



PAUL SCHWARTZ
TRACK

Winter Games a real treat

Perhaps the wildest meet of the year in indoor track is the Ridgewood Winter Games II, held every January in the cavernous Rockland Community College field house.

As a prelude to County and State competition, which begins Thursday with the Bergen County Relays at the 168th Street Armory in New York, the meet allows athletes to take part in jumping, vaulting, and throwing events in addition to a full slate of running events.

More than 3,000 athletes from 80 schools compete in the meet. This year, area girls seemed to have a better meet than the boys. But some area boys also enjoyed continuing success.

Anthony DiCosmo of Paramus Catholic remained unbeaten in the hurdles and triple jump with impressive wins, leaping more than 45 feet for the second time this winter for an amazing four-foot margin of victory.

Ryota Uetani of Northern Valley at Demarest won the pole vault at 12-6 and **Matt Illian** of Pascack Valley continued untested and undefeated in a 4 minute, 30.8-second 1,600 victory on the slow RCC oval. Illian has to be considered the favorite to win the State Meet of Champions 3,200 meters next month.

PV junior **Ed Weiss**, third in the 55 and fourth in the 300 yards, continued his fine running, as did NV/Demarest's **Dave Concepcion**, third in a speedy 600-yard run in 1:15.4.

Amy Mizzone of Wayne Valley, **Stephanie Doyle** of Ridgewood, **Kourtney Gallo** of IHA, and **Tara Quinn** of Teaneck all had seasonal bests in the 3,200, with all four under 12 minutes.

And Englewood freshman **Carlene Cummings** ran well again in a controversial 55-meter loss to **Medina Salaam** of Camden, who may have cut her off in the laneless straightaway.

High jumpers **Fletcher Rosenbach** of Ridgewood and **Keljuan Keltt** of Indian Hills continue their battle for All-Bergen high jump honors.

A CLARIFICATION — Last week's column suggested that Morris Catholic may have benefited from an official's failure to enforce the 10-minute rule, allowing the Crusaders to score four points in the shot put and earn a one-point victory in the girls Group 1 relays over Glen Rock.

Meet referee **Bob Lozak** confirmed the rule was not violated.

YALE RESULTS — Hackensack enjoyed another successful meet at the Yale Invitational in Connecticut last weekend. The meet matches athletes from the Northeast region and is one of the largest meets in the country.

Joe Dawkins ran 6.46 and was edged by the New York State champion in the 55 meters. **Walter King** ran 50.73 for third in the 400 behind the top two times in the nation this year.

The relay team of King, Dawkins, **Kevon** and **Devon Larkins** ran 3:28.14, winning their heat easily. But they finished second overall in a different heat, running 3:27.90.

Delcita Russell, **Marissa Jackson**, **Kelly Ann LaPietra**, and **Tiffany Walker** ran 1:49.04 for fourth in the 4 x 200 relay. Russell ran 59.76 for ninth in the 400. **Stephanie Doyle** of Ridgewood was seventh in the 1,600 in 5:17.83.

HALL OF FAMER — Englewood native **Rob "Notch" Johnson** recently was inducted into the Wabash College Hall of Fame. Johnson, who coached at Englewood from 1965-1971, moved to Wabash in Indiana and led the team to more than 20 conference and State titles. In 1992, his team was sixth in the national Division III championships.

Johnson also has coached at the national and international levels in the United States and Ethiopia.

W. Valley's Mizzone returns to top form

By **PAUL SCHWARTZ**
Correspondent

TRACK

SUFFERN, N.Y. — A year ago at the Ridgewood Winter Games II at the Rockland Community College field house, Beth Crenshaw of Wayne Valley started her comeback from injuries that had spoiled the first 2½ years of her high school career by winning the 3,200 meters impressively and without pain.

Wednesday night, Crenshaw's teammate, Amy Mizzone, began a comeback of lesser proportions by running the area's best 3,200-meter race of the year in 11 minutes, 26 seconds, and winning easily against a high-quality field at this year's Ridgewood Winter Games II.

"I'm surprised he [Wayne Valley coach Conan Ward] put me in the 3,200 because I haven't trained a lot all winter," said Mizzone after she ran away from Stephanie Doyle of Ridgewood, Kourtney Gallo of Immaculate Heart, and Tara Quinn of Teaneck in the final five laps. "And I'm really surprised I ran this well because we got here late and I didn't get a chance to warm up.

"I went out easily and stayed with the pack and I felt so good with about five laps left that I opened it up," said Mizzone, who has had some illness and nagging injuries since cross-country season. "I felt great and it's been a while since I felt so good."

Mizzone was one of eight area winners in the meet, which attracts more than 80 schools from New Jersey and New York and is one of the few meets with facilities to allow for all field events to be contested while races are being run on the track.

That enabled sophomore Kerry Frazer of Northern Valley at Demarest to record the State's top triple jump of the winter at 35 feet, 1½ inches in winning the event easily.

"I didn't do well at Dartmouth the other time I triple jumped this winter," said Frazer, who also was third in the long

jump. "But I felt pretty good about this one."

Frazer, who as a freshman battled more experienced stars such as Erika Albies of Pascack Valley and June Hoppie of Englewood, is now the favorite in every triple jump. She says it hasn't affected her.

"I'm not competing against anyone else, but my own goals," said Frazer. "I'm hoping to jump 37 feet outdoors, maybe even 38 feet."

In another installment of what is becoming Bergen County's best rivalry, Diana Lana of Saddle Brook outran Tenafly sophomore Caitlin Wittreich in the 1,000 yards.

"I went out slowly because I didn't know some of the other girls in the race," said Lana, who ran 2:49.8 after breaking open the race with 1½ laps to go and holding off Wittreich's patented late charge. "I knew on the last lap Caitlin would be there."

For her part, Wittreich was annoyed that again her late surge had come up short.

"My coach told me to go with her when she made her move," said Wittreich, who finished in 2:50.7. "I waited a little too long."

"I like it when someone is coming at me," said Lana. "It makes me maintain my form while I'm on my last lap and not let up. I get scared and it makes me go faster."

Crenshaw, on the anniversary of her comeback, ran well — running 5:27.0 for second behind record-setting Kathy Linck of Bishop Eustace in a rare 1,600.

"I'd rather run the 3,200," said Crenshaw. "But I'm mostly mad because I didn't realize I'd have so much left and I let her get too far away in the first two laps. I really feel like the States will be a good race for me."

RIDGEWOOD WINTER GAMES AT ROCKLAND COMMUNITY COLLEGE MEET RECORDS

BOYS

GIRLS

60 YARD DASH

NEW RECORD Jim Gleason 6.3 J.P.Stevens 1988 Regina Trotter 7.0 Weequahic 1991

60 YARD HIGH HURDLES

Darius Pemberton 7.3 Hackensack H.S. 1991 Claire Conner 8.1 Rahway H.S. 1984

EQUALS

300 YARD DASH

Gary Gooden 31.5 Nazareth 1984 Regina Trottier 35.7 Weequahic 1991

600 YARD DASH

Jose Lopez 1:13.0 Memorial H.S. 1991 Gisele Harris 1:23.7 Shabazz 1984

1000 YARD RUN

Willie Best 2:18.5 Hackensack H.S. 1991 Jen Schenberg 2:44.1 Kinnelon 1990

1600 METER RUN

Eric Boucher 4:24.4 Ridgewood H.S. 1991 Lynne Collazo 5:20.9 Ridgewood 1989

NEW RECORD

3200 METER RUN

Rob Reeder 9:29.7 Northern Highlands 1992 Missy Duchini 11:10.3 Wayne Valley 1984

LONG JUMP

Nash Peart 23' 9 1/2" LaGuardia H.S. 1990 Claire Connor 19'10" Rahway H.S. 1984

TRIPLE JUMP

Joe McDonald 48' 2" Kingston H.S. 1987 Margaret Rottkamp 37'10 3/4" Indian Hills 1986

HIGH JUMP

NEW RECORD Thaniell Robinson, 6' 6" Engelwood 1994 Michele Dudzinski 5' 6" Passaic Valley 1992

SHOT PUT

Tyrone Garland 56' 6 1/2" Matawan H.S. 1992 Melanie Brown 37'11" Vailsburg 1984

POLE VAULT

Schroeder-Hanover Park, 13' 6" 1991 Matt Paoltio-Fairlawn 1992

MILE RELAY

3:28.2 Shabazz 1984 4:06.5 Shabazz 1986

2 MILE RELAY

8:11.3 Rutherford 1984 9:53.5 Wayne Valley 1984

To: PAUL SCHWARTZ
3 RECORDS BROKEN
AND
ONE EQUALED