

**BERGEN COUNTY GIRL'S FROSH CHAMPIONSHIP
RIDGEWOOD HIGH SCHOOL TRACK**

MAY 22, 2003

Team Scores: 1-Northern Highlands, 81. 2-Indian Hills, 59. 3-Ramapo, 42. 4-Pascack Hills, 37. 5-IHA, 32. 6-Teaneck, 24. 7-RiverDell, 23. 8-Holy Angels, 22. 9-Old Tappan, 21.5. 10-Mahwah, 20. 11-Pascack Valley, 18. 11-Ridgewood, 18. 13-Paramus, 16. 14-Ramsey, 12. 15-Dumont, 10. 16-Hackensack, 8. 17-Demarest, 7. 18-New Milford, 6. 19-Lyndhurst, 4. 20-RiverDell, 1.5. 21-WoodBridge, 1.

Group 1 Champion: New Milford.

Group 2 Champion: Indian Hills

Group 3 Champion: Northern Highlands

Group 4 Champion: IHA

Individual Results:

100meters: 1-Nadine Jaber, Indian Hills, 12.9. 2- Yvonne Hunt, Teaneck, 13.2. 3- J. Marshal, Northern Highlands, 13.4. 4- Sonia Malipaso, Holy Angels, 13.4. 5- Morgan Wade, Northern Highlands, 13.5. 6- Stephanie Ottino, IHA, 14.2.

200meters: 1- Nadine Jaber, Indian Hills, 27.3. 2- Sonia Malipeso, Holy Angels, 27.5. 3- Jen Galgano, Ramapo, 27.8. 4- Jenn Pierce, Northern Highland, 28.2. 5- Lani Caldwell, Ridgewood, 28.5. 6- Nicole Bassett, Pascack Valley, 28.7.

400meters: 1- Alex Elkas, Holy Angels, 62.4. 2- Shannon Carley, Old Tappan, 64.5. 3- Morgan Wade, Northern Highlands, 65.0. 4- Raina Warra, Teaneck, 65.4. 5- Rachel Setless, Paramus, 66.2. 6- Annie Vassallo, Ridgewood, 66.7.

800meters: 1- Jackie Shtembery, Ramapo, 2:23. 2- Maggie Sullivan, Tenafly, 2:27. 3- Kristen Hartel, Pascack Hills, 2:30. 4- Jessica Setless, Paramus, 2:32.0. 5- Kerry Taylor, IHA, 2:37. 6- Anna Murray, Northern Highlands, 2:37.3.

1600meters: 1- Jessica Setless, Paramus, 5:40. 2- Sam Mech, Mahwah, 5:49. 3- Stephanie Westerman, Ridgewood, 5:49.8. 4- Lindsey Arnome, Indian Hills, 5:51.7. 5- Krysta Handy, Hackensack, 5:55.6. 6- Anna Murray, Northern Highlands, 5:58.9.

3200meters: 1- Allison Rutinberg, IHA, 12:41. 2-Christina Ferenceogch, Pascack Valley, 12:58. 3- Allison Smith, Tenafly, 13:05.7. 4- Ayaka Koshibe, Teaneck, 13:09.6. 5- Meredith Senter, Tenafly, 13:19.2, 6- Meredith Jones, Ridgewood, 13:19.8.

100mHurdles: 1- Brianne Forhecz, Northern Highlands, 16.6. 2- Momoko Aoe, Northern Highlands, 17.6. 3- Carla Palacios, Demarest, 18.3. 4- Carly Welter, Northern Highlands, 18.4. 5- Rachel Guyt, Pascack Valley, 18.5. 6- Lauren Kramer, Tenfly, 18.6.

400mHurdles: 1-Khristen Hartel, Pascack Hills, 69.3. 2-Kristin Kern, Indian Hills, 70.5. 3- Brianne Forhecz, Northern Highlands, 71.3. 4- Momoko Aoe, Northern Highlands, 72.2. 5- Stephanie Westerman, Ridgewood, 72.5. 6- Rachel Guyt, Pascack Valley, 73.8.

Shot Put: 1-Julie Haledjian, Pascack Hills, 29-11. 2-Nicole Ridore, Teaneck, 29-5. 3-Jamila Morrison, 28-1. 4-Alex Soto, Lyndhurst, 27-1. 5-Nicole Palminteri, Ramsey, 26-7. 6-Berit Nelsen, Ridgewood, 26-6.

Discus: 1-Nicole Gersht, Ramsey, 94-7. 2-Christina Eyl, 91-4. 3-Natalia Arias, Tenafly, 89-2. 4-Alez Soto, Lyndhurst, 86-2. 5-Sarah Loroesch, Pascack Hills, 82-6. 6-Bianca Camacho, Wood-Ridge, 79-4. 7-Diana Keller, Mahwah, 74-2.

Javelin: 1- Tracey Calabrese, Dumont, 94-8. 2- Belen Michelis, IHA, 90-1. 3- Berit Nelsen, Ridgewood, 86-4. 4- Alexis Kellerm Old Tappan, 79-2. 5- Sarah Loroesch, Pascack Hills, 78-7. 6- Amanda Fullmor, Demarest, 77-11.

Long Jump: 1- Brianne Forhecz, Northern Highlands, 15-3. 2- Jackie Shtemberg, Ramapo, 15. 3- Jenn Pierce, Northern Highlands, 14-9. 4- Jen Galgano, Ramapo, 14-9. 5- Sarah Loroesch, Pascack Hills, 14-8.5. 6- Kristin Kern, Indian Hills, 14-4.5. 7- Kristin Bucher, Indian Hills, 14-0.5.

Triple Jump: 1-Krista Kern, Indian Hills, 34-6.5. 2-Z-hye Lee, Old Tappan, 31-9.5. 3-Jenn Pierce, N.Highlands, 31-5.5. 4-Sarah Lerush, Pascack Hills, 30-1.5. 5-Rachel Guyt?, Pascack Valley, 30-7.5. 6-Jen Swan, Waldwick, 30-4. 7-Julia Marshal, N.Highlands, 29-11. 8-Kristin Bucher, Indian Hills, 29-9. 9-Laura mercer, Ridgewood, 28-1.5.

High Jump: 1-Tyler Teaton, IHA, 4-9. 2-Kristen Bucher, Indian Hills, 4-9. 3-Cassie Thomas, NewMilford, 4-6. 4-Jackei Stemberg, Ramapo, 4-6. 5(tie)-Shenise Halsey, OldTappan & -Kelly Bentonish, RiverDell, 4-3.

Pole Vault: 1-Jenny Galgano, Ramapo, 8-0. 2(tie)-Brianna Forheez, Northern Highlands & Tricia Murphy, Mahwah, 7-0. 4-Gianna Cesa, Pascack Valley, 7-0. 5(tie)-Courtney Sender, Pascack Hills, & Stacey Duchak, Mahwah. 6-6.

4X400mRelay: 1-Ramapo, 4:20.3 (Shtemberg, Wilson, Gngna, Galgaro). 2-Tenafly, 4:26.7. 3-HolyAngels, 4:29.0. 4-Teaneck, 4:31.6. 5-Northern Highlands, 4:32.0. 6-Paramus, 4:33.6.