

# Paramus junior jumps at chance to set bar high

By **PAUL SCHWARTZ**  
STAFF WRITER

SUFFERN, N.Y. — Paramus junior Jessica Malacrida has been involved in track and field for almost half her life.

"I started high jumping and running track in the fifth grade because we have a good recreation program in Paramus," she said. "My sister [Kristen] was a shot-putter, so I tried it once, but it was clear that she was the shot-putter in the family. So I switched to high jumping and really loved it."

Malacrida won her specialty with a clearance of 5 feet Tuesday night at the Ridgewood Winter Games 2 at a cold Rockland Community College Field House. Then she continued to show she's also one of North Jersey's top hurdlers by winning the 55-meter hurdles in a personal-best 8.7 seconds, becoming one of only three multi-event winners at the meet. Her overall development pleases coach Jeff Schorling.

"All I told her in the beginning of the season was that now she was a junior and she knows how to high jump and she knows how to hurdle," said Schorling, "and it was time for her to get more aggressive in her events and do what she knows she needs to do to

get better and more consistent. And so far she's doing it."

Last week, Malacrida cleared 5-5 in the high jump, becoming just the fifth girl in Bergen County history to make that height, in winning the second of three Garfield Invitational meets.

"I was thrilled by that even though I thought they had put the bar at 5-6," said Malacrida. "But the official said he had put at 5-5 so I could set the [meet] record, and that was a great thrill."

"My coaches have been so great to me ever since I started doing the sport, and now I'm getting some help from [former State indoor champion] Janet Andrews over at River Dell in the high jump, and it's made me even more confident in my jumping," said Malacrida.

"And now I've really gotten better in the hurdles and that's exciting too, because I get to compete against someone like [Teaneck's] Michelle Smith, who's so good at it."

Malacrida is a sweeper on the Spartans girls soccer team that went 11-8-1 last year. But she knows her athletic future in college is in track.

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## TRACK

### RIDGEWOOD WINTER GAMES II

AT ROCKLAND COMMUNITY COLLEGE, SUFFERN, N.Y.

#### Girls

**55m** — 1. Consandria Walker, Hackensack, 7.4; 2. Adaku Ezeonwuka, Neptune, 7.4; 3. Ali DiDomenico, Passaic Valley, 7.5; 4. Tamara Ricketts, Weequahic, 7.6; 5. Abby Beutel, River Dell, 7.7; 6. Jackie Tyler, Ridgewood, 7.8.

**55 HH** — 1. Jessica Malacrida, Paramus, 8.7; 2. Kara Sims, Neptune, 8.9; 3. Julianne Wiggins, River Dell, 9.4; 4. Brittanica Frazier, Hackensack, 9.4; 5. Michelle Cornachia, Matawan, 9.4; 6. Jes Ford, Red Bank Catholic, 9.5.

**300y** — 1. Ali DiDomenico, Passaic Valley, 38.5; 2. Adaku Ezeonwuka, Neptune, 38.9; 3. LaVonne Ellerbe, Wayne Valley, 40.1; 4. Abby Beutel, River Dell, 40.3; 5. Monica Rodriguez, Watchung Hills, 40.7; 6. Kaitlin Quail, Pearl River, 40.7.

**600y** — 1. Kathleen Reilly, Eastchester, 1:32.6; 2. Asha Batley, Science, 1:33.8; 3. Alyssa Douma, West Milford, 1:34.7; 4. Caitlin Browne, Middletown North, 1:35.5; 5. Christina Law, Ridgewood, 1:35.6; 6. Erin Anthony, Wayne Valley, 1:35.9.

**1,000y** — 1. Caitlin Hemmer, IHA, 2:47.6; 2. Stephanie Herrick, Wayne Valley, 2:49.7; 3. Justine Lupo, Ridgewood, 2:51.6; 4. Lisa Sinkovitz, IHA, 2:52.2; 5. Emily Terin, Ridgewood, 2:55.1; 6. Caitlin Browne, Middletown North, 3:01.9.

**1,600m** — 1. Jacqui Carroll, Wayne Valley, 5:25.3; 2. Lauren Kopecki, Watchung Hills, 5:32.9; 3. Amy Van Alstine, Midland Park, 5:36.3; 4. Aimee Cheglwidgen, Wallkill Valley, 5:42.9; 5. Kerry Taylor, IHA, 5:43.7; 6. Diana Mangan, Ridgewood, 5:45.3.

**3,200m** — 1. Amy Van Alstine, Midland Park, 11:35.8; 2. Jacqui Carroll, Wayne Valley, 11:43.8; 3. Jessica Setless, Para-

mus, 12:02.1; 4. Maggie Harms, Ridgewood, 12:04.7; 5. Emmie Perchak, West Milford, 12:13.6; 6. Lauren Natoli, Caldwell, 12:14.9.

**Shot put** — 1. Lindsay Renna, Hasbrouck Heights, 36-4 3/4; 2. Carol Henn, Middletown North, 33-5 3/4; 3. Nicole Bailey, Red Bank Catholic, 31-5 1/4; 4. Amy Albert, Saddle Brook, 29-6; 5. Melissa Wherley, Bernards, 29-5; 6. Julia Fiuk, Paramus, 28-10.

**High Jump** — 1. Jessica Malacrida, Paramus, 5-0; 2. Emily Battersby, IHA, 4-9; 3. Caitlin Walsh, Yorktown, 4-9; 4. Tyler Teaton, IHA, 4-6; 5. Picinic, IHA, and Feeney, Paramus, 4-6.

**Pole Vault** — 1. Lauren Chun, Watchung Hills, 8-6; 2. Emily Powers, Pearl River, 8-6; 3. Dana Migliorini, Wayne Valley, 7-6; 4. Kari Post, Paramus, 7-6; 5. Kerri Norton, Ridgewood, 7-6; 6. Katherine Serpa, Hackensack, 7-0.

**Long Jump** — 1. Consandria Walker, Hackensack, 17-0 1/4; 2. Elizabeth Luke, Bergen Tech, 16-2 1/2; 3. Cherilyn Marfino, Hasbrouck Heights, 15-10 1/4; 4. Julianne Wiggins, River Dell, 15-4 1/2; 5. Karly McIlwain, River Dell, 15-2 1/4; 6. Judy Wong, Wood Ridge, 15-1 3/4.

**Triple Jump** — 1. Consandria Walker, Hackensack, 38-6 1/2; (record, old record, 37-10 3/4 by Margaret Rottkamp, Indian Hills, 1986); 2. Andrea Manis, Paramus, 32-7; 3. Brittanica Frazier, Hackensack, 32-2 1/2; 4. Karly McIlwain, River Dell, 32-1 1/2; 5. Christina Law, Ridgewood, 31-11 1/2; 6. Ann Behrens, River Dell, 31-6.

**4x400m relay** — 1. Hackensack (Zainab Hanif, Brittanica Frazier, Tara McVey, Consandria Walker), 4:19.2; 2. Yorktown, 4:29.1; 3. Saddle Brook, 4:29.5; 4. Bergen Tech, 4:31.9; 5. Watchung Hills, 4:33.5; 6. River Dell, 4:33.7.

**4x800m relay** — 1. Pearl River (Briana Beattie, Michelle Fassell, Samantha Stedt, Megan Quail) 10:32.8; 2. Ridgewood, 10:40.3; 3. Hackensack, 10:40.9; 4.

Yorktown, 10:45.4; 5. Pearl River B, 11:00.9; 6. Westwood, 11:13.0.

#### Boys

**55m** — 1. Sean Cuevo, Yorktown, 6.6; 2. Laboy, Hackensack, 6.6; 3. Barry Pinckney, Shabazz, 6.7; 4. Andrew Brittan, Hackensack, 6.8; 5. Tarrant Anderson, Bergen Tech, 6.8; 6. Leslie Bonsu, Bergen Tech, 6.8.

**55mHH** — 1. Dan Oquendo, Hackensack, 7.8; 2. Deron Doles, Kennedy, 7.8; 3. Brian Voorhis, River Dell, 8.2; 4. Anthony Pomo, Saddle Brook, 8.2; 5. Chris Palmer, Watchung Hills, 8.4; 6. Rashaan Allen, Shabazz, 8.5.

**300y** — 1. Donnie Brown, Red Bank Cath., 33.9; 2. Barry Pinckney, Shabazz, and Jihad Springer, Shabazz, 34.0; 4. Raheem Jackson, Westwood, 34.1; 5. Eric Bhout, Westside, 34.8; 6. tie between Ryan Jordan, Kennedy, Ralph Pica, Matawan, Quamir Majors, Westside and Chris Jaronczyk, New Hyde Park, 35.2.

**600y** — 1. Daquan Huffin, Palisades Park, 1:17.4; 2. Joshua Simmons, Hackensack, 1:18.5; 3. Adam Cornelisse, Watchung Hills, 1:18.8; 4. Lorenzo Devonne, Belleville, 1:19.4; 5. Robbie Gruner, Red Bank Catholic, 1:20.0; 6. Byron Williams, Ridgewood, 1:20.5.

**1,000y** — 1. Erik Nygaard, Ridgewood, 2:24.8; 2. David Maher, Ridgewood, 2:25.4; 3. Byron Williams, Ridgewood, 2:27.5; 4. Brian Davis, Ridgewood, 2:27.7; 5. Paul Chegwidden, Wallkill Valley, 2:29.3; 6. Tony Naimo, Bergen Catholic, 2:29.9.

**1,600m** — 1. Chris Guerriero, Saddle Brook, 4:36.7; 2. Steve Kinney, Watchung Hills, 4:37.9; 3. Tim Finnerty, Midland Park, 4:42.8; 4. Mike Burghofer, Wallkill Valley, 4:43.3; 5. Michael Cator, Ridgewood, 4:45.3; 6. Pat Mckeever, Midland Park, 4:46.7.

**3,200m** — 1. Mohamed Khadraoui, Kennedy, 9:18.9 (record, old record,

9:29.7 by Rob Reeder, Northern Highlands, 1992); 2. Chris Guerriero, Saddle Brook, 9:48.6; 3. John Smith, Matawan, 9:57.1; 4. Kyle Engelken, Ridgewood, 9:57.5; 5. Steve Kinney, Watchung Hills, 10:02.4; 6. Tom Finnerty, Midland Park, 10:13.9.

**Shot put** — 1. Chris Keller, Matawan, 52-3; 2. Mike Donato, Middletown North, 46-6; 3. James Damiano, Passaic Valley, 46-4; 4. Jason Greene, Shabazz, 46-1 1/2; 5. Stanley Valvis, Passaic Valley, 45-7 1/2; 6. Travis Parham, Hackensack, 44-1.

**High Jump** — 1. Dan Oquendo, Hackensack, 6-3; 2. Tom McCarthy, Saddle Brook, 5-11; 3. Chris Calantone, Bergen Catholic, 5-11; 4. Ryan Manning, Barringer, 5-9; 5. Brian Davis, Ridgewood, 5-9; 6. Ted Mahoney, Sleepy Hollow, 5-6.

**Pole Vault** — 1. Stu Cohen, Hackensack, 11-6; 2. Jake Riccardi, Ridgewood, 11-6; 3. Ian Strauder, Hackensack, 11-6; 4. Matt Bradley, Matawan, 11-0; 5. Dan Frank, Hackensack, 11-0; 6. Matt Nowacki, Hackensack, 10-6.

**Long Jump** — 1. Garrett Bronner, Sleepy Hollow, 20-6 1/2; 2. Ryan Manning, Barringer, 20-5 1/2; 3. Dan Oquendo, Hackensack, 20-4; 4. Donnie Brown, Red Bank Catholic, 20-4; 5. Leslie Bonsu, Bergen Tech., 19-6 1/4; 6. Andrew Brittan, Hackensack, 19-3 1/2.

**Triple Jump** — 1. Brian Horton, Hackensack, 43-3 3/4; 2. Gabe Knutson, Ridgewood, 43-1 1/2; 3. Dan Oquendo, Hackensack, 41-7 1/2; 4. Steven Han, Tenafly, 39-8; 5. Chris Palmer, Watchung Hills, 39-4; 6. Brian Voorhis, River Dell, 39-2 1/2.

**4x400m relay** — 1. Watchung Hills (Chris Palmer, Adam Cornelisse, Joe Rodriguez, Shawn Mitchell) 3:43.4; 2. Matawan, 3:46.2; 3. Palisades Park, 3:47.8; 4. Bergen Tech, 3:53.4; 5. Yorktown, 3:53.4; 6. Westwood, 3:54.8.

**4x800m relay** — 1. Wallkill Valley, 8:46.4; 2. Red Bank Cath., 8:53.1; 3. Wayne V., 8:56.9; 4. Yorktown, 9:02.1; 5. Middletown N., 9:20.0; 6. Saddle Brook, 9:22.0.

## MEET RESULTS

### FRANKLIN, HILLSBORO SPLIT HONORS AT COUNTY RELAYS

SOMERSET CTY RELAYS, Dec. 29, Lehigh: It took a while to catch up with this one and the individual events are still absent. Franklin and Hillsboro split honors with three wins apiece with the Warriors running 1:36.7 in the 800 and the Raiders 32.8 in the SHR.

800R-Frnkl 1:36.7. 1600R-Hilbro 3:42.8. 3200R-Frnkl 8:53.3. SMR-Frnkl 3:54.8. DMR-Brwtr 10:55.0 (one lap short). SHR Hilbro 32.8. HJ-Fox, Hilbro 6-3.

### GARVIN DOUBLES AT NORTH JERSEY INVITATIONAL

NORTH JERSEY INVITATIONAL, Jan. 13, Rothman Ctr: Michael Ray Garvin spent last winter lifting weights, but this time he has chosen speed over strength improvement and the only junior member of the Don Bosco backfield doubled here in 6.3 and 36.6. Teammate Alex Wechsler took the 1600 in 4:38.5 and ran 3rd leg on a winning 3200R team as the Ironmen took a close team battle from Hackensack and Ridgewood.

T: A-DBP 42, Hack & Rdgwd 38. 55-Garvin 6.3. 2-Parker, Bgfd 6.3. 300-Garvin 36.6. 2-Parker 37.1. 3-Simmons, Hack 37.7. 4-Jackson, Wstwd 37.8. 600-Cruz, Pssc 1:26.9. 1K-Maher, Rdgwd 2:40.7. 1600-Wechsler 4:38.5. 3200-Zamir, Rdwd 9:57.2. HH-Perussi, Dmrst 7.6. 2-Oquendo, Hack 7.7. 1600R-Hack 3:36.2. 3200R-DBP 8:33.0.

### KHADRAOUI TRIPLES IN PASSAIC MEET; CLIFTON WINS

PASSAIC CTY, Jan. 14, NY Armory: Mohamed Khadraoui tripled the 1K, 1500 and 3K here with a 2:38.0, 4:10.5 and 9:14.7. But this could not overcome the Clifton avalanche which produced a 93 1/2-84 defeat of West Milford, Paul Kornaszewski leading the way by placing behind Mohamed in all three races.

Hayrol Cruz of Passaic produced the top mark of the night, a 1:23.4 in the 600M, while Val Sisti of DePaul went 22-1 in the LJ.

T-Clftn 93.5, WM 85, PCT 64.5. 55-Lynn, WneHls 6.5. 2-Wilborn, PCT 6.5. 3-Johnson, PCT 6.5. 300-Schaad, Clftn 37.0. 2-Young, PCT 37.1. 3-Cruz, Pssc 37.3. 4-Ashby, WM 37.4. 600-Cruz 1:23.4. 1K-Khadraoui 2:38.0. 1500-Khadraoui 4:10.4. 3K-Khadraoui 9:14.7. HH-Gaugier, PCT 7.9. HJ-Lawrence, WM 6-0. PV-Kozio, Clftn 11-0. LJ-Sisti 22-1. TJ-Harrison, WM 41-9.75. SP-Mack, Pssc 48-10.5. 1600R-WM 3:31.9. 2-Clftn :34.9.

### PERUSSI GOES 44-1 AT FDU FIELD EVENT MEET

FAIRLEIGH DICKINSON FIELD EVENT INVITATIONAL, Jan. 14, Rothman Ctr: Jeremy Perussi of Demarest won a hotly-contested TJ here from Marquis Mitchell of Bergenfield at 44-1.

HJ-DeVoughn, Morrtn 6-0. PV-Sacher, PsckV 13-0. LJ-Parker, Bgfd 21-6.25. TJ-Perussi 44-1. 2-Mitchell 43-8. 3-Horton, Hack 42-7. 4-Marcoux, DBP 42-4.

### CARMODY RUNS RECORD 1:57.32 AT DREW INVITATIONAL

DREW INVITATIONAL, Jan. 14: Mike Carmody of Berkeley Heights finished up a brilliant season at Drew with a 1:57.32 win in the 800M, fastest ever run here.

Another meet record was posted in the PV where Mike Roberti of Hunterdon Central cleared 14-0 (this may be the last time the event is contested at Drew.)

55-Alexander, WstEsx 6.71. 400-Reid, Pspny 52.66. 800-Carmody 1:57.32 MR. 2-Colquhon, MrsHls 2:00.28. 1600-Bastek, Dlbtn 4:32.99. 2-Rowland, HC :34.92. 3200-Kopnicki, ScPlns 9:54.65. HH-Berry, Morrtn 7.90 (7.85ht). 2-Bloemer, Spta 7.93 (7.89ht). HJ-Mereku, SHP 6-2. PV-Roberti 14-0MR. 2-Stanley, Ridge 13-6. 3-Contursi, HC 13-6. 4-Tucholski, HC 13-0. SP-Hellriegel, WstMrs 51-8.5. 2-Alpers, Spta 51-3.75. 1600R-Morr 3:33.84. 2-WO :34.31.

### SETON HALL TAKES 800R AT YALE, 2ND IN TWO OTHERS

YALE INVITATIONAL, Jan. 16, New Haven: With the state relays looming the next two days, Seton Hall Prep was the only NJ entry here, but the Pony Pirates made the most of it, winning the 800R in 1:34.87 and placing 2nd in the 1600 and 3200 in 3:31.73 and 8:20.28.

### CALVO DOUBLES IN STANNER GAMES; SCOTLAND: 4:22.04

STANNER GAMES, Jan. 18, NY Armory: Kyle Calvo of Somerville had another big day here as he won the HJ at 6-6 and the LJ at 22-8, while also placing 3rd in the TJ at 43-4 and running a 7.78 HH heat, same as teammate Jason Bradley.

A few other NJ teams were present. Bryan Scotland of St. Benedict's took the mile in 4:22.05, teammate Andre Fearon was 4th in the 1K in 2:34.38 and both ran on a third-place 3200R team which clocked 8:13.68. Mike Pohludka took the HH for Vernon in 7.63 and led a 23.5 win in the three-man SHR. Jovan White of TR South was 2nd in the LJ at 22-1 1/2.

### POHLUDKA TRIPLES AT THIRD HIGHLANDER GAMES

HIGHLANDER GAMES III, Jan. 19, NY Armory Ctr: Mike Pohludka of Vernon had a triple here as he won the 400 in 52.7, the HH in 7.3 and the LJ at 19-1/2.

55-Hill, Vrn 6.5. 200-Whirledge, Chrke 23.1. 400-Pohludka 52.7. 800-Schaad, Clftn 2:06.3. 1600-Freeman, Chrke 4:39.4. 3K-Kornaszewski, Clftn 9:03.8. HH-Pohludka 7.3. 2-Rodriguez, Clftn 7.4. HJ-Lawrence, WstMilfd 5-10. PV-Gunther, WM 11-0. LJ-Pohludka 19-0.5. TJ-Kozio, Clftn 39-2. SP-Hazen, Vrn 46-7.25. 1500R-WM 3:32.6. 2-Clftn :33.9.

### PARKER TAKES QUAD AT NBIL MEET; LAGRECA TRIPLES

NORTHERN BERGEN IL, Jan. 20, Rothman Ctr: Sullivan Parker of Bergenfield had a quad here in the sprints and LJ, but James LaGreca and Jeremy Perussi of Demarest won five events and scored 66 points between them to lead their team to a 119-104 victory in Division 1. Indian Hills had an easier time taking Division 2, 115-87 1/2, from Ramsey.

Parker won the 55 in 6.4, the 200 in 23.6 and the 400 in 52.6 and too the LJ from Perussi at 20-5 3/4. LaGreca swept the distances at 2:08.9, 4:52.0 and 10:31.3. Matt Klypka lead Hills with 18 distance points, including an unusual 1600 where he defeated walking star Zach Pollinger of Northern Highlands in 4:44.9.

Div. 1: T-Dmrst 119, Bgrfd 104, WneHls 64. 55-Parker 6.4. 2-Lynn, EWH 6.5. 200-Parker 23.6. 400-Parker 52.6. 800-LaGreca 2:08.9. 1600-LaGreca 4:52.0. 3200-LaGreca 10:31.3. HH-Perussi 7.6. HJ-Mitchell, Bgfd 5-10. LJ-Parker 20-5.75. TJ-Perussi 42-9.5. 2-Mitchell, Bgfd 42-6.75. SDP-Karsos, Bgfd 45-7.75. 1600R-WH 3:51.3.

Div. 2: T-IH 115, Rmsy 87.5, PsckHls 62. 55-Jones, Mhwh 6.7. 200-Mills, Rmsy 24.9. 400-Goldwasser, IH 53.5. 800-Filandro, IH 2:05.3. 1600-Klypka 4:44.9. 3200-Cho, IH 10:30.9. HH-Satkins, PH 8.1. HJ-Sacher, PsckV 5-10. LJ-Atkins 18-7. TJ-Kroner, IH 38-5.25. SP-Lewis, IH 45-5.5. 1600R-Rmsy 3:40.2.

### DEPALMA LEADS OLD BRIDGE TO MIDDLESEX REPEAT

MIDDLESEX CTY, Jan. 20 (Old Bridge), 21 (Rothman Ctr): David DePalma led Old Bridge to an easy repeat here, 65-43, over St. Joseph's, as he won the 400 in 50.94 and anchored a 3:37.68 victory in the 1600R.

Greg Bull of East Brunswick had a MR of 9:42.43 as he won by four yards from Matt Caporaso of Old Bridge. Teammate James Correa took the SP at 53-1.

T-OB 65, SJMet 43, EB 37. 55-Lockhart, NewBr 6.61. 400-DePalma 50.94. 2-Flavaney, Syrvt 51.41. 800-Fialk, NoEdsn 2:02.30. 1600-Thorpe, Sptwd 4:32.24. 2-Williams, EB :32.25. 3-Pascale, OB :34.45. 3200-Bull, EB 9:42.43. 2-Caporaso :43.06. 3-Williams :44.39. HH-Green, OB 8.11. HJ-Emenike, SJM 6-4. SP-Correa 53-1. 1600R-OB 3:37.68.

### KHADRAOUI RUNS 9:18.9 AT RIDGEWOOD II

RIDGEWOOD II, Jan. 21, Rockland CC: Mohamed Khadraoui of Paterson Kennedy stole the show here as he won the 3200 by 150 yards from Chris Guerriero of Saddle Brook in a MR 9:18.9.

Dan Oquendo of Hackensack had a double in the HH and LJ at 7.8 and 6-3 and teammate Brian Horton won the LJ at the "bottomless pit" from Gabe Knutson of Ridgewood at 43-3 3/3.

55-Cuevo, Yrktwn (NY) 6.6. 300Y-Brown, RBC 33.9. 2-Pinckney & Springer, Shbzz 34.0. 600Y-Huffin, PalPk 1:17.4. 1000Y-Nygaard, Rdwd 2:24.8. 1600-Guerriero 4:36.7. 3200-Khadraoui 9:18.9MR. 2-Guerriero :48.6. HH-Oquendo 6-3. PV-Cohen, Hack 11-6. LJ-Bronner, SlpHlw (NY) 20-6.5. TJ-Horton 43-3.75. 2-Knutson 43-1.5. SP-Keller, Mtwm 52-3. 1600R-WatHls 3:43.4. 3200R-WklV (NY) 8:46.4.

### COLQUHON LEADS MORRIS HILLS TO MORRIS COUNTY WIN

MORRIS CTY, Jan. 21, Drew: Evan Colquhon of Morris Hills (pronounce it Co-hoon) has spent most of this winter chasing either Jeremy Zagorski of Parsippany Hills or Mike Carmody of Berkeley Heights and he finished 2nd again in this one to Zagorski in the 1K. But he also won the 1600 in 4:28.11 to lead the Knights to a 62-47 victory over Morristown.

Zagorski wisely limited himself to the 1K in anticipation of the New Balance mile three days later, but he let all the gears out as he broke Ryan Smith's MR at 2:33.10. Another mark came in the 300M from Reggie Berry of Morristown at 36.14.

T-MH 62, Morr 47, WhpnyPk 35. 55-George, HanPk 6.73. 300-Berry 36.14 MR. 2-Casey, PH 37.07. 3-Syzonenko, Rand 37.17. 4-Eames, WP 37.57. 5-Tanner, Mntvle 37.61. 600-Saeed, Rxby 1:25.26. 2-Reid, Pspny :25.29. 3-Doherty, Mdsn :25.49. 1K-Zagorski 2:33.10MR. 2-Colquhon :38.36. 3-Apwah, Rxby :42.60 (Fr.). 1600-Colquhon 4:28.11. 2-Bastek, Dlbtn :30.96. 3200-Abdallah, Mdsn 9:49.62. HH-Duhaney, MorrC 7.77. HJ-Grawehr, PH 6-0. PV-Schlesinger, WP 12-0. SP-Hellriegel, WMrs 51-3. 2-Trulby, MH 50-7.5. 1600R-Morr 3:34.84.

**RIDGEWOOD WINTER GAMES MEET RECORDS****BOYS**

<b>55 Meter Dash</b>	<b>Ron Lewis</b>	Asbury Park	1995	<b>6.2</b>
<b>55 Meter Hurdles</b>	<b>Darius Pemberton</b>	Hackensack	1991	<b>7.3</b>
<b>300 Yard Dash</b>	<b>Gary Gooden</b>	Nazareth	1984	<b>31.5</b>
<b>600 Yard Dash</b>	<b>Jose Lopez</b>	Memorial	1991	<b>1:13.0</b>
<b>1000 Yard Run</b>	<b>Mikey Pachella</b>	Walkkill Valley	2005	<b>02:17.9</b>
<b>1600 Meter Run</b>	<b>Eric Boucher</b>	Ridgewood	1991	<b>4:24.4</b>
<b>3200 Meter Run</b>	<b>Mohamed Khadraoui</b>	Kennedy	2004	<b>9:18.9</b>
<b>4 x 400 Meter Relay</b>	<b>Glen Mills (Pa.)</b>		1996	<b>3:25.0</b>
<b>4 x 800 Meter Relay</b>	<b>Rutherford</b>		1984	<b>8:11.3</b>
<b>Long Jump</b>	<b>Nash Peart</b>	LaGuardia	1990	<b>23-9 1/2</b>
<b>Triple Jump</b>	<b>Joe McDonald</b>	Kingston	1987	<b>48-2</b>
<b>High Jump</b>	<b>Derrick Ponton</b>	Montclair	1995	<b>6-7</b>
<b>Pole Vault</b>	<b>Matt Bradley</b>	Matawan	2005	<b>14-2</b>
<b>Shot Put</b>	<b>Kevin DiGiorgio</b>	Bayonne	1997	<b>62-2</b>

**GIRLS**

<b>55 Meter Dash</b>	<b>Regina Trotter</b>	Weequahic	1991	<b>7.0</b>
<b>55 Meter Hurdles</b>	<b>Kim Turko</b>	J.P. Stevens	1997	<b>7.9</b>
<b>300 Yard Dash</b>	<b>Regina Trotter</b>	Weequahic	1991	<b>35.7</b>
<b>600 Yard Dash</b>	<b>Gisele Harris</b>	Shabazz	1984	<b>1:23.7</b>
<b>1000 Yard Run</b>	<b>Jen Schenberg</b>	Kinnelon	1990	<b>2:44.1</b>
<b>1600 Meter Run</b>	<b>Caitlin Smyth</b>	IHA	2003	<b>5:13.7</b>
<b>3200 Meter Run</b>	<b>Lindsay Van Alstine</b>	Hawthorne Christian	2003	<b>11:05.5</b>
<b>4 x 400 Meter Relay</b>	<b>Shabazz</b>		1986	<b>4:06.5</b>
<b>4 x 800 Meter Relay</b>	<b>Wayne Valley</b>		1984	<b>9:53.5</b>
<b>Long Jump</b>	<b>Claire Connor</b>	Rahway	1984	<b>19-10</b>
<b>Triple Jump</b>	<b>Consandria Walker</b>	Hackensack	2004	<b>38-6 1/2</b>
<b>High Jump</b>	<b>Michele Dudzinski</b>	Passaic Valley	1992	<b>5-6</b>
<b>Shot Put</b>	<b>Zara Northover</b>	Sewanhaka	2002	<b>40-0</b>
<b>Pole Vault</b>	<b>Mandy Jenkins</b>	Valley Central	2003	<b>10-6</b>