

# LOCAL SCOREBOARD

## TRACK

### RIDGEWOOD WINTER GAMES II At Rockland Community College, Suffern, N.Y.

#### GIRLS

**55m** — 1. Cassandra Vidal, Asbury Park, 7.5; 2. Jennifer Cagiao, Hasbrouck Heights, 7.6; 4. Eileen Lavelle, Sleepy Hollow (NY), 7.6; 4. Theresa Maneri, Washingtonville (NY), 7.6; 5. Jess Oravetz, Waldwick, 7.6; 6. Elizabeth Luke, Bergen Tech, 7.9.

**55HH** — 1. Pia Ruth, Linden, 8.4; 2. Jackie Kaminski, Saddle Brook, 9.2; 3. Jazmine Fenlator, Wayne Valley, 9.3; 4. Laura Conte, Wayne Valley, 9.4; 5. Dana Salonia, Saddle Brook, 9.5; 6. Kisha Holden, Asbury Park, n.t.

**300y** — 1. Tie between Asha Bailey, Science, and Theresa Manera, Washingtonville, 39.4; 3. Cassandra Vidal, Asbury Park, 39.5; 4. Mandy Jenkins, Valley Central (NY), 39.9; 5. Allison Defreitas, Washingtonville, 40.0; 6. Mary Mandras, Arlington (NY), 40.3.

**600y** — 1. Zani Wilson, Washingtonville, 1:33.2; 2. Awinna Martinez, Passaic, 1:33.4; 3. Alison Wernberg, Tenafly, 1:34.1; 4. Yanirda Majia, Passaic, 1:35.0; 5. Amanda Black, Yorktown (NY), 1:35.6; 6. Francesca Fonti, IHA, 1:39.5.

**1000y** — 1. Julia Emanuel, Tenafly, 2:49.3; 2. Caitlin Hemmer, IHA, 2:49.9; 3. Brittney Criscuolo, East Meadow (NY), 2:52.3; 4. Alexandra Brown, Kingston (NY), 2:54.1; 5. Yanirda Mejia, Passaic, 2:54.7; 6. Awinna Martinez, Passaic, 2:55.7.

**1600m** — 1. Caitlin Smyth, IHA, 5:13.7 (record, old record, 5:19.6 by Kathleen Linck, Bishop Eustace, 1995); 2. Lindsay Van Alstine, Hawthorne Christian, 5:17.1; 3. Anjelica Gregory, Hackley (NY), 5:19.8; 4. Lisa Sinkovitz, IHA, 5:30.4; 5. Brittney Criscuolo, East Meadow, 5:37.2; 6. Jacqui Carroll, Wayne Valley, 5:38.8.

**3200m** — 1. Lindsay Van Alstine, Hawthorne Christian, 11:05.5 (record, old record, 11:10.3 by Missy Duchini, Wayne Valley, 1984); 2. Kristin Clark, Washingtonville, 11:33.9; 3. Amy Van Alstine, Midland Park, 11:49.2; 4. Shanika Bernard, Hackensack, 11:54.1; 5. Shannon Weinderlich, Washingtonville, 11:55.1; 6. Jacqui Carroll, Wayne Valley, 11:58.1.

**High Jump** — 1. Jessica Malacrida, Paramus, 5-2; 2. Friedi, East Meadow, 5-0; 3. Alison Tripodi, Wayne Valley, 4-10; 4. Black, Yorktown, 4-10; 5. Alexis Toon, Hackensack, 4-8; 6. Tie between Emily Battersby, IHA, Pia Ruth, Linden, and Laura Conte, Wayne Valley, 4-6.

**Shot Put** — 1. Jazmine Fenlator, Wayne Valley, 37-1 1/2; 2. Kaci Duffy, North Rockland (NY), 33-4; 3. Sheri Villa, Hackensack, 33-2 1/4; 4. Tanisha Lawes, Asbury Park, 33-0 3/4; 5. Erin Coughlin, North Rockland, 33-0 1/4; 6. Nicole Robinson, Hackensack, 29-3.

**Pole Vault** — 1. Mandy Jenkins, Valley Central, 10-6 (record, new event); 2. Jen Koshy, New Rochelle (NY), 9-0; 3. Dana Migliorino, Wayne Valley, 8-0.

**Long Jump** — 1. Jackie Kaminski, Saddle Brook, 16-0 1/4; 2. Yuanna Hepurn, North Rockland, 15-3 1/2; 3. Kisha Holder, Asbury Park, 14-11; 4. Elizabeth Luke, Bergen Tech, 14-11; 5. T. Anderson, Arlington, 14-7 1/4; 6. Jen Langan, IHA, 14-7.

**Triple Jump** — 1. Jackie Kaminski, Saddle Brook, 33-10; 2. Jazmine Fenlator, Wayne Valley, 31-10 1/2; 3. Stephanie Fissekis, Hackley, 31-4; 4. Liz Mazzocchi, Washingtonville, 31-0; 5. Brittanica Frazier, Hackensack, 30-10; 6. Amy Otounye, Valley Central, 30-4 1/2.

**4x800m relay** — 1. IHA (Caitlin Hemmer, Lisa Sinkovitz, Theresa Hearn, Caitlin Smyth) 10:07.4; 2. East Meadow, 10:20.5; 3. Washingtonville, 10:28.9; 4. Wayne Valley, 10:44.2; 5. Arlington, 10:54.9; 6. Westwood, 10:56.8.

#### BOYS

**55m** — 1. George Williams, Matawan, 6.7; 2. Rashon Jackson, Passaic Tech, 6.9; 3. Derrick Wilborn, Passaic Tech, 6.9; 4. Owen Washington, 6.9; 5. Andrew Brittan, Hackensack, 7.0; 6. Brian Toal, Don Bosco, 7.6.

**55HH** — 1. Dave Lado, Ridgely, 7.8; 2. Sha-reef Hardin, Linden, 8.0; 3. Masaaki Davis, Matawan, 8.3; 4. Mike Perniotti, Belleville, 8.3; 5. Michael Andreno, Garfield, 8.5; 6. Bruce Hanks, Linden, 8.6.

**300y** — 1. Jon Reid, Bergen Tech, 33.1; 2. Michael Devereaux, Kingston, 33.6; 3. James Raphael, Westside, 34.1; 4. Michael Perniotti, Belleville, 34.2; 5. Alvin Davis, Kennedy, 34.3; 6. Tie between Felix Henry, Passaic, Marvin Morris, Westside, and Hayrol Cruz, Passaic, 34.5.

**600y** — 1. Ken Sinkovitz, Bergen Catholic, 1:13.7; 2. Marvin Morris, West Side, 1:17.9; 3. Kester Stephens, Orange, 1:18.1; 4. Daeshon Davidson, West Side, 1:18.4; 5. Greg Weiss,

West Milford, 1:18.6; 6. Anlee Orama, Technology, 1:20.1.

**1000y** — 1. Dan Kearney, Bergen Catholic, 2:32.1; 2. Kevin Walsh, Bergen Tech, 2:33.3; 3. Anlee Orama, Technology, 2:33.9; 4. Frank Tartaglia, Belleville, 2:35.1; 5. Steve Kinney, Watchung Hills, 2:35.2; 6. Tony Naimo, Bergen Catholic, 2:35.6.

**1600m** — 1. Eric Nygaard, Ridgewood, 4:45.9; 2. Alex Wechsler, Don Bosco, 4:46.1; 3. Sean Valdes, Paramus, 4:49.3; 4. John Smith, Matawan, 4:49.9; 5. Pat Mc Keever, Midland Park, 4:51.7; 6. Mike Rolek, Seton Hall, 4:55.4.

**3200m** — 1. Sean Swift, Don Bosco, 10:00.2; 2. Brendan Kenny, West Milford, 10:00.8; 3. Steve Kinney, Watchung Hills, 10:04.5; 4. Ryan Kenny, West Milford, 10:04.8; 5. John Smith, Matawan, 10:11.3; 6. Pete Gerboth, Don Bosco, 10:12.9.

**Shot Put** — 1. Ron Brewer, Middletown North, 49-2; 2. Brian Toal, Don Bosco, 48-1 1/2; 3. Scott Emerson, Fair Lawn, 46-6 1/4; 4. Pat Callahan, Matawan, 44-6; 5. Paul Rosiak, Wood-Ridge, 44-4; 6. Joe Ciborowski, Saddle Brook, 44-0.

**High Jump** — 1. Dewayne Daniels, Passaic, 6-0; 2. Chris Calantone, Bergen Catholic, 5-10; 3. Joe Frangipane, Saddle Brook, 5-10; 4. Jeremy Rausch, Matawan, 5-10; 5. Tie between Walid Ali, Matawan and Glen Roche, North Rockland, 5-8.

**Pole Vault** — 1. Bret Sullivan, Matawan, 13-0; 2. Tom McCormick, Don Bosco, 12-6; 3. Eric Sheppard, North Rockland, 12-0; 4. Gabe Knutsen, Ridgewood, 11-6; 5. Tie between Jake Riccardi, Ridgewood, and Colin Hotalen, Matawan, 11-0.

**Long Jump** — 1. Tyler Palumbo, Don Bosco, 20-1; 2. Joey Marcoux, Don Bosco, 20-1; 3. Garrett Bronner, Sleepy Hollow, 20-0; 4. Joe Frangipane, Saddle Brook, 19-10; 5. Thomas Jan, Tenafly, 19-4 1/2; 6. Dan Oquendo, Hackensack, 19-4.

**Triple Jump** — 1. Glen Roache, North Rockland, 41-11; 2. Tyler Palumbo, Don Bosco, 41-2 1/2; 3. Gabe Knutsen, Ridgewood, 40-10 1/2; 4. Dewayne Daniels, Passaic, 40-4 1/2; 5. Joey Marcoux, Don Bosco, 39-8 1/2; 6. Nick Timpone, Hasbrouck Heights, 39-4.

**4x400m relay** — 1. Matawan, 3:40.9; 2. Linden, 3:41.4; 3. Bergen Tech, 3:48.6; 4. Westwood, 3:49.7; 5. Saddle Brook, 3:51.1; 6. Yorktown, 3:51.8.

**4x800m relay** — 1. Ridgewood (Ro Crispin, Ari Zamir, Kyle Engelken, Dave Maher) 8:33.3; 2. Kennedy, 8:38.1; 3. Hackensack, 8:41.4; 4. Tenafly, 8:54.6; 5. Middletown North, 8:59.8; 6. Arlington, 9:05.7.

### FDU FIELD FESTIVAL II

#### At Rothman Center, Hackensack

#### BOYS

**High Jump** — 1. Chris Treble, Montgomery, 5-8; 2. Andrew Fontana, Pascack Hills, 5-6; 3. Minjoe Williams, Fort Lee, 5-0. No fourth or fifth.

**Long Jump** — 1. Albert Kang, Dumont, 19-8; 2. Val Sisti, DePaul, 19-7 1/2; 3. Andrew Fontana, Pascack Hills, 19-1 1/2; 4. John Gerst, Livingston, 18-11; 5. Carlos Cabrera, Dumont, 18-5 3/4.

**Triple Jump** — 1. Andrew Fontana, Pascack Hills, 40-3; 2. Minjoe Williams, Fort Lee, 39-6 3/4; 3. Dean Spirito, Dumont, 37-4 3/4; 4. Paul Krasilnick, Pascack Hills, 36-11; 5. Carlos Cabrera, Dumont, 36-9 3/4.

**Shot put** — 1. Jason Maier, New Milford, 49-6 1/2; 2. Tristen Henry, Bergenfield, 49-2 3/4; 3. Steve Kondorossy, Montgomery, 45-7 1/4; 4. Emmanuel Mkrtchian, Fort Lee, 43-2 1/4; 5. Paul Krasilnick, Pascack Hills, 41-3.

**Pole vault** — 1. Adam Sacher, Pascack Valley, 12-6; 2. John Tshilas, Livingston, 11-10; 3. Dean Spirito, Dumont, 11-6; 4. John Savage, Montgomery, 10-10; 5. Jeremy Helm, Livingston, 10-6.

#### GIRLS

**High jump** — 1. Jenn Carson, Montgomery, 4-10; 2. Megan Hiller, St. Rose, 4-8; 3. Jessie Steinbeigle, Indian Hills, 4-8; 4. Lindsay May, Dumont, 4-8. No fifth.

**Long jump** — 1. Jenn Carson, Montgomery, 15-7 3/4; 2. Danielle Kroll, Indian Hills, 15-7; 3. Jackie Kasen, Pascack Valley, 15-5 1/2; 4. Lindsay May, Dumont, 14-7 1/4; 5. Kerry O'Halloran, St. Rose, 14-6.

**Triple jump** — 1. Emily McMillan, St. Rose, 31-4 1/2; 2. Lindsay May, Dumont, 31-3 1/2; 3. Danielle Kroll, Indian Hills, 31-2 1/4; 4. Diana Christopoulos, Indian Hills, 29-0; 5. Christina Whiteman, Indian Hills, 26-0 1/2.

**Shot put** — 1. Daria Zivonovic, St. Aloysius, 35-0 1/4; 2. Lauren Bartos, Montgomery, 33-1; 3. Lakea Johnston, Montgomery, 31-0 3/4. No fourth or fifth.

**Pole vault** — 1. Malena Caballero, Dumont, 7-6; 2. Felicia Chevalier, Dumont, 7-0.



# Reid all about it: He wins 300

By **PAUL SCHWARTZ**  
STAFF WRITER

SUFFERN N.Y. — Jon Reid won the 300-yard race at the Ridgewood Winter Games II meet Wednesday at Rockland Community College, running a solid 33.1 seconds to defeat runners from New Jersey, Westchester County, Long Island, and upstate New York.

But his heart belongs to the mile relay.

"Our team is really big on relays and has been since I joined freshman year," said Reid, the leadoff leg on Bergen Tech's 1,600 relay team. "When you have three other guys relying on you, it makes it harder but it also makes it that much more special. We've really been together as a team and more since freshman year, and I really like the relay better than the individual event."

"I love coaching Jon because all you have to do is tell himself

## Bergen Tech runner tops field

### WINTER TRACK RIDGEWOOD INVITATIONAL II

something once and he just does it," said Bergen Tech coach Damien Betances. "He's one of the real leaders of the team, and helps me convince anyone that it's not just your team, it's your family. He helps me pass the tradition on to the younger kids and stresses the importance of being together."

That tradition was tested last spring when Tech's head coach, Stacey Price, was fired after protesting the cancellation of a promised trip to the Penn Relays.

"Miss Price was the one who conned me into going out for track in the first place," said Reid, who attends Bergen Academy of Visual Arts & Graphic Communi-

cations. "It became sort of an ego thing with me. I wasn't very good at any other sport, but I found something I was good at and then I liked everything about it — even the hard practices."

Bergen Tech is missing two stalwarts in the relay this winter, with an injury keeping Justin Davis off the track and Kirk Budd waiting until the spring to return, but the Knights finished third in Reid's favorite event Wednesday.

Betances understands his runner's passion for the relay. He was part of a fine Teaneck relay in the late 1980s. "I'm still friends with those guys and I talk to them all the time," he said.

North Jersey runners broke two long-standing meet records Wednesday. Caitlin Smyth of Immaculate Heart won the 1,600 in 5:13.7, breaking the eight-year-old mark set by Kathleen Linck of Bishop Eustace by nearly six seconds. Lindsay Van Alstine of Hawthorne Christian, second to Smyth in the 1,600, set the 3,200 record earlier, running 11:05.5 to break the record set by Wayne Valley's Missy Duchini in the meet's first year, 1984.

Bergen Catholic's Ken Sinkovitz, fresh off his Group 4, 800 championship Sunday, missed the Bergen County record in the 600 yards (rarely run since 1980) by just .3 seconds, when he ran 1:13.7. Sinkovitz got confused on the oversized 250-meter track and slowed midway in the race, believing he had a longer distance left to run than he actually had.

Paul Schwartz's e-mail address is [schwartz@northjersey.com](mailto:schwartz@northjersey.com)



## MEET RESULTS

### SANDERSON RUNS 50.1 AT CVC INVITATIONAL

COLONIAL VALLEY CONF. INVITATIONAL, Jan. 14, Lawrenceville: This was basically a relay meet, but Adian Sanderson of Ewing spun off a 50.1 in the 400M. Trenton swept the four relay events with a season-leading 29.7 in the SHR, probably the only spike-shoe race to be run in NJ this winter. 400-Sanderson 50.1. 1600-Giambra, NtreDme 4:40.2. 800R-Tren 1:33.9. 2-Hgtwn :36.3. 1600R-Tren 3:30.6. DMR-Tren 11:02.3. SHR-Tren 29.7.

### \* LANGHAUSER LEADS RIDGE TO MVC TITLE

MOUNTAIN VALLEY CONF., Jan. 17, Drew: John Langhauser was Ridge's only winner here as he took the SP at 53-1, but Tim Mooney's boys picked up plenty of other places for a 48-38 defeat of Roselle. Bound Brook was the top Valley team, a first, indoor or out, for the Crusaders.

Jean Gentil had a double for Roselle as he won the HH in 7.95 and the HJ at 6-0. Mike Carmody doubled the 800 and 1600 for Berkeley Heights in 2:03.90 and 4:42.97, both off very slow paces.

T-Ridge 48, Rsls 38, BH 33. 55-Williams, NwkC 6.73. 400-Scott, Hlsde 52.68. 800-Carmody 2:03.90. 1600-Carmody 4:42.97. 3200-Huddell, BB 10:34.86 HH-Gentil 7.95. HJ-Gentil 6-0. SP-Langhauser 53-1. 1600R-Hlsde 3:37.79.

### ST. BENEDICT'S TAKES TWO RELAYS AT YALE

YALE INVITATIONAL, Jan. 17-18, New Haven: With all four groups involved in state action at Jadwin this weekend, there was a very slim NJ entry here, but St. Benedict's did win a pair of relays, the 1600 in 3:32.42 and the 3200 in 8:17.44, still minus Andre Fearon.

### HUNTERDON CENT. PUTS THREE OVER 13-0 AT STANNER

STANNER INVITATIONAL, Jan. 18, NY Armory: It was the same story here, but Hunterdon Central sent its pole vaulters over the river and three of them topped 13-0, Nike Tucholski, John Contursi and Mike Roberti.

Vernon skipped the Gr. III relays and had Dan Falgaes placed 3rd in the 55M in 6.69 and Mike Pohludka run a 7.77 HH heat before falling in the final.

### BAYONNE, MEMORIAL TIE FOR HCIAA TITLE

HCIAA, Jan. 22, NY Armory: No league comes up with as many close races as this one and it was another tie finish with Bayonne and Memorial at 59 and St. Peter's only five points behind, minus its county CC champ John Laracy, who is taking the winter off.

Bayonne's trio of Fitz-Hubert Reynolds. Roman Zhumurenka and Steve DiGiorgio accounted for 46 of the Bees' points, Reynolds winning the 400 in 49.18 and the HH in 8.00 and placing 2nd to Zhumurenka's 2:01.09 in the 800. DiGiorgio won the SP at 52-2 1/2. (This meet has no 1600R, otherwise the Bees would easily have won.)

T-Byne & Memrl 59, SPJC 54. 55-Thompson, NoBgn 6.67. 400-Reynolds 49.18. 2-Jamison, Linc 50.79. 3-Caulfield, SPJC 50.98. 4-Rivera, Hbkn 51.87. 800-Zhumurenka 2:01.09. 2-Reynolds :02.20. 1600-Capellan, Memrl 4:38.05. 3200-Capellan 10:40.01. HH-Reynolds 8.00. HJ-Loaiza, UnHil 5-8. LJ-Thompson 20-9.25. SP-DiGiorgio 52-2.5.

### SINKOVITZ RUNS 1:13.7 FOR 600Y AT RIDGEWOOD II

RIDGEWOOD II, Jan. 22, Rockland CC: Ken Sinkovitz of Bergen Catholic had a 1:13.7 for the now rarely-run 600-yard race here, putting himself in the top 20 all time for the event. The Crusaders added another win as Dan Kearney took the 1000Y run in 2:32.1.

55-Williams, Mtn 6.7. 300-Reid, BgnTch 33.1. 600-Sinkovitz 1:13.7. 2-Morris, WstSde :17.9. 1000-Kearney 2:32.1. 1600-Nygaard, Rdgwd 4:45.9. 3200-Swift, DBP 10:00.2. HH-Lado, Rdgfd 7.8. HJ-Daniels, Pssc 6-0. PV-Sullivan, Mtn 13-0. LJ-Palumbo, DBP 20-1. TJ-Roache, NoRock 41-11. SP-Brewer, MiddNo 49-2. 1600R-Mtn 3:40.9. 3200R-Rdgwd 8:33.3.

### FRENZEL DOUBLE LEADS MORRISTOWN TO COUNTY WIN

MORRIS CTY, Jan. 22, Drew: Travis Frenzel had a pair of come-from-behind wins in the 600M and 1K to lead Morristown to an 85-36 rout of Randolph here. He caught Brian DeMarco of Whippany Park in the 600 in 1:26.74 and pace-setting Craig Beall of Parsippany Hills in the 1K in 2:39.24.

Jeremy Zagorski of Parsippany Hills went all-out to break 4:20 in the 1600 but, with no real competition, had to settle for a 4:22.12 victory. He later followed the pace of Mount Olive's Jerry Whittaker in the 3200, then took over in the last 800 for a 20-yard win in 9:38.90.

T-Morr 85, Rand 36, PH 30. 55-George, HanPk 6.77. 300-Rodriguez, Pspny 36.94. 2-Holand, Mndhm 37.50. 3-Adair, Morr 37.51. 4-Abdul-Rahman, MorrHls 37.59. 5-Wilson, Morr 37.75. 6-Ziyad, MO 37.86. 600-Frenzel 1:26.74. 1K-Frenzel 2:39.24. 2-Beall :39.65. 1600-Zagorski 4:22.12. 2-dos-Santos, Rand :31.08. 3200-Zagorski 9:38.90. 2-Whittaker :42.35. HH-Adair.

Morr 8.03. HJ-Wilson, Morr 6-2. PV-Scherr, MorrKn 12-6. SP-Hirschklau, Morr 48-10.5. 1600R-Rand 3:33.34. 2-Morr :33.75.

### LAKEWOOD SPEED PREVAILS IN OCEAN COUNTY

OCEAN CTY, Jan. 22, Red Bank: Speed prevailed here, with a little help from muscle, as Lakewood defeated Toms River North and Toms River East, 58-48-46.

Brian Roebuck and Ed Loney went 1-2 in the 55 for the Piners, Mike Wittenburg took the 400 in 52.22 and the 1600R sewed it up with a 3:36.20 victory. Sydney Murray provided a vital 10 points with a 52-2 1/2 SP win.

Peter Hess headed the TRN bid as he led teammate Dan Bingham over the line in the 1600 and 3200. Ron Jules topped TRE with a 7.57 win in the HH.

T-Lkwd 56, TRN 48, TRE 46. 55-Roebuck 6.79. 400-Wittenburg 52.22. 800-Davies, SoOcn 2:03.80. 1600-Hess 4:37.29. 3200-Hess 9:44.76. HH-Jules 7.57. 2-Schoonover, Mnchr 7.80. 3-White, Mnchr 7.80. HJ-Giglio, Pnlds 6-4. SP-Murray 52-2.5. 1600R-Lkwd 3:36.20.

### VINELAND IN FAST RELAY DOUBLE AT NEW BALANCE

NEW BALANCE GAMES, Jan. 25, NY Armory Ctr: After playing second fiddle to Winslow Twp at the state relays and Gr. IV meet, Vineland turned the tables here in explosive fashion with a state record of 3:27.60 in the SMR and a 3:19.07 victory over the Eagles in the 1600R.

The Sherrer brothers keyed both victories, Schaefer running the 400 and Shannon the 800 in the SMR race. Only John Muir of Pasadena has run this race faster indoors (on three occasions) and the Vineland mark is intrinsically superior to the long-standing SMR mark of 3:30.8, set by St. Benedict's in a match race with Seton Hall on the old Lawrenceville board track in 1971.

The relays were not the only reversal of form this day. In the mile, Chris Platt of Haddonfield ran 3rd in 4:16.01, three seconds ahead of Millrose qualifier Chris Pannone of Haddonfield, who finished sixth. In 4th place, culminating a great string of races within 12 days, as Ken Sinkovitz of Bergen Catholic, who ran 4:17.73.

Michael Morrison skipped this one (the HJ was a relay), but his Willingboro teammates won the 3200R in a season's best of 7:59.19. Trenton led a Jersey sweep of the SHR, beating Franklin's Gr. III champs in 30.24.

M-3-Platt 4:16.01. 4-Sinkovitz :17.73. 6-Pannone :19.81. 800R-4-Eliz 1:32.23. 5-Ewing :32.80. Hts: Tren :32.22; Cmdn :32.38; Tnck :35.48; Wlbro :35.57. 1600R-Vnld 3:19.07. 2-Wnslw :21.17. Also: Hlbro :29.71; PJ :33.03; Frnkln :33.17; Tnck :34.10. 3200R-Wlbro 7:59.19. 2-Brdgwr 8:07.56. 3-Hlbro :08.55. SMR-Vnld 3:27.60MR. 5-PJ :36.97. SHR-Tren 30.24. 2-Frnkl 30.73. 3-Wlbro 31.64. 4-TRNth 31.67. 5-Ewing 31.68. 6-Vnld 31.74. Also: Hlbro 32.45; Tren B 32.64.

### CBA TAKES ONLY 1600R IN MONMOUTH COUNTY WIN

MONMOUTH CTY, Jan. 25, Red Bank: Christian Brothers managed a 45-33 win over Matawan here though it won only the 1600R in 3:37.78 and had only one second, from Bret Fiorovanti in the 800.

Red Bank Catholic's distance runners had a good day, Conrad Laskowski and Matt Piccarello going 1-2 in the 3200 and James McCarthy finishing 2nd to Joe Kingsbery of Red Bank in the 1600.

Top marks of the meet were a 50.88 by Erison Hurtault of Matawan in the 400 and a 6-6 HJ by Chris Sole of Middletown South.

T-CBA 45, Mtn 33, RBC 27. 55-Bland, LB 6.72. 400-Hurtault 50.88. 2-Gray, Mlbo 51.56. 800-Gaines, CtsNck 2:02.76. 1600-Kingsbery 4:32.98. 3200-Laskowski 9:44.38. 2-Piccarello :48.77. HH-Fanzoni, Mnlpn 7.85. HJ-Sole 6-6. 2-Salomon, Mlbo 6-4. SP-Breuer, MiddNo 50-2.25. 1600R-CBA 3:37.78.

### STILL DOUBLES AT WEST POINT; RHODES TAKES 800

WEST POINT INVITATIONAL, Jan. 26: One Gr. IV team that is not going to go to rust waiting for the AG meet if Trenton, which came right back here after its SHR win at New Balance the day before. Irv Stills doubled the 200 and HH in 22.53 and 7.62, Cal Rhodes took the 800 in 7.62 and the two ran on a winning 3:28.34 1600R. Other marks:

200-2-Thompson, NoBgn 22.70. 3-Vanues, Tren 23.01. 3K-2-Kornaszewski, Cftn 8:57.82. HH-2-Lado, Rdgfd 7.71.

### DREW LEADS ST. BENEDICT'S TO REPEAT IN ESSEX CTY

ESSEX CTY, Jan. 26, Seton Hall: Taking advantage of the temporary absence of Lance Wigfall of East Orange (he returned from taking an SAT in time to run a 49.7 leg in the 1600R), Joe Drew of St. Benedict's won the 400 and took a pair of seconds in the HH and HJ to lead the Gray Bees to an easy repeat win over West Orange, 85-47.

Drew, a second generation star at the Newark school, picked up a second gold when he led off a 3:33.38 win in the closing 1600R. The Gray Bees also got a 3200 win from Dan Debski in 10:06.43.



# PALL, WILLEVER WIN AT CVC ROUNDUP

COLONIAL VALLEY CONF. ROUNDUP, Jan. 14, Lawrenceville: Hopewell Valley took most of the honors here with Jessica Pall and Natalie Mapp going 1-2 in the 400 and Kate Willever taking the 1600 from Lisa Miller of West Windsor-Plainsboro South in 5:13.8.

Hopewell also upset Trenton in the 800R in 1:48.5, but the Tornadoes took the 1600R in 4:06.6.

400-Pall 59.9. 2-Mapp 1:00.3. 1600-Willever 5:13.8. 2-Miller :16.3. 800R-HV 1:48.5. 2-Tren :48.7. 1600R-Tren 4:06.8. DMR-WWPSO 13:31.8. SHR-Tren 36.1.

# DIDARIO QUAD LEADS BERKELEY HTS TO MVC CROWN

MOUNAIN VALLEY CONF., Jan. 17, Drew: Megs Didario became the first NJ girls to win four golds on the track with a largely individual flair (others had done it earlier this year in relay meets) as she led to a 92-75 defeat of Ridge.

Didario opened with a 5:25.22 victory in the 1600, took the 400 next in 1:02.13 and finished her individual effort with an 11:45.07 runaway in the 3200. With little rest, and wanting to make history, she then anchored a close win over Ridge in the 1600R in 4:22.21.

T-BH 92, Ridge 75, NewProv 32. 55-Bristow, Hlsde 7.57. 2-Musso, Ridge 7.59. 400-Didario 1:02.13. 800-Bohren, Ridge 2:30.23. 1600-Didario 5:25.22. 3200-Didario 11:45.07. 55H-Magyera, NP 9.13. HJ-Sinni, Rudge 4-8. SP-Zielinski, RosCath 36-5.25. 1600R-BH 4:22.21.

# MINEO DEBUTS AT STANNER GAMES: 1:38.33, 3:07.32

STANNER GAMES, Jan. 18, NY Armory Ctr: As usual, Glen Rock is passing up the state meets this winter, so two-time outdoor AG 800M champ Kim Mineo made her individual debut here rather than in the Gr. I championships the next day at Jadwin.

It was a modest (for her) effort with a 3rd in the 600M at 1:38.33 and a 4th in the 1K in 3:07.32. Collette DeBenedetto of Mountain Lakes, whose specialties are not part of the state program, finished 2nd in both the LJ and TJ at 18-3 and 35-7 and Laura Cervino of Kinnelon ran an unplaced 42.5 in the 300M.

# FIELD EFFORTS LEAD MEMORIAL TO HCIAA CROWN

HCIAA, Jan. 22, NY Armory Ctr: Kim Melgar won the LJ at 14-9 and Janice Lebron took the SP at 33-5 1/2 to lead Memorial to a 74-58 1/2 victory over North Bergen here.

Perla Castro of Hoboken had a sprint double at 8.11 and 1:03.61.

T-Memrl 74, NB 58.5, SDA 47. 55-Castro 8.11. 400-Castro 1:03.11. 800-Panamonto, NB 2:40.09. 1600-Galvin, NB 5:44.35. 3200-Murduca, SDA 12:35.13. 55H-Morino, Mem 10.07. HJ-Gallardo, NB 4-8. LJ-Melgar 14-9. SP-Lebron 33-5.25.

# SMYTH TOPS VAN ALSTINE AT RIDGEWOOD II

RIDGEWOOD II, Jan. 22, Rockland CC: Caitlin Smyth of Immaculate Heart Academy (another school which ducked the state meets this winter) had a big win here as she finished 15 yards ahead of Gr. I 1600M champ Lindsay VanAlstine of Hawthorne Christian in a MR 5:13.7. VanAlstine herself set a 3200 mark of 11:05.5, breaking a record set 19 years ago by Missy Duchini of Wayne Valley.

Jackie Kaminski of Saddle Brook had a triple in the horizontal jumps, but Pia Ruth of Linden spoiled a triple bid as she ran away with the 55H in 8.4.

55-Vidal, AsbPk 7.5. 300Y-Bailey, Scnce, & Manera, Wshvle 39.4. 3-Vidal 39.5. 600Y-Wilson, Wshvle1:33.2. 1000Y-Emanuel, Tnfy 2:49.3. 2-Hemmer, IHA :49.9. 1600-Smyth 5:13.7MR. 2-VanAlstine :17.1. 3200-VanAlstine 11:05.5. 3-A. VanAlstine, MidPk :49.2. 4-Bernard, Hack :54.1. 6-Carroll, WV :58.1. 55H-Ruth 8.4. HJ-Malacrida, Prms 5-2. PV-Jenkins, VallCent 10-6MR. LJ-Kaminski 16-0.25. TJ-Kaminski 33-10. SP-Fenlator, WV 37-1.5. 3200R-IHA 10:07.4.

# VENTO GOES 5-9 AT FIRST OF FDU FIELD EVENT SERIES

FDU FIELD EVENT SERIES, Jan. 15 & 22, Rothman Ctr: AG HJ champ Debra Vento of Freehold Boro warmed up for her 5-10 at the state relays with a 5-9 in the first of this series. Jackie Kaminski had another jump double that night at 16-2 and 33-2 1/2.

Visiting firemen also dominated the Jan. 22 meet as Jenn Carson of Montgomery doubled the HJ and LJ at 4-10 and 15-7 3/4, distance runner Emily McMillan of St. Rose took the TJ at 31-4 1/2 and Daria Zivonovic of St. Aloysius Academy took the SP at 35-1/4. Other marks:

Jan. 15: PV-Capparelli, Dmnt 8-0. SP-Villa, Hack 35-0.75.

Jan. 22: PV-Capparelli 7-6.

# PERKEL, BAUBERGER LEAD TEAMS TO NBIL TITLES

NORTHERN BERGEN IL, Jan. 22, Rothman Ctr: Jessica Perkel of Old Tappan doubled the sprints in Div. I and Jenna Bauberger of Indian Hills swept the distances in Div. II to lead their teams to victory here.

Kelly Fazekas of Demarest posted the top mark of the meet as she won the Div. I SP at 43-7. Two other double winners were Ashley Bakelman of Wayne Hills in the Div. I 800 and 1600 and Hailey Coonrad of Ramsey in the Div. II 200 and 400.

Div. I: OT 149.5, Dmrst 87, WH 46. 55-Perkel 7.4. 200-Perkel 28.0. 400-Ploskin, FrLwn 1:01.9. 800-Bakelman, WH 2:34.9. 1600-Bakelman 6:00.5. 3200-Roney, FL 12:40.0. 55H-Michel, Dmrst 9.5. HJ-Codel, Dmrst 4-10. LJ-Carballo, OT 15-3. TJ-Bonney, WH 32-4. SP-Fazekas 43-7. 1600R-FL 4:28.9.

Div. II: T-IH 114, Rmsy 98.5, NoHigh 55.5. 55-Hoffman, PsckH 7.5. 2-Coonrad 28.2. 400-Coonrad 1:04.3. 800-Connelly, PsckV 2:31.2. 1600-Bauberger 5:53.4. 3200-Bauberger 12:39.8. 55H-Ribustello, PV 9.2. HJ-Paslowsky, Rmsy 5-0. LJ-Kasen, PV 16-7. TJ-Kroll, IH 32-2. SP-Steinbeigle, IH 31-3. 1600R-PV 4:25.2.

# BASKINGER TRIPLES, ENNIS DOUBLES AT MORRIS MEET

MORRIS CTY, Jan. 22, Drew: Rebecca Baskinger had a number of Gr. I sectional and group titles prior to this one, but the Butler senior had never won a county crown. She made up for it in style with a triple in the 55, 55H and HJ as the 2002-03 Drew season came to its end.

Baskinger first won the 55H from Alex Capsoruas of Randolph in 8.71, matching her season's best, followed with a narrow 55M victory over Collette DeBenedetto of Mountain Lakes and finished by winning the HJ on misses at 5-2 from Gr. IV champ Kelly Brady of Roxbury.

Randolph won its first county indoor meet since 1996, 58-40, over Roxbury with Pari Hashemi taking the 300 in a MR 41.98, placing 4th in the 55 and anchoring a 4:11.84 relay victory.

Freshman distance stars had a big night. Jenn Ennis doubled the 1600 and 3200 for Roxbury in 5:15.14 and 1:25.28 and Lauren Gregory of Morris Knolls took the 1K in 3:08.04 after placing 2nd to Ennis in the 1600.

T: Rand 58, Rxby 40, Btlr 32. 55-Baskinger 7.56. 2-DeBenedetto 7.57. 3-Holder, Pspny 7.59. 300-Hashemi 41.98MR. 2-Holder 42.39. 3-C. Stanton, Mntvle 43.30. 600-Rome, Morr 1:39.85. 2-Christopher, Rand :42.29. 3-Berard, MK :42.61. 4-Scherer, Mntvle :43.15. 5-Waldron, Kinn :44.38. 6-Wagner, Mdsn :44.86. 1K-Gregory 3:08.04. 1600-Ennis 5:15.14. 2-Gregory :19.87. 3200-Ennis 11:25.28. 2-Guthrie, Mndhm :31.97. 3-Maier, Morr :57.18. 4-Berard :58.74. 55H-Baskinger 8.71. 2-Capsouras, Rand 8.97. HJ-Baskinger 5-2. 2-Brady 5-2. SP-Simms, Rand 38-2.5. 2-Brady 37-10.75. 3-Yeskel, HanPk 37-10.25. 1600R-Rand 4:11.84.

# JACKSON SWAMPS RIVALS IN OCEAN COUNTY MEET

OCEAN CTY, Jan. 22, Red Bank: There seems little doubt that Jackson Twp has the best all-around girls' team in the state this winter, though it could not overcome the star power of Winslow Twp to win the Gr. IV meet and would no doubt suffer the same fate against Willingboro.

But here was no such competition here as the Jaguars rolled up a record 121 1/2 points to outclass the field. Nicole Montegary and Jenna Prendergast scored doubles, Nicole in the 55 and 400 in 7.64 and 1:02.40 and Jenna in the 1600 and 3200 in 5:27.44 and 11:25.84. Other wins came from Jessica Fortune in the 55H in 8.69, Vanessa Michel in the SP at 35-6 1/2 and the 1600R at 4:17.85.

T-Jcksn 121.5, SoOcn 40, TREst 25. 55-Montegary 7.64 (a 1-2-3-4 finish). 400-Montegary 1:01.40. 2-Sullivan, Mnchtr :01.44. 800-Lewis, SOR 2:24.70. 1600-Prendergast 5:27.44. 3200-Prendergast 11:25.84. 2-Clausen, Jcksn :28.73. 3-Brogan, MsgrDon :49.31. 4-Blank, TRE :53.51. 55H-Fortune 8.69. 2-Sullivan 8.70. 3-O'Connor, Lacey 8.92. HJ-O'Connor 5-2. 2-Matthews, TRN 5-2. SP-Michel 35-6.75. 1600R-Jcksn 4:17.85.

# QUEEN OF PEACE GOES 1:41.13 AT NEW BALANCE GAMES

NEW BALANCE GAMES, Jan. 25, NY Armory Ctr: Queen of Peace ran the second-fastest 800R in state history here as it ran away from the field in 1:41.13. Takara Wilks joined the team for the first time this season, running with Anike Ormongunje and the Davis sisters, Janine and Sophia.

Caitlin Smyth of IHA had her second big race of the week, running 5:05.92 to finish ahead of indoor and outdoor AG champ Casey Nelson of Hunterdon Central, who ran 5:07.76.

Hillsboro had a 9:39.92 3200R in 4th place and Winslow Twp a season-leading 4:13.11 SMR in 5th. Other marks:

M-Mizzone, PassV 5:17.09. Thomas, WnslwT :18.30. 800R-5-Plsntvle 1:46.51. 6-Wlsn :47.50. Also: Tren 1:47.76; HuntC :49.65; Pisc :49.70; PJ :51.58. Soph 800R-Wlsn 1:49.16. 1600R-5-Rand 4:05.56. 3200R-Jcksn 9:44.76; Vrhs :49.32; WWPlainSo 10:03.25; TRN :05.18. SHR-2-Hibro 36.40. Also: TRN 37.16; Wlsn 37.47.



# RIDGEWOOD WINTER GAMES AT ROCKLAND COMMUNITY COLLEGE MEET RECORDS

## BOYS

### 60 YARD DASH

Ron Lewis Asbury Park  
6.2 1995

### 60 YARD HIGH HURDLES

Darius Pemberton Hackensack H.S.  
7.3 1991

### 300 YARD DASH

Gary Gooden Nazareth  
31.5 1984

### 600 YARD DASH

Jose Lopez Memorial H.S.  
1:13.0 1991

### 1000 YARD RUN

Willie Best Hackensack H.S.  
2:18.5 1991

### 1600 METER RUN

Eric Boucher Ridgewood H.S.  
4:24.4 1991

### 3200 METER RUN

Rob Reeder Northern Highlands  
9:29.7 1992

### LONG JUMP

Nash Peart LaGuardia H.S.  
23' 9 1/2" 1990

### TRIPLE JUMP

Joe McDonald Kingston H.S.  
48' 2" 1987

### HIGH JUMP

Derick Ponton Montclair H.S.  
6' 7" 1995

### SHOT PUT

Kevin DiGorgio Bayone High School  
62' 2" 1997

### POLE VAULT

Chris Giaculli Matawan High School  
14' 1997

### MILE RELAY

3:25.0 Glen Mills, PA  
1996

### 2 MILE RELAY

8:11.3 Rutherford  
1984

## GIRLS

Regina Trotter Weequahic  
7.0 1991

Kim Turko J. P. Stevens  
7.9 1997

Regina Trottier Weequahic  
35.7 1991

Gisele Harris Shabazz  
1:23.7 1984

Jen Schenberg Kinnelon  
2:44.1 1990

Caitlin Smyth IHA  
5:13.7 2003

Lindsay VanAlstine Hawth. Christian  
11:05.5 2003

Claire Connor Rahway H.S.  
19'10" 1984

Margaret Rottkamp Indian Hills  
37'10 3/4" 1986

Michele Dudzinski Passaic Valley  
5' 6" 1992

Zara Northover Sewanhaka HS (LI)  
40' 2002

10'6" Michelle Lennox, Pearl River, 2001  
10'6" Mandy Jenkins, Valley Central, 2003

4:06.5 Shabazz  
1986

9:45.6 Arlington (NY)  
1998