

# Mighty good, getting better

By **TONY WILLIAMS**  
Staff Writer

ENGLEWOOD — Hackensack's Monique Mighty has some lofty goals. And despite getting off to what she called a slow start, she's now beginning to pick up steam, and that's bad news for the competition.

The junior again stood out in the discus and shot put at the 10th annual Englewood Relays on Saturday.

Mighty and Shaniek Easley gave Hackensack a gold medal in the discus with a total of 205-6 and followed that up with a bronze-medal performance of 64-6 in the shot put. Mighty's individual marks were 109 feet and 33 feet, respectively.

Contrary to what Mighty may have felt after the meet, she again showed the field that she's more than capable of repeating last season's feats.

The returning State champion in the discus, Mighty is just beginning to feel like the force that shredded the competition last year.

"This season I feel like I got off to a slow start," she said. "It was the same last season when I started off with early throws of 79 and 80 feet [in the discus]. This year I was starting off with [throws of] 109 feet. But now I

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feel like I'm gaining a foot at every meet."

Despite being the favorite each week, she doesn't feel extra pressure. And her coaches won't let her get complacent.

"Everyone expects a lot from me. I mean there is pressure, but it's just within me, not from anyone else," she said. "I owe a lot to my coaches, like coach [Ed] Church, [Darren] Ressa, and [Kelly] LaPietra. They've been great."

Before the season is over, Mighty wants to reach 140 feet in the discus. And at her current pace, she feels like it isn't too far off.

Not only does Mighty see herself refining her skills and distance in the discus, she also has a goal in the shot put.

"I'm really trying to reach 36 feet in the shot put," she said after her third place finish in the event. "My personal record is 34-10, so it's not that far away."

And for those who doubt this talented junior, she gladly accepts all challengers.

## TRACK SUMMARIES

### Englewood Relays

At Winton White Stadium

#### BOYS

##### Team scores

Christian Brothers Ac. 80, Highland Reg. 65, Hackensack 46, River Dell 42, Old Bridge 39, Wayne Valley 27, Hunterdon Central 21, Orange 19, Bergen Catholic 17, Middletown North 16½, Fort Lee 14½, Science 11, Paramus 10, Collegiate 8, Toms River South 8, Amityville 8, Pope John 8, Dover 8, Bergenfield 8, Eastside 7, Passaic Tech 6, Manchester 5, Ridgewood 5, N. Highlands 3.

**400** — 1, Hackensack (Whyte, Richardson, Barker, Simpson), 44.2; 5, Fair Lawn, 46.0;

**800** — 1, Orange (Sommerselle, Crew, Alleyne, Boucaud), 133.1; 5, Hackensack, 135.4; 6, Bergen Catholic, 136.0.

**1,600** — 1, Science (Dixon, Marsh, Dufael, Dennis), 3:25.0; 3, Bergen Catholic, 3:31.1.

**3,200** — 1, CBA (Falvey, Peterson, Nimick, Reulbach), 8:13.7; 4, Bergen Catholic, 8:21.2; 5, River Dell, 8:26.9.

**6,400** — 1, Old Bridge (Harding, Paulie, Rabinowitz, Bennett), 18:30.8; 4, Wayne Valley, 19:21.3;

**Sprint medley** — 1, CBA (Glackin, Capko, Federer, Rozler-Byrd), 336.2; 4, Wayne Valley, 346.7; 5, Bergen Catholic, 347.4;

**Distance medley** — 1, CBA (Flavey, Treharne, Reulbach, Peterson), 10:47.2; 4, River Dell, 11:15.5;

**Shuttle hurdles** — 1, Wayne Valley (Meek, Meek, Onnembo, Marshall), 63.0; 3, River Dell, 65.6; 4, Bergen Catholic, 65.9;

**Intermediate hurdles** — 1, CBA (Glackin, Cawley, Drew), 2:59.6; 2, Wayne Valley, 3:04.7; 3, River Dell, 3:06.06; 4, Fort Lee, 3:10.8;

**Long jump** — 1, CBA (Barry, Fortinus), 39-8½; 2, River Dell, 38-10; 4, Hackensack, 38-0½; 5, Eastside, 38-0; 6, Fair Lawn, 37-9.

**Triple jump** — 1, Paramus (Endres, Davis), 81-5½; 2, Bergenfield, 81-1¼; 5, Ridgewood, 75-7¼; 6, Northern Highlands, 74-10¼.

**High jump** — 1, Highland Regional (Kucinski, Bretell), 11-9; 4, River Dell, 11-3; 4, Wayne Valley, 11-3; 6, Fort Lee, 11-0.

**Pole vault** — 1, Tie: Hackensack (Pope, Chiccone), 23-6; and Hunterdon Central, 23-6; 3, River Dell 22-6; 3, Ridgewood, 22-6; 6, Northern Highlands 19-0;

**Shot put** — 1, Middletown North (Catapano, Gilson), 98-3; 2, Hackensack, 97-4¼; 4, River Dell, 93-2; 6, Manchester, 85-4.

**Discus** — 1, Highland Reg. (Welker, Saba), 247-10; 2, River Dell, 273-8; 3, Hackensack, 267-10; 5, Northern Highlands, 251-0;

**Javelin** — 1, Fort Lee (Mogglar, Henerra), 302-0½;

3, Passaic Tech, 268-10¼; 4, Manchester, 267-5; 6, Hackensack, 259-2.

#### GIRLS

##### Team scores

Trenton 76, Hunterdon Central 66, Jackson 65, Clara Barton 40, Hackensack 35, Passaic Tech 26½, Fair Lawn 20, Kennedy 20, Ramapo 20, N. Highlands 18½, Paramus 16, River Dell 13, Pope John 12, Garfield 11, Chatham 10, NV/Demarest 10, NV/Old Tappan 8½, Eastside 8, Holy Angels 5, Englewood 2.

**400** — 1, Trenton Central (Darby, Barrett, McRay, Yon), 50.6; 5, Hackensack, 52.5; 6, Passaic Tech, 52.8.

**800** — 1, Passaic Tech (Bishop, Liverman, Herbert, Varsell), 146.3; 5, Fair Lawn, 152.3;

**1,600** — 1, Trenton (Ellis, Weldon, Weldon, Kelly), 4:03.4; 2, Passaic Tech, 4:11.4;

**3,200** — 1, Jackson (Monaghan, Prendergast, Foughnan, Kaba), 10:21.2; 3, Paramus, 10:33.3; 6, Northern Highlands, 10:55.4.

**6,400** — 1, Hunterdon Central (Fasulo, Martin, Gamez, Hawrylo), 23:21.7; 2, Ramapo, 23:32.2; 4, Northern Highlands, 24-11.7; 5, Fair Lawn, 24:29.1; 6, Holy Angels, 25:51.5.

**Sprint medley** — 1, Trenton (Ellis, Weldon, Weldon, Kelly), 4:13.6; 2, Kennedy, 4:26.5; 3, River Dell, 4:28.7; 4, Hackensack, 4:31.4; 6, Passaic Tech, 4:33.9.

**Distance medley** — 1, Hunterdon Central (Force, Manzo, Lanewala, Hawrylo), 13:03.8; 2, Ramapo, 13:32.8; 3, Fair Lawn, 13:48.3;

**Shuttle hurdles** — 1, Trenton Central (Weldon, Yon, Barrett, Ellis), 67.5; 2, NV/Old Tappan, 72.3; 3, Northern Highlands, 74.3; 4, Holy Angels, 75.9; 6, Garfield, 77.0.

**Intermediate hurdles** — 1, Jackson (Schenk, Arneith, Ferro), 3:35.4; 2, Kennedy, 3:39.3; 3, River Dell, 3:44.0; 4, Northern Highlands, 3:51.2;

**Long jump** — 1, Hunterdon Central (Manzo, Lanewala), 30-6; 2, Fair Lawn, 29-18;

**Triple jump** — 1, Clara Barton (Warren, Hays), 72-0; 2, Eastside, 68-0¼; 3, Passaic Tech, 67-10; 4, Hackensack, 67-8¼; 5, Englewood, 62-8¼; 6, Paramus, 59-6¼.

**High jump** — 1, Trenton Central (Barnett, Yon), 9-8; 3, Hackensack, 9-6; 5, Fair Lawn, 9-3; 6, Tie: Northern Highlands, 9-0 and Passaic Tech 9-0.

**Pole vault** — 1, Hunterdon Central (Strizki, Stettner), 19-6; 2, Ramapo, 14-6.

**Shot put** — 1, Trenton Central (Tiggett, Wilson), 69-0; 3, Hackensack, 64-6; 4, Kennedy, 62-6; 5, Paramus, 59-1¼; 6, N. Highlands, 58-4¼.

**Discus** — 1, Hackensack (Easley, Mighty), 205-6; 3, Paramus, 193-4; 5, Garfield, 184-9; 6, River Dell, 171-3.

**Javelin** — 1, NV/Demarest (Fazekas, Fazekas), 212-11; 2, Garfield, 205-9; 6, Paramus, 153-2.