

A decorative border surrounds the central text, composed of a repeating pattern of stylized running figures in various poses, some solid black and some with a dotted texture.

BERGEN COUNTY
FRESHMAN
TRACK AND FIELD
CHAMPIONSHIP



2003

GROUP ONE AND TWO RECORDS

100 Meters	- Mike Stein	- Glen Rock	- 1993	- 11.3
200 Meters	- John Yee	- Ramsey	- 1974	- 23.1
400 Meters	- Steve Kates	- Par. Cath.	- 1971	- 52.2
800 Meters	- Dan McNeilly	- St. Mary's	- 1974	- 2:05.3
1600 Meters	- Jason Kaplan	- Westwood	- 1984	- 4:39.6
3200 Meters	- Scott Sarnesky	- Bergen Tech.	- 1975	- 10:09.2
110 High Hurd.	- Anthony Hampton	- Englewood	- 1991	- 15.4
400 Int. Hurd.	- Doug Miller - Anthony Hampton	- Tenafly - Englewood	- 1981 - 1991	- 59.5
1600 Meter Relay	- Westwood	- 1995	- 3:45.8	
Shot Put	- Andy Papathanassoui	- Emerson	- 1982	- 47'3.5"
Discus	- Andy Papathanassoui	- Emerson	- 1982	- 130'1"
Javelin	- Dave Walker	- Saddle Brook	- 1985	- 170'0"
High Jump	- John Goldman	- Leonia	- 1988	- 5'11"
Long Jump	- Anthony Jacobs	- Englewood	- 1990	- 20'1"
Triple Jump	- Nick Garrett	- Saddle Brook	- 1997	- 42'6.5"
Pole Vault	- Mitch Cooperman - Charles Cordini - Mike Insignares	- Fort Lee - Pal. Park - Mahwah	- 1973 - 1975 - 1992	- 11'6"

GROUP THREE AND FOUR RECORDS

100 Meters	- Joe Dawkins	- Hackensack	- 1993	- 10.9
200 Meters	- Mike Ray Garvin	- Don Bosco	- 2002	- 22.9
400 Meters	- Mike Ray Garvin	- Don Bosco	- 2002	- 51.1
800 Meters	- Kevin Byrne	- Bergen Cath.	- 1974	- 2:01.6
1600 Meters	- Regan Ladisic	- Paramus Cath.	- 1990	- 4:38.7
3200 Meters	- Keith Conway	- Bergen Cath.	- 1983	- 10:30.3
110 High Hurd.	- Mike Guazzo	- Indian Hills	- 1993	- 15.8
400 Int. Hurd.	- Devon Larkins	- Hackensack	- 1993	- 58.9
1600 Meter Relay	- Hackensack	- 1982	- 3:37.2	
Shot Put	- Mike Therierhouf	- Demarest	- 1985	- 52'10"
Discus	- Mike Therierhouf	- Demarest	- 1985	- 134'2"
Javelin	- Bruce Bacchiochi	- Dumont	- 1980	- 175'8"
High Jump	- Mike Stansfield	- Garfield	- 1996	- 6'2"
Long Jump	- Jaba Lovelace	- Tenafly	- 2002	- 21'9"
Triple Jump	- Darius Pemberton	- Hackensack	- 1990	- 43'5"
Pole Vault	- Tim Loop	- Paramus	- 1973	- 11'5"

GROUP ONE AND TWO TEAM CHAMPIONS

1971 - Paramus Catholic	1986 - Fort Lee
1972 - Rutherford	1987 - Cresskill
1973 - Paramus Catholic	1988 - Dumont
1974 - Tenafly	1989 - Saddle Brook
1975 - Midland Park	1990 - Northern Highlands
1976 - Mahwah	1991 - Hasbrouck Heights
1977 - Mahwah	1992 - Ridgefield Park
1978 - Cresskill	1993 - Lyndhurst
1979 - Saddle Brook	1994 - Hasbrouck Heights
1980 - Cresskill	1995 - Leonia
1981 - Tenafly	1996 - Dumont
1982 - Tenafly	1997 - Westwood
1983 - Elmwood Park	1998 - Ramsey
1984 - Garfield	1999 - Saddle Brook
1985 - Saddle Brook	2000 - Cresskill
	2001 - Leonia
	2002 - Ramsey

GROUP THREE AND FOUR TEAM CHAMPIONS

1971 - Hackensack	1985 - Hackensack
1972 - Northern Highlands	1986 - Demarest
1973 - Hackensack	1987 - Hackensack
1974 - Bergen Catholic	1988 - Hackensack
1975 - Pascack Hills	1989 - Indian Hills
1976 - Indian Hills	1990 - Hackensack
1977 - Hackensack	1991 - Don Bosco
1978 - Paramus Catholic	1992 - Demarest
1979 - Hackensack	1993 - Hackensack
1980 - Hackensack	1994 - Demarest
1981 - Demarest	1995 - Paramus Catholic
1982 - Hackensack	1996 - Hackensack
1983 - Indian Hills	1997 - River Dell
1984 - Demarest	1998 - Hackensack
	1999 - Don Bosco
	2000 - Bergen Catholic
	2001 - Hackensack
	2002 - Don Bosco

FORMER OUTSTANDING ATHLETE AWARD WINNERS

Track Athlete Winners

1980 - Chris Fezza - Cresskill
1981 - Keith Miller - Englewood
1982 - Chris Sullivan - Ridgewood
1983 - Keith Conway - Bergen Catholic
1984 - Lamont Brown - Demarest
1985 - Daryl Horner - Don Bosco
1986 - Maureen DeMott - River Dell
1987 - Jeff Soma - Lyndhurst
1988 - Melissa Wyka - Fair Lawn
1989 - Chris Kearns - Leonia
1990 - Regan Ladisic - Paramus Cath.
1991 - Anthony Hampton - Englewood
1992 - Anthony DiCosmo - Paramus Cath.
1993 - Joe Dawkins - Hackensack
1994 - Cooper Rego - St. Joes
1995 - Andrew Gionotti - Westwood
1996 - Mike Jackson - Hackensack
1997 - Joe Robinson - River Dell
1998 - Leslie Mongo - Ramsey

1999 - Billy Moore - Westwood
2000 - Ken Sinkovitz - Bergen Catholic
2001 - Brian Toal - Don Bosco
2002 - Mike Ray Garvin - Don Bosco

Field Athlete Winners

Bruce Bacchiochi - Dumont
Pablo Marianno - Demarest
Andy Papathanassoju - Emerson
Scott Miller - Elmwood Park
John Kraft - Northern Highlands
Dave Walker - Saddle Brook
Steve Rice - St. Joes
Joe Sirignano - Old Tappan
Chris Klapsis - Cliffside Park
Mike Giardina - Mahwah
Darius Pemberton - Hackensack
Ed Montalvo - Dumont
Ryota Vetani - Demarest
Shaun McGregor - Bergen Catholic
John Dixon - Ridgefield Park
Chinua Laud - Leonia
Mike Stansfield - Garfield
Nick Garrett - Saddle Brook
Eugene Hammerle - River Dell
Charles Yaloutser - No. Arlington
Miles Austin - Garfield
Bernard Mann - Ridgewood
Keith Creach - Leonia
Jaba Lovelace - Tenafly

ORDER OF EVENTS

4:00 P.M. - 400m. Int Hurd.
- 100m. Dash - Trials and Semis
- 400m. Dash
- 1600m. Run
- 110m. High Hurdles - Trials and Finals
- 100m. Dash - Finals
- 800m. Run (Group 1+2 first, then Group 3+4)
- 200m. Dash
- 3200m. Run
- 1600m. Relay

MEET INSTRUCTIONS

- * All running and field event competitors must have an event card filled out and turned in to the official.
- * Group 1 and 2 Shot is first, Group 3 and 4 Discus is first
- * All Javelin trials must be completed by 5:00 P.M.
- * Group 1 and 2 Triple Jump is first, Group 3 And 4 Long Jump is first. Long Jump is in the infield.
- * See Tom Zaccone if you want an athlete recognized for athlete of the meet