

## THE PAWLOWSKI RELAYS

Ridgewood High School Track

### Small School Division:

**Team Totals BOYS:** 1-Cresskill 74. 2-Old Tappan 71.5. 3-La Salle 48.5. 4-Westwood 37.5.  
5-Pascack Valley 35. 6-Scotch Plains 33. 7-Leonia 31.5. 8-New Milford 30.5. 9-Dover 30.  
10-Cranford 28. 11-N. Arlington 27.5. 12-Orange 20. 13-Morris Cath 15. 14-Summit 10.  
15-Glen Ridge 4.

**Team Totals GIRLS:** 1-Verona 82. 2-Old Tappan 71. 3-Scotch Plains 46. 4-Pascack Valley 45.  
5-Garfield 40. 6-Cranford 38.5. 7-Summit 34. 8-Westwood 32.5. 9-De Paul 25.33.  
10-Spotswood 22.33. 11-Pequannock 13.33. 12-Leonia 13. 13-Glen Ridge 9. 14-Orange 8.  
15-Dover 2. 16-Eldred 1.

### BOYS

**4X100m** –1-Old Tappan (Jason Kaln, Adam Niethadt, Cory Schyver, Sun Hong) 46.5. 2-LaSalle, 46.8. 3-Cresskill, 47.2. 4-Orange, 47.3. 5-New Milford, 47.8. 5-Leonia, 47.8.

**4X200m** –1-Dover (Michael Bildon, Julio Sosa, Ken Quinones, Kahlil, Harris) 1:35.3. 2-Westwood, 1:35.9. 3-Orange, 1:36.5. 4-Old Tappan, 1:37.0. 5-New Milford, 1:40.0. 6- Summit, 1:40.8.

**4X400m** –1-Dover (Kahlil Harris, Julio Sosa, Ken Quinones, Michale Bibbs) 4:33.4. 2-Old Tappan, 3:35.9. 3-LaSalle, 3:36.7. 4-Cresskill, 4:37.0. 5-New Milford, 3:45.5. 6-Leonia, 3:46.9.

**4X800m** –1-Cranford(Brian Zuravnsky, Ed Clinton, Matt Werder, KC Brown), 8:44.5. 2-New Milford, 9:10.1. 3-LaSalle, 9:17.9. 4-Pascack Valley, 9:21.4. 5-Old Tappan, 9:37.5. 6-Cresskill, 9:52.4.

**4X1600m** –1-Cranford (Tom Flanagan, Rayn Mc Mahon, Mike Bell, Steve Swan) 20:03.2. 2-Old Tappan, 20:19.9. 3-Leonia 20:21.4. 4-Scotch Plains, 20:30.8. 5-Creskill, 20:51.6. 6-Summit, 21:07.7.

**Sprint Medley** –1-Orange(Dale Price, Amir Sessoms, Lamar Crew, Kester Stephens) 3:47.4. 2-Dover, 3:50.6. 3-Summit, 3:53.7. 4-Glen Ridge, 3:55.5. 5-Westwood, 3:56.6. 6-Morris Cath., 3:57.4.

**Distance Medley** –1-Scotch Plains ( McGuire, Williams, Kopnicki, Wallden) 10:52.6. 2-Cranford, 11:08.6. 3-Cresskill, 11:40.2. 4-Leonia, 11:44.7. 5-Dover, 12:02.8. 6- Old Tappan, 12:08.1.

**4X110 HH** –1-Leonia (ilir Elazaj, Sean Connell, Jason Sim, Andy Lim) 1:03.0. 2-Old Tappan, 1:07.0. 3-North Arlington, 1:13.2. 4-LaSalle, 1:14.5. 5-New Milford, 1:15.2. 6-Pascack Valley, 1:15.9.

**3X400 IH** –1-Cresskill ( Shame Conroy, Matsuaki Nichimoto, Erick Nelson) 3:04.0. 2-Old Tappan, 3:07.2. 3-Leonia, 3:10.1. 4-New Milford, 3:15.4. 5-LaSalle, 3:16.3. 6-Morris Cath, 3:22.2.

**3X Long Jump** –1-LaSalle(Brendan Lill, Dan Delauney, Kyle Heran) 56' ½ ". 2-Scotch Plains, 54' 7 ½ ". 3-Pascack Valley, 52' 7". 4-Old Tappan, 52' 2 ½ ". 5-Cresskill, 52' 2". 6-Summit, 50' 11 ½ ".

**3X Triple Jump** –1-Cresskill ( Buccino, Arak, Butter) 114' 6". 2-Pascack Valley 110' 2 ½ ". 3-Old Tappan, 108' 6". 4-New Milford, 108' 3 ½ ". 5. LaSalle, 106' 10 ½ ". 6-Leonia, 106' 9 ½ ".

**3X High Jump** –1-Pascack Valley( Matt Lillien, Ian Luschman, Adam Sasher) 17' 1". 2- LaSalle, 16' 1". 3- Cresskill 16' 0". 3- Morris Cath, 16' 0". 5- Westwood, 15' 11". 5- Leonia, 15' 11".

**3X Pole Vault** –1-Old Tappan(Weithardt, Shayer, Kahn) 19'. 2-Westwood, 18' 6". 3-Cresskill, 18'. 4-Pascack Valley, 11'. 4- N. Arlington, 11'. 6- LaSalle, 9'. 6- Leonia, 9'.

**3X Shot Put** –1-Cresskill (John Ramirez, Joe Napolitano, Hooheuy) 126' 11". 2-Scotch Plains, 125' 8 ½ ". 3-123' 10". 4-Westwood, 121' 5". 5-New Milford, 108' 0". 6-N. Arlington, 105' 1". 6-Old Tappan, 105' 1".

**3X Discus** –1-N. Arlington (Ororio, Kochenash, Koc) 347' 8". 2-Westwood, 335' 2". 3-LaSalle, 325' 3". 4-New Milford, 320' 11". 5- Scotch Plains, 288' 4". 6- Cresskill, 284' 6".

**3X Javelin** –1-North Arlington( McCool, Kochenash, Koc) 408' 3". 2-Morris Cath, 400' ". 3-Westwood, 395' 6". 4-Cresskill, 365' 8". 5-New Milford, 354' 8". 6-LaSalle, 336' 4".

### GIRLS

**4X100m** –1-Summit(McDonald, Novaa, Chari, Holines) 54.1. 2-Verona, 54.4. 3-Orange55.2. 4-DePaul, 56.2. 5-Pascack Valley, 57.6. 6-Cranford, 58.1. 6-Westwood, 58.1.

**4X200m** –1-Old Tappan(Cat Nashans, Annie Redmond, Stacy Smith, Jessica Perkel) 1:52.1. 2-Verona, 1:56.1. 3-Westwood, 1:56.4. 4-Garfield, 1:57.4. 5-Orange, 1:58.0. 6- DePaul, 1:58.7.

**4X400m** –1-Scotch Plains (Jayme Ferraro, Lauren Perrotta, Jenna Balestriere, Jill Koscielecki) 4:17.5. 2-Old Tappan, 4:24.6. 3-Westwood, 4:29.7. 4-Verona, 4:34.6. 5-Pequannock, 4:44.9. 6-Leonia, 4:52.8.

**4X800m** –1-Pascack Valley(Ava Scacchetti, Tara Connelly, Jill Weusels, Sara Umooa-Sapp) 10:35.0. 2-Old Tappan, 10:48.5. 3-Westwood, 10:58.0. 4-Verona, 11:02.2. 5-Garfield, 11:14.4. 6-Summit, 11:25.6.

**4X1600m** –1-Old Tappan(Sarah Ocasio, Aly Eckmayer, Lindsey Davis, Taylor Leborich) NT. 2-Summit, NT, Cranford,, 23:49.6. 4-Garfield, 24:30.51. 5- Scotch Plains, 24:41.51. 6-Pequannock, 25:05.4.

**Sprint Medley** –1-Scotch Plains (Lauren Perrotta, Rachel Jones, Aja Bundy, Jenna Balestriere) 4:40.7. 2-Westwood, 4:41.6. 3-Verona, 4:41.9. 4-Spotswood, 4:44.4. 5- Dover, 5:05.3. 6-Eldred, 5:20.8.

**Distance Medley** –1-Cranford(Mallory Harlin, Kate Pinowarcyck, Samantha Dango, Jessica Barr) 13:44.8. 2-Garfield, 14:03.8. 3-Summit, 14:12.4. 4-Pascack Valley, 14:25.7. 5-Verona, 14:38.0. 6-Old Tappan, 15:17.0.

**4X100 HH** –1- Pascack Valley (Nucgekke Rubustello, Bryanne Corra, Kate Diana, Chris Nacnodovitz) 1:12.6. 2-Verona, 1:18. 3-DePaul, 1:18.6. 4- Pequannock, 1:19. 5-Spotswood, 1:20.0. 6-Garfield, 1:20.1.

**3X400 IH** –1-Scotch Plains (Jayme Ferraro, Jill Koscielecki, Michelle Regg) 3:33.6. 2-Pascack Valley, 3:48.3. 3-Old Tappan, 3:55.1. 4-Pequannock, 4:04.2. 5 Glen Ridge, 4:10.8. 6-Garfield, 4:13.5.

**3X Long Jump** –1- Spotswood (Lanra Lacertosa, Miranda Taylor, Anthen Chan) 39' 10 ½ ". 2-Garfield, 39' 1". 3-DePaul, 38' 2 ½ ". 4-Leonia, 38' 1". 5-Pascack Valley, 37' 3 ½ ". 6-Verona, 37' 2 ½ ".

**3X Triple Jump** –1-Garfield(Brittany Brooks, Latasha Jackson, Lyndsey Barber) 88' 1 ½ ". 2-Leonia, 85' 1 ½ ". 3-Old Tappan, 84' 8". 4-Pascack Valley, 84' 4 ½ ". 5-Westwood, 83' 11 ½ ". 6-Verona, 80' 2 ½ ".

**3X High Jump** –1-Verona (C. Drosdick, R. Drosdick, Bulger) 13' 0". 2- Glen Ridge, 12' 9". 2- Old Tappan, 12' 9". 4-Pascack Valley, 12' 3". 4- Westwood, 12' 3". 6-Spotswood, DePaul, & Pequannock, 8' 6".

**3X Pole Vault** –1-Verona (Kara Passage, Leah Read, Carmella Sellita) 20'. 2- Old Tappan, 6'.

**3X Shot Put** –1-Verona (Kim Ferrari, Hillary Curry, Caroline Drodick) 83' 5". 2-Cranford, 82' 10 ½ ". 3-Scotch Plains, 82' 5 ½ ". 4-DePaul, 80' 9 ½ ". 5- Sumit, 79' 5". 6- Westwood, 78' 10".

**3X Discus** –1-Cranford(Diane Matuszewski, Alison Martines, Erin MCGovern,) 266' 9". 2-Scotch Plains, 251' 8" 3-Summit, 237' 11". 4-DePaul, 229' 8". 5-Pascack Valley, 210' 9". 6-Garfield, 208' 7".

**3X Javelin** –1-Verona (Stephanie Mury, Caroline Droscllick, Kim Ferrari) 247' 10". 2-Old Tappan, 227' 6". 3-Spotswood, 216' 11". 4-Cranford, 213' 1". 5-Pequannock, 210' 3". 6-Garfield, 209' 1".

#### SOPHOMORE BOYS

**4X400m** –1-LaSalle, 4:00.7. 2-Dover, 4:00.8. 3-New Milford, 4:02.4. 4-Summit, 4:05.6. 5- Cranford, 4:08.8. 6-Pascack Valley, 4:21.4

**4X800m** –1-Cranford 9:20.7. 2-Dover, 9:38.2. 3-LaSalle, 9:52.8. 4-Old Tappan, 10:27.9. 5-Pascack Valley, 10:50.3.

#### SOPHOMORE GIRLS

**4X400m** –1-Dover, 4:56.7. 2-Glen Ridge, 4:57.6. 3-Garfield, 5:01.9. 4-Pequannock, 5:04.9. 5-Westwood, 5:07.7. 6-Pascack Valley, 5:31.6.

**4X800m** –1-

#### FROSH BOYS

**4X400m** –1-Cresskill, 4:10.1. 2-Pascack Valley, 4:12.2. 3-Westwood, 4:12.6. 4-Leonia, 4:16.2. 5-LaSalle, 4:19.6. 6-Pascack Valley, 4:21.6.

**4X800m** –1-Cranford 9:42.9. 2-Leonia, 9:57.0. 3-LaSalle, 9:58.4. 4-New Milford, 9:58.8. 5- Pascack Valley, 10:09.5.

#### FROSH GIRLS

**4X400m** –1-Dover 4:59.9. 2-Shoreham Wading River, 5:01.1. 3-Pascack Valley, 5:06.8. 4-Westwood, 5:15.4. 5-Spotswood, 6:02.2.

**4X800m** –Pascack Valley, 13:04.9. 2-Spotswood, 13:55.1. 3-Garfield, 13:59.9.