

TRACK

VARSITY CLASSIC

AT THE ARMORY TRACK CENTER

GIRLS

55 — 1. Jennifer Jackson, Eastern, 6.9; 6. Jennifer Cagiao, Hasbrouck Heights, 7.3.

55 HH — 1. Fatmata Fofanah, Bronx Science (NY), 8.1.

200 — 1. Jennifer Jackson, Eastern, 24.5 (meet record, old record, 25.1 by LaToya Benson, Washington Township, 2001).

400 — 1. Jenelle Wilson, Eastern, 57.7.

800 — 1. Caitlin Hemmer, IHA, 2:17.5.

1,600 — 1. Caitlin Smyth, IHA, 5:00.5 (meet record, old record, 5:10.0 by Holly Cosnett, Haddonfield, 2001); 4. Lindsay Van Alstine, Hawthorne Christian, 5:13.3; 5. Andrea Rovegno, Ramapo, 5:15.0.

3,200 — 1. Lindsay Van Alstine, Hawthorne Christian, 10:42.1 (meet record, old record, 11:03.3 by Caitlin Smyth, IHA, 2002); 3. Jesse Mizzone, Passaic Valley, 11:01.3; 5. Meghan Gaffney, Pompton Lakes, 11:43.0; 6. Jenna Bauberger, Indian Hills, 11:44.4.

Shot Put — 1. Cynthia Douglas, West Orange, 40-9 1/2; 5. Andrea Cerbie, NV/Old Tappan, 37-8 1/4.

High Jump — 1. Rebecca Baskinger, Butler, 5-4; 4. Jessica Malacrida, Paramus, 5-0.

Long Jump — 1. Kris Tricoci, Cinnaminson, 17-4 1/2.

Triple Jump — 1. Jenizah Melendez, Hillsborough, 34-5 1/2; 2. Danielle Kroll, Indian Hills, 33-4; 4. Brittania Frazier, Hackensack, 31-6 1/2; 5. Emmerly Beadle, Hasbrouck Heights, 31-5 1/2.

Pole Vault — 1. Danielle O'Reilly, Shawnee, 11-6.

Distance Medley — 1. Bronxville (NY) (Caroline Mullen, Beth Butler, Elizabeth Bergold, Catha Mullen), 12:07.4.

4 X 800 relay — 1. Middletown South (Cristin Browne, Kolleen Mc Cauley, Jamie Liberti, Tina Morrison), 9:22.4; 4. Glen Rock, 9:48.1.

4 X 400 relay — 1. Eastern (Jenelle Wilson, Brittany Wright, Jennifer Jackson, Kaliyma Barkley), 3:54.4.

BOYS

55 — 1. Adian Sanderson, Ewing, 6.4; 4. Michael Pruzinsky, Wayne Hills, 6.5.

55 HH — 1. Basil Campbell, Ewing, 7.4.

200 — 1. Basil Campbell, Ewing, 22.0; 5. Michael Pruzinsky, Wayne Hills, 22.4.

400 — 1. Lance Wigfall, East Orange Campus, 47.2 (meet and New Jersey record, old meet record, 47.5 by Barry Jones, Glen Mills (Pa.), 2002, old state record, 47.38 by Ray Williams, Scotch Plains, 2002); 2. Ken Sinkovitz, Bergen Catholic, 48.7 (Bergen County record, old record, 49.3 by Joe Velasquez, Paramus, 2000).

800 — 1. Jeremy Zagorski, Parsippany Hills, 1:56.5; 3. Samir Mane, Fort Lee, 1:58.5; 4. Tie between Greg Horn, River Dell, and Peter Glackin, CBA, 1:58.7.

1,600 — 1. David Alfano, West Orange, 4:25.4.

3,200 — 1. Stepen Furst, Goshen Central (NY), 9:40.1.

Shot Put — 1. Tyree Suber, Glen Mills (Pa.), 61-0 1/2 (meet record, old record, 58-11 1/2 by Peter Govens, Glen Mills, 1996).

High Jump — 1. Daryl Black, Eastern, 6-6 (ties meet record by Mike Morrison, Willingboro, 2002); 3. Dan Kiely, NV/Old Tappan, 6-4.

Long Jump — 1. Sherron Bullock, Camden, 22-5 (meet record, old record, 22-3 1/2 by Lawrence Adjah, Piscataway, 2002); 4. Tyler Palumbo, Don Bosco, 21-3; 5. Val Sisti, De Paul, 21-2 1/2; 6. Chris Woodford, NV/Old Tappan, 21-1.

Triple Jump — 1. David Dennis, Hackensack, 44-7 1/2; 2. Tyler Palumbo, Don Bosco, 43-2 1/2; 4. Joey Marcoux, Don Bosco, 42-2 1/4.

Pole Vault — 1. Gavin McMahon, Fordham Prep (NY), 15-0 (meet record, old record, 14-7 by Ed Keefe, St. John Vianney, 1999); 3. Ken Stoute, Clifton, 13-0.

Distance Medley — 1. Eastern (Andrew Riviello, Andrew Kupchick, Steve Mason, Dan Deichert), 10:33.0; 5. Kennedy, 10:42.1.

4 X 800 relay — 1. Bridgewater-Raritan, 8:04.3; 2. Ridgewood, 8:06.1; 3. Glen Rock, 8:08.3.

4 X 400 relay — 1. Westbury (NY), 3:25.1.

Triple jumpers put on a show

By PAUL SCHWARTZ
STAFF WRITER

NEW YORK — The long and triple jumps are the stepchildren of the indoor track season. Neither event is in the State championship meet, and track meets held at venues other than the Armory Track Center and the Rockland Community College Fieldhouse often skip the events.

Even some of the events held at sites with jumping areas limit jumpers to just three jumps with no finals.

So David Dennis of Hackensack, Tyler Palumbo of Don Bosco, and Val Sisti of DePaul took full advantage of the their opportunities Monday night at the Varsity Classic at the Armory.

WINTER TRACK VARSITY CLASSIC

Dennis, who has dominated the triple jump all season, losing just once, to a New York jumper by 4 inches, remained unbeaten in the event against New Jersey jumpers, leaping 44 feet 7½ inches.

Palumbo, second to Dennis in the triple jump, placed fourth in the long jump with a leap of 21-3, the best leap by a Bergen jumper this winter. Sisti, the only junior of the trio made his debut against a high caliber field, jumping 21-2½ for fifth place in the long jump.

"I think with a little more pop, I can jump 47 feet," said Dennis, whose personal-best jump of 45-8 figures to make him one of the top three seeds in the event when the Eastern States acceptances are announced next week. "I'm looking to try and develop a nice rhythm with an even hop, step, and jump. My step [the second of three elements in the event] has not been very good all season but I'm working hard at it."

Dennis is motivated in part by his brother Darius Pemberton, the legendary State outdoors record holder with a leap of 49-9.

"He really tries to help me get better and he gives me extra motivation to get better," said Dennis.

Palumbo has been the most consistent long and triple jumper in the state this season with four meets with long jumps between 20-11 and 21-3, and four meets with triple jumps of 43 feet or more.

"Doing one well has no effect on the other event," says Palumbo, who is no stranger to doing several things well. He also is a wide receiver and defensive back on Don Bosco's State championship football team and is being pursued to play both sports in college. "We do bounds and plyometrics for the triple jump, while the long jump is more about explosiveness. But I try to keep my focus on the event in front of me and concentrate on what I'm doing at the time."

As the youngest and least experienced jumper of the talented trio, Sisti also is the jumper with perhaps the most potential of the three. He won the State outdoor Parochial B long jump last spring and in this, his first indoor season, he already has jumped a North Jersey-best 21-6¼, in winning the New Jersey Catholic Track Conference title.

"I'm pretty surprised that I'm jumping this well so quickly," says Sisti, whose indoor best this winter is a foot farther than he jumped outdoors last spring. "My coach told me as a freshman that I could be pretty good at this, and I'm hoping to try and push 22 feet this year."

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4:32.4. 3200-Klui, DBP 10:25.1. HH-Cozzitorto, DBP 8.1. HJ-Marcoux, DBP 5-10. PV-McCormick, DBP 13-0TR. LJ-Palumbo, DBP 21-0. TJ-Palumbo 43-4.5. SP-Toal 50-0.5. 1600R-PC 3:33.0. 3200R-BC 8:43.4.

LAKEWOOD PULLS OUT CLOSE ONE IN SHORE MEET

SHORE CONFERENCE, Feb. 4, Red Bank: Lakewood had gone into this one a solid favorite, but barely managed to win as a 3:33.4 victory in the closing 1600R gave the Piners a 36-34 margin over Toms River East and Toms River North.

Peter Hess put TRN in the running with a distance double at 4:27.95 and 9:45.19, while Ron Jules did the trick for TRE as he doubled the HH and HJ at 7.57 and 6-4. Sydney Murray gave Lakewood its lone individual win in the SP at 52-5 1/4.

T-Lkwd 36, TRE & TRN 34. 55-Bland, LngBrch 6.63. 2-Marshall. Mnchtr 6.67. 400-Gray, Mlbro 52.03. 800-Gaines, CltsNck 2:01.65. 1600-Hess 4:27.95. 2-Kingsbery, RB :29.24. 3-Pisano, TRN :33.63. 3200-Hess 9:45.19. 2-Forys, Hwll :47.66. 3-Bingham, TRN :48.23. HH-Jules 7.57. 2-Menzerov, Jcksn 7.67. 3-Schoonover, Mnchtr 7.68. 4-White, Mnchtr 7.76. 6-Rucker, Mnmth 7.89. HJ-Jules 6-4. 2-Sole, MiddSo 6-4. SP-Murray 52-5.25. 2-Breuer, MiddNo 51-4. 3-Bernard, Nptne 50-5. 1600R-Lkwd 3:34.34.

SINKOVITZ RUNS 1:53.4 AT METRO INVITATIONAL

METRO INVITATIONAL, Feb. 5, NY Armory: Ken Sinkovitz of Bergen Catholic continued on his running tear here as he won the 800M by 15 yards from Mike Carmody in 1:53.4, 4th fastest time in state history.

This was easily the highlight of a meet that, unfortunately, continues to be run without auto-timing, thus putting a question mark over a 7.2 HH by Irving Stills of Trenton. Not in question, though, was Trenton's fine relay triple: a 1:28.9 in the 800, a 3:23.3 in the 1600 and an 8:00.2 in the 3200.

55-Pruzinsky, WneHls 6.5. 3-Whyte, Hack 6.5. 200-Thompson, NoBgn 21.9. 2-McFarlane, Mtchn 22.1. 4-Drew, SBP 22.6. 5-Holland, Mndhm, & Ferrine, EsxC 22.7. 800-Sinkovitz 1:53.4. 2-Carmody :55.5. 3-Platt, Hadd :56.4. 4-Zhumurenka, Byne :57.3. 6-Weiss, WstMlfd :59.5. 1600-Swift, DBP 4:26.3. 2-Capellan, Memrl :27.5. 3-Bennett, OB :28.3. 4-Baynes, TRStH :29.0. 6-Gaines, CltsNck :30.0. HH-Stills 7.2. 2-Reynolds, Byne 7.5. 3-Rhodes, Tren 7.6. 4-Franzoni, Mnlpn 7.7. 5-McRea, Hghlnd 7.7. HJ-Stephen, Lsle(NY) 6-0. PV-McCormick, DBP 13-0. LJ-Dennis, Hack 20-4.5. TJ-Simmons, LS 45-2.5. 2-Dennis 44-10.25. SP-Applegate, TRStH 52-0. 800R-Tren 1:28.9. 3-OB :31.3. 4-Mtchn :32.6. 6-Hack & DBP :34.6. 1600R-Tre 3:23.3. 2-Mtchn :32.6. 4-Rmsy :34.1. 5-Mndhm :34.1. 6-EsxC :34.4. 3200R-Tren 8:00.2. 2-SBP :02.4. 3-NtreDme :11.8. 4-Morr :12.3. 5-Hadd :15.3. 6-Mnlpn :18.0.

LANG LEADS ST. PETER'S TO JERSEY CITY VICTORY

JERSEY CITY, Feb. 5, JC Armory: Brian Lang doubled the 800 and 1600 in 4:52.2 and 10:21.1 to lead St. Peter's to an 89-56 defeat of Snyder here. In the featured 400, Terry Jamison of Lincoln went one-up on Chris Caulfield of St. Peter's in their season rivalry with a front-running 53.4.

T-SPJC 89, Sndr 56, McNair 50. 55-Ndukwe, Sndr 6.6. 400-Jamison 53.2. 800-Mellea, SPJC 2:06.6. 1600-Land 4:52.2. 3200-Land 10:21.1. 55H-Grant, HudC 8.4. HJ-Hillaird, Sndr 5-6. SP-Graiges, HC 46-1.5. 1600R-Linc 3:48.6.

MORRISON CLEARS 7-2 1/4 AT MILLROSE; POLLINGER WINS

MILLROSE GAMES, Feb. 7, MSG: Mike Morrison had quite a night here, clearing 7-2 1/4 in the HJ (and having three very good tries at 7-3 3/4) and earlier helping his team place 2nd to Trenton in the 1600R.

Trenton won that one in 3:26.19, fastest scholastic race of the night and also faster than all but two of the college teams. Willingboro ran 3:26.92 in 2nd, holding the lead until midway in the third leg.

While Chris Pannone was only 5th in the HS mile in 4:24.09, Zach Pollinger of Northern Highlands had earlier won the mile race walk in 6:41.19.

BENNETT LEADS OLD BRIDGE TO COUNTY TITLE

MIDDLESEX CTY, Jan. 23 (South Brunswick), 24 (Rothman Ctr): Ryan Bennett was the only individual winner for Old Bridge here in the 1600 at 4:29.8, but depth gave the Knights an easy 59-38 win over Metuchen.

Jeff Williams of South Plainfield prefaced his state Gr. III win as he took the 800 with a late rush in 1:59.5.

T-OB 56, Mtchn 38.5, SJMet 30. 55-Lockhart, NewBr 6.5. 400-McFarlane, Mtchn 51.3. 800-Williams 1:59.6. 2-DeLeon, OB 2:00.2. 1600-Bennett 4:29.8. 2-Thorpe, Sptwd :34.0. 3200-Shatskov, EB 10:05.2. HH-Ake, High Pk 7.7.

RHODES LEADS TRENTON TO COUNTY TITLE

MERCER CTY, Feb. 9, Widener: Adian Sanderson and Basil Campbell did their best to give Ewing another surprise victory here, but they were overwhelmed by Trenton's trio of Irving Stills, Calvin Rhodes and Freddy

Vanues, who outscored them individually, 54-38, and then teamed up for a 3:33.54 relay win. The killer was a 1-2-3 finish by Vanues, Rhodes and Scott Moultrie in the HJ.

Sanderson had a season-leading 6.41 in the 55M and Campbell's 7.41 in the hurdles is second only to Jeff Porter's 6.37 at the NY Armory. But the longer races were slower around the 10-lap-to-a-mile Widener track with Campbell edging Stills in the 400 in 51.90.

T-Tren 95. Ewing 59, Prin 34. 55-Sanderson 6.41. 2-Susan, Prin 6.61. 2-Campbell 6.64. 400-Sanderson 51.90. 2-Stills, Tren 51.91. 800-Agyapong, Tren 2:01.23. 2-Napiecek, NtreDme :01.67. 1600-Rhodes 4:34.72. 3200-Huse, prin 10:19.43. HH-Campbell 7.42. 2-Stills 7.56. HJ-Vanues 6-2. SP-Cain, Ewing 53-9. 1600R-Tren 3:33.54.

WIGFALL SETS STATE 400 RECORD AT VARSITY CLASSIC

VARSITY CLASSIC, Feb. 10, NY Armory: Though a scary (and inaccurate) weather forecast kept some teams away, this meet produced a number of fine efforts, led by Lance Wigfall's state record of 47.2 in the 400.

Just to prove that time was no mistake, the East Orange Campus senior came back in the final event of the night with a 47.4 on the second leg of the 1600R, a race in which he had to go around several runners while giving his team a temporary lead.

Two of the state's top runners dropped down in distance most successfully. Jeremy Zagorski of Parsippany Hills, the defending AG 1600M champ, ran the 800, taking the lead at the gun and pouring it on for a 1:56.5 over Adam Levy of Horace Greeley. Ken Sinkovitz of Bergen Catholic, the defending AG 800M champ, ran the 400 "to see if I could get under 50.0" and did much more than that when he won the second section of the race in 48.7 to place second overall.

The Ewing pair of Adian Sanderson and Basil Campbell showed that their exploits in the recent Gr. III meet were no fluke. Just a day after their county meet (see above) the two dominated the sprint events, Sanderson taking the 55 in 6.4 and Campbell doubling the 200 and HH in 22.0 and 7.4.

David Alfano of West Orange had a big breakthrough as he won the 1600 from Brett Fiorovanti of CBA and Keith Krieger of Cherokee in 4:25.4. And there was even a NJ "angle" in the 3200 winner, Eric Furst of Goshen, who is the son former Nutley star Rich Furst.

The Willingboro boys took the night off, but the HJ was still a 1-2-3-4 finish for NJ, led by Daryl Black of Eastern at 6-6. Sherron Bullock of Camden and David Dennis of Hackensack swept the horizontal sprints and Mike Roberti of Hunterdon Central had a season's best of 14-0 in the PV.

Eastern led a NJ sweep of the top four places in the DMR as Andrew Riviello held off Nick Vaccaro of Hillsboro in 10:33.0. John Guzman came from behind to give Bridgewater Raritan an 8:04.3 win in the 3200R. But a dropped stick cost Christian Brothers a probable win in the 1600R as it was on its way to a sub-3:23 clocking.

55-Sanderson 6.4. 2-Bullock, Cmdn 6.4. 4-Pruzinsky, WneHls 6.5. 4-Craig, Lkwd 6.5. 5-Clayton, EO 6.5. 200-Campbell 22.0. 2-Bullock 22.1. 3-Wittenburg, Lkwd, & Simmons, Eliz 22.2. 5-Pruzinsky 22.4. 400-Wigfall 47.2MR. 2-Sinkovitz 48.7. 3-McFarlane, Mtchn 49.0. 4-Stewart, Plfd 49.2. 5-Vuono, CBA 50.1. 7-Carhart, PopeJhn 50.7. 9-Gill, Lkwd 51.2. 800-Zagorski 1:56.5. 3-Mane, FtLee :58.5. 4-Horn, RvrDl, & Glackin, CBA :58.7. 6-Unger, Shwne :58.9. 7-Cherrington, Clmba 2:00.3. 8-Cole, Hack :00.9. 1600-Alfano 4:25.4. 2-Fiorovanti, CBA :27.3. 3-Krieger :27.7. 3200-Furst 9:40.1. HH-Campbell 7.4. 2-Brooks, WstOrge 7.5. 4-Gentill Rsl 7.7. 5-McLeod, CBA 7.7. HJ-Black 6-6. 2-Mitchell, Lape 6-6. 3-Kiely, OldTppn 6-4. 4-Cole, MiddSo 6-4. PV-McMahon, FordPrp 15-0. 2-Roberti 14-0. 3-Stoute, Clftn 13-0. 4-Contursi, HC 13-0. LJ-Bullock 22-5. 2-Andreyko, Hlbro 22-2.5. TJ-Dennis 44-7.5. 2-Palumbo, DBP 43-2.5. 4-Marcoux, DBP 42-2.25. SP-Suber, GlnMls 61-0.5. 2-Langhauser, Ridge 54-11.5. 3-Cain, Ewing 53-1.5. 4-Murray, Lkwd 51-3. 5-Feighner, ScPlns 51-2.5. 1600R-Wstbry 3:25.1. 3-Mtchn :27.2. 4-WstOrge :27.7. 5-Cmdn :28.2. 6-Hlbro :28.8. 7-PopeJhn :29.4. 3200R-Brdgwtr 8:04.3. 2-Rdgwd :06.1. 3-GlnRck :08.1. 4-HuntC :12.1. 5-RBC :12.6. 6-NtreDme :13.4. DMR-Estrn 10:33.0. 2-Hlnro :34.1. 3-HC :36.4. 4-PJ :40.8 (Scheid 4:20.6). 6-Blair :42.5. 7-DBP :43.1. 8-ScPlns :47.1.

GROUP MEET (Cont.)

52-10.25. 5-Feighner, SCPI 52-5. 6-Langhauser, Rdge 51-11.5. 7-Watts, Moor 50-11.25. II: Alpers 51-10.25. 2-Herrel, RosC 51-0.5. 3-Hebron, MiddT 49-4.5. I: Pressley, Wdby 56-3.25. 2-Maier, NMlfd 49-7.5. 3-Poandl, Mtchn 48-8.25.

1600-METER RELAY

Looks like another rousing finale to the AG meet with 1-2-3 Gr. IV finishers, Winslow, Vineland and Trenton going against Gr. III winner, Willingboro.

IV-Wnslw 3:25.60MR. 2-Vnld :26.05. 3-Tren :29.73. 4-CBA :31.58. III-Wlbo 3:26.43. 2-Lkwd :29.15. 3-Ewing :32.65. 4-Cmdn :32.89. II: Mtnw 3:31.16. 2-Mnchtr :33.57. 3-WS :35.18. I-Met 3:37.18. 2-WP :37.51. 3-PG :38.85.

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JACKSON RUNS AWAY WITH SHORE CONFERENCE CROWN

SHORE CONF., Feb. 4, Red Bank: This was another runaway for Jackson, which more than doubled the score of its nearest rival as it won three events with a 1-2 finish from Jenna Presndergast and Jenna Clausen in the 3200 (the Trotters skipped the meet to rest for their Millrose stint).

Though it fell far short in points, Middletown South had a pair of winners as Kolleen McCauley took the 400 in 1:00.18 from Nicole Montegary of Jackson and Tina Morrison defeated Prendergast in the 1600 in 5:18.18. Debra Vento took the HJ for Freehold Boro at 5-8.

T-Jcks 78, MS 37, SoOcn 23. 55-Ezeonwuka, Nptne 7.47. 2-Vidal, AP 7.49. 3-Briggs, Hlmdl 7.51. 4-Montegary 7.55. 400-McCauley 1:00.18. 2-Montegary :00.54. 3-Grant, OcnTwp :00.97. 800-Lewis, SOR 2:21.75. 2-Hand, Hwll :24.51. 3-Bollerman, RBC :24.72. 1600-Morrison 5:18.18. 2-Prendergast :24.77. 3200-Prendergast 11:23.4. 2-Clausen :26.90. 55H-Sullivan 8.49. 2-Fortune, Jcks 8.58. 3-O'Connor, Lacey 8.61. 4-Tegeder, SOR 8.81. 5-Holder, AP 8.89. 6-Johnson, Jcks 8.91. HJ-Vento 5-8. SP-Michel, Jcks 36-0.25. 1600R-Jcks 4:13.46.

SMITH DOUBLE LEADS ST. DOMINIC TO CITY ROMP

JERSEY CITY, Feb. 5, JC Armory: St. Dominic easily outscored all its rivals combined here, piling up 147 points with Tori Smith doubling the 55 and 400 in 7.8 and 1:08.5.

Daria Zivanovic of St. Aloysius Academy had a MR of 37-8 in the SP.

T-SDA 147, Dick 33, McNair 24. 55-Smith 7.8. 400-Smith 1:08.5. 800-Murduca, SDA 2:42.8. 1600-Mafoua, McNair 6:26.6. 3200-D. Zadroga, SDA 13:35.2. 55H-Tomassi, SDA 10.0. HJ-Wilkins, Dick 4-6. SP-Zivanovic 37-8. 1600R-SDA 4:46.2.

KATY TROTTER PLACES 3RD IN MILLROSE MILE

MILLROSE GAMES, Feb. 7, MSG: Katy Trotter ran the fastest Millrose mile of any NJ girl at 4:53.17, but it was good for only third place as frosh Nicole Blood ran away from the field in the final lap for a 4:52.00 win.

Katy gave up too much in the early part of the race and, having fought her way up to third behind Blood and Ari Lambie of Bromfield School (Mass.), had little left for the final drive. Twin Amanda threw a shoe on the first lap and finished 8th in 5:02.15.

Willingboro won the Suburban 1600R despite a fall (while leading) by Rhea Mann on the third leg. Mann got up and stayed close enough for Okechi Ogbuokiri to catch the field and finish in 4:04.19. Trenton dropped the stick on the first lap and never got close.

Kelly Fazekas of Demarest was 2nd in the SP, held at Manhattan, at 46-4, her best of the season.

HENRY. MARQUEZ LEAD OLD BRIDGE TO COUNTY WIN

MIDDLESEX CTY, Jan. 23 (South Brunswick)-24 (Rothman Ctr): Old Bridge completed a sweep of county titles with a 64-50 defeat of South Brunswick here, led by Kim Henry and Christine Marquez, who won their individual events and combined for a relay victory.

Henry, Gr. IV 55H champ, won that event in 8.1 and Marquez took the 400 in 1:01.1. Shannon Robinson added a third win in the 3200 in 11:52.1.

Ashley Maguire of Monroe had a double in the 800 and 1600 in 2:26.9 and 5:29.4.

T-OB 64, SB 50, Pisc 36. 55-Johnson, Pisc 7.2. 400-Marquez 1:01.1. 2-Shaw, Pisc :01.2. 3-Broadnax, SB :01.2. 4-Hohn, EstBrun :01.8. 5-Johnson, SB :01.9. 800-Maguire 2:26.9. 1600-Maguire 5:28.4. 3200-Robinson 11:52.1. 2-Roman, Mure :55.2. 55H-Henry 8.1. 2-Hazuri, EB 8.2. 3-Lane, NewBr 8.6. 4-Potts, SB 8.9.

BASHIR, DOBSON, PETERS WIN AT COLGATE FINALS

COLGATE FINALS, Feb. 8, MSG: This is an incomplete report because the Colgate web site had some problems following this meet. We do know that three NJ girls won this day, but not where they finished in the overall standings.

It was a big meet for the Willingboro entry. Halimah Bashir won the 200 in 25.20 with Simone Thomas (who does not run with the HS team) 2nd at 25.50. Okechi Ogbuokiri was 2nd in the 400 at 57.33 to Tiffany Anbey whose Mt. Mercy teammate (and Willingboro resident) Kimara McDonald, placed 2nd in the 800 in 2:18.15. Brittnee Bynoe was 2nd in the 1500 in 4:48.83.

Porscha Dobson scored something of an upset, winning the 55H from Fatmata Fofanah of Bronx Science (who is Porscha's physical double) in 8.05 and Tiyana Peters of West Orange took the HJ at 5-4.

In the semi-final meet two weeks earlier, Thomas won the 200 in 25.84, McDonald took the 800 in 2:15.62, Bynoe the 1500 in 4:45.77 and Iman Johnson of Columbia the SP at 35-5 1/4. Dobson was 2nd to Fofanah in the 55H in 8.49 with Pia Ruth 3rd in 8.49 and Kim Allen of Willingboro 5th in 8.67. In the intermediate division, Shayla Counts of Newark won the 55 in 7.62 and Simone O'Connor of Franklin the 400 in 1:00.01.

Dobson had first defeated Fofanah in the fourth preliminary meet in 8.0. That same week, Bynoe also took the 1500 in a PR 4:42.0, McDonald was 2nd in the 800 in 2:14.0 and Ogbuokiri 2nd in 58.0. Young Briana Jackuciewicz ran 4:59.0 for 2nd in the intermediate 1500 (she was, we hear, 2nd at MSG).

DEBENEDETTO DOUBLES AT METRO INVITATIONAL

METRO INVITATIONAL, Feb. 5, NY Armory: Collette DeBenedetto of Mountain Lakes was a double winner at this marathon meet, taking the LJ at 18-2 and the TJ at 35-9 1/2.

New Yorkers dominated the individual running events with Lindsay Van Alstine of Hawthorne Christian breaking the monopoly with a 5:09.1 win, again beating her CC nemesis, Jen Croghan of Lacordaire. Kelly Brady of Roxbury and Deserea Byrd of Highland, both of whom usually doubled the HJ and SP, went for one event each and both won, Kelly the HJ at 5-2 and Deserea the SP at 37-3.

Willingboro restricted itself to the relays and scored a fine double, winning the 800R in 1:42.5 and the 3200R in 9:28.7, anchored by Okechi Ogbuokiri in 2:11.

55-Piccolo, Sffrn 7.2. 2-Nock, Wlsn 7.2. 3-Brockman, Chrke 7.2. 4-Nwachukwu, Wnslw 7.2. 200-Briggs, Crwl 25.5. 2-N. Mapp, HV 25.6. 3-Brockman 25.9. 4-Gray, Cmdn 25.9. 5-Nock 26.3. 6-Paulson, WashT 26.4. 800-Demchko, PriRvr 2:16.3. 3-Didario, BklyHts :18.0. 4-Pall, HV :20.1. 5-Dannwolf, BrckMem :20.8. 1600-VanAlstine 5:09.1. 2-Croghan :10.8. 3-Willever, HV :11.8. 4-Ennis, Rxby :13.8. 5-Rovegno, Rmpo :15.7. Also: Carroll, WneV :22.2. 55H-Fofanah, Scnce 8.0. 2-Allen, Wlbo 8.1. 3-Keegan, Hadd 8.3. 4-Nock 8.4. 5-Smith, Tnck 8.6. 6-Magvera, NewProv 8.6. HJ-Brady 5-2. PV-Rosalos, Wshvle 12-0. SO-Byrd 37-3. Fenlator, WV 36-10. 800R-Wlbo 1:42.6. 3-Wlsn :48.2. 5-WashT :48.8. 6-Cmdn :49.5. Also: Hack :51.2. 1600R-Sffrn 4:08.8. 3200R-Wlbo 9:28.7. 2-IHA :34.3. 5-High :53.1. 5-Wstfd :54.0. Also: Morr :59.7; Mndhm :10:07.0.

TRENTON WHIPS HOPEWELL VALLEY FOR COUNTY TITLE

MERCER CTY, Feb. 9, Widener: Trenton got another win over a state championship team here, trouncing Hopewell Valley, 83-49, with Kehnesha Oldacre, Shabazz Kelly and Formetta Gibson scoring 68 individual points and leading a 4:13.65 relay win.

Oldacre won the 55H in 8.72 and was 2nd in both the 55 to Gibson and the 400 to Kelly, who also picked up a second in the 800. Gibson, who was making her season's debut, won the 55 in 7.47, placed 2nd in the 55H in 8.89 and was 3rd in the HJ at 5-0.

Lisa Miller of West Windsor-Plainsboro South had a distance double, edging Kate Willever of Hopewell Valley in the 1600 in 5:22.94 and winning the 3200 more easily in 11:41.79.

T-Tren 83, HV 49, WW-PlSo 33. 55-Gibson 7.47. 2-Oldacre 7.48. 400-Kelly 59.10. 2-Oldacre 59.54. 3-N. Mapp, HV 1:00.20. 4-Pall, HV :00.21. 800-Pall 2:21.81. 2-Kelly :24.57. 1600-Miller 5:22.94. 2-Willever :22.95. 2100-Miller 11:41.79. 55H-Oldacre 8.72. 2-Gibson 8.89. 3-Crowley, Prin 8.94. HJ-King, ND 5-0. SP-Myles, Hmltn 37-2.75. 2-Givens, Lwrnce 36-3.25. 1600R-Tren 4:13.65.

JACKSON DOUBLES AT VARSITY CLASSIC; SMITH: 5:00.5

Varsity Classic, Feb. 10, NY Armory: There was nothing quite as spectacular as Wigfall's state record in the girls' meet here, but there were a number of interesting items.

Eastern had a big meet. Jennifer Jackson doubled the sprints in 6.9 and 24.5, Jenelle Wilson took the 400 in 57.7 and both ran on a 1600R team which upset Willingboro (minus Ogbuokiri) in a season-leading 3:54.4.

The distance races produced a pair of meet records. Lindsay VanAlstine of Hawthorne Christian set a 3200 mark of 10:42.1 and Caitlin Smyth of IHA lowered the 1600 record to 5:00.5, running away from defending AG champ Casey Nelson of Hunterdon Central. Teammate Caitlin Hemmer scored a surprise win at 2:17.5 in the 800.

It was a near clean sweep for NJ in the individual events (many NY teams fell victim to the Weather Channel and closed school early, thus were absent). Fatmata Fofanah of Bronx Science broke it up with an 8.1 win in the 55H.

Danielle O'Reilly of Shawnee made her first appearance of the season and easily won the PV at 11-6. Collette DeBenedetto was also a weather victim, but the horizontal jumps were taken care of by Kris Tricocci of Cinnamon (17-4 1/5) and Jenizah Melendez of Hillsborough (34-5 1/2).

Bronxville took the opening DMR with the Mullen twins in 12:07.4. but Willingboro had school record in 2nd at 12:25.0 with Ogbuokiri running another fast 800 in 2:12.1 and Brittnee Bynoe anchoring in 5:10.1 (with Kim McDonald, this team would be close to, or even under, 12:00).

Middletown South had a season-leading 9:224 with Tina Morrison anchoring in 2:16.2 to win the 3200R.

(Continued on P. 10)

THE COLLEGE SCENE+

RUTGERS SWEEPS METS; CULLEY RUNS 9:17.15

METROPOLITAN COLLEGIATES, Feb. 2, NY Armory: Rutgers swept team honors here and Julie Culley and Marquis Allen qualified for the NCAA meet, Culley taking the women's 3K in 9:17.15 and Allen the men's LJ at 25-1 1/2.

The Scarlet men defeated Manhattan, 150-134, and the women topped Seton Hall, 173-146. Anthony Butler, who has gone 7-1 this season won the HJ for the men at 6-9 3/4. Lloyd Nolan the PV at 15-1. Dave Klics the 60M HH in 8.17 and Ryan Westman the 500M in 1:02.42. For the women, Claire Inskeep took the WT at 52-8 3/4, Kerry Ann Mitchell the HJ at 5-3, Martha Day the PV at 11-1/4 and the DMR won at 11:48.71.

Seton Hall had two male winners, Marv Regis in the 200 in 21.56 and Kareem Taylor in the 400 in 48.29. Bridgette Ingram took the pentathlon for the women at 3,705 points and also placed 3rd in the LJ at 18-9 3/4 and 4th in the 60H in 8.94. Sophia Smellie doubled the 200 and 600 in 24.44 and 1:11.84, Leah Grant the 400 in 56.20 and Lynnsey Dailey the 60H in 8.37.

Samantha Griffin won the 60 for Manhattan in 7.69 after a 7.68 heat and Evelyn Cheptoo of FDU took the 5K in 17:41.17. Other marks:

M: 60-2-Regis 6.86. 200-3-Forsyth, Man 21.96. 4-Kanu, StJhns 22.05. 400-2-Kanu 48.64. 500-3-Speid, SH 1:03.11. 5-Williams, Rut :03.42. 800-2-Thomas, SH 1:53.27. M-2-Stanziano, Rtgrs 4:12.99. TJ-Augustynowycz, Man 47-0.75. 3-Clarke, Rut 46-9.5. 4-Peters, Rut 46-8.25. Pent-5-O'Grady, Rut 3,601. 1600R-2-Rut 3:14.34.

W: 60-3-Bailey, SH 7.73. 4-Bailey, SH 7.73. 200-2-Bailey 24.49. 5-Todd, Rut 25.05. 5-Grant, SH 25.35. 400-2-George, SH 56.31. 3-Hobson, Rut 56.48. 600-2-Campo, SH 1:12.18. 4-Jackson, SH :15.98. 800-6-Sye, SH 2:15.73. 1K-2-Zohny, Rut 2:55.38. 2-Campbell, SH :57.14. 6-Clifford, Rut :58.59. 3K-2-Sinclair, SH 9:48.96. 60H-3-Marshall, Rut 8.86. TJ-2-Batte, Rut 38-8.25. 4-Wright, Rut 38-5. SP-2-Cullen, Rut 43-8.5. 3-Anderson, Rut 43-0.5. Pent-3-Hobson 3,360. 4-Mitchell 3,196.

MONTCLAIR STATE TAKES CTC MEN'S TITLE

COLLEGIATE TRACK CONF., Feb. 9, NY Armory: Darryl Louis led Montclair State to an 88-70 defeat of Rowan here, doubling the 200 and 400 in 22.56 and 49.26 and also anchoring a 3:20.62 victory in the 1600R.

Montclair also got a 1-2 finish in the 500M from Paul Noel (at 1:05.54) and Chris Monaco, a 7.96 victory from Omi Bonsu in the 55H and a 44-8 triumph from Curt Sylvester in the TJ.

Rowan collected gold from Greg Arnett at 6.49 in a 1-2 finish with Ed Fortune in the 55M, from Mike Lester at 22-1/4 in the LJ, from Aaron Braxton at 51-0 in the SP, from Ryan West at 13-7 in another 1-2 finish in the PV and from the 800R at 1:31.03.

Jersey City State, which hasn't had a men's team in many a year, got a 6-6 3/4 victory from frosh John Taylor in the HJ. Travis Keany and Vince Zarrillo gave NYU victories in the 1K and 3K at 2:33.22 and 8:56.51. St. Peter's picked up a pair of seconds with Rob Dress in the HH in 8.14 and Brandon Edmonds in the TJ at 43-10 3/4.

While none of the NJ entries finished high in the women's team score, Tierra Hicks won the 400 for Montclair in 56.74, Ronda Killian took the 800 for Ramapo in 2:16.82, the appropriately named Latasha Keene the HJ for Kean at 5-5 3/4 and Kim Marino the PV for Stockton at 11-6.

NOT AGAIN?

The latest proof that track and field is the target of discrimination from the state association has come in the case of the postponed Bergen County Scholastic League American Division indoor championships, a victim of the Feb. 7 snowstorm.

Unlike the Skyland Conference meet—also postponed that night—the BCSL has been unable to find an earlier date than March 4 (at the NY Armory) to hold the meet. But the NJSIAA says this is too late, more than 10 days past the all-group meet. (The Skyland meet will be Feb. 22 at Lehigh).

Now it so happens that, on March 4, the state competitions in other winter sports—basketball, wrestling, swimming, ice hockey—will still be in their early stages. Why should track and field be punished for no other reason than the fact that its state championship season ends long before the others have begun.

Two of these sports, swimming and hockey, are allowed to start their seasons weeks before the others. The reason given is that they lack facilities. They lack facilities? There are hundreds of swimming pools in the state, a good number of them now at high schools and several dozen hockey rinks (three, for example, within 10 minutes of my home) Now when a true case of lack of facilities comes up, track and field, as usual, gets no consideration.

GIRLS TRACK (Cont.)

55-Jackson 6.9. 2-Manuyag, Crfd 7.0. 3-Johnson, Pisc 7.1. 4-Wright, Estn 7.2. 5-Brockman, Chrke 7.3. 6-Cagiao, HasbHts 7.3. 200-Jackson 24.5. 3-Gray, Cmdn 25.6. 4-Broadnax, SoBrun 25.6. 5-Wright and Tricocci 26.2. 400-Wilson 57.7. 3-Gray 59.0. 4-Weeks, EstOrge 1:00.2. 5-Boksay, Cimba :00.5. 6-Bailey, Sence, & Losey, Pisc :01.1. 8-Caserta, Hghlnd :01.2. 800M-Hemmer 2:17.5. 2-Spence, WstOrge :19.4. 3-Bollerman, RBC :21.0. 4-Holt, Cmdn :21.6. 5-Joshua, WO :21.8. 6-Neukirch, Shwne :22.0. 1600-Smyth 5:00.5MR. 2-Lewis, SoOcn :06.8. 3-Nelson :08.9. 4-VanAlstine :13.3. 5-Rovegna, Rmpo :15.0. 6-Livres, Bldgtr :16.7. 7-Calhoun, Ewing :22.4. 3200-VanAlstine 10:42.1MR. 3-Mizzone, PassV 11:01.3. 4-Uniskiewicz, Hlbro :40.0. 5-Gaffney, PmptnL :43.0. 6-Baumbergen, IndHls :44.4. 7-Hearn, IHA :51.1. 55H-Fofanah 8.1. 2-Nock, Wlsn 8.4. 5-Crawford, Hlbro 8.6. 6-Kloss, Hlbro 8.6. HJ-Baskinger, Btlr 5-4. 2-Peters, WO 5-2. PV-O'Reilly 11-6. LJ-Tricocci 17-4.5. 2-Heilig, Estn 17-3. TJ-Melendez 34-5.5. SP-Douglas, WO 40-9.5. 3-M. Cintron, Eliz 39-9.25. 4-L. Cintron 38-3.5. 5-Cerbie, OldTppn 37-8.25. 6-Melendez 36-8. 1600R-Estrn 3:54.4. 2-Wlbro :56.4. 3-Hlbro 4:02.9. 4-Cmdn :03.9. 5-EO :04.6. 6-Pisc :08.4. 3200R-MS 9:22.4. 2-Hlbro :36.9. 3-EO :43.6. 5-GlnRck :48.1. 5-OkKnl :49.1. 6-Morr :53.9. DMR-Brnxle 12:07.4. 2-Wlbro :25.0. 4-Hghlnd :35.3. 5-Ridge :51.7.

GROUP MEET (Cont.)

1600-METER RELAY

Trenton and Eastern had the fastest times here with their hot Gr. IV race that decided the team title in favor of Winslow Twp. The Tornadoes ran 4:03.02 and the Vikings 4:03.38. Willingboro was a bit slower two weeks later, but had no pressure either in the race or the team score.

Developments since then have added interest to the race however. First, there was the Millrose race with Trenton throwing the stick away early and Willingboro winning after a fall. Then came Eastern's victory over the Boro at the Varsity Classic (see above), albeit with Ogbuokiri out of the lineup. It all adds up to an interesting race on Feb. 16.

The other group winners were Pleasantville and Queen of Peace which ran 4:11.69 but can go a lot faster. The problem is that time may not put the Griffins in the seeded section.

IV: Tren 4:03.02. 2-Estrn :03.38. 3-Hlbro :08.37. 4-WO :08.59. 5-Wnslw :09.27. 6-Jcksn :09.49. 7-Cimba :10.05. 8-WashT :11.42. 9-Pisc :11.53. III: Wlbro 4:03.55. 2-Rand :11.40. 3-Cmdn :13.24. 4-Frnkl :14.08. 5-WV :14.31. 6-Wstfd :14.43. II: Plsntvl 4:09.71. 2-HV :13.55. 3-PJ :14.78. I: QP 4:11.09. 2-Sence :19.88. 3-Hadd :21.79.

STATE RELAYS (Cont.)

SHOT PUT RELAY

The major surprise here was not so much in the team winners, Lawrence in Gr. III and Roselle Catholic in Gr. II, but in the fact that Kelly Fazekas of Demarest did not come up with the best mark of the day, in fact did not top 40 feet. She was only 2nd-best in the Gr. II competition to Rachel Young of Sparta who hit 40-1 1/4.

III: Lwrnce 67-1. 2-Dlra 65-3 (White 36-10.25). 3-63-3.25. Also: Simms, rand 37-4.5; Fenlator, WyneV 36-5.5.

II: RosCath 65-11.75 (Zielinski 35-9.25) 2-Dmrst 65-9.5 (Fazekas 39-10.5). 3-BpEstce 64-10.

TO MY READERS

As usual, I would ask that those of you who have renewal slips attached to this issue take care of them as soon as possible.

The next issue of New Jersey Track will include the remaining meets of this indoor season—the Easterns, Nationals and the handful of in-state competitions still to be held—as well as the indoor all-state team and a preview of what looks like an exciting outdoor season to come. For a number of you, this will be the last issue unless the renewal forms come through before it is published around March 20.

The spring edition of the New Jersey High School Track and Field Annual will also come out around that time.

NEW JERSEY TRACK

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Madison N.J. 07940

Jacob Brown

Ridgewood HS

Ridgewood, NJ 07451

33-6



Varsity Classic Meet Records

55 meter dash:

6.0	Michael Bolling	Willingboro High School, NJ	2001
6.8	Karen Robinson	News Rochelle High School, NY	2002

55 meter hurdles:

7.2	Anthony Acklin	Trenton Central High School, NJ	2001
	Danyne Brown	Camden High School, NJ	1999
7.8	Shane Dawkins	New Rochelle High School, NY	2002

200 meter dash:

21.6	Raymond Williams	Scotch Plains High School, NJ	2002
	Anthony Evers	Lawrence High School, NY	2000
24.5	Jennifer Jackson	Eastern High School, NJ	2003

400 meter dash:

47.2	Lance Wigfall	East Orange Campus, NJ	2003
56.3	Okechi Ogbuokiri	Willingboro High School, NJ	2002

800 meter run:

1:53.3	Paul Clurlys	Walt Whitman High School, NY	2000
2:09.6	Tawana Watkins	John F Kennedy High School, NJ	2001

1600 meter run:

4:18.4	Mike Myers	Eastern High School, NJ	2001
5:00.5	Caitlin Smyth	Immaculate Heart Academy	2003

3200 meter run:

9:27.1	Mike Myers	Eastern High School, NJ	2000
10:42.1	Lindsay VanAlstine	Hawthorne Christian Academy, NJ	2003

4X400 meter relay:

3:18.6	Glen Mills High School, PA	2002
3:52.6	Willingboro High School, NJ	2002

4X800 meter relay:

7:57.5	Westfield High School, NJ	1996
9:20.3	New Rochelle High School, NY	2002

Distance Medley relay:

10:25.0	Christian Brothers Academy, NJ	2000
11:53.0	Boys & Girls High School, NY	2002

Varsity Classic Field Event Meet Records:

Shot Put:

61' 0.5"	Tyree Suber	Glen Mills High School, PA	2003
44' 6"	Nicola Wilson	Trenton Central High School, NJ	2002

Long Jump:

22' 5"	Sherron Bullock	Camden High School, NJ	2003
18' 7"	Carlene Cummings	Dwight Morrow HS, Englewood NJ	1998

Triple Jump:

46' 6.5"	Jason Ramsey	Mount Vernon High School, NY	2002
39' 5"	Shenre Dawkins	New Rochelle High School, NY	2002

High Jump:

6' 6"	Mike Morrison	Willingboro High School, NJ	2002
	Daryl Black	Eastern High School, NJ	2003
	Dan Mitchell	Lenape High School, NJ	2003
5' 6"	Tara Bach	Pearl River High School, NY	1995
	Lisa Schenk	Jackson High School, NJ	2002

Pole Vault:

15'	Gavin McMahon	Fordham Prep	2003
12"	Lauren Conturse	Hunterdon Central High School, NJ	1999

Compiled by: Jacob Brown, 4/2003