

# Ridgewood Cross Country Meet Summary

**Meet:** JV-Frosh Champs      **Course:** \_\_\_\_\_  
**Division:** \_\_\_\_\_      **Course Record:** \_\_\_\_\_  
**Date:** 10/26/2006      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

2006 Freshmen Junior Varsity Cross Country Championship - 10/26/2006

**Event 3 Girls 3200 Meter Run CC FROSH GIRLS**

Name	Year	School	Avg Mile	Finals	Points
2 Schofield, Courtney	9	Ridgewood	5:19	10:33	2
4 Garber, Emily	9	Ridgewood	5:27	10:49	4
9 Onwubu, Okwuchi	9	Ridgewood	5:33	11:03	7
15 Mason, Lauren	9	Ridgewood	5:43	11:21	12
19 Follender, Emma	9	Ridgewood	5:55	11:45	13
27 Loren, Milena	9	Ridgewood	6:05	12:06	20
28 Saunders, Meryl	9	Ridgewood	6:06	12:06	21
40 Martin, Katie	9	Ridgewood	6:19	12:32	31
44 Lithgow, Mary Ann	9	Ridgewood	6:23	12:41	34
53 Safirstein, Pam	9	Ridgewood	6:33	13:02	40
54 Bonanno, Allison	9	Ridgewood	6:34	13:03	41
55 Metsger, Amanda	9	Ridgewood	6:34	13:03	42
56 Minitter, Katie	9	Ridgewood	6:35	13:04	
(71 finishers)					

**Team Scores**

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	A 38	2	4	7	12	13	Average:		11:06.20	
2	Wayne Hills	A 84	3	14	17	24	26				
3	Academy O/T Holy Angels	88	1	5	6	28	48				
4	Northern Highlands	A 102	9	10	15	22	46				
5	River Dell	A 105	8	18	19	27	33				
6	Tenafly	A 141	11	25	32	36	37				
7	Ridgewood	B 146	20	21	31	34	40				
8	Hackensack	156	16	23	29	43	45				

**Comments:** Our Team was great in all phases! We had excitement. We competed well. Beat some good teams. And had great enthusiasm when we won. A Ridgewood kinda day!

