

Garrett jumping back strong

By **PAUL SCHWARTZ**
Staff Writer

SUFFERN, N.Y. — As a freshman, Saddle Brook's Nick Garrett appeared on his way to being Bergen County's next great long and triple jumper. He won the freshman 1-2 championship in both and was a fine hurdler as well.

He took another step forward last winter, earning a pair of medals at the Ridgewood Winter Games 2 meet in his two best events, and leaping more than 42 feet as a sophomore.

Then trouble struck in the form of a deep pulled muscle in his buttocks, cutting short his indoor season and wiping

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out his outdoor sophomore season.

But Garrett has come all the way back as Wednesday's double win at this year's Ridgewood Winter Games 2 proved, and if he can remain healthy some of the promise he showed as a freshman will come to fruition in his junior year.

"It was hard to miss so much time last year because I really like to do track and field and I had had such a good indoor season," said Garrett, who defeated Pas-saic champion Tyrone Johnson of Kenne-dy in the long and triple jumps Wednesday. "This year when I came back I knew

I had to pace myself and not do too much or I'd get hurt again. The injury was constantly in my mind."

With the help of coach Howie Schu-man, who has not yet pushed the talented Garrett to his limits, Garrett has pushed the injury to the back of his mind.

He had career highs of 21-10 in the long jump and 44-¾ in the triple Wednesday in the Rockland Community College pits.

"The triple jump is my favorite event because there's so much technique in-volved," Garrett said. "If you can master the technique there's no telling how far you can go."

There's no question Garrett can go much further. His 44-foot jump, the best in the state this year, came despite losing up to two feet of distance by not being on the board.

Garrett was not the only successful Ber-gen athlete in the 70-school, multistate meet.

Local athletes won both high jumps and 1,600-meter races, and Ridgewood's He-lena LaMothe joined Garrett by winning the girls triple jump with a leap of 33-3.

Nicole Brown of Teaneck entered her name in what is becoming the area's glam-our event, the girls high jump, leaping 5-2 to edge Lauren Flynn of Suffern and Emi-ly Branch of Toms River East on fewer misses. She became the sixth area jumper to surpass 5-2 this winter, a height only one jumper cleared three years ago.

"I need to keep on training if I'm going to keep improving," said Brown. "There's a lot of competition around and I can't afford an injury like the tendinitis I had in my right leg if I'm going to be able keep up."

All-American Cheryl Burdick of Ram-sey has cleared 5-8 this winter and Jamie Lilien of Pascack Valley and Mary Jones and Bridgette Atkinson of Hackensack have made 5-4.

Ramapo's Eric Knackmuhs came from seventh place at the halfway point to win the 1,600-meter run in 4:38.2, a day after his impressive upset of Corey Kunz in the North Jersey Invitational 1,000, and Julie Clifford of Holy Angels barely broke a sweat in a routine 5:34.2 win in the girls 1,600.

RIDGEWOOD GAMES 2 RESULTS

at Rockland CC, Suffern

BOYS

55 — 1, Armon Sample, Belleville, 6.5; 3, Tyrone Johnson, Kennedy, 6.7; 4, Craig Kolk, Wayne Valley, 6.7; 5, Will Arzenis, NV/Old Tappan, 6.8; 6, Jon Relay, Bergen Catholic, 6.8.

High hurdles — 1, Ricky Gross, Albertus Magnus, 7.4; 6, Brian Jo, River Dell, 8.1.

300Y — 1, Chris Lolagne, Suffern, 33.0; 4, Joe Davis, Eastside, 34.0; 6, tie between Paul Cheteyan, Teaneck, and Owen Corso, Ramapo, 34.1; 8, Will Arzenis, NV/Old Tappan, 34.3; 9, Craig Kolk, Wayne Valley, 34.4.

600Y — 1, Chris Lolagne, Suffern, 1:17.1; 2, Ariel Acosta, Bergenfield, 1:18.6; 4, Alan Fakhouri, Wayne Valley, 1:20.2; 6, Terrance Gilbert, Eastside, 1:20.4; 9, John Van Goor, Midland Park, 1:20.8.

1,000Y — 1, Justin Romanik, Suffern, 2:24.2; 3, Nick Arnell, Don Bosco, 2:26.1; 4, Terrance Gilbert, Eastside, 2:26.5; 5, Joe Apa, NV/Old Tappan, 2:28.3; 7, Michael Dopf, Westwood, 2:29.1

1,600M — 1, Eric Knackmuhs, Ramapo, 4:38.2; 3, Matt Winkler, Wayne Valley, 4:41.9; 5, Ryan Miller, Bergen Catholic, 4:47.2; 7, Josh Wood, Ramapo, 4:50.4; 8, Josh Vanderwiele, Midland Park, 4:52.4; 10, Sean Burke, Waldwick, 5:01.3.

3,200M — 1, Scott Higgins, Toms River East, 9:56.4; 4, Ted Mussano, Wayne Valley, 10:21.0; 6, Dan Barabbas, Don Bosco Prep, 10:28.2; 10, Derek Storbeck, Wayne Valley, 10:35.5.

Shot put — 1, Dan Adler, North Rockland, 53-7; 2, Matt Schur, West Milford, 46-10; 3, Nick Clark, West Milford, 46-8; 9, Eric Hessler, Pascack Hills, 43-3; 10, Paul Koob, Bergen Catholic, 42-11.

High jump — 1, Brandon Reese, Ridgewood, 6-0; 2, Andrew Drabick, Bergen Catholic, 5-9; 3, Kris Gasparic, Westwood, 5-9; 5, Nazir Khan, Dumont, 5-6.

Long jump — 1, Nick Garrett, Saddle Brook, 21-10; 2, Tyrone Johnson, Kennedy, 21-3; 5, Mike Jackson, Hackensack, 20-10; 6, Gareth Hedges, Westwood, 20-5; 8, Dennis Dokhaer, Tenafly, 19-9; 10, Andrew Drabick, Bergen Catholic, 19-5.

Triple jump — 1, Nick Garrett, Saddle Brook, 44-0¾; 2, Tyrone Johnson, Kennedy, 43-4¾; 3, Nsima Brown, Teaneck, 40-3¾; 5, Sheldon Smith, Teaneck, 40-1¾; 6, Brian Jo, River Dell, 39-6; 8, Owen Corso, Ramapo, 39-1; 9, Eugene Hammerle, River Dell, 38-5¾; 10, Jason Regas, Dumont, 37-8¾.

Pole vault — 1, Chris Mazza, Toms River East, 13-6; 2, Ken Scheider, Don Bosco, 12-0; 3, Bob Miller, Bergen Catholic, 12-0; 4, Gareth Hedges, Westwood, 11-6; 5, Dennis Gerber, Saddle Brook, 11-6; 6, Dan Cooper, Ridgewood, 11-6; 7, Dave Serrano, West Milford, 11-0; 9, Adam Rubenstein, NV/Demarest, 10-0.

1,600 relay — 1, Middletown North, 3:37.9; 2, Teaneck, 3:39.8; 5, Westwood, 3:43.2.

3,200 relay — 1, Middletown North, 8:36.2; 3, Ramapo, 8:47.0; 5, Wayne Valley, 9:00.6.

GIRLS

55 — 1, Melissa Harris, Neptune, 7.2; 3, Lauren Fanelli, River Dell, 7.6; 4, Peta-Gaye Barnett, Eastside, 7.6; 5, Tamika Forbes, Eastside, 7.6; 6, Amanda Von Rudenburg, West Milford, 7.6; 7, Natasha D'Souza, Bergenfield, 7.6.

High hurdles — 1, Candice Steele, J.P. Stevens, 8.5; 3, Chris Siebold, NV/Demarest, 9.1; 4, Jill Turner, Pascack Hills, 9.3; 5, Teelia Lowery, Eastside, 9.4; 8, Michelle Pitts, Tenafly, 10.0.

300Y — 1, Peta-Gaye Barnett, Eastside, 39.0; 4, Caitlin Sherry, River Dell, 40.1; 8, Sandra Bethea, Eastside, 41.4.

600Y — 1, Sle McIntosh, Suffern, 1:33.4; 5, Janelle McCallum, Teaneck, 1:36.8; 6, Lauren Sherry, River Dell, 1:37.2; 9, Christine Siebold, NV/Demarest, 1:41.4; 10, Alexis Walsh, Tenafly, 1:41.5.

1,000Y — 1, Rebecca Quimby, Suffern, 2:50.5; 3, Marianne Rausch, Holy Angels, 3:12.1; 7, Adrienne Kuerzi, NV/Old Tappan, 3:23.4; 8, Veridy Crook, Tenafly, 3:26.6; 9, Leslie Fink, NV/Old Tappan, 3:27.8; 10, Grace Ann Brett, Eastside, 3:30.6.

1,600M — 1, Julie Clifford, Holy Angels, 5:34.2; 4, Jill Brownlee, Fair Lawn, 5:57.3; 5, Margaret Park, Ramapo, 6:03.9; 6, Melissa Hayes, Dumont, 6:12.1.

3,200M — 1, Courtney O'Keefe, Pearl River, 11:49.8; 4, Margaret Park, Ramapo, 12:38.7; 5, Stephanie Davis, NV/Old Tappan, 12:45.4; 9, Adrienne Kuerzi, NV/Old Tappan, 13:30.6; 10, Tamara Mars, NV/Old Tappan, 13:35.9.

Shot put — 1, Maria Manno, North Rockland, 35-4; 3, Randi Pointer, Eastside, 34-8½; 4, Mary Brunetti, Saddle Brook, 33-3; 5, Mary Bozenmayer, West Milford, 32-7½; 9, Pam Carabetta, Dumont, 29-10.

High jump — 1, Nicole Brown, Teaneck, 5-2; 6, Jill Turner, Pascack Hills, 4-9; 7, Teelia Lowery, Eastside, 4-6.

Long jump — 1, Chnela Davis, North Rockland, 17-9½; 2, Helena LaMothe, Ridgewood, 15-9¼; 4, TerryAnn Thompson, Eastside, 15-0½; 5, Megan Patrono, West Milford, 15-0; 6, Michelle Pitts, Tenafly, 14-11; 7, Jill Turner, Pascack Hills, 14-8½; 8, Meri Silberstein, Tenafly, 14-8¼; 9, Miho Yshioka, River Dell, 14-8.

Triple jump — 1, Helena LaMothe, Ridgewood, 33-3; 2, Mary Jones, Hackensack, 32-10; 4, Nicole Brown, Teaneck, 31-5½; 5, Terryann Thompson, Eastside, 31-3½; 6, Joanne Irwin, Bergenfield, 31-2; 7, Megan Petrano, West Milford, 30-9; 8, Lauren Sherry, River Dell, 30-5½; 10, Angela Talucci, Indian Hills, 30-0¾.

1,600 relay — 1, Middletown North, 4:30.2; 2, Westwood, 4:31.6; 4, Westwood B, 5:06.4.

3,200 relay — 1, Monroe Twp., 10:41.1; 3, Westwood, 10:57.6; 5, Northern Highlands, 11:01.6.