ridgewood, 16-5; 2, Erica Ables, Pascaque Valley, 15-7¾; 3, Faith Niniavagl, Ridgewood, 15-2; 4, Kristin Curran, Midland Park, 14-6½; 5, Maureen Truex, Ridgefield Park, 14-2¾.
 High jump — 1, Renee Pavelski, Ridgewood, 5-2; 2, Jain Lattes, Dwight-Englewood, 5-0; 3, Jen Maxfield, Tenafly, 5-0; 4, Jessica Ramirez, Mahwah, 4-10; 5, lie between Marie Graeux, Ridgefield Park and Jenette Gleason, Ridgefield Park, 4-10.
 Shot put — 1, Karolyn Yalvrok, Hackensack, 31-1; 2, Maxine Gentiles, Hackensack, 30-5¼; 3, Jeanine Carroll, Saddle Brook, 29-10; 4, Jain Lattes, Dwight-Englewood, 29-9; 5, Erin Burke, Bergenfield, 29-8.
NOVICE BOYS
 Long jump — 1, Ryan Williams, Bergenfield, 18-4¾; 2, Neil Concepcion, Demarest, 18-8½; 3, Ben Harmsstead, Old Tappan, 18-7¾.
 High jump — 1, Jevin Kirstein, Demarest, 5-10; 2, John Marshall, Englewood, 5-8; 3, Mark Harvey, Demarest, 5-6.
 Pole vault — 1, Sean Lumely, Demarest, 10-4; 2, Ryoito Utani, Demarest, 10-4; 3, Alex Ngo, Ridgewood, 10-0.
 Shot put — 1, Ron Flanthen, Demarest, 43-5; 2, Ben Wind, Demarest, 42-2½; 3, Jack Chan, Fort Lee, 42-¼.
NOVICE GIRLS
 Long jump — 1, Melissa DiMaggio, Saddle Brook, 14-8; 2, Ylenia Giuffrida, Paramus, 14-5¼; 3, Tracy Woods, Ramsey, 14-0.
 High jump — 1, Katie Laeger, Demarest, 4-6; 2, Sue McCullough, Ridgewood, 4-6; 3, Amy Hamernick, Midland Park, 4-6.
 Shot put — 1, Karolyn Trotta, Saddle Brook, 28-9½; 2, Dana Welsfeld, Hackensack, 27-6½; 3, Jen Bornkamp, Saddle Brook, 27-4.
FRESHMAN BOYS
 Shot put — 1, Fabio Rueda, Saddle Brook, 34-4¾; 2, Brian Klein, Saddle Brook, 33-8½; 3, Chris DeVries, Paramus, 32-9½.
 High jump — 1, Ido Duziel, Fort Lee, 5-4; 2, Victor Lee, Old Tappan, 4-10; 3, Mike Cardone, Garfield, 4-10.
 Pole vault — 1, Dave Malocchi, Hackensack, 7-6; 2, Eric Ceiba, Demarest, 7-6. No third.
 Long jump — 1, Vic Lee, Old Tappan, 18-1¾; 2, Sean Flynn, Midland Park, 17-5¼; 3, Mike Cardosa, Garfield, 17-½.
FRESHMAN GIRLS
 Long jump — 1, Essence Spearman, Englewood, 13-8¾; 2, Allison Lanofeder, Old Tappan, 13-6; 3, Renee Habib, Tenafly, 12-9¾.
 High jump — 1, Erin Oliver, Ramsey, 4-4; 2, Lauri Valentine, Hackensack, 4-0.
 Shot put — 1, Kellie Helm, Tenafly, 26-5½; 2, Kelli Staniewicz, Northern Highlands, 19-4½.

Jan 8th, 1993
TRACK

Ridgewood Winter Games I

VARSITY BOYS
 40Y dash — 1, Rashidi Brown, Hackensack, 6.5; 2, Darrell Hall, Barringer, 6.6; 3, Eric Perry, Snyder, 6.6.
 50Y HH — 1, Gary Plunkett, Irvington, 6.6; 2, Paul Tucker, Irvington, 6.7; 3, Hakim Smith, Arts, 6.8; 4, Jesse Cheroff, Tenafly, 6.9.
 100 — 1, Nakia Fanner, Science, 50.4; 2, Darre Hall, Barringer, 52.0; 3, Koron Levine, South Shore, 52.4; 5, Roan Sterling, Teaneck, 52.7; 7, Steve DeRosa, Tenafly, 53.1; 10, Jose Blanco, Secaucus, 53.4.
 200 — 1, Dwayne Evans, South Shore, 1:26.7; 2, Craig Murphy, Ramsey, 1:27.2; 3, Billy Thomson, Barringer, 1:31.1; 4, Chris Hall, Teaneck, 1:31.4; 9, Evan Dabby, Tenafly, 1:33.8.
 1,600 — 1, Danny Schuman, Saddle Brook, 4:34.0; 2, Tony Barocco, Kearny, 4:34.9; 3, Anthony DeBenedictis, Roselle Park, 4:35.3; 4, Sadek Alsaidi, Ridgewood, 4:39.1; 5, Bill Grogan, Bergenfield, 4:41.5; 7, Felix Olyo, Secaucus, 4:47.0; 8, Alex Hernandez, North Bergen, 4:48.1; 10, Carlos Campos, North Bergen, 4:53.6.
 1,600 relay — 1, South Shore, 3:28.0; 2, Arts, 3:30.4; 3, Irvington, 3:38.0; 4, Teaneck, 3:39.2.
 3,200 relay — 1, Ridgewood (Todd Colten, Kevin Brophy, Ryan Cleary, Sadek Alsaidi), 8:29.4; 2, Northern Highlands, 8:31.1; 3, Science, 8:35.0; 4, North Bergen, 8:40.6; 5, Rutherford, 8:46.5.
VARSITY GIRLS
 40Y dash — 1, Courtney Quinn, Neptune, 7.4; 2, Kenya Thomas, Neptune, 7.5; 3, Kelly Morris, Neptune, 7.7.
 50Y HH — 1, Denise Clarke, North Bergen, 7.4; 2, Vinneta Gordon, Montclair, 7.5; 3, Tracey Chencharik, Toms River East, 7.5.
 100 — 1, Kisha Blanton, Neptune, 59.5; 2, Stacy Stewart, Science, 62.6; 3, Jen Cherella, Belleville, 63.0; 6, Dedrian Garrison, Eastside, 65.2; 8, Karen Rathi, Fair Lawn, 65.4; 10, Sherril Williams, Eastside, 66.2.
 200 — 1, Renee Pavelski, Ridgewood, 1:41.0; 2, Alison Polanowski, Ramsey, 1:42.4; 3, Tasha James, Paramus, 1:47.0; 5, Megan Kerr, Tenafly, 1:48.3; 7, Erin Oliver, Ramsey, 1:52.7; 10, Madge Forbes, Ramsey, 1:57.9.
 1,600 — 1, Paula Costa, Kearny, 5:32.5; 2, Claire Blaney, Ridgewood, 5:36.2; 3, Lauren Stuhr, Ridgewood, 5:37.5; 4, Tracey Hammond, Mahwah, 5:41.3; 6, Alison Polanowski, Ramsey, 5:45.9; 7, Jenn Reeder, Northern Highlands, 5:50.4; 8, Chrissy Odalen, Bergenfield, 5:58.5; 9, Maureen Roche, Bergenfield, 5:58.7; 10, Emily Luther, Tenafly, 5:58.9.
 1,600 relay — 1, Montclair, 4:29.9; 2, St. Francis, 4:31.3; 3, Tenafly, 4:36.2; 4, Secaucus, 4:41.7.
 3,200 relay — 1, Ridgewood (Lauren Stuhr, Gizelle Watson, Keeley Chesick-Postous), 10:27.5; 2, Kearny, 10:28.8; 3, St. Francis Prep, 10:31.0; 5, Northern Highlands, 10:56.0.
NOVICE BOYS
 40Y dash — 1, Frederick Devonshire, Shabazz, 6.7; 3, Sebastian Museronci, Rutherford, 6.8; 5, Hill, Hackensack, 7.0.
 50Y HH — 1, Damien Rivers, Neptune, 6.8; 2, Isaac Lassiter, Hackensack, 6.9; 5, Tom George, Bergenfield, 7.3.
 100 — 1, Damon Williams, Plainfield, 24.0; 9, Jared Lowenthal, Ridgewood, 25.3.
 1,600 — 1, Ross Fried, Fair Lawn, 4:49.1; 3, Mark Polizzi, Northern Highlands, 4:54.4; 4, Tom Ricart, Ridgewood, 4:56.4.
 4-lap relay — 1, Neptune (Damian Rivers, Spentley Toran, Norman Banker, Darrick Evans), 1:38.2.
 3,200 relay — 1, Tenafly (Kelchi Toyama, Jon Tucker, Dan Ferraiuolo, Jeremy Muralore), 9:21.7; 3, Saddle Brook, 9:36.2; 4, Northern Highlands, 9:38.8.
NOVICE GIRLS
 40Y dash — 1, Taniya Alexander, Neptune, 7.5; 5, Dara Caltani, Ridgewood, 8.0.
 50Y HH — 1, Amy Smith, Neptune, 7.6; 6, Tracy Woods, Ramsey, 8.7.
 100 — 1, Natasha Dilday, Neptune, 27.7; 6, dara Caltani, Ridgewood, 29.5; 10, Ylenia Giuffrida, Paramus, 30.4.
 1,600 — 1, Kelly Thompson, Pearl River, 6:00.1; 3, Jacqui Schuman, Saddle Brook, 6:02.9; 5, Nicole Stone, Saddle Brook, 6:13.3.
 4-lap relay — 1, Neptune A, 1:50.4; 3, Ridgewood, 1:56.1; 4, Tenafly, 1:56.6.
 3,200 relay — 1, Kearny, 11:23.7; 2, Ramsey, 11:28.6; 4, Westwood, 11:47.6.
FRESHMAN BOYS
 40Y dash — 1, Gerald Basin, Snyder, 6.5; 6, Clark, Hackensack, 7.0.
 50Y HH — 1, Lee Melvin, Trenton, 7.6; 5, Chris Miller, Clifton, 8.1; 6, Mark Lim, Ridgewood, 8.5.
 100 — 1, Gerald Basin, Snyder, 23.4; 3, Corwin Bellfield, Eastside, 24.5.
 1,600 — 1, Danny Scarpellini, North Bergen, 4:55.4; 3, Jon Dubowsky, Tenafly, 5:11.9; 6, Mike Mauer, Teaneck, 5:15.4.
 4-lap relay — 1, South Shore, 1:38.8; 5, Teaneck, 1:43.6.
 3,200 relay — 1, North Bergen (Wilmer Cardona, Danny Scarpellini, Vivek Desai, Jose Delavava), 9:55.0; 2, New Milford, 10:08.9; 3, St. Francis Prep, 10:26.7; 4, Clifton, 10:27.8; 5, Teaneck, 10:28.4.

FRESHMAN BOYS
 Long jump — 1, Melissa DiMaggio, Saddle Brook, 14-8; 2, Ylenia Giuffrida, Paramus, 14-5¼; 3, Tracy Woods, Ramsey, 14-0.
 High jump — 1, Katie Laeger, Demarest, 4-6; 2, Sue McCullough, Ridgewood, 4-6; 3, Amy Hamernick, Midland Park, 4-6.
 Shot put — 1, Karolyn Trotta, Saddle Brook, 28-9½; 2, Dana Welsfeld, Hackensack, 27-6½; 3, Jen Bornkamp, Saddle Brook, 27-4.
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 Long jump — 1, Essence Spearman, Englewood, 13-8¾; 2, Allison Lanofeder, Old Tappan, 13-6; 3, Renee Habib, Tenafly, 12-9¾.
 High jump — 1, Erin Oliver, Ramsey, 4-4; 2, Lauri Valentine, Hackensack, 4-0.
 Shot put — 1, Kellie Helm, Tenafly, 26-5½; 2, Kelli Staniewicz, Northern Highlands, 19-4½.

FRESHMAN BOYS
 40Y dash — 1, Torie Beard, Shabazz, 7.7.
 50Y HH — 1, Kenya Grant, Neptune, 7.7; 6, Jeanne Trovato, Dwight-Englewood, 9.2.
 100 — 1, Torie Beard, Shabazz, 27.7; 4, Brooke Goodwin, 30.1; 5, Gina Pace, Secaucus, 30.5; 9, Anita Lad, Clifton, 31.0; 10, Bydette Benito, Clifton, 31.2.
 1,600 — 1, Stephanie Doyle, Ridgewood, 5:55.8; 4, Jana Zabinski, Tenafly, 6:03.0.
 4-lap relay — 1, Neptune (Gina Alexandrou, Erika Smith, Tanya Minor, Kenya Grant), 1:55.4; 5, Clifton, 2:05.3.

FRESHMAN GIRLS
 40Y dash — 1, Torie Beard, Shabazz, 7.7.
 50Y HH — 1, Kenya Grant, Neptune, 7.7; 6, Jeanne Trovato, Dwight-Englewood, 9.2.
 100 — 1, Torie Beard, Shabazz, 27.7; 4, Brooke Goodwin, 30.1; 5, Gina Pace, Secaucus, 30.5; 9, Anita Lad, Clifton, 31.0; 10, Bydette Benito, Clifton, 31.2.
 1,600 — 1, Stephanie Doyle, Ridgewood, 5:55.8; 4, Jana Zabinski, Tenafly, 6:03.0.
 4-lap relay — 1, Neptune (Gina Alexandrou, Erika Smith, Tanya Minor, Kenya Grant), 1:55.4; 5, Clifton, 2:05.3.